

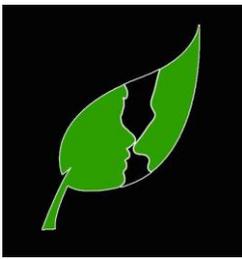
Southwest FYSPRT Meeting Agenda

Date: January 24th, 2021

Time: 4:00 p.m. – 6:00 p.m.

Location: [Zoom Meeting](#)

Co-facilitators: Michelle Karnath, Kirstin Peterson, Katie Favela, Briana Mason Note Taker: Kirstin Peterson		Time Allowed
Welcome and Introductions: <ul style="list-style-type: none"> General Announcements 		4:00-4:10
<p>Trigger WARNING surrounding death...</p> <p>The Dougy Center primarily does peer support groups after the death of a parent or sibling. When an individual comes in or calls, they identify the correct group for them or if they will be a good fit, otherwise they can refer out. Melissa is a program coordinator and helps to structure the activities that they do and help to direct families or young adults.</p> <p>Video on what grief feels like, and where to get support: https://link.zixcentral.com/u/51cbfc4c/dGeKP3F97BGUsRc68Y9C_g?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DamCx1IGcm4Q</p> <p>When kids come to the center they have different rooms for different play areas, and a lot of their work is done through play to work through their grief and loss. They have rooms such as the sand room, volcano room, dress up room, hospital room, and more. They do not give any advice or tell them how to feel or what to think, they simply offer support. Kiddos don't always want someone to fix it, but instead they ask what can they do to make them feel better. They also have a suicide and a violent death group. They do not charge for their services and offer them for as long as they need.</p> <p>Included is their orientation video and what their location looks like (some activities may be virtual during the pandemic).</p> <p>Video 2: https://link.zixcentral.com/u/19cccee6/-pCLP3F97BGUsRc68Y9C_g?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DxAv8m6unynA%26t%3D6s</p> <p>Their structure is based on age groups, and includes a young adult group for those transitional age youth who are in need of support. They have various</p>	<p>The Dougy Center- Melissa Peede and Cheryl Roberts</p>	4:15-4:45



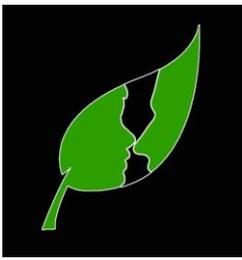
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	<p>centers in the area as well as across the river. You can find a Dougy Center in your area on their website and includes tip sheets on various different topics.</p> <p>www.dougy.org</p> <p>help@dougy.org</p> <p>Greif Out Loud Podcast-</p> <p>https://www.dougy.org/news-media/podcasts/suicide-postvention-what-schools-can-do</p> <p>https://www.dougy.org/grief-support-resources</p> <p>Question-</p> <p>Do they have a group for developmental disabilities?</p> <p>If the kiddo can sit in a room with other kids and support their peers then yes they can, if not then they can explore other options. They do their best to try to meet them where they are at.</p> <p>How to access the services or refer people?</p> <p>On their website there is a “center finder” that will pull up everything for your area, if there is an * next to it that means that they have trained them. If a kiddo is in need of their services they will need to talk to the primary care giver and the kiddo in need of support. Their virtual groups are not available to anyone and you would still need to call.</p>	
<p>What do we want to accomplish in 2022?</p>	<p>Please see the final Work Plan in the Documents section of the SWWA FYSPRT website for more information.</p> <p>How do we shift FYSPRT to hook into the work and heavy lifting that needs to happen? Michelle shares at a state level what our gaps are and they want to hear from families. Work groups have put out requests for young adults to be a part of them. They are working to get a stipend of up to \$200 a day to help</p>	<p>4:45-5:15</p>



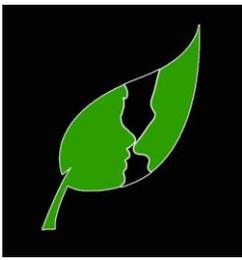
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<p>them be a part of these groups.</p> <p>Is there a way to create a formal reporting mechanism between FYSPRT and the children and Children and Behavioral Health Work Group? The Challenge and Solution form would be an additional way to formalize this.</p> <p>How is the Wise “interest list” different from the “wait list”? Why are families not coming to FYSPRT to talk about what is going on with their family while they wait for WISE. SWWA only has one provider, and other providers that have been approached have stated they do not want to provide this service, or do not have the workforce capacity to take this on. Limited individuals providing services due to workforce shortages, limited resources overall, and conflicting messages from larger players.</p> <p>What do we want to achieve in 2022?</p> <p>Advocacy and training- more networking Have panels More access to mental health services regardless of insurance Collaborate and share resources with more organizations who serve the BIPOC and or Asian Pacific islander communities. Opportunities for youth. Young adults to step into leadership rolls. Advocacy training- more networking with WSCC, family training from psychosis, REACH experts on CBT Participation overall-collaboration with more community in Portland? Challenge and Solution forms used more</p> <p>HB 1800: https://app.leg.wa.gov/billsummary?BillNumber=1800&Year=2021&Initiative=false</p> <p>System get better when they track outcomes, what outcomes are the BH</p>	



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	<p>system tracking? How do we elevate the need for outcome tracking? How do we track this as a system? How do we fund programs that support these outcomes? Outcomes to track could include...</p> <p>Safe and stably housed</p> <p>Engaged in a meaningful relationship</p> <p>Able to set and achieve person goals</p> <p>Engaged in a meaningful vocation</p> <p>Stable enough to set and reach your own goals.</p> <p>Change Medicaid to provide more services outside in the home for kiddos. The way the billing structure is set up, this is not possible.</p>	
Activity:	Speed Greeting 2022 Edition	5:15-5:50
Wrap up/ Evaluations/ Questions:	Fill Out The Evaluation Here	5:55-6:00