

PN25 Behavioral Health Strategic Plan Youth and Young Adults Workgroup Meeting Notes

Wednesday, May 22, 2024
4 p.m.-5 p.m. Pacific Time

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PN25 Behavioral Health Strategic Plan - Youth and Young Adults Workgroup Meeting Notes

May 22, 2024

Attendees

- Darren Bosman
- Rachel Burke, HCA
- Hannah Adira
- Quentesa Garraway, HCA
- Emma C
- Rachel Baxter, HCA
- Carolyn Cox, SPARK Peer Learning Center

BREAKOUT GROUP EXERCISE: BEHAVIORAL HEALTH SYSTEM DISCUSSION

- Megan Beers (HMA) introduced the meeting, and introductions followed
- Liz Arjun (HMA) gave a review of why we're making a prenatal through 25 strategic plan:
 - To get more thoughtful and planful about what we're doing for children, young adults, youth and families within the Behavioral Health system
 - The system has been focused on adults
 - It's largely funded by public programs, and there's not a lot of access to programs early on
 - It's focused on deep-end services because that's where the crisis is
 - We haven't spent a lot of time trying to figure out how to help kids not get into crisis
 - There are wait lists, and many don't have access
 - At the big picture level, we know we don't have the services needed at the right place and at the right time for folks
- The children and youth behavioral health group said in 2022 they wanted to do a strategic planning process
 - Work began in 2023, and is continuing in '24 and '25
 - We're extending the deadline: the strategic plan was initially due in '24, now '25
 - The government allocated more resources to this, provided we're doing the best we can to hear from as many people as possible in this planning process, so we take the feedback from those who are impacted by this system
 - There's lots of investment from the state so that the questions of whether this plan reflects what people see are the problems and what they think the solutions should be can be answered in the affirmative
 - This year is dedicated to the question, how do we get more youth in these conversations? So whatever we put forward is going to best help those who will be impacted
- Rachel Burke (HCA) expressed gratitude at all being present at the meeting, because building this plan in partnership with family members and young people is foundational to this work
 - At strategic advisory group meetings, a lot of parents attend but not a lot of young people
 - HCA is really looking forward to hearing from young people what we could do differently
 - The answer is probably not creating more zoom meetings
 - HCA really wants to find a way to hear from people who would never come to this meeting about what they feel needs to change, what doesn't work for them, why they would never call 911/988 or ask help from say any resources at school; what do they want?
- Liz Arjun responded to a chat from one of the attendees about school counselor connections to spread information

- Liz acknowledged that she knows one of her kid's schools has an anxiety workgroup that, for example, should talk about these efforts
- Another attendee mentioned they come from a place where there's a culture in which you don't talk about anything related to disabilities
 - Going to rural areas that don't have services and trainings is really important
 - Charting a better place to go in these communities
 - Talk to people to get their input that way - they might not have devices, internet or phone lines; sometimes they have to walk a mile to get somewhere to call if there's an emergency
 - In the hub, Colville where she lives, more people are drawn in - one could get input from professionals there, but it's very challenging when you can't say anything and you'll get in trouble if you do
- Liz Agreed that we need to go out to places to talk about these issues more publicly, but also to make them available to people in more rural or remote areas
- Another attendee made a comment in the chat about local youth action boards
- Liz concluded this section of the discussion by saying that if we're doing this right, we can have a vision of which everyone can say 'I gave input towards it and it works for me'
 - The goal is everyone's input being reflected within it rather than having a theoretically 100% perfect solution
 - These discussion groups should be used as a center for gathering that input

