


PN25 Behavioral Health Strategic Plan Youth and Young Adults Discussion Group Notes

Wednesday, July 17, 2024
4 p.m.-5:30 p.m. Pacific Time



Attendees.....	2
Opening, Project Review.....	2
Discussion on Vision for the Future.....	2
Engagement and Outreach.....	3
Next Steps, Closing	4
Comment in the Chat.....	4

PN25 Behavioral Health Strategic Plan Discussion Group Notes

July 17, 2024

Attendees

- 5 non-facilitator participants attended

OPENING, PROJECT REVIEW

- Liz invited attendees to make introductions
- She then gave a review of the Prenatal through 25 Strategic Plan
- She then reviewed the timeline for the project, from inception through August of 2025 when it's due
 - She spoke to the different pieces to be incorporated, including the landscape analysis, data gathering, discovery sprints
 - All of these to be fed with ongoing input and planning through the P-25 advisory groups, discussion groups, robust community engagement, mass market engagement, and the children and youth behavioral health workgroup
 - What's different about this project from others she's worked on in the past is the strong emphasis on community input and cultivating connections for long term collaboration
 - With respect to timeline, she said we're looking to have the data by early Fall, the discovery sprints late spring and summer, and in the 2025 plan to take that info and come up with how much things are going to cost
 - She mentioned she and her team hear a lot of people say we need to spend more on early-stage engagement in the BH system, with more focus on prevention

DISCUSSION ON VISION FOR THE FUTURE

- Liz turned the conversation to the vision for the future
 - She began by reading the 7 principles we've reached ([Prenatal-25 Strategic Plan discussion presentation for youth and young adults \(July 17, 2024\) \(wa.gov\)](#))
 - She explained that these are high level principles; over the last several months we've gotten clear on these and defined what they mean
 - She said she'd like people to take time to look at the following slides so they can see a more in-depth version of each principle
 - Taking all these principles and descriptions, HCA, HMA, FFI and the full core team supporting Lisa and Diana, the co-chairs of this project, put forth a proposed vision in the form of a slide ([Prenatal-25 Strategic Plan discussion presentation for youth and young adults \(July 17, 2024\) \(wa.gov\)](#))
 - Liz invited the group to share feedback; the following was given:
 - Are young people going to be heard and involved?
 - Youth are going to have a lot more questions
 - Someone liked 'all doors lead to help' and a lot of the content here, especially involvement of families and community because a lot of peers don't feel like they're serviced
 - Suggestion to add something like "all lived experience matters"; at Spark, some feel like providers don't care - those who come are just users in the eyes of those who work at Spark (speaking specifically of the SUDP side); if somewhere it says 'lived experience is relevant' or 'all lived experience matters'; youth feel good when they feel their voice is heard; that matters to youth way more than a safe space

- Someone liked that the cultural sides was also added; she thinks it's really important to emphasize that
- Having spaces where change can happen; someone expressed he's looking forward to seeing the plans that the P-25 facilitators have- young people want to see change in the way the system runs
- Importance of having extra resources for people after 18; it's rare that even mental health offers those transitional youth age resources
- Resources may be offered, but there's not a lot of respect at the table; going into their adulthood, what resources do we have to set young people up? Because kids age out, and there's a lot of programs that age out

ENGAGEMENT AND OUTREACH

- Liz shifted the conversation to engagement and outreach
 - The plan is to start meeting with people in person this summer and to do surveys; branding and a logo will also be part of these launch efforts
 - She shared the current branding materials
 - One attendee commented with a sparkly heart
 - Madge liked it because it's inviting for a variety of ages; it's not serious- some logos can look pretty serious
 - A website will be set up with this as well because a lot of the information for this right now is on the HCA site, and she's received a lot of negative feedback from parents and caregivers on that site
 - Liz mentioned that in the logo there are 3 levels of trees suggesting the spectrum of ages, and there are no gender associations; in all 3 groups she discussed logo concepts with, people eventually suggested trees
 - She expressed her desire to get the group's input on the current P-25 facilitators' plans for regional listening events, and opportunities to hear from parents, young adults and members of the behavioral health workforce, to talk about gaps and the proposed vision
 - She shared the goals of the regional listening events, what the events will include, and shared the following tentative locations and dates
 - Central WA - week of 8/12
 - Northeast (Spokane/Stevens Counties)- week of 8/9 or 8/26
 - Southeast (Walla Walla/Garfield Counties)- week of 8/19 or 8/26
 - Northwest (Whatcom, Skagit Counties)- late August/early Sept TBD
 - Central West/Southwest TBD
 - She said these events will look different in different parts of the state, and said we want these to tag onto where we know energy exists
 - Liz asked the attendees if they had any ideas of people or places the P-25 facilitators should be connecting with; the following feedback was shared:
 - Connecting to where there's already energy and activities is good; interest in voices that aren't always engaged, those who might not typically come to events
 - Engaging with people in front of the public libraries like CW or UDUB; this might be harder but high schools and middle schools as well- she knows that sometimes there are kids there in the summer, and it would be good to hear from them
 - Will there be many opportunities to talk to small communities? Their lives are pretty different from those of city people; harder because there are a lot of little towns; perhaps there are tribal liaisons for that as well
 - Someone had recently been gathering resources up in Grace Harbor and the surrounding counties; he knows there are some groups that are targeting teens already, so he'll gather those up and if he can get them in an email he'll send those out

