

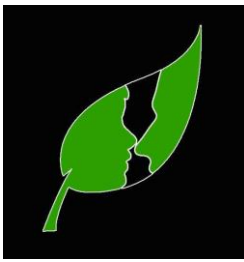
Southwest FYSPRT Meeting Agenda

Date: January 23rd, 2022

Time: 4:00 p.m. – 6:00 p.m.

Location: [Zoom Meeting](#)

Co-facilitators: Michelle Karnath, Katie Favela, Emma Ocampo and Dona Allison		Discussion Leader	Time Allowed
Welcome and Introductions:	<ul style="list-style-type: none"> • Log on/Technical assistance as needed • General Announcements • Comfort Agreement • Introductions and Community updates 	Michelle	4:00-4:10
Newsletter Review	<p>The Boy, The Mole, The Fox, and The Horse: https://www.imdb.com/title/tt22667880/</p> <p>FYI, new resource about bullying (short video) on PAVE website: https://wapave.org/bullying-at-school-key-points-for-families-and-students-with-disabilities/</p> <p>Central Vancouver Coalition and West Van for Youth in partnership with WSU Extension are hosting a free 3-day Strengthening Families 10-14 New Facilitator Training & Certification, February 22-23, 8:30a-5p each day, at ESD 112 conference center (2500 NE 65th Ave, Van, WA). We are seeking bilingual English & Spanish and monolingual English individuals to complete the training and make extra money by becoming strengthening Families 10-14 facilitators for our coalitions. We should have a flyer by Wednesday that I can send to Michelle to share through the FYSPRT email distribution. People can register for the training using this registration link: https://wsu.co1.qualtrics.com/jfe/form/SV_esbjuy8vFqH6wMm".I'd love to talk to anyone who might be interested in registering for the training and the possibility of becoming one of our Strengthening Families 10-14 program facilitators. You may contact Kelley Groen-Sieckmann, Central Vancouver Coalition Coordinator, at</p>	Dona	4:10-4:15






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	<p>kelley.groen@esd112.org or 360-952-3461. Thank you!!</p> <p>Wellness Activity of the Month: Breathing Exercises</p> <p>Review of Community Resources</p>		
Presentation:	<p>Restorative Community Services Program</p>  <p>CLARK COUNTY WASHINGTON</p> <p>Dedicated To Addressing Harm, Competency, And Community</p>  <p>CLARK COUNTY JUVENILE JUSTICE CENTER</p> <p>A vision for healing and change</p>  <p>CLARK COUNTY WASHINGTON</p> <h3>Background</h3> <ul style="list-style-type: none"> Over 20 years ago the Clark County Juvenile Court adopted a philosophical set of principles and values known as Balanced and Restorative Justice. Balanced and Restorative Justice is focused on meaningful outcomes for offenders, victims and the community. A restorative response to crime focuses on what needs to be repaired, what needs to be healed, and what needs to be learned. Opportunity to address harm to generate a meaningful response “Philosophy” as opposed to a “Program” 	LaQuinta Daniels	4:15-4:35



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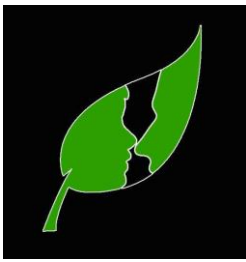
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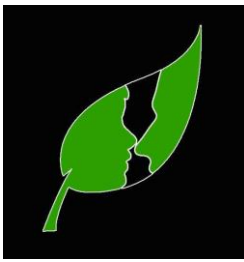
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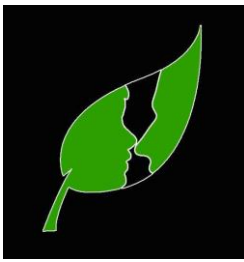
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<div data-bbox="321 478 1078 1705"> <p>CLARK COUNTY WASHINGTON</p> <p>THE MANY FACES OF A MENTOR</p> <p>What is a Mentor?</p> <ul style="list-style-type: none"> • Mentors empower youth by helping them recognize their unique qualities and talents. • Mentors connect with youth and convey the message, “you are worth my time and effort”. • Mentors encourage youth by sharing their personal goals, values and experience. • Mentors assist youth in seeing community service as a meaningful way of making a contribution to the community. </div> <p>Maplewood Mosley garden on east 18th street on grounds of Unitarian Church</p> <p>Vancouver’s secret treasure</p>		





