



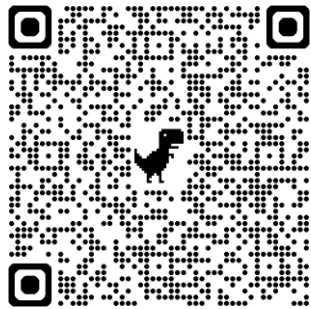
Zoom Technology Moment: Committee Members



AGENDA

- **Welcome, Intros, Agenda review**
- **Community: Resources, Information, Opportunities**
- **Presentations and Discussions:**
 - *Legislative Updates*
 - **CRIS :**
 - **What is CRIS**
 - **Open Position on CRIS**
 - **Lived Experience Name & Focus**
 - **Using the term 'help-seeker'**
 - *Open Discussion and Sharing*
- **Next Meeting - Mon Mar 10, 2025 1 PM - 3 PM**

To access these slides scan





2025 Meetings, Mondays 1-3 PM

- **March 10th**
- **April 14th**
- **May 12th**
- **June 9th**
- **July 14th**
- **August 11th**
- **September 8th**
- **October 13th**
- **November 10th**
- **December 8th**

*** Information on how to join the meeting will be sent out one week in advance of each meeting, as well as posted to the HCA Website.**

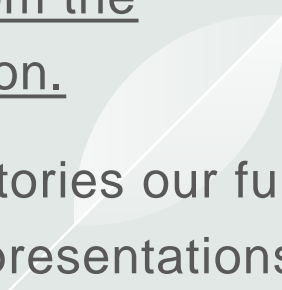


LE MEETING FLOW & HOW TO PARTICIPATE

Every lived experience story and perspective is valuable. We see the vulnerability it takes to share your tender experiences. The meeting is divided into 2 segments:

1) Part 1: Presentations & discussions related to specific topics with time to interact w presenter. In this portion of the meeting, your questions/comments (in chat or by raised hand) need to be related to the topic being presented to honor everyone who attends, and the presenter. If side chats are actively distracting from the presentation, we will ask you to hold the discussion.

2) Part 2: Open discussion where we give your stories our full attention and respect. Remaining thoughts from presentations, and stories, comments, and questions not related to agenda topics are welcome during this portion.





Community

* Resources

* Information

* Opportunities





Say It Out Loud (SIOL) 2025 conference

Dear friends and allies,

Following the 2024 Say It Out Loud (SIOL) Conference, HCA and the SIOL planning committee decided to pause the event in 2025 to focus on reorganizing and enhancing the conference experience. This break will allow us to create a more supportive and educational event for attendees, speakers, and the broader 2SLGBTQIA+ community.

The date and location for the 2026 SIOL Conference have not yet been determined. We will share updates and announcements as planning progresses.

We look forward to seeing you in 2026!

If you are interested in being part of the SIOL planning committee or have any questions, please contact Dakota Steel via email at dakota.steel@hca.wa.gov.

With gratitude,

[Email: Dakota Steel](mailto:dakota.steel@hca.wa.gov)

The SIOL Planning Committee

PSYCHOSIS CARE VIRTUAL CONFERENCE

<https://registration.socio.events/e/pc25>



Don't miss out: Register for the 2025 Psychosis CARE virtual conference

A reminder—registration is still open for the 2025 Psychosis CARE virtual conference happening April 29–30, 2025.

- **Dates:** April 29–30, 2025
- **Time:** 8:30 a.m. to 12:30 p.m. each day

This virtual event is a unique opportunity to learn from experts, connect with peers, and explore valuable resources related to psychosis care.

Topics include:

- Early identification of psychosis
- Support strategies and resources
- Psychosis care services available in Washington State

Whether you're a provider, educator, family member, or someone with lived experience, there's something for everyone.

[Register today to reserve your spot!](#)



Supporting Individuals with Neurodiversity & Mental Health Conditions

Washington Health Care Authority (HCA) Foundational Community Supports team in partnership with Rutgers School of Psychiatric Rehabilitation and Counseling Professionals is presenting the March Cultural Responsiveness Learning Session.

