

SWWA FYSPRT Meeting Minutes

October 19th, 2020, 4pm to 6pm

Location: Virtual via Zoom

Meeting Opening

- Introductions
- Virtual sign-in and technical assistance as needed

General announcements

- Sexual Assault YWCA: virtual teen support group on November 9th, contact De Stewart (13-18 years old or if they haven't graduated high school, and have been sexually assaulted any time in their lifetime)
- Children's Home Society/Triple Point is offering 3 virtual groups per week for LGBTQ+youth. If you know of any youth that could benefit email Stephen.herndon@chs-wa.org.
- Flier for the crisis town hall survey: for those who have accessed the crisis system, help provide feedback for topics to be discussed during town hall. Two town halls: October 28th and November 5th (one is for youth and one is for adults). So far, there are 75 responses, open through tonight.
- Drug take back this Saturday, not at Peace health but there are 4 different locations.

Comfort agreement

- 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

Community Check in

- What has energized you in your role at work/school and in your household during Covid?
 - Making connections over telehealth with a farther scope of being able to help others and just truly asking clients of how you are truly doing. There is always a reason why the other person needs you when connecting.
 - Having those who normally work at home being re-affirmed for being a legitimate form of work. Also as a reasonable way to get more efficient, and a good flex.
 - Being able to attend trainings you wouldn't normally be able to attend because you don't have to fly anywhere, so you can meet other advocates all over the world doing the same work.
 - We have been a lot more creative to stay connected.
- What has challenged you during COVID?

- What is something you came across recently that gave you hope or inspiration?
- What is one thing about working/school from home that was easier than you thought it would be?
- What have you decided you'll do differently when things go back to 'normal'
 - More gratitude
 - Appreciate going to go get coffee with someone
 - Giving grace to others and being more patient
 - Driving school and dropping them off
- What do you know now about isolation/distancing/working/school from home that you wished you had known in the beginning?

NAMI presentation

- Led by Kim Schneiderman focus on Education, Advocacy and Awareness. State Conference in Leadership meeting previously
- Education: classes for individuals of mental health and parents/family to support them
- Support groups for peers (and one for substance abuse), first senior support group, parent support group, women's support group
- Awareness: going to different community groups/agencies, live event for Camas police, work with various companies and look at what they are doing for mental health and their employees.
- Ending the silence: youth (middle/highschoolers) 15-minute presentation, educators/teachers/mentor programs, and for parents of youth (how to talk to kids about these topics)

Upcoming FYSPRT Events:

- **Adulthood 101**
 - Last Wednesday had Austin Lea talk to us about Healthy Relationships. We went through how to talk about needs versus wants and navigating relationships.
 - Next week on Wednesday we will be having our meeting from 4-5:30pm and talking about Health and Nutrition. Make sure to sign up!
- **Meaningful Movies**
Voting on meaningful movies: race to nowhere, the big picture on dyslexia, and foster
- **YAE return**
 - Online, Monday November 2nd from 5:30-6:30pm
 - Discussions about online learning, as well as having conversations about how to talk to others about politics in a safe way
- **Youth and Young Adult Continuum of Care Update**
Any challenges that are elevated to the state go to this workgroup. Respite has been elevated and is one of the four priorities. Davis has said that there is a large money deficit. Creative ideas will be important, if you have any contact Michelle. The other priorities include a youth mobile crisis team in all communities, making improvements around transition of care (senate bill 60), and making peers a wider usage across the continuum of

care (parent and peer counselors) as well as giving them training/support, removing barriers to employment.

- **Activity-Scavenger Hunt**

1. Find something that starts with the letter "t"
2. Find something that is green
3. Find something that is older than you
4. Find something that is cuddly
5. Find something that represents Fall
6. Find something that helps get you through the day

Folks will need to leave their device to find the item. 1 point for each person that gets the item and 2 points for first person to bring it back to group. I can keep track of participant scores and Briana can give out the clues. Miranda won!!

Wrap up/Evaluations

Youth: put name and address on evaluation so we can send you a gift card.