

May 20, 2019 FYSPRT Meeting Minutes

4-6pm

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

Meeting Opening

- Introductions
- Sign-In Sheet
- Comfort agreement
 - Other agreements: Step up and step back. Share the floor.
- General Announcements
 - Kendra from Coordinated Care discussed National Education Program contest to have kids and youth, 9-14 years old, to learn more about opioids. First place is \$5000, and if winner is from WA, Coordinated Care will add an additional \$1000

Youth Mental Health First Aid Overview – Denise Dishongh

- Youth may not seek help for mental health concerns.
- Youth Mental Health First Aid (YMHFA) uses ALGEE:
 - Assess for risk of suicide or harm
 - Listen nonjudgmentally
 - Give reassurance and information
 - Encourage appropriate professional help
 - Encourage self-help and other support strategies
- When asking a youth about suicide, ask them directly because it is different than non-suicidal self-harm
- Ask open ended questions vs yes/no questions
- Walking through the scenarios can help youth
- YMHFA uses an evidence based curriculum
- Group discussion: Explain to a ten year old what mental health is?
 - Can be good or bad mental health
 - A difference in thought process
 - Hurting on the inside, hurting where you can't see it
 - Communicating with images and activities
- Project AWARE: Increase awareness of mental health first aid – 5 year Federal Project Grant awarded in 2014
- Washington was not awarded another grant following this one
- School districts with higher rates of suicide got additional funding (Battle Ground was one of three in the entire country)
- Grant provided for free Youth MHFA and Adult MHFA trainings as well as MHFA Train the Trainer classes
- MHFA is an 8 hour class
- Some things to note from training is look for people who have mood changes or suddenly stopping what they normally do
- Do not assume it is all connected to mental health issues
- Family Resource Center is open and 5-9 and free to attend

- Adult MHFA focuses more on addiction because with youth it is usually harder to notice the impact of addiction and with youth, addiction tends to be just starting to ramp up
- Substance abuse and addiction can lead to as well as look like mental health issues and can lead to things such as schizophrenia

Youth Advocacy and Empowerment Report Out – Briana Mason and Violet

- Youth Advocacy and Empowerment meeting purpose and location discussed
- Discussed hosting upcoming events and looked for ideas for parks as well as social media use
- Post-it notes were used to display this information
- Youth led exercise was conducted – Left-handed activity
 - Tag us with your left-handed pics

Statewide FYSPRT Meeting Update – Michelle Karnath

- Kinship pamphlet passed out that discussed stories of youth in kinship placements
- Discussed kinship payment opportunities for families
- Statewide FYSPRT also discussed child welfare, grants, and suicide prevention
- Discussed recent youth survey showing vaping is on the rise although drug use has decreased
- Statewide FYSPRT interested in bill to keep youth from discharging into homelessness from a residential placement
- Exploring Human Centered Design: People change over time, how does the system change with the people, making projects fluid
- SAMHSA grant: Healthy Transitions Project – Clark County and CRMH Options Program was awarded grant which will focus on transitional age youth with behavioral health issues and will focus on use of Peer Navigators

Wrap up and Evaluations