



Washington
Thriving

Developing a strategic plan
for prenatal through age 25
behavioral health.

Washington Thriving (*formerly called the P-25*) Behavioral Health Strategic Plan Youth and Young Adults Workgroup Meeting Summary

Wednesday, August 28, 2024
4 p.m.-5:30 p.m. Pacific Time

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Washington Thriving (*formerly called the P-25*) Behavioral Health Strategic Plan - Youth and Young Adults Discussion Group Meeting Summary

August 28, 2024

Attendees

- 6 Youth and Young Adult/Representative attendees

OPENING, STRUCTURE OF THE STRATEGIC PLAN, UPDATES

- Liz Arjun (part of the project team) opened the meeting by speaking to the building of the strategic plan in 2024.
 - She gave an overview of the structure including the common vision, current landscape, data work for gap analysis and building a tool for guiding investments/policy making decisions, and discovery sprints.
 - All this information will be used in 2025 for deciding what system we want, how much it'll cost and what we have to do to get there.
- She shared some new updates:
 - We are now Washington Thriving.
 - There is now a microsite and a blog: <https://www.washingtonthriving.org/>
 - The first 2 discovery sprints have been completed: K-12 school-based behavioral health deliverables, and behavioral health during pregnancy deliverables:
 - [Bloom Works - WA BH K-12 Deliverables - Google Drive](#)
 - [Bloom Works - WA BH Pregnancy Deliverables - Google Drive](#)
 - Next step is organizing recommendations in the short and long terms, and incorporating information into the landscape analysis.

FEEDBACK ON VISION, DEFINITION OF BEHAVIORAL HEALTH DISCUSSION

- Megan shared what the facilitators have heard from the group with regards to the proposed vision:
 - Define 'behavioral health', don't say need 'help' but 'support'; replace 'all geographies' with 'across the state'; need to focus more on developmental stages as opposed to ages.
- Megan shared the vision slide, including text describing how we imagine the future system to work and 7 principles to guide it: <https://www.hca.wa.gov/assets/program/cybhgw-p25-strategicplan-ya-presentation-20240828.pdf> (Slide 8).
 - One discussion group member asked if we could add language to reflect being trauma informed.
 - Another said he liked the change from ages to developmental stages.
- Megan then presented the proposed definition for behavioral health: <https://www.hca.wa.gov/assets/program/cybhgw-p25-strategicplan-ya-presentation-20240828.pdf> (Slide 9)
 - The goal was to make the language really accessible to anyone who picks up a packet.
 - One discussion group member said it sounds really thoughtful, struggling to add to it; he feels aligned with the definition.
 - Another said she read it a couple times, feel it aligns well, likes the language.
 - Someone in the chat mentioned attention to prevention and wellbeing, acknowledging that sometimes what can bring people into contact with behavioral health services are things that are more in the broader world- housing, cost of living, food.
 - Megan asked if any parts weren't landing as well.

- Someone brought up the word “conditions” in the phrase “broad spectrum of conditions”, thought maybe this word was rubbing them the wrong way but wasn’t sure if it was for other people as well.
- Another mentioned that going forward it’s not about tweaking what’s being said but how it’s said; if he were reading this as a youth, would he think it missed the mark because the language is still very clinical?
- He liked that they added substance abuse, and wondered if they could add psychological addictions (e.g. addiction to videogames).
- Someone asked who the intended audience was for the behavioral health definition.
- Liz said the most important audience is youth, young adults, families and caregivers.
- One discussion group member encouraged participants to share this with their children so we can see how this reads to people within the scope of who we’re trying to reach.
- Madge (FFI) asked those at Spark if all of the people they talk with at work are represented in this definition.
- One Spark member suggested adding veterans (acknowledging that that might fall into the psychological with PTSD); many don’t get serviced; foster care is another group worth emphasizing; those who’ve experienced trauma in general.

ENGAGEMENT AND OUTREACH

- Megan then shifted conversation to engagement and outreach.
 - She mentioned Washington Thriving facilitators have had the opportunity to attend the Peer Partners conference the week previous.
 - Questions of interest: what’s working/what in your communities for a given area of focus, what do we need to be thinking about as we’re building this vision for the future, what is your input on the work that’s happened to date.
 - We’re doing a push right now, with another in early 2025 and yet another mid 2025 as other plan components develop.
 - Facilitators joined a gathering in Leavenworth sponsored by Washington State Community Connectors that brought together resources across the state, specifically nonclinical, like faith leaders and other community voices.
 - Had opportunity to present at state FYSPRT (families and youth system partner round table) meeting and other state gatherings.
 - Madge added that facilitators are talking to people with lived experience and coalitions, and are trying to focus on areas outside of places like Seattle and Tacoma, people who aren’t asked these questions.
 - Someone from Spark mentioned that organization is holding a kickoff on September 26th in the Wenatchee area, and are trying to get live feedback from youth, peers, tri-leads and anyone who wants to attend; currently 50 have signed up and they’re working on adding a hybrid/zoom means of attending; he suggested perhaps a member from the Washington Thriving facilitator team could come watch or possibly present.
 - Another from Spark suggested meeting with Rachel Baxter, who works on a youth housing and homelessness project with Liz Venuto; she also mentioned Spark’s Bridge Program that services the youth and young adult population and addresses substance use disorder and housing.
 - Madge added that the facilitator team is also interested in speaking with people who aren’t using services, in order to talk with them about why they might not be.
 - Megan mentioned hearing about FYRE at Peer Pathways the previous week.
- Megan closed out the meeting by informing attendees the next discussion group would be held September 18, 4-5:30pm.

COMMENTS IN THE CHAT

- Link to info about the K-12 school based behavioral health info:
https://drive.google.com/drive/folders/1rDSIhIO_Sc1WBP7vdbx4rv8dDtcyV02A
- Link to info about the behavioral health during pregnancy:
<https://drive.google.com/drive/folders/1MptrhpSOeUGW6hJ8az8aeBcfPFiaeDNb>
- Could we add some language to reflect being trauma-informed as one of the values that behavioral health services are striving to achieve?
- I really like that there is attention being given to prevention and well-being. I think sometimes what can bring folks into contact with behavioral health services is experiencing things like housing or food insecurity, or things like cost of living.
- Is there space for psychological addictions? For example, a lot of younger kids spend a lot of time on video games for example and sometimes it is so bad, it's impacting the young person's life in negative ways.
- That's a good point, some of the words we might want to include definitions for youth and families. Specifically around "biological, psychological, social, environmental"
- Yes, as the parent of an 11 year old....good catch
- body, brain, feelings, something like that
- Was just typing out maybe having definitions
- reads very clinical
- Conditions -Settings/surroundings
- I agree, it's a great definition if you have some understanding already
- yes, one of the folks earlier today wanted to share it with a broader audience
- Cbyrd@wayouth.us
- YN@wayouth.us
- I'm building the save the date/invite for the kick off event. If anyone would like a copy please email us :)
- Please include me as well! mbeers@healthmanagement.com
- madge@fullframeinitiative.org
- Oscarv@ccsww.org
- 2024 NAMI Washington State Conference. Yakima, WA | Sept. 28th-29th. Yakima Convention Center, 10 N 8th St., Yakima WA 98901.
- Have you reached out to FYRE in Okanogan County? They are a grant-based drop-in center for youth
- WAThriving@healthmanagement.com