

## June 19 2017 FYSPRT Meeting Notes

Introductions – 23 people in attendance

Youth group

Discussed Marketing through the distribution list. Facebook needs followers  
And more people to “friend”

Statewide FYSPRT meeting updates

There was a submission to the state that was well written. Particular insight:  
Seen as less than, they don't want parent involvement  
Meeting them at where they are at, no judgment

Challenges and obstacles in services

A speaker presented on a grant for supportive housing and employment

Another Speaker did a presentation on services and several new programs

Suicide Prevention Training Discussion:

1. Thoughts About What to Include in the Training
  - a. Mental health first aid, resiliency training
  - b. Separate so it's not adult focused (one youth and one adult)
  - c. Schools are concerned about rates of suicide/suicide attempts
  - d. Never too much education but also not as much duplication
2. Things to Consider/Needs
  - a. Coordinated Care does training
  - b. Health class, mentioned, teachers
  - c. How to be a support person and what steps to do
  - d. Carpool, transportation money
  - e. 12 step meetings, individuals need help and don't know who to call
  - f. Webinars/google chat/skype for kids with anxiety so they can still get the information
3. Next Steps/Future
  - a. Revolution hall
  - b. NAMI-suicide prevention training in September 2017
  - c. Peer mentoring with Heela High
  - d. Peace and Justice festival-inexpensive to have a table
  - e. Poet's society
  - f. Suicide prevention parade-empowerment
  - g. Gay, straight alliance-meetings in gym that do open mic night and they are very helpful, being around people in the same boat, peer mentors/sponsor
  - h. September 26<sup>th</sup> mindfulness program-two different speakers
  - i. Molina and farmer's market

Three Questions Submitted to FYSPRT via survey

1. How can we distribute resource information?
  - a. Tabling
  - b. C-tran posters
  - c. Schools/college
  - d. E-mail/ mailing lists
  - e. Agencies

- f. Hospitals and clinics
  - g. School counselors (faith based coffee)
  - h. Fostering Together-hub foster homes and the foster families come together and learn about resources
  - i. 4H club
  - j. Firstenburg and Marshall center
  - k. Faith based coffee (Wednesday and Thursday)
  - l. Battleground Link
  - m. Neighbors helping neighbors
  - n. Children's administration
2. What LGBTQ resources are there for people over 18 but under 25?
- a. Janus-at The Perch
  - b. Quirk- queer youth resource center-taking it on the road
  - c. Q center in Portland
  - d. Clark and WSU
  - e. Planned parenthood (transgender)
  - f. YWCA
  - g. NAMI is planning a support group
  - h. Coordinated care-for alumni in foster care
3. What services (behavioral health) are lacking in our community?
- a. Free services needed- avoid talking to their parents/anonymous, limited funding, transportation, tri care kids won't be covered
  - b. Psychiatrists that accept your insurance
  - c. Beds-crisis, daybreak (still need more)
  - d. Housing
  - e. Care that is not medication based
  - f. Some generic prescriptions not as effective as name brand prescriptions, insurance coverage issues.
  - g. Peer availability (must be through mental health services)

#### Coordinated care-foster care

Gives trainings for what is available for foster care

Everything except for inpatient, visual and dental

Although in October 2018 it will be taking over inpatient and primary care

Suicide prevention, childhood development, hope for healing

Native American youth can opt in

Youth up to 26 years old

Community based for some

Not all people know about the extended care

#### Evaluations