

SWWA FYSPRT

Regional March Meeting


Monday, April 17th, 2023

4:00 PM – 6:00 AM/PM

Virtual Teams Link

[Click here to join the meeting](#)

Agenda

