

King County Family & Youth Council Regional FYSPRT



Welcome!

The King County Family and Youth Council/FYSPRT* provides a safe place for you to share your experience and to be heard. Youth and family voices bring compassion, understanding, and inspiration to system change. Your voice matters!

As a council of leaders who have lived experience within the behavioral health system, we represent the voices of King County families and youth at State and County decision-making bodies. Our mission is to strengthen and sustain community resources that effectively address the individual behavioral health needs of children, youth and their families.

Join us and help move the behavioral health system beyond treatment to resiliency, wellness, and hope!

What is a FYSPRT?

Family Youth System Partner Round Tables (FYSPRTs) were created as part of a lawsuit settlement to ensure meaningful engagement of families, youth and system partners in the Children's Behavioral Health Governance Structure. FYSPRT members include families and youth with lived experience and system partners. Leadership for the FYSPRTs is shared by a family, youth and system Tri-Lead/leadership structure. The end goal is to work collaboratively to improve outcomes for our youth and their families. Each regional service area in Washington has a FYSPRT that serves to influence local and state child-serving systems to improve access to and quality of comprehensive services available for families and youth with complex behavioral health challenges. All meetings are open to the public!

Each month the 10 regional FYSPRTs in our state meet to:

- Share information about what services are available in the region
- Identify and address barriers to families seeking services
- Identify systemic barriers/challenges and options for addressing issues within the region
- Raise issues that are not able to be solved at a regional level to the statewide FYSPRT
- Identify local and regional strengths, including;
 - Effective and promising initiatives or projects
 - Examples of community and system agencies that support systems of care values and principles

In addition, these regional FYSPRTs:

- Complete a regional needs assessment to identify needs of the region
- Collect, review, and interpret relevant data, evaluate results and develop system improvement strategies
- Maintain a five-year strategic plan and annual work plan to identify and address long and short-term regional needs
- Respond to calls for feedback from entities such as the Children's Behavioral Health Executive Leadership Team

Our Charter

Vision

Together families, youth, systems, and communities will address the barriers to and equity for all individuals, including Black, Indigenous, Persons of Color, lesbian, gay, bisexual, transsexual, two-spirited, queer, questioning, intersex, and/or asexual individuals. We support opportunities to improve the resilience and recovery of children, youth and families with physical, emotional or behavioral health challenges.

Mission

Our mission is to strengthen and sustain community resources that effectively address the individual and their systems. We are allies in the support of equity for all; including Black, Indigenous, Persons of Color, lesbian, gay, bisexual, transsexual, two-spirited, queer, questioning, intersex, and/or asexual communities on multiple levels. We look to support our communities around physical health, behavioral health, social connection, practical aspects and spirituality when applicable. We extend goodwill to all individuals as we work together in a safe and supportive environment to together build a stronger King County.

As a Council of leaders of family and youth-led organizations serving families and youth with emotional and behavioral health challenges, we will represent the voices of King County families and youth at State and County policy and program decision making bodies.

Membership

Council Members are leaders within family-led and youth-guided organizations or programs representing or serving different constituencies and communities. Over time non-affiliated family and youth with deep experience in multiple systems and a desire to learn more about leadership and advocacy will be added to the Council. To assure a diverse constituency and range of needs are represented the Council will have between 17 and 23 members.

Leadership

The Council will be led by Tri-Leads: a family member, a transition age youth or youth partner, and a system partner. Representative Family and Youth Tri-Leads are elected by Council Members to serve a two year term renewable for a second term.

Member Information

King County Family & Youth Council Code of Conduct

- We uphold the mission and vision of the King County Family and Youth Council.
- We respect human rights.
- We comply with all laws and regulations.
- We act ethically and with integrity.
- We act with impartiality.
- We show respect for each other and all others.
- We perform work responsibly.
- We maintain confidentiality.
- We avoid conflicts of interest and do not use our position for personal gain.
- We represent accurate information.

Comfort Agreement for FYSPRT Meetings

Our Comfort Agreement is an ongoing contract created by group members to promote a safe meeting environment where people feel listened to and valued.

- Stay on task
- No side conversations
- Cell phones on silent
- Safe learning environment
- Be willing to give and receive feedback
- Leave your agency hat at the door. Bring your experience, expertise and commitment.
- Remember we all bring the best intentions to our work
- Value everyone's opinion
- Ask questions and check out your assumptions/thinking
- Listen carefully
- Let your voice be heard
- Provide space to hear about immediate concerns
- Seek common ground and action
- Identify areas of continued debate and defer to another day
- If dissenting, offer an alternative
- Be clear about discussion vs. decision-making
- Start meetings on time
- Observe time frames

Safety Plan

If anyone during the meeting begins to feel uneasy or frustrated:

- First, take a break; leave the room if needed, use the coping skills that are familiar to you and comfortable.
- Second, reach out to support people in the room (Tri-Leads or someone familiar to you).
 - Tri-leads will offer support to anyone who signals distress-emotionally or otherwise.
- Last, FYC members and attendees agree to be present, aware and know who is in the room.