- Another had just gone to some Seattle cover schools and they also know a lot of different peers and agencies with JR facilities where youth don't get a lot of resources and opportunities, and a lot of those youth know more opportunities than he or others would know about; he could bring facilitators in contact with one of the project directors there, and he'd love to get him connected with this group as well because they're going to get summer classes going with young people in adopted care
- Another participant asked who she can reach out to for a digital flyer as she'd like to send it out to people (specifically for the discussion groups)
- Rep. Callan said she just came from the school-based subgroup of the children and youth behavioral health workgroup before coming here, and there were a couple youth that were statewide leads on different groups, so we might check back in with different groups; some were involved in the Bloomworks conversations
- Madge reminded attendees not to forget any groups they're currently involved in that would have people the facilitators could talk to
- Food banks/drop off locations were mentioned as a place to engage people
- Creating a flyer/leaflet to send to the regional libraries and schools when they open up again was suggested
- Someone said when he was younger he never shared his thoughts because he didn't always trust his peers; maybe we could offer various ways for people to answer these questions, not just paper surveys but phone call surveys, or give people the opportunity to record themselves on their phones, so they can share their thoughts however/wherever they're comfortable; this might help some people open up
- Another attendee wrote in the chat that social media is a great way to connect with people because there's a huge number of individuals from 9-25 there
- Tabling is a good way to get people to come to you; Pride events brought in a lot of community engagement
- Madge expressed appreciation for the comments on having different media options for people to engage, other ways of asking folks to share
- There's a youth and young adult component to Mindful State, a collaboration with WA state and other partners that built out a community during the pandemic around behavioral health and wellbeing as well as resources; she hasn't tracked it in the last year but they were using it as a platform to provide their thoughts and messages; she put a link in the chat for this; because there's a WA state element to how it got built out, maybe there's a way the facilitators can get into teasing out questions or info on how they built that
- Perhaps we could have a form or something they could share, because a lot of young people are more hesitant to click on something when they don't know the people behind it; once we have more teams, they can share that on their social media asking for feedback, and have the opportunity to be anonymous; the participant giving the comment did a project once that was asking for really personal info- when her teachers asked, there weren't many responses, but when she asked her peers for responses there were a lot more
- Hosting entertainment events, board games, sports, things like that- making it fun
- County fairs

NEXT STEPS, CLOSING

- Liz thanked everyone for their feedback. She said the facilitators will be sending the slides out today to the lists (the full list, not just those present as attendance isn't taken)
- The next meeting was scheduled for August 21st but will be rescheduled as it conflicts with a Peer conference

P25 Discussion Group with Youth/Young Adults

- Yeah, I think everything is great too
- Will these events be shared with this group once the schedule is confirmed?
- Yes
- larjun@healthmanagement.com; mbeers@healthmanagement.com
- Has anyone mentioned Social media by any chance. I think this is a great way as a huge number of people from ages 9 - 25 are on social media
- That is a great idea. Having it available in different languages would help get more feedback.
- Can't think of any on the top of my head now
- For online, maybe there is a way to connect using the infrastructure built out by <https://amindfulstate.org/>
- What about running/hosting entertainment events (board games, sports or faire-like games and the like
- I think going to farmer
- Thank you all so much for coming today and helping to spread the word and engage youth and young adult voice into this work! Thank you for what you are doing everyday in this work!