

## SWWA FYSPRT Meeting Minutes

May 18, 2020, at 4pm to 6pm

Location: Virtual via Zoom

### Meeting Opening

- Introductions
- Virtual sign-in and technical assistance as needed
- Comfort agreement
- General announcements

### Family Initiated Treatment (FIT)

- Peggy Dolane, Co-Family Tri-Lead of King County Family and Youth Council, attended to share information on House Bill 1874 – Adolescent Behavioral Health Care Access Act (Family Initiated Treatment).
- If you have questions, Peggy can be reached at [Peggy.dolane@gmail.com](mailto:Peggy.dolane@gmail.com).
- House Bill 1874 went into effect on July 2019.
- House Bill 2883 will go into effect on June 11, 2020. This Bill expands definition of residential care to include licensed facilities.
- What hasn't change? Adolescents are still able to access behavioral healthcare without parental consent.
- Individual counseling sessions without consent are limited to 12 sessions over a 3-month period with any one provider. After these limits are reached, can go to another provider.
- Intensive outpatient and partial hospitalization do not require adolescent consent.
- These changes also included expanded definitions of parent to include stepparent, kinship caregiver, and other relatives willing to declare custody. However, foster parents not included since State has custody over youth.
- Up to the provider to determine how much information is clinically appropriate to share with parents/caregivers; ROIs not required unless it is from the past.
- However, this changes for school district employees where a Release of Information is required. Exception is if the school contracts behavioral health support, that licensed professional does not need an ROI.
- Federal law 42 CFR Part 2 prohibits licensed co-occurring and substance use disorder treatment facilities from sharing information about substance use without the youth's consent. Higher security and privacy requirements.
- Potential challenge is educating providers and organizations around this change.

### Youth Advocacy and Empowerment Report Out

- Briana shared working to find online Zoom events to substitute monthly YAE meetings.
- Representative Monica Stonier attended meeting.
- Briana and Michelle led members and attendees in a drawing activity.

### Family Panel

- Katie led a family panel that included Cara, Ann, Jacki, and Heather.
- What do you wish service providers understood better?
  - Require an internship for treatment providers to better understand family dynamics of a family with children facing behavioral health challenges.
  - No one tells you how to parent, they don't wake up every day knowing all the answers, they sometimes have to seek the answers, so why should parents?
  - Youth saying "so and so says you can do this bad habit as long as it's not more than this." This undermines parents and makes it hard to keep youth accountable.
- What do you feel most proud of in you and your family's journey?
  - Being able to access services and self-advocate.
  - Getting youth to a place to self-advocate. Also, seeing them mature and being safe until then.
  - Personal growth and self-healing, knowing you did everything you could.
- What is one tip that you were given that made a difference in your life?
  - Naming the positive strengths of your children.
  - Don't plan too far out, look at daily successes, and stay in the moment.
  - Children's behaviors weren't a reflection of you.
- What were some challenges you experienced accessing services and how were you able to overcome it?
  - There weren't a lot of services available.
  - Being on Medicaid is a bonus.
  - Waiting lists for higher levels of services.
  - Lack of continuity in treatment.
  - Burnout rate is very high so providers change very quickly, a huge barrier as these breaks have set youth behind.
  - Battle between mental health and substance use and lack of coordination between the two.
  - Providers getting tired of patients and getting lesser services because of it.
- What do you need from the community?
  - Having more parents that aren't paid to be at meetings, need more parents involved. They don't have extra time to look up extra support systems. How do you get people engaged in services?
  - More respite is needed for families to be able to participate in these events, and needed for all parents and levels of need. Parent can't tell their story if they don't have safe place to leave their children.
  - Need adequate respite to be able to sleep and rest and then be able to do these extra projects.
  - Stigma can be overwhelming for families and the youth.

### **COVID-19 Check-In**

- A parent shared information about a show on Netflix, Cracked Up, that focused on Adverse Childhood Experiences. The host, Darrel Hamond, does talks for communities.

- Stephen shared appreciated seeing the ingenuity to provide different supports. Can be good as people thinking outside the box and how to reach more youth. Shared hosting Triple Point online now and accepting new youth.
- Lee Ann shared that Amerigroup is reaching out to individuals in the community and checking in.

### **Wrap Up and Evaluations**