- Reach out to those in the room who have background in de-escalation (all Tri-leads, Convener, Mental Health Providers, etc.).
- FYC Tri-leads and welcome committee will offer breaks to the group and individuals if conversations get heated or someone is signaling discomfort/distress.
- FYC Tri-leads will identify exits for members and attendees will know how to safely exit the room if needed.
- If aggressive behavior is present and you have no experience with de-escalation techniques please find an exit and leave the room.
- If you do have de-escalation experience you may provide support, if you feel comfortable with this. If you feel unsafe or prefer to not engage with an aggressive individual, please find safe space and/or exit the room.

Membership Guidelines

- To assure a diverse constituency and range of needs are represented the Council will have between 17 – 23 members. (We currently meet in one location but hope to expand to satellite locations across the County.)
- Tri-Leads will be nominated by members, tri-leads or convener and if elected by the Council will serve a two year term (renewable for a second term).
- All meetings are open to the public. Visitors are encouraged to be full, non-voting participants at any meeting they attend and provide input and feedback regarding community needs.
- Members may arrange to attend via Skype or phone.

How to Join KCFYC/FYSPRT

- Attend 3 meetings
- Consider meeting 1:1 with a Tri-Lead or convener to learn more (optional)
- Agree to membership commitment below
- Indicate membership interest on sign-in sheet

Membership Commitment

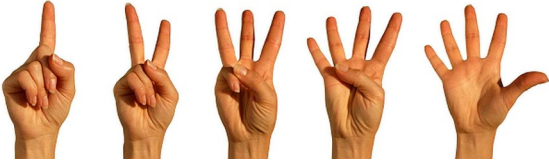
- Attend monthly Council meetings
- Communicate with tri-leads if you will miss a meeting (individuals who miss 3 consecutive meetings without communicating with leadership, will no longer be considered council members but may reestablish membership by contacting a tri-lead or the convener).
- Respond promptly to group emails (especially calendaring requests).
- Share your interests and expertise and identify areas of the strategic plan that you can support.
- Have a willingness to work on sub-groups.
- Be willing to invite families and youth to meetings.

Representation

Family and youth representation on the overall FYSPRT should be “substantial,” with a minimum 51% youth and family membership. Our membership will reflect the composition of the target population to the maximum extent possible. Target representation areas include:

- 12-step groups
- Adult consumers
- Advocacy groups
- Child welfare
- College and university campus groups
- Community leaders who reflect the diversity in the community
- Community organizations/networks/ coalitions (Goodwill, Boys and Girls Club, at-risk youth)
- Developmental Disabilities Admin.
- Division of Vocational Rehabilitation
- Early Learning – Head Start
- Employers
- Faith communities
- Family and youth groups/organizations
- Family/youth leaders
- Foster care youth and family groups
- Juvenile justice
- Kinship groups
- Law enforcement
- Mental health and Substance use disorder providers
- Military members
- Public health
- School district and ESD staff
- Tribal Governments/Organizations
- Urban Indian Health Programs
- Youth-led programs

Voting with the 5 Finger Voting Method



1. You have serious reservations and cannot support the effort.
2. You have important reservations but will commit to open communication regarding your reservations.
3. You are on board.
4. You give strong support and active participation, but you're not willing to lead the initiative.
5. You're all-in and prepared to own the project. You'll take the lead if asked.

At least fifty-one percent of membership needs to be present for a quorum for the purpose of making a decision

Travel and other meeting support

- Travel reimbursement available upon request.
- Child care and translation services available when requested in advance of meeting.

Work Plan Priorities

Intensive behavioral health supports and services for youth with complex needs

- Increased number of families participating in Wrap/WISe
- Families are better informed about intensive services that are available to them
- Address issues and challenges within WISe/Wraparound program
- Reduce silos and increase communication cross systems

Effective behavioral health strategies that break the school to prison pipeline.

- Create partnership with Zero Youth Detention initiative
- Reduce suspension rates for kids attending in King County
- Reduce disproportionality in these systems

Culturally responsive and trauma-informed individualized behavioral health services that are in line with equity and social justice principles for youth and families

- Increased understanding of what effective trauma informed care looks like
- Partner with agencies/providers who are leaders in this area

Membership

- Increase council membership
- Increase Leadership skills and opportunities for members
- Establish membership procedures

FAQS

What is behavioral health?

Behavioral health combines mental health and substance abuse disorder into a united practice. Mental illness and substance abuse disorder frequently have the same root causes. The behavioral health field works to promote individual well-being through prevention and intervention programs and services.

What is WISe?

Wraparound with Intensive Services (WISe) is a voluntary service that uses a team approach to provide intensive mental health services to support youth and their family to meet their goals.

The focus of WISe is:

- To provide intensive mental health services designed to assist children, youth, and their families in achieving wellness, safety, and to strengthen relationships within their community.
- To develop an individualized care plan, based on strengths and needs that respect their family culture, norms, and preferences.
- To offer services and supports in locations and at times that work best for children, youth, and families (including in your home or a public location of choice, and on evenings or weekends).
- To provide 24/7 help during a time of crisis with individuals who know your situation.

