

## CYBHWG School-based Behavioral Health and Suicide Prevention (SBBHSP) subgroup

Date: April 17, 2024  
Time: 2:30 – 4:00 PM

Leads: Christian Stark, OSPI

Professional Members			
<input checked="" type="checkbox"/>	Devyna Aguon, Renton School District	<input checked="" type="checkbox"/>	Sinuon Hem, Asia Pacific Cultural Center
<input type="checkbox"/>	Alice Amaya, Pasco School District	<input checked="" type="checkbox"/>	Megan Howard, OESD 114
<input checked="" type="checkbox"/>	Gina Cabiddu, Kids Mental Health WA	<input checked="" type="checkbox"/>	Delaney Knotterus, King County
<input type="checkbox"/>	Phyllis M. Cavens, MD, Child & Adolescent Clinic	<input type="checkbox"/>	Joe Neigel, Monroe School District
<input checked="" type="checkbox"/>	David Crump, Spokane Public Schools	<input type="checkbox"/>	Jill Patnode, Kaiser Permanente
<input checked="" type="checkbox"/>	Jodie DesBiens, NWESD 189	<input type="checkbox"/>	Elise Petosa, WA Association of School Social Workers
<input checked="" type="checkbox"/>	Jeanne Dodd, Burlington School District	<input checked="" type="checkbox"/>	Megan Reibel & Rafaela Steen, UW Forefront Suicide Prevention
<input checked="" type="checkbox"/>	Erin Drury, WA School-based Health Alliance	<input checked="" type="checkbox"/>	Nolita Reynolds, Catholic Community Services
<input type="checkbox"/>	Brooke Fox, Frank Wagner Elementary School	<input checked="" type="checkbox"/>	Renee Schoening, Whitworth University
<input type="checkbox"/>	Britnee Harvey, Shine Light on Depression	<input checked="" type="checkbox"/>	Rayann Silva, UW SMART Center
<input type="checkbox"/>		<input type="checkbox"/>	Daniel Smith, Community Health Plan of WA
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Joseph Soliz, Granger School District
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Chetan Soni, WA Youth Alliance
<input type="checkbox"/>		<input type="checkbox"/>	Michelle Sorensen, Richland School District
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Tabby Stokes, Vancouver Public Schools
<input type="checkbox"/>		<input type="checkbox"/>	Nigar Suleman, WA State PTA
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Mabel Thackeray, Quillayute Valley School District
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Brook Vejo, Beacon Health Options

Youth Members			
<input checked="" type="checkbox"/>	Eliasib Alvarado	<input checked="" type="checkbox"/>	Zoe (Crow) Barnett
<input checked="" type="checkbox"/>	Taanvi Arekapudi	<input checked="" type="checkbox"/>	Payton Frank
<input checked="" type="checkbox"/>	Hanna Baker	<input checked="" type="checkbox"/>	Keira Gregson
<input type="checkbox"/>		<input type="checkbox"/>	Rowan Guerrero
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Pradyu Kandala
<input type="checkbox"/>		<input type="checkbox"/>	

Parent/Guardian/Family Members			
<input checked="" type="checkbox"/>	Valerie Denney	<input type="checkbox"/>	Arnie Martinez
<input checked="" type="checkbox"/>	Shawnda Hicks	<input checked="" type="checkbox"/>	Yahaira Nava
<input checked="" type="checkbox"/>	Richelle Madigan	<input checked="" type="checkbox"/>	Danielle Ouellette
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Byron Smith
<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Marcella Taylor
<input type="checkbox"/>		<input type="checkbox"/>	

Meeting notes
<p><b>Group Agreements:</b> We would like to update these to make sure they reflect your thoughts and feedback. If you have thoughts on ways they should be updated, please feel free to send your thoughts our way!</p>
<p><b>Breakout discussion 1</b> <b>Introduce Yourself: Name, Role, and Why You're Passionate About This Group</b></p> <p><b>Group Shareout:</b></p> <ul style="list-style-type: none"> <li>Some attendees are optimistic</li> </ul>

- Would like to feel more prepared during a rough time.
- Excited about being able to help children of in-utero trauma, as they tend to be overlooked later in life. The existing school model doesn't work for these kids. This population doesn't even have federal protection and the school to prison pipeline is full of these former children.
- Working towards helping community. Would like to work towards making changes to assist peers.

