

6/22/21- King County Youth and Family Council FYSPRT Meeting

Attendance:

Sandy Tomlin, King County BHRD, Wraparound Program manager

LaTonya Rogers KC BHRD

Jackie Hopkins, WSCC Family Navigator, Outpatient Behavioral Health workgroup, Kinship Caregiver

David Callahan, cMSW at UW

Avreayl Jacobson, King County Behavioral Health and Recovery, Children's Mental Health Planner

Jennifer Miller, FYSPRT Family Tri-Led, Center for Human Services, Parent Partner

Hailey Washington, Impact Sac & IQSQUAD & Women In Politics Program, youth leader and community member

Kenny Alfred, Amerigroup Washington Children's System Administrator

Rachel Castiglia, Children's Behavioral Health Administrator with Molina Healthcare

Candace Hunsucker, Regional Manager for Integrated Managed Care, Community Health Plan of WA

Abby Cantarell - Children's Mental Health CRM with Developmental Disability Administration

Lynda Loncar - WISE Clinician with You Grow Girl!

Courtney Simons, Opal Food and Body Wisdom Intake Department Lead and FYSPRT System Co-Lead

Hailey Washington, Youth Peer at Impact

Kate Naeseth, UHC

LeChez Bowser, Youth tri-lead for FYSPRT, Youth Peer for the WISE/Wraparound team at Valley Cities Behavioral Health

Jenn Miller, Partner Partner and Family Co-Lead of FYSPRT

Selina Sweet, Parent, Family Partner and practitioner

Rachel Zakopyko, Coordinated Care

Cole Devlin, Youth Co-Lead of the FYSPRT

Scott Larson

Community Input:

- How to get more youth and families to the table, how can the WISE providers help with this engagement and encourage participation.
- Family and Youth to be leaders.
- Something that You Grow Girl! does as an agency is have the clinicians email the youth and families that we serve flyers for groups that we facilitate or other important events - do we have a "physical" invite/flyer to share with the basic information about FYSPRT meetings?

- We want to be able to share concerns with the state FYSPRT and push it up the rungs to make changes happen.
 - o Like a PTA at schools
 - o A place to share concerns and get support.
- How to we educate families, youth and partners about the FYSPRT?
- Having a youth part at the beginning with them working on a project together and then coming back to share it with the rest of the team.
 - o Hailey Washington expressed interest in subcommittee: washingtonhailey62@gmail.com

Avreayl Jacobsen- Children's Behavioral Health Workgroup:

- Youth and Young Adult Continuum of Care Workgroup
 - o 6 new Youth Mobile Crisis Teams
 1. New legislation that passed.
 - o HCA will be evaluating a Medicaid waiver to have respite covered.
 1. The FYSPRT has been working on this but it doesn't always get moved through, we can come to this work group and ask them to help us move it (and other ideas we have) forward!
 2. Avreayl can help us with moving things forward as well through bringing our voice to this workgroup.
 3. **Remind the Statewide FYSPRT of this as well!!**
- Prenatal to 5 Behavioral Health Workgroup
- Behavioral Health Integrated Care Workgroup
- Etc. Legislators are involved, and workgroups are making changes.

System Tri-Lead Need:

- o Hailey Washington expressed interest in Youth Tri-Lead: washingtonhailey62@gmail.com
- o David C expressed interest in System Tri-Lead: davidmbcallahan@gmail.com

LeChaz Browser: Pride Month Presentation:

- Rainbow flag: popularized in 1978
 - o Pink and Turquoise were also removed
 - o Each color represents a different thing
 - o Pride Parades with Stonewall Riots in 1969
 1. Gay bar and dance club in NY where police harassed people, in terrible and violent ways
 2. During a raid on June 28th, 1969 the scene became more violent and demonstrations took place through the week saying, "enough was enough."
 3. Then next year another demonstration took place to show they were out and proud, to remind us that no one should be subjected to injustice due to their identity, who the love or how they express themselves.
- Video shared, "Now This Original: Pride"
- Food for thought:
 - o Another vital member to the success of the gay liberation movement, is the involvement of Allies

