

SWWA FYSPRT Meeting Minutes

September 21st, 2020, 4pm to 6pm

Location: Virtual via Zoom

Meeting Opening

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

WISe Report

- Quarterly WISe update: Currently serving 257 clients, highest number of clients ever served. Crisis System Involvement Cohort showing what other services the clients are involved with at the time of screen: 58% in special education, 28% foster care, 28% mental health crisis service.
- Meeting goal of assessment after enrollment within 30 days of intake, strive do complete within 14 days to get started building a treatment plan.
- Overall actionable needs by assessment, 24 actionable needs are intensive. Within first 3 months getting to know the family
- Treatment needs at a three month assessment
- 100% of screeners on time, once a family or provider requests a screen 10 days
- Increase of intensity with the families being served. Averaging 15 hours per month per family (typically 10 hours/month).

FYSPRT Symposium

- FYSPRT conveners for all the regions met early September received some great presentations.
 - Racial disparity
 - FYSPRT budget, funding and spending and presentation
 - Ideas for engagement with youth, family and system partners

SWOT Analysis and Needs Assessment

- Strengths:
 - FYSPRT members listen and follow the comfort agreement.
 - FYSPRT provides a welcoming community.
 - FYSPRT is a great place for networking.
- Weaknesses
 - There is a need for more community connections (schools, WISE families)
 - The group is not representative of our community.
 - FYSPRT has a lack of visibility in the community.
- Opportunities:
 - There are opportunities to bring more youth by speaking at schools.
 - Threats:
- Threats
 - There is a lack of consistent attendance, especially during summer months.

- There is a lack of knowledge about FYSPT.
- There is not a diverse representation of individuals.

SAdulting 101

- Held first Adulting 101 on employment: great presentation on resumes and how to present yourself to employers.
- Adulting 101 held every other Wednesday from 4-5:30pm on RSVP, next meeting is September 30th focused on home budgeting.
- Flyer will be added to the website with future meetings and link to RSVP.

Daybreak Youth Services

- Overview of Daybreak youth services, 43-year history, challenges and issues from 2018.
 - 2018 Brush prairie went from 16-bed facility to 54-bed facility, higher acuity cases, grew too quickly.
 - Over last two years new CEO with mental health experience. Has restructured leadership, ensured mental health screenings included in assessments, fully trauma focused practices and life enrichment.
- Current programs and services
 - Spokane programs Inpatient all female and female identifying, Outpatient co-ed youth, Female and female identifying evaluation and treatment unit and two WISE teams.
 - Vancouver programs: outpatient program for colored youth, all male and male identifying inpatient facility.
 - Inpatient clients will have access to individual therapy, group therapy, family therapy, trauma focus CBT, fully accredited school for high school credits or GED. Extracurricular activities such as equine therapy, cross fit and yoga.
 - Outpatient: several levels of care encompassing substance abuse disorders only, mental health only or co-occurring. Services offered: Smart recovery, dialectical behavior therapy, decision-making group.
 - Telehealth has expanded ability to see youth outside typical service area. Virtual assessment, individual sessions, group sessions, as well as UA drug screenings.

YMCI – Youth Mobile Crisis Intervention

- Who do we serve?
 - Any youth in Clark county 18 and under. No insurance restrictions.
 - We see anywhere from 30-60 youth and families a month depending on how busy we are.
 - We provide our assessments in-person whenever possible.
- YMCI Dispatch Process:
 - Calls come through the SW WA Crisis Line 9am-11pm.
 - Calls are answered by a masters level clinician (we call this person the dispatcher) on the YMCI team OR supervisor.
 - Teams are sent out in pairs.
- What YMCI offers:
 - Access to crisis stabilization dependent on eligibility (clinician determines this).
 - 7 days of follow up care with clinician and wellness coach.
 - Focus on safety planning and assessment.
 - Access to peer support from wellness coach.
 - Peer/wellness coach and clinician will help guide family through referrals etc.

- Working with crisis line to ensure families can get through to mobile crisis if that is what is needed. Ongoing focus to continue improving in this area. Upcoming Townhall in October around crisis services and survey going around getting feedback on how/what to improve.

Wrap Up and Evaluations

- Group shared what they have done personally and professionally that's been helpful in getting through these tough times. Looking for the good and finding the positives in our situation. Being able to do laundry and chores quickly at home, save money on gas and clothes, smoke clearing reminded people to enjoy going outside.