## **Breakout discussion 2**

### **What is School-Based Behavioral Health To you?**

#### **Group Shareout:**

- School-based health should respect the individual, which requires more time and money.
- More access to outside providers is needed.
- Schools should not be required to play the insurance game to get care for students.
- Some mental health providers require cash payment and will not take insurance.
- Lack of access and staff shortages in schools impact students in the rural areas with the most need. There is a need to hire staff in schools such as counselors, especially in a culturally competent way.
- Youth need to be empowered and taught to use their voices so they can advocate for themselves and get the care that they need.
- Accessible systems need to be in place, and kids need to know how to access them.
- The status quo is not suitable for students, as it is currently one size fits all. Teachers don't have the resources and aren't trained to see the behaviors that start a spiral.
- The committee should not be focused on reactive measures; should be focused on trying to come up with preventative measures.
- What does comprehensive school-based behavioral health include? We should not wait for mental health and behavioral health resources outside of schools, as it takes too long.
- A new model should include preventative strategies, especially funded strategies; they should start as early as preschool.
- Who should be involved? Outside or inside research and data should show us what is working, in order to maintain funding of programs.
- The MTSS model encourages clear pathways and maintains appropriate interventions based on needs.
- COVID-19 had a negative impact on students, and we now need to address solutions for this experience.
- The roles of educators and external providers need to define and address the needs and how to address.
- Schools should have subsets within this pathway.
- Behavior should define how to proceed.
- What does comprehensive SBBH include? Not every youth will need every service. Having a point person in schools to pinpoint options would be necessary. There should be an MTSS model for all students to be employed and accessed.
- Action should not be reliant on punitive measures.
- Environmental systems and cultural changes should work in tandem with schools, homes, and communities, especially parents and families.
- With a lack of staff to handle everything, families, students, and communities need to be involved.
- Accessibility and individualized care is important.
- "Comprehensive" is an expansive word that includes everyone.
- The flow of improvement should be steady.
- Who's involved and who plays a role? The support of the superintendent and school system should only be the start.

- A feeling of safety is crucial, and everyone should feel that they belong.
- It's good that things can be different. Hope helps in making things happen.
- Belonging precedes achievement in school. School climate is necessary to meet the behavioral health needs of all students.
- A trauma-informed approach is necessary; students who are experiencing homelessness, in foster care systems and others who tend to be under-served.
- We should also meet the needs of the adults in the system; they tend to be overlooked.
- Academic pressure and stress can impact outcomes.
- Universal screening should be used as a baseline. We should have systems to screen for kids who are at risk, as many of these kids don't externalize.
- After assessment, connection with a professional for diagnosis and treatment should be a viable next step.
- Use MTSS as a school-based way of evaluating kids' mental health.
- The experience of parents and caregivers shows how difficult the system can be to navigate. Some parents feel alone and unsupported. Support should be available and offered, not something parents need to fight for.
- There needs to be capacity of an improved system to grow in availability to help the next generation, as well.
- "Comprehensive" includes many roles and meeting the needs of all students, not just the ones who fall under certain categories.
- Students need a caring environment where caring is normal and students are able to identify their wants and needs. Diversity in this approach is essential.

### **Looking forward: Key Updates and Timeline Overview**

**Christian Stark**

#### **Highlights**

#### **The SBBHSP's work feeds into our parent group, the Children & Youth Behavioral Health Work Group (CYBHWG)**

- What do we do as a group? Essentially what we did today. Share information, highlight practices.
- Working toward making our system better via annual recommendations to the Governor and the State Legislature, via the CYBHWG
- Today is an orientation.
- Meeting monthly. Wednesdays seem like the best and the 2:30 – 4:30 window seems to work the best for most members. You will be getting meeting invites for the rest of the year soon.
- Apply to be a lead if you have the capacity to expand your involvement in the work.

#### **Opportunities for engagement:**

- Apply to be a lead, we have three opportunities available:
  - Youth & Young Adult Lead
  - Parent/Guardian/Family Member Lead
  - Legislative Advocacy Lead
- Workforce Deep Dive
  - Volunteer to be part of our 3 week school-based behavioral health work force deep dive
  - Meetings will take place weekly between the May and June SBBHSP meetings
- Partner with us on a community engagement opportunity
  - Looking to partner with organizations that serve under-represented communities across the state

- Looking to partner with Tribes and other organizations to inform how our work empowers Tribal voice and addresses the needs of Native students

**Meeting Feedback Survey:** <https://survey.alchemer.com/s3/7809410/Apr-2024-SBBHSP>

**Public Comment**

None

**Attendees:**

**Member Alternates:**

Peggy Dolane

**State Agency & CYBHWG Staff:**

Kelly Adams | CPS  
Kerry Bloomquist | OSPI  
Julee Christianson | OSPI  
Candis Coble | OSPI  
Maddie Freeman | OSPI  
Julia Kemner | Behavioral Health Catalyst  
Larry Kinread | OSPI  
Megan LaPalm | OSPI  
Enos Mbajah | HCA  
Jason McGill | HCA/Medicaid  
RJ Monton | OSPI  
Brittany Mullins | WA State Medicaid  
Heather Rees | OSPI  
Erika Rodriguez | OSPI  
Beth Rogers | DCYF  
Terissa Simental | OSPI  
Delika Steele | Office of the Insurance Commissioner  
Bridget Underdahl | OSPI  
Cindi Wiek | HCA  
Nikki York | OSPI

**State Legislators & Staff:**

Rep. Callan | Dist. 05  
Rep. Eslick | Dist. 39

**Public Attendees:**

Sarah Butcher  
Brittany Campbell  
Ryan Chindavong  
Tood Crooks  
Heather Huntington | NWESD 189  
Max Lau  
Missy Liu  
Michelle Mitchell  
Meredith Piehowski  
Carolyn Solitaire

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*Children and Youth Behavioral Health Work Group – School-based Behavioral Health and Suicide Prevention*

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Chelsea Stone  
Roz Thompson

**Staff:**

Francesca Matias | OSPI  
Diane Stead | OSPI