

## **April 15, 2019 FYSPRT Meeting Minutes**

**4-6pm**

**Location: YWCA 3609 Main St., Vancouver, WA 98663**

### **Meeting Opening**

- Introductions
- Sign-In Sheet
- Comfort agreement
- General Announcements
  - Substitute House Bill 1874 passed Rules Committee and goes to Senate today. HB 1874 allows more access for parents to assist in treatment and treatment planning for youth 14 years and older. Will also give parents more access to treatment information unless provider can document reason why there may be harm in disclosing information. All rights are retained for youth.
  - Seattle children's hospital has a call line to provide resources, access services and check in. It is available to anyone.

### **Cascades Job Corps - Eric Thompson**

- Cascades Job Corps was discussed as an option for youth.
- Cascades Job Corps differs from Job Corps in that you are able to get college credit.
- The Cascades Job Corps College & Career Academy is a tuition-free training and education program that will connect you with the skills and educational opportunities you need to establish a real career.
- You will get the opportunity to earn college credits and industry-recognized credentials in health care or information technology via hands-on, practical experience.
- Cascades Job Corps uses a lottery system to get into either Cascades or traditional Job Corps. You can only apply once.
- More information can be found at <https://cascadesjobcorpscca.com/>

### **Youth Advocacy and Empowerment Report Out – Briana Mason**

- Youth Advocacy and Empowerment meeting purpose and location discussed.
- Youth Advocacy and Empowerment meetings are an additional meeting to the larger FYSPRT meeting with the emphasis on youth activities and being youth led. Youth tri-lead helps to coordinate meeting.
- Youth led breathing exercise was conducted.
- Social media platforms and content for FYSPRT and Youth Advocacy and Empowerment meetings are being developed (more than the current Facebook). Ideas for future social media platforms generated by FYSPRT members.
- FYSPRT members also discussed last year's youth led Open Mic Night event and discussed potential for another event like that.

## **NAMI - Kim Schneiderman**

- National Alliance for Mental Illness (NAMI) conducts advocacy for national, state, regional, and local affiliates.
- Local NAMI offices will be moving in May, 2019 to the Uptown Vancouver area.
- Groups historically done at the NAMI office will be moved into the community to better serve those accessing services including Battle Ground, Ridgefield, and Salmon Creek areas.
- NAMI will be shifting focus to its roots including outreach and community education as well as evening classes/groups. They are looking for free rooms and facilitators to help reduce costs.
- Groups include: NAMI Connections for community members dealing with mental health issues as well as Peer To Peer program which is a NAMI signature 10-week program taught to help those stay well and take care of themselves.
- Other classes include STRIVE which teaches good sleep hygiene, coping skills, etc. This program is also taught in the jail. There is a Women's support group dealing with life stressors and a Family to Family Class, a 12-week program for family members with a mental illness, Family and Friends group, and family support groups.
- NAMI wants to build more youth friendly programs such as the Ending the Silence program in middle and high schools. This will target helping youth identify mental illness and talk about it thus reducing stigma of mental illness.
- NAMI discussed needing three presenters for program: someone how has been in school with an illness, an educator, and/or a parent with a child who has had mental illness.
- NAMI also wants to start programs helping businesses who are worried about their employees or have people with mental health symptoms come through their doors, such as training baristas or other local businesses including medical offices.
- NAMI does person-first approaches by treating the person and given respect to the individual.
- Upcoming events: NAMI Walk. 7,000 people participated last year walking to support people experiencing mental health issues. If you raise \$100 you can get a T-shirt. Next NAMI Walk, May 19, 2019 in Portland.

## **Wrap up and Evaluations**