

November 2020 FYSPRT Meeting

Introductions and comfort agreement

Triple Point: virtual forum for additional support

PFLAG: virtual meetings

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Follow us on instagram @swwa\_yae

Panel Discussion-Learning and Working Remotely

A lot easier to get everyone to school on time because it had been really difficult

Don't have to drive to the office

Able to do more but also means you're doing more

Having to set up desk so that you can watch kids outside, but helps kids be self-starters

Discussions in class are a lot easier, chats are easier to have in addition to the main conversation (more dynamic)

Youth not having a choice in the structure of learning, could be a barrier to many youth

Going from having difficulties in school and then going to finishing high school a few years early

Difficulty with individuals with additional needs trying to focus them and get them to work on it

Each school has a different schedule

Helping youth deal with their frustration

Social side is even more difficult than the academic side

A lot of lost jobs

Found about new restrictions while on the job

Trying to be grateful for everything that we do have

Have been reaching out to DDA for support

Some services meeting in person, but out into the community (its getting cold)

Really helps when staying off of social media, keeps the panic away (especially shopping)

The restrictions aren't as strict as the panic assumes

Eliminates some peer and family pressure for the holidays

Options and Healthy Transition Program

Columbia river mental health services:

SAMSA grant

Screening and intakes: visit the Vancouver location or make an appointment for Hazel Dell, Battle Ground or Vancouver on fourth plain

Options:

Serve 14-24 years old

Complete high school or GED program

Pursuing college education or vocational program

Gain and maintain employment

Obtain housing

Obtain a drivers license, social security card or other certifications (food handler's card, CPR/first aid)

Who: 2 therapists, 2 transition specialists, 1 employment specialist, one benefits specialist, therapy dog

Events/activities (free): art labs, hikes, bowling, billard's and ping pong, barbeque, and seasonal activities

Groups: pride group (Mondays), minions group/social skills (Tuesday), Nirvana/ dialectal behavioral therapy (Wednesdays), activities group (Thursdays)

Covid currently:

All care is currently offered virtually (zoom, doxy, telephone, options is also meeting for socially distant in person meetings at youth house)

Doxy is good for youth without an email, downloads through the browser directly, no app needed

Youth house is offering virtual peer activities over zoom: pride group (mon), nirvana (wed), and activities (tues, thurs, and fri)

Interested in options? Call 360-750-7033 to get ahold of Vicky to talk about how to get more information, walk ins at youth house or main clinic

Healthy Transitions:

Enrolled youth with Columbia river mental health services

Ages 16-25

Uninsured or state insurance

Specifically a peer support services

Bridge the gap between youth and their recovery goals

Youth led

Try to work with organizations to get their needs met, but if not, they have funding to help youth

Plan activities: adulting 101, paint activities, faux bracelets

Adulting 101: finding community presenters to teach life skills

Make and take: social distance art activities (may be post-poned) like bath bombs (also help make free gifts)

Social distancing guitar lessons (providing guitars that they can take home)

Must already be a CRMHS client, but you can get help registering if needed

Maranda Heckler (3609918446) marandah@crmhs.org

Melissa Peede (3609529327) melissapeede@crmhs.org

Interested in community partnership and answer youth questions

Special funding for fysprt collaboration: if you have ideas, let us know, we can pay speakers, host events, get prizes, provide resources, etc.

Meaningful Movies

Potentially this month, still contemplating

Youth Advocacy and Empowerment

December 7<sup>th</sup>, 2020

Update on the last meeting

Diversity and Equity (youtube video)

“We need to stop talking about diversity”

Equity=core need → core need threatened → chronic stress → chronic inflammation

Chronic racism has chronic inflammation and lower life expectancy

Trivia game winners:

Izzy and Ty

Julia

Gift cards for youth evaluations