REVIEW FULL VALUE AGREEMENT

- The Full Value Agreement is about how we're going to work together, how we're going to treat each other
- Rachel Burke (HCA) explained that the full value agreement was developed as part of statewide family, youth and system partners, sometimes called FYSPRTs, to get together to talk about access to mental health and Substance Use Disorder services and resources in their communities, then they go to a statewide group
 - They use this full value agreement to come up with statements on how they're going to work together
 - Sometimes these issues are really sensitive and bring up people's experiences and trauma
 - People have very different views
 - At FYSPRT they look at the agreement, agree on or change it, so it evolves over time
 - The full value agreement shown here was created by members of the strategic plan advisory group; this group could start with this and then change it, do something different
 - The strategic plan advisory group had long conversations about safety, because people have different experiences and perspectives on what safety is
- Liz asked if there was anything we should do to this agreement for everyone present to feel comfortable sharing their ideas and thoughts, and reminded the group we'd circle back to this every time we talked
- Someone jokingly commented about putting in an anti-adult clause, but Liz took up the point the say that that's exactly why this group was created, so youth and young adults could be heard and not concerned about what adults think as much
- One participant suggested adding something about social media, because it's such an important part of the day to day for youth- recognizing that social media plays an important role in terms of communicating in this group but recognizing it can pose some issues around confidentiality and sharing, and it could hurt people if we're not careful

UPCOMING CONVERSATIONS AND PRINT MATERIALS

- Megan expressed the hope that HMA/HCA receive input from the group on the broad picture of all the conversations HMA will be having in the next several months, as well as specifically on some print materials HCA would like to distribute regarding these efforts

- She emphasized that the planning process is ongoing
- There will be many opportunities for conversations on this road map through the due date in 2025
- There will be some really focused conversations this summer, and this discussion group is one such opportunity
- We're engaging primarily with 3 groups: young people, parents/caregivers, and workforce (people working everyday with youth and families in Washington: Behavioral Health professionals, teachers, those at community-based organizations, etc.)
- There are some strategies like mass marketing efforts/surveys that will go out to everyone- we want these in as many hands as possible, and we want as much input on these as possible
- Recognizing the mass marketing efforts won't reach everyone, however, HMA is also seeking to have targeted engagement, discussions like this one today; a lot of similar targeted engagement is to take place over the summer
- One thing HMA needs the group's help with is answering the question, what are the places where there are already conversations happening? Both us going out and having these conversations in different parts of the state, and conversations that are already taking place that we can join
- HMA would love to have conversations like this one with the group monthly
- At these discussions, HMA would like to present the details of their designs for these future conversations to the group to get their feedback and ask 'are we coming to this right? How else should we structure these conversations to make them more reflective of how people are thinking/feeling?'
- Rachel Burke (HCA) mentioned that HCA is working with an organization called Full Frame Initiative with which they talk about having a seat at the table - some people don't even know there's a table
 - She knows there are many people in, e.g. rural communities or immigrant communities, whose voices aren't heard and get really impacted by stuff
 - Not just mental health but other elements you need for your health and wellbeing and that of your family
 - The Full Frame Initiatives represent another stream of work that will fold into this
 - Rachel has been working with workgroups for five years and on this plan for two years, is grateful for those present, but also really aware of the limitations state agencies have in terms of who they're connected with
 - That's why this effort is one state agencies are just a part of, and it's actually run by the children and youth workgroup, because it takes all of us to reach those we're already talking with
- Rachel Burke brought up HCA's recently developed written materials
 - Not sure why people would go to the HCA Facebook or HCA Instagram unless there was a very specific piece of information they were looking for there, like a provider or when the next strategic policy advisory group is
 - One idea HCA is thinking of doing that it hasn't done in the past is creating a small gateway for the strategic plan, which will take you to further information but won't be the HCA website, where you might be able to answer a 1 question survey, or sign up for one of these meetings, see what events are happening in your community, learn about the project and not get a lot of system-speak
 - HCA is thinking of creating a postcard that, say, it could take to county fairs, with a QR code to this website
 - The site would change over time
 - The postcard could be put in counselors' offices, schools, community centers, doctors' offices
 - Rachel Burke asked the group's honest feedback: would anyone present ever pick this up? If this was on a bus stop sign, would you actually take action, use the QR code and see what's there?
 - One participant responded that there were a lot of words, when she thinks about young people, on the postcard. She'd want to know why she'd be scanning the QR code; having a postcard

would be great, or even just a poster, something where you just scan the QR code and don't need to carry an actual paper with you; on the card shown, she doesn't know why she'd be scanning it, or what she's looking at