Over the past decade, the community of neurodiverse individuals has seen significant growth and greater visibility. Additionally, The Neurodiversity Pride movement has gained momentum alongside broader awareness and community inclusion. The March webinar will focus on effective strategies for supporting neurodiverse individuals with co-occurring mental health conditions (MHCs) through evidence-based-practices. Participants will explore practical approaches for fostering inclusive environments and best practices for affirming neurodiversity.

Learning Objectives:

- Define and acknowledge neurodiversity as a component of human biological and cognitive diversity
- Examine best practices for behavioral health services providers when working with neurodiverse individuals
- Explore strategies for affirming neurodiversity and fostering a positive disability identity

Webinar information

Date: March 18

Time: 3 p.m. - 4:30 p.m. (Pacific)

[Register here](#)



Join the "Understanding" training series for children and youth behavioral health

Health Care Authority (HCA) is sending this message on behalf of Washington Community Connectors.

Join the "Understanding" training series, designed to provide an overview of key topics relevant to the children and youth behavioral health community, all explained in family-friendly language.

This series includes six virtual 2-hour trainings, hosted by Washington State Community Connectors (WSCC). Sessions are available every Tuesday at 5:30 p.m. from March 4 to April 8, and every other Friday at 11:30 a.m. from March 7 to May 16.

You can choose to attend any or all topics!

Training Topics

Training topics

- Understanding the Zone of Usefulness
- Understanding WISe and Wraparound
- Understanding Family Initiated Treatment (FIT) and Rickey's Law
- Understanding the Trauma Informed Approach
- Understanding the System of Care
- Understanding Sexual Orientations, Gender Identity, and Expression

[Fri 11.30 am trainings](#)

[Tue 5.30 pm trainings](#)



WA Speaks

WA SPEAKS (Statewide Peer Engagement and Advocacy Keynote Speakers) is a collaborative dedicated to sharing recovery stories. We are a cadre of speakers that want to share our hope and resilience with the community in an attempt to shatter the stigma surrounding behavioral health stressors and **spread the word that people can and do recover.**

We offer trainings to practice sharing our message with others, and we provide additional opportunities for seasoned speakers that want to hone their message and/or broaden their reach. After completing a WA SPEAKS training we will provide you with a certificate of completion and support you in finding and/or a sharing your message. After your speaking engagement is complete we will also offer you a stipend for lending your experience and hope to our community.



Training Update: Now by Appointment

We're shifting how we do training! Instead of scheduled sessions, we're now offering trainings by appointment only.

- Have a group of 6-12 people in your organization who want to get trained? We'll set up a session just for you!
- Need one-on-one training? We've got you covered with virtual sessions.

If you or your organization are interested, just reach out to us and we'll find a time that works.

[Get In Touch](#)

[Contact Abbey](#)





Join Our Virtual Speaker Series

We are excited to announce the WA SPEAKS Virtual Monthly Speaker Series! Each month, our trained speakers will share impactful stories and insights around meaningful themes.

- [March 16, 10:00 AM - 12:00 PM: Women Who Inspire: A Celebration of Strength and Vision](#)
- [April 13, 10:00 AM - 12:00 PM: Sobriety & Strength: Shining a Light on Alcohol Awareness](#)
- [May 18, 10:00 AM - 12:00 PM: Mental Health Matters: Voices of Hope and Healing](#)
- [June 22, 10:00 AM - 12:00 PM: Pride in Progress: Celebrating LGBTQIA+ Voices](#)

Would you like to share your story in one of these events?
Reply to this email to express your interest in speaking and receiving a stipend for your participation. Please note that all speakers must complete our training program.

[Learn More](#)

[WA Speaks](#)





Substance Use Disorder family navigator training

Washington State Community Connectors (WSCC) and partners have developed a training to educate families about substance use disorder (SUD) and related treatment options across the state. This training is for parents, family members, and caregivers who are interested in learning how to support their loved ones with SUD. Participants will learn about up-to-date information around SUD, addiction and its effects on the adolescent brain, skills for families navigating their relationship with someone with SUD, and systems navigation.

This training is grounded in research and information supported by Substance Abuse and Mental Health Services (SAMHSA), including their training and technical assistance partners. A toolkit, including information and resources regarding SUD supports and services specific to Washington State, will be provided as a reference guide for participants.