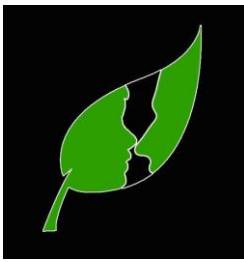
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	  <p>How are mentors recruited? Some are interns that turn into mentors, some are community volunteers just reaching out, parents.</p> <p>Know of someone who wants to be a mentor reach out to La Quinta: LaQuinta "Q" Daniels LaQuinta.daniels@clark.wa.gov (360) 907-7430</p>		
Presentation:	<p>Boys and Girls Club: 98% of staff are trained in PAX tools, prevention then de-escalation. Think it through sheets and conversation.</p> <p>Offer a few BH services for teens: MH small groups weekly for all age ranges. At teen turf there is a young men's and young women's open to everyone. Licensed MH profession was running one of these groups. Some of the topics have been anxiety, generational trauma, self-care. Uses an Evidence based curriculum called Smart Moves. MH activities will be integrated into family night, next one is on 1/26 CRMHS offering services. Have month teen health support community dinners. Outreach youth programs, building community with mentorship. College and career prep program how to support youth with academic</p>	Paige Persico and Caroline Reed	4:35-4:55



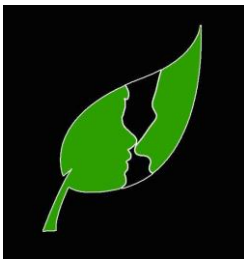
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	<p>success how to navigate Applying for college and filling out FASFA application.</p> <p>Success stories: Staff started as club kid, after graduating high school started volunteering, that changed to staff hours and is now a club director!</p> <p>Caroline: grants manager and ongoing reporting process. Put youth first mentality.</p> <p>Currently in: Fruit Valley, Washington Elementary, and Burton Elementary just Elementary locations.</p> <p>Please feel free to reach out to us with any further questions! caroline@mybgc.org and paige@mybgc.org</p>		
Let's Chat Breakout rooms	<p>Topic: Returning to in person meetings?</p> <p>When? Q1, Q2, Q3, Q4, Never</p> <p>How often? Monthly, Quarterly, Annually</p> <p>Have you ever attended in person FYSPRT meeting</p> <p>Yes- what is something that you would like to make sure continued in those meetings or what is something that you would like to change from those meetings</p> <p>No- what is something that you would like to see happen at the in person meetings</p> <p>What type of incentive would you like to see happen?</p> <p>What type of refreshments would you like to see provided?</p> <p>Should the times stay the same?</p>	Dona	4:55-5:25
Update:	<p>Adulting 101: Either other Tuesday from 4-5:30pm next one tomorrow on Healthy Nutrition- presenter this week is from the food bank. Drawing system- for incentive. Gear for 16-26 Registration link is https://us06web.zoom.us/meeting/register/tZApd-ggrzMvG9POIEdM6HGR4-cCuaW9nbE0 questions shoot Maranda an email marandah@crmhs.org.</p>	Maranda Emma Michelle/Katie	5:25-5:35



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	YAE: Topic: An hour meets the first Monday of the month 2/6 breaking bad habits and forming good ones. Statewide FYSPRT next Meeting 2/23 from 3-5pm if you want attend reach out to a tri-lead		
Activity:	Scavenger Hunt	Dona	5:35-5:55
Wrap up/ Evaluations/ Questions:	Next Meeting 2/27 due to Presidents day on 2/20 Evaluation link will be provided during the meeting.	Dona	5:55-6:00



<http://swfysprt.org/>



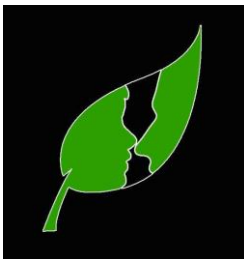
@FYSPRT



@swwa_yae

FYSPRT is a ...	Space for youth and families to share their experiences with the Crisis System of Care and for System Partners to hear from the community.
	The Southwest Washington Family Youth System Partner Round Table (FYSPRT) is a community-based group of youth, families, professionals, systems, and community members from Clark, Skamania, and Klickitat counties who are passionate about making needed changes in the System of Care (SOC) that serves those with behavioral health needs. The SW WA FYSPRT strengthens sustainable resources by providing community-based approaches to address the individual behavioral health needs of children, youth and families and ensures that family and youth are key collaborators and in positions of leadership. The SW WA FYSPRT leverages the experience and expertise of all participants dedicated to building effective behavioral health services and will report up to the Statewide FYSPRT on challenges and successes of the region.

Comfort Agreement	<u>Listen</u> when others are talking and save any input until they are finished. Share the floor “Step Up, Step Back!”
	Explain “lingo” i.e. acronyms and abbreviations.
	Practice respectful honesty and FYSPRT is a safe space void of any judgement.
	Keep an open mind.
	Wait until after the meeting to use your cell phone (unless in an emergency situation.)



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	Remember that what is said at FYSPRT, stays at FYSPRT.
	Attend to support positive change.

SW FYSPRT members will...	Expand and sustain effective leadership roles for families, youth, and system partners
	Improve/expand outreach by utilizing local resources
	Ensure that youth and families are represented and have a voice at the FYSPRT
	Create culturally diverse membership
	Help address stigma around behavioral health for the community
	Review Wraparound with Intensive Services (WISe) Data Reports quarterly

If you have something you would like to add, please share with the group and it will be added to the list.

*This is a living document and will be updated to reflect the guidelines