- Another participant mentioned they help their mom make posters for advertisements for events, and it typically works best if they just put 3 sentences, a date and time, a title, maybe something fun about it, maybe something targeted toward this age bracket, maybe offering a gift card; then it isn't so overwhelming; and something colorful, so it pops out - perhaps bright colors then a huge QR code which can grab people's attention
- One attendee in the chat suggested simplifying the language; it can be as simple as Washington state needs opinions about mental health from young people - really straightforward about getting young people's opinions on healthcare
- Someone mentioned sharing this with colleges, different community action support groups; WSU and other colleges
- Another reflected on the last conversation they had on consent for youth and young adults that aren't emancipated yet; thinking about unaccompanied minors that aren't engaged in schools and the feedback received from a lot of them is that libraries are a place to distribute information as a lot of young people go there for free internet and accessibility; family planning offices as well

MOVING FORWARD

- Children and youth Behavioral Health workgroup stipend payments for young people and families
 - Liz wanted to make sure everyone is aware of this resource
 - Rachel Burke brought up the two exceptions:
 - If your employer is paying for you to be here then we can't reimburse you
 - If you work for the state of Washington, even if your employer isn't paying you, at this point we can't reimburse you
 - HCA can reimburse for child and elder care
 - If we have in-person meetings, we pay for travel expenses
 - It's \$45/hour with cap of \$200
 - It's rounded up, so if you're in this meeting and it ends up being 1.5 hours, it rounds up to 2 hours
 - If you have to look at something briefly before the meeting, hopefully this rounding up helps
 - If we have more things for you to review before a meeting, that would take a half-hour or more, you can get reimbursed for that as well at the same rate
 - It can take a month to reimburse; HCA is looking if there's anything it can do about that, as a month is a long time to wait
 - Liz put an email address in the chat to which people can reach out about stipends
- Liz mentioned that a survey will be going out at the close of the meeting to check with people if this is a good time for the monthly meeting
- Rachel Burke said that Amanda Shi (present last meeting) brought up the possibility of using Discord or something like that to have a virtual conversations not in a zoom format
- Liz welcomed other ideas as well
- It doesn't matter what kind of plan we put together if it's not going to work for the people we're doing it with
- Rachel asked for a show of hands if anyone felt the 4 o'clock time wasn't good
 - One participant said it works for them, as it's after their day classes and before their evening ones
 - Another suggested that having 2 different times might be helpful
 - Liz said that this is right when Seattle schools end, so it can be tough for people; having 2 time offerings might thus be a good idea
 - Weekends are another possibility (probably after 10am)

- We don't put anybody's name in notes.
- Someone asked, does HMA work with OHY at all? Is this in every county, and if so do you have a way to share this more in the school systems? Like making counselor connections to spread information (we have a group in Whitman where all the counselors meet monthly and this could be a topic of discussion)
- I think it would also be beneficial if you haven't yet to research if locations have local YABs and reach out to them (youth action boards)
- Someone said the full value agreement sounds good. But you may want to put in an anti-adultism clause to encourage youth voices
- Having in person opportunities will be a great addition.
- This would be great to share with the colleges as well. We have different community action and support groups in WSU that would be happy to share this material.
- In response to the question of whether participants would check out the QR code on a HCA postcard, someone responded: I think I might, but I would be significantly more interested if it just plainly said what we would be doing. For example, it could say: "Washington needs opinions about mental health topics from young people"; At least for a header
- Please email cybhwg@hca.wa.gov (for stipends - this information will also be sent in the follow-up email)
- This is wonderful news - This information being shared on the handouts would be super helpful too in this economy. Something like " We need YYA (youth and young adult) opinions and your time will be compensated if eligible" - The Y4Y board is also covered by stipend payments and it gets so much youth engagement because YYA are able to supplement income and rely on meetings and being involved to assist with living costs
- Someone mentioned they employ about 15 youth can send this their way
- I think offering two different times a month would be helpful. It's a little late for me but I can swing it lol
- You could also opt for weekends if you can