Training details

The training is split into 4 days. Attendance is required for all 4 days.

- [Register for February 10-13](#) from 9 a.m. to 1 p.m. daily
- [Register for February 24-27](#) from 9 a.m. to 1 p.m. daily
- [Register for March 10-13](#) from 9 a.m. to 1 p.m. daily
- [Register March 24-27](#) from 9 a.m. to 1 p.m. daily
- [Register April 28-May 1](#) from 5 p.m. to 9 p.m. daily
- [Register May 6-9](#) from 9 a.m. to 1 p.m. daily
- [Register May 27-30](#) from 9 a.m. to 1 p.m. daily
- [Register June 2-5](#) from 5 p.m. to 9 p.m. daily
- [Register June 23-27](#) from 9 a.m. to 1 p.m. daily

[Visit WSCC for more information](#)



[Register here](#)

Substance Use Disorder family education & curriculum training

Health Care Authority is offering **Substance Use Disorder Family Education & Curriculum Training**, an online training designed to empower families and communities with knowledge and resources to support loved ones navigating challenges related to substance use.

What will you learn?

- Key insights into substance use and its effects on families.
- Information about various substances and their impact.
- Tools to support recovery and foster resilience for youth and families.

Why attend?

- Gain access to developmentally specific resources tailored for families.
- Enjoy the flexibility of online sessions designed to fit your schedule.

Who should participate?

- Families of individuals navigating substance use challenges, especially youth.
- Youth-serving organizations, including schools and nonprofits.
- Peer support specialists, behavioral health providers, and community advocates.



[Find more info here](#)

State Opioid and Overdose Response learning community meetings in 2025

The State Opioid and Overdose Response (SOOR) learning community meetings are a publicly held space to share and learn about different work related to opioids and overdoses. This meeting seeks to bring together state government leaders, Tribes, academic researchers, health care providers, individuals with lived experience, members of the community, and anyone else with an interest in attending.

Dates of learning community

Every learning community meeting is from 10 to 11 a.m. on the following dates:

- February 6
- March 20
- May 15
- July 17
- September 18
- November 20



MHAD update from
HMA
(Mental Health Advanced
Directive)



As stated in [Senate Bill 5660](#):

- **Mental Health Advance Directive (MHAD) Effective Implementation Work Group**– is charged to develop recommendations to the Governor and Legislature for the effective implementation of MHADs in Washington **by December 1, 2025**, including:
 - **Document Storage Subgroup** – charged with recommending a reliable, standardized, and accessible method for MHAD document creation, storage, and sharing so that individuals, families, agencies, and providers can discover and use MHADs when they are needed.
 - **Training for Document Creation and Utilization Subgroup** – charged with creating MHAD document creation and utilization trainings to support utilization by individuals with lived experience, families, agencies, and providers.

Work Group and Subgroup – Lived Experience Representatives

Established under [Senate Bill 5660](#):

- Work Group and Subgroup Lived Experience Representatives were identified based on the Letter of Interest Process engaged in November and December 2024.
- There will be additional opportunities for community engagement in 2025. We will also continue to bring update to this group.

MHAD Effective Implementation Workgroup	Document Storage Subgroup	Training for Document Creation and Utilization Subgroup
Maame Bassaw	Sriram Rajagopalan	Deana Ottum
Von-Na Chism	Kimberly Coleman	Andrea Boyd
Elizabetha Wadsack	Dakoda Foxx	Ronita Boullt
Julia Alexandra Miriam Evans Bell	Vincent R. Wilson	Marcella Taylor
Ruth Payne	Amabel Narvaez	Derrick Kretschmer
Ralph Casillas		

Mental Health Advanced Directive Work Group Members

INDIVIDUALS WITH LIVED EXPERIENCE
Maame Bassaw
Von-Na Chism
Elizabeta Wadsack
Julia Alexandra Miriam Evans Bell
Ruth Payne
Ralph Casillas
EQUITY REPRESENTATIVE
Sandra Mena-Tyree , Washington Health Care Authority
988 LIFELINE CRISIS CENTERS
Christine Atienza , Crisis Connections
Erin Whitney , Volunteers of America Western Washington
Sara Schumacher , Frontier Behavioral Health
TECHNICAL REPOSITORIES EXPERT
Chris Baumgartner , Washington State Department of Health
Dr. Chris Chen , Washington Health Care Authority
CHAD'S LEGACY PROJECT
Todd Crooks , Executive Director/Co-Founder, Chad's Legacy Project

