

January 13, 2020 FYSPRT Meeting Minutes

4-6pm

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

Meeting Opening

- Introductions
- Sign-In Sheet
- Comfort agreement
- General Announcements

Insurance Tutorial – Briana Mason

- Briana reviewed the current application for enrollment in Medicaid services
- Molina was used as an example of the Managed Care Organizations (MCOs) but also attending FYSPRT was CHPW, Coordinated Care, and Amerigroup MCOs
- Questions and answer session with MCOs present at FYSPRT into services and other services provided by each MCO

Youth Advocacy and Empowerment Report Out – Briana Mason and Violet McKinney

- YAE discussed goal setting and resolutions at last meeting
- YAE designed friendship bracelets
- Discussed different events and ways to get opportunities for youth to participate in activities

Reminder of the Youth Advocacy and Empowerment Group

- YA&E launched an Instagram page @swwa_yae Follow and support our page Please follow the Facebook page also <https://www.facebook.com/FYSPRT/>
- Next YA&E Meeting - We meet the first Monday of every month (February 3rd) at Hanna Hall Room 118 at Clark College from 5:30-7:30pm

Mirror, Align, Bridge Activity – Briana Mason

- “Does pineapple belong on pizza?”
- Use question as discussion point even when two people disagree
- Mirror – Explain what you heard the other person say (A) “Pineapple belongs on pizza”, (B) “There are a lot of toppings that go on pizza”
- Align – Understand what the person is saying and let them know you understand (A) “Only pineapple is the best topping for pizza”, (B) “I can understand how important pizza toppings can be and I can feel really passionate about the toppings that I feel are the best”
- Bridge – “Float a Wonder” to help you and the person build trust, this is not an argument (A) “I love pineapple on my pizza”, (B) “I wonder if there are other pizza toppings that you enjoy on pizza as well?”

- FYSPRT members discussed other topics to use Mirror, Align, Bridge on

Project Hope4Humanity – Paige Uhlemeyer

- Project Hope4Humanity (H4H) provides education, progressive paid internships (4-5 months) with increased tasks and pay, growth opportunities, and solicits community members to come in and help teach youth a variety of topics. They also hold a women's tea event
- Project H4H hosts different events and helps to combat stereotypes
- Help foster care youth in the transition out of care
- Conduct fundraising and sponsorships to help keep H4H sustainable
- In the Progress Program there are daily expectations and weekly workshops
- H4H meets people where they are at
- The first cohort is about to graduate the program
- H4H teaches employment skills such as how to dress, resume building, how to interview, and how to succeed
- They have a maximum of 5 interns with a 6-hour commitment per week for each
- There is always a trained person there to assist
- They help to run the coffee cart at the Ft. Vancouver main library
- Staff and volunteers go through a trauma informed training
- Volunteers can help work various shift at the coffee cart, be a STAR barista

Group Activity – Rebranding FYSPRT

- Tri-leads discussed ways of rebranding FYSPRT to help market it better in the community
- Ideas include more Swag – pens, stress balls, etc.
- FYSPRT mascots? For the main FYSPRT, for YAE, for Family, Youth, and System Partners. Medieval theme, 3 different colored knights. Or Polar bears - have to believe it's there. Holding hands. Compass - point in the right direction

Wrap up and Evaluations