- Video Shared, "Being an Affective Ally"
 - o Listen to the people who know what they are taking about
 - o 5 tips for being a good ally:
 1. Understand your privilege: you have rights others don't.
 2. Listen and do your homework: read, blogs, tweets, news articles, etc.
 3. Speak up but not over: the ally is not the lead singer, do not speak over the community members you are trying to support.
 4. Realize you will make mistakes and apologize when you do: own it and change moving forward.
 5. Ally is a verb: you have to have action not just words.
 - o Resources:
 - <https://www.lamberthouse.org/> (resources for LGBTQ+ youth and their allies)
 - <https://www.thetrevorproject.org/> (crisis and suicide prevention for LGBTQ+ youth)
 - <https://www.pflagseattle.org/> (resources for Parents and Friends of Lesbians and Gays)
 - <https://ingersollgendercenter.org/> (transgender and gender nonconforming supports)
 - <https://www.glsen.org/> (supports for LGBTQ+ youth and school inclusion)
 - <https://www.mccseattle.org/> (LGBTQ+ affirming church)
- **LeChaz KILLLLLLLEEDD this presentation!!**
- Another Resource added:
 - o Trans Lifeline for Trans Individuals in Crisis: US (877) 565-8860

King County Wraparound Update- Sandy Tomlin:

- Wraparound: Team based facilitation program
 - o Been around for 50 + years
 - o WISe came in, modeled after Wraparound and modified
 - o WISe is under MCOs
- Wraparound is separate for non-Medicaid kids and families
 - o Only county in the state providing this to kids and families in the county
 - o Private insurance, under-insured and no insurance
 - o Similar eligibility requirements
 1. Have to be under 21
 2. Must be involved in 2 systems:
 - DDA
 - SUD
 - Mental Health
 - DCYF
 - Special Education/IEP/504B plan
 - Correctional Systems/Juvenile Probation
- About collaborating with service providers and youth/family based on strengths and needs that help guide them to a better place.
 - o Meet about 1x a month or as often as the team needs to
- Team: Facilitator, Parent Peers, Youth Peers bringing your team together and helping create an individualized care plan
 - o Sharing behaviors and how do we help
 - o No bad families or kids, just bad plans
 - o Strength based
 - o Can have private therapist

- 3 Agencies in King County: Same providers as WISE
 - o Center for Human Services: North King
 - o Sound Health: Middle King
 - o Valley Cities Counseling and Consultation: South Sound
- 2020:
 - o Attempting to serve 60 kids/month
 - o Waitlist currently at all agencies
 1. About 4 kids, some have waited for a couple months.
 2. Staffing is a barrier
 - o Length of service 6 months-1.5 years
- Referrals: 3 page referral form to access these services
 - o Email to Wraparound@kingcounty.gov
 - o If you are uncertain/have questions, reach out to Sandy to discuss it.
 - o Wraparound@kingcounty.gov
 1. www.Kingcounty.gov/department/communityhumanservices
 2. Then type in Wraparound to find their website.

Cole Devlin- Youth Engagement Subcommittee:

- Increase youth engagement and services in general.
- Active members in this group and when they are not actively planning an event, they will promote the efforts going on in the county that youth and youth-based organizations are doing.
 - o Ending the Silence and NAMI
- New youth members here today: Paul, David, several others
- SPARK: Coming to King County now, Youth Peer Counseling
- Cities Rise: Creating more mental health friendly cities
- 2nd Weds of the Month via Zoom

Announcements/Updates:

- Jackie Hopkins: WSCC: Washington State Community Connectors, Jackie, Karen Kelly and Christie Young are traveling tomorrow to share resources and information about the FYSPT at the Spokane Resource Fair
 - o Email Jackie if you have anything you want to share at this resource fair
- New website launched: <https://wscsupport.org/>
 - o New trainings in SUD- be on the lookout for this coming out!!
- Candace Hunsucker: CHPW
 - o Opportunity to create presentation for "Healthier Here"
 1. Readings, trainings, dialogues about how to advance equity and changes in racial disparities in health care.
 2. Opportunity for youth to share their voice around the impact of COVID, racism, being a young adult in this society.
 - Pass on any youth who may be interested to Candace
 - Thursday Sept 4th 1-4:30pm
- King County Behavioral Health Mental Health Awareness Poster Contest
 - o Recovery Awareness Month
 - o Adult and child category
 - o Cole Devlin will share more about this when it opens up

- Submission Deadline: Aug 20th
- Common Voice:
 - CLIP Connections connects us
 - Virtual Event to connect families who have gone through CLIP
 - 2nd Weds of the month 6-7:30pm
- Strong African American Families and Teens: Series 5
 - For primary caregivers and teens 14-16
 - 5 week series program