



## Southwest FYSPRT Meeting Agenda

Date: November 18, 2019

Time: 4:00 p.m. - 6:00 p.m.

Location: YWCA Clark County Community Room  
3609 Main St, Vancouver, WA 98663

Co-facilitators: Michelle Karnath, Briana Mason, Violet McKinney, Katie Favela, Sam Lewis Note Taker: Briana		Discussion Leader	Time Allowed
1.	Informal Networking and Food	N/A	4:00-4:15
2.	Welcome and Introductions <ul style="list-style-type: none"> <li>• General Announcements</li> <li>• Sign-in Sheet</li> <li>• Comfort Agreement</li> </ul>	Michelle Karnath	4:15-4:30
3.	Community Needs Survey Discussion	Rebecca Royce	4:30-4:50
4.	Youth Advocacy and Empowerment Report Out	Briana Mason, Violet McKinney	4:50-5:05
5.	Ted Talk Discussion – How To Make Stress Your Friend <a href="https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en">https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en</a>	Kelly McGonigal (Video)	5:05-5:30
6.	What did you hear? Activity	Michelle Karnath/Sam Lewis	5:30-5:45
7.	Wrap Up and Evaluations	Michelle Karnath	5:45-6:00

### Southwest FYSPRT Comfort Agreement

The following is a series of expectations, rules and group norms that serve as a guideline for the group. If you have something you would like to add, please share with the group and it will be added to the list.

\*This is a living document and will be updated to reflect the guidelines of the FYSPRT\*

- **Don't talk when others are speaking, let everyone talk**
- **We are all here to support positive change**
- **Explain "lingo" i.e. acronyms and abbreviations**
- **What is said here, stays here**
- **Practice respectful honesty**
- **No cell phone use (unless an emergency)**
- **Share the floor "Step Up, Step Back"**
- **Keep an open mind**

The Southwest Washington Family Youth System Partner Round Table (FYSPRT) is a community-based group of youth, families, professionals, systems, and community members from Clark, Skamania, and Klickitat counties who are passionate about making needed changes in the System of Care (SOC) that serves those with behavioral health needs. The SW WA FYSPRT strengthens sustainable resources by providing community-based approaches to address the individual behavioral health needs of children, youth and families and ensures that family and youth are key collaborators and in positions of leadership. The SW WA FYSPRT leverages the experience and expertise of all participants dedicated to building effective behavioral health services and will report up to the Statewide FYSPRT on challenges and successes of the region.

SW FYSPRT members will:

1. Infuse SOC values in all child-serving systems
2. Expand and sustain effective leadership roles for families, youth, and system partners
3. Improve/expand outreach by utilizing local resources
4. Ensure that youth and families are represented and have a voice at the FYSPRT
5. Create culturally diverse membership
6. Help address stigma around behavioral health for the community
7. Review Wraparound with Intensive Services (WISe) Data Reports quarterly