Who is eligible for WISe?

- WISe is for families of individuals, up to 21 years of age, with complex behavioral health needs, that could benefit from a higher level of care or is at risk of out of home placement
- ANYONE can make a referral to WISe anytime directly to a WISe agency. All referrals should result in screening, either in-person or by phone, to determine whether it appears your child could benefit from the level of care WISe offers.

Find out more: <http://bit.ly/WISeWrap>.

What is Wraparound?

Wraparound is a voluntary team-based planning process for King County children and youth up to age 21 with complex needs. Wraparound creates a team of individuals that works collaboratively develop and implement an individualized plan of care, monitor the efficacy of the plan, and work towards success over time. This plan of care is based on strengths and needs that respect the youth's and their family's culture, values, norms, and preferences.

Who is eligible for Wraparound?

- Individuals not eligible for Medicaid
- Have concerning behaviors at home, school, and in the community that meet clinical criteria for the program;
 - Are enrolled in and participating in at least two of the following services: mental health therapy, substance use therapy, special education, Children's Administration, Juvenile Justice, or Developmental Disabilities Administration; and
 - Youth, up to age 17.5 who may be in need of admission to a more restrictive mental health setting such as the Children's Long-term Inpatient Program (CLIP).

Find out more: <http://bit.ly/WISeWrap>

Contact Us:

King County Family & Youth Council: **206-263-8934**

KCFYC/FYSPRT Website: <https://tinyurl.com/KCFYC2020>

Other Resources

- **King County Behavioral Health Client/Customer Service:** 206-263-8997
- **Washington Mental Health Referral Line for Children and Teens:** 833-303-5437
- **Education Ombuds:** 866-297-2597
- **Teen Link:** youth crisis specialists are available to talk by phone from 6-10pm every night & text from 6-9:30pm on Wednesdays: 866-833-6546

What do all those letters mean?

ABA Applied Behavioral Analysis
ACA Affordable Care Act
ACF Administration of Children and Families
ACEs Adverse Childhood Experiences
AL TSA Aging and Long-Term Support Administration
BH-ASO Behavioral Health Administrative Services Organization
BHA Behavioral Health Administration
BHAS Behavioral Health Assessment System
BHO Behavioral Health Organization
CANS Child Adolescent Needs and Strengths
CFT Child and Family Team
CIIBS Children's Intensive In-home Behavior Support
CLIP Children's Long-term Inpatient Programs
CMHA Community Mental Health Agency
CSIT Cross-System Initiatives Team
CSO Community Service Office
DBHR Division of Behavioral Health and Recovery
DCYF Department of Children Youth and Families
DDA Developmental Disabilities Administration
DOH Department of Health
DSHS Department of Social and Health Services
E/RBP Evidence- and Research-Based Practices
EBPI Evidence Based Practice Institute
CBH ELT Children's Behavioral Health Executive Leadership Team
EQA Evaluation and Quality Assurance
EQRO Evaluation and Quality Review Organization
FB(G) Federal Block Grant
FEP First Episode Psychosis or New Journeys
FFT Functional Family Therapy
FIMC Fully Integrated Managed Care
FIT Family Integrated Treatment
FSAOs Family Support and Advocacy Organizations
FYSPRT Family Youth System Partner Round Table
GATE Graduation, a Team Effort
HCA Health Care Authority
HO Healthy Options Managed Care Plans
HTP Healthy Transitions Project
IEP Individualized Education Plans
ICM Integrated Case Management
LEP Limited English Proficient
LHJ Local Health Jurisdictions
MARS Multi-System Acute Resource Solutions (MARS)
MCE Managed Care Entity
MCO Managed Care Organization
MH Mental Health
MOU Memorandum of Understanding
MST Multi-systemic Therapy
NOA Notice of Action
OCP Office of Consumer Partnerships
OSPI Office of Superintendent of Public Instruction
PAL Partnership Access Line
PCIT Parent-Child Interaction Therapy
PIHP Pre-Paid Inpatient Health Plan
PBS Positive Behavioral Supports
PSU Portland State University
QI Quality Improvement
QMP Quality Management Plan
QSR Quality Service Review
RDA Research and Data Analysis
RFI Request for Information
RFP Request for Proposal
ROSC Recovery Oriented Systems of Care
RCL Roads to Community Living program
RCW Revised Code of Washington
SAMHSA Substance Abuse and Mental Health Services Administration
SED Serious emotional disturbances
SERI Service Encounter Reporting Instructions
SOC System of Care
SPA State Plan Amendment (Medicaid)
SUD Substance Use Disorder
SYT-I State Youth Treatment- Implementation Grant
TF CBT Trauma Focused Cognitive Behavioral Therapy
T/TA Training and Technical Assistance
T.R. Initials of the lead plaintiff in the T.R. vs. Strange and Birch lawsuit
TRIAGE T.R. Implementation Advisory Group
UW University of Washington
WAC Washington Administrative Code
WaDads Washington Dads
WISe Wraparound with Intensive Services
WSU Washington State University