

May 21, 2018 FYSPRT Meeting Minutes

4-6pm

Location: YWCA 3609 Main St, Vancouver, WA 98663

Meeting Opening

- Introductions
- Sign-In Sheet
- Comfort agreement
- General Announcements
 - June 6th – Daybreak Youth Services is having a fundraiser with MOD pizza. Flyer will be sent out in email.
 - June 9th – Autism Alliance of Washington Conference. FYSPRT will have a table and will send out a call for volunteers
 - Jerri Clark working on a meeting with Gov. Inslee about getting individuals who are mentally ill treatment in hospitals and not criminalized. Please see Peggy at NAMI for more information

Overview of FYSPRT

Zenia Brar, System Partner Tri-Lead shared information for newcomers, including:

- What is FYSPRT
- Tri-Lead Structure
- Call for Youth Co-Tri-Lead
- Discussion and questions were about the TR settlement, creating a Skamania County FYSPRT and bringing Klickitat County on in 2019.

Open Mic Night

Tri-Leads provided a brief update of the Open Mic Night which was organized by Briana, Youth Tri-Lead. The event was well attended by 60-65 people with about 12 performers providing music, dance, poetry and essays. There is high interest in doing this again soon.

Statewide FYSPRT Meeting Update

Tri-Leads provided a brief update on the last Statewide FYSPRT meeting, including:

- Challenge and solution form
- Money for homelessness grant
- Janus youth supported employment
- HOST program for homeless youth – contact is Kim Rhineheart

Trauma, Impact on the Brain and Mental Health

Cachelle Cronin from CCS focused on the topics of addiction and trauma in her presentation. Some highlights include:

- Trauma: reaction to event, genetics
 - Simple/acute trauma: go to war, clearly identifiable
 - Complex/compound: more common, abuse, over time
 - Historical trauma: didn't happen to you, DNA differed
- Mice/cherry study: shocked feet with cherry scent, the descendants of the mice with same dislike of cherry had a heightened sense of cherry smell

- Fight, flight, freeze: more adaptive, hard to change
- Blueberries, salmon dark chocolate, almonds are good for reducing anxiety
- Laughter causes you to breathe through your diaphragm and helps reduce anxiety and keep you from going to your sympathetic system
- *The Gift of Trauma* is a good read
- Narcotics in hospitals is a huge issue, and some members shared that they have experienced doctors who push it on their patients, requiring family advocacy to resist.
- PTSD diagnosis: direct experience, intrusive symptoms, avoidance of stimuli, negative alternations in cognition and mood, and startle response
- Addiction: substance vs. process
 - Do more than you'd like despite negative consequences, genetics is a main determinant, higher over the counter opiates and 90% of people with an addiction disorder got it before age 18

Wrap up and Evaluations