EMERGENCY SERVICES RESPONDERS
Katy Gilbert , Emergency Management Division, Washington Military Department
Shaun Ford , Camas-Washougal Fire Department/ WA Fire Chiefs Association
DESIGNATED CRISIS RESPONDERS
Melissa Jackson , WA Designated Crisis Responder Association
HCA BH AND RECOVERY DIVISION
Jamie Framke , Washington Health Care Authority
Julie Brown , Washington Health Care Authority
EXPERT IN HEALTH CARE ETHICS AND LAW
Jennifer Piel, MD, JD , Center for Mental Health, Policy, and the Law, UW Medicine
Elizabeth Perry , Health Equity Consultant Equity Is. Consulting
PEER ADVOCACY COMMUNITY
Gail Kogle , Office of Behavioral Health Advocacy (OBHA)
Stephanie Lane , Peer Washington
Michelle Tinkler , Office of Behavioral Health Advocacy (OBHA)
Cindy Adams , Greater Columbia Behavioral Health Administrative Service Organization

INPATIENT HOSPITALS
Dr. Alysha Thompson , Seattle Children's
WASHINGTON STATE HOSPITAL ASSOCIATION
Brittany Weiner , Washington State Hospital Association
CO-RESPONDER PROGRAM
Julie Rogers , Poulsbo Fire
LICENSED OR CERTIFIED BH AGENCIES
Karen Thomason , Frontier Behavioral Health
Julia Bradley , Comprehensive Health Resources
Kathryn Felix , Kitsap Mental Health Services
Laura Crooks , Yakima Children's Village
DISABILITY RIGHTS WASHINGTON
Chloe Merino , Disability Rights Washington
NAMI WASHINGTON
Anna Nepomuceno , NAMI Washington

WASHINGTON COUNCIL FOR BEHAVIORAL HEALTH
Olivia Shangrow , Washington Council for Behavioral Health
WASHINGTON DEPARTMENT OF VETERANS AFFAIRS
Mark Sullivan , Washington Department of Veterans Affairs
WASHINGTON STATE MEDICAL ASSOCIATION
Hillary Norris , Policy Analyst, Washington State Medical Association



Legislative Updates





Share your story for policy awareness

Join [United Peers of Washington](#) in partnership with [Office of Community Voices and Empowerment](#) for a free webinar on sharing your story and lived experience for policy awareness. Learn how to navigate legislative resources and explore opportunities to share your voice.

[Office of Community Voices and Empowerment](#)

Webinar details

- Date: Tuesday, February 11
- Time: Noon to 1:30 p.m. (PST)
- [Zoom link](#)
 - Meeting ID: 839 1471 5830
 - Passcode: 054357

[Join the Zoom meeting](#)

[Zoom Link](#)



Current legislation of interest to us (press Control and then click for access to the legislation and its status).

[HB 1217](#), rent stabilization. Limiting rent and fee increases to 7 percent during any 12-month period

Protecting the rights of people experiencing homelessness, and the siting of shelters and housing [HB 1380](#)

[HB 1195](#) , sponsored by Rep. Peterson (D-21), would make it illegal for local governments to deny shelter, transitional housing, emergency housing, or permanent supportive housing.

[HB 1427](#): Expanding access to peer support services system-wide, generating targeted revenue to fund behavioral health services, and increasing recovery housing through capital funding.

[United Peers of Washington](#)





[NAMI WA
Legislative Priority
Info here:](#)

2025 Legislative Priorities

Increase Access to Quality Behavioral Health Services



- **HB 1124/SB 5112:** Establishing a prescribing psychologist certification in Washington state.
- **HB 1432/SB 5477:** Improving access to appropriate mental health and substance use disorder services.

Youth Behavioral Health



- **HB 1590:** Supporting student success through instruction in self-resiliency skills
- **SB 5369:** Enhancing youth mental health and well-being through advanced training and expansion of the workforce in schools
- **HB 1259:** Concerning supervision requirements for behavioral health professionals in elementary and secondary public schools
- **SB 5126:** Establishing a statewide network for student mental and behavioral health



Decriminalize and Destigmatize Mental Illness

- **HB 1220:** Concerning appropriate response to assaults by individuals in behavioral health crisis
- **HB 1357/SB 5147:** Destigmatizing language in behavioral health policies



Operating Budget Priorities

- Maintain \$500,000 funding for peer-led community-based programs for NAMI Washington
- Maintain \$125,000 funding for NAMI WA expansion of outreach/ services in rural areas; A focus on Latino, Native American, and agricultural communities
- Maintain funding for behavioral health services and resources

Contact

Anna Nepomuceno, Director of Public Policy
anepomuceno@nami.wa.org



2025 SMARTS Schedule

2/11- WA State Legislature 101

<https://lp.constantcontactpages.com/ev/reg/9p3u768>

12 to 1:30pm

2/12- Meeting Your Policymaker

<https://lp.constantcontactpages.com/ev/reg/hefhcnc>

12 to 1:30pm

2/13- Budgets: Funding Our Future

<https://lp.constantcontactpages.com/ev/reg/zgfwtwz>


12 to 1:30pm



CRIS LINK

CRIS

Lived Experience

- * What is CRIS
 - * Open Lived Experience position
 - * Lived Experience 2025
- Group Name & Focus
- 



What is CRIS

- **2020 Fed 988 bill leads to formation of CRIS**
- **CRIS: Crisis Response Improvement Strategy established 2021 via HB 1477 in WA state**
- **Focus on 3 pillars as per SAMHSA**
 - *Someone to Call*
 - *Someone to Come*
 - *Safe Place to Be*
- **38 members including 4 representing LE (1 open)**
- **CRIS sent yearly reports & recommendations to legislators & Governor's office from 2022-2025**
- **Focus has now moved to implementation.**



LIVED EXPERIENCE (LE) SUBCOMMITTEE


CRIS subcommittees officially ended, but this space will continue through 2025. Here's what we did so far and what we can expect this year

- **Keep community updated on CRIS activities (quarterly)**
- **Empower people with LE to share their stories to identify system gaps and make suggestions on ways to address them.**
- **LE Inputs shared with CRIS**
- **LE directly speak to agencies like DOH, HCA, Legislators, and other agencies that are executing the build out of the system.**
- **In 2025 LE will have a segment in CRIS meetings**





Open CRIS Lived Experience Position

- **This position is for someone with lived experience in the crisis system related to an SUD-related crisis.**
 - **Responsibilities:**
 - help plan and facilitate monthly lived experience meetings
 - attend quarterly CRIS meetings
 - providing a lived experience perspective at the CRIS meetings
 - **Individuals are not expected to share information about their lived experience and have full control of what they choose to share.**
 - **This position qualifies for the Community Stipend.**
 - **Send statements of interest to HCAprogram1477@hca.wa.gov by Monday, February 17th.**
- 



WHAT'S IN A NAME?

CRIS LIVED EXPERIENCE
COOPERATIVE

CRIS LIVED EXPERIENCE
COLLECTIVE

CRIS LIVED EXPERIENCE
GATHERING

CRIS LIVED EXPERIENCE
???





FOCUS OF CRIS LIVED EXPERIENCE?

- **Bill of Rights?**
- **Lived Experience voices in
state Behavioral Health?**
- **Tracking how the fee is being
used?**
- **What else?**





“Help Seeker”

referring to folks who
engage 988

How does it sit?
Any other term?





Open Discussion & — Sharing





#We can apply Ragnar, Relay for Life, Staggered breath singing ideas to the work we do!

We Work - we Rest

We Take Turns!

We do it Together!

What We Covered

- **Welcome, Intros, Agenda review**
- **Community: Resources, Information, Opportunities**
- **Presentations and Discussions:**
 - *Legislative Updates*
 - **CRIS :**
 - **What is CRIS**
 - **Open Position on CRIS**
 - **Lived Experience Name & Focus**
 - **Using the term 'help-seeker'**
 - **'Public Disclosure' rules**
 - *Open Discussion and Sharing*
- **Next Meeting - Mon Mar 10, 2025 1 PM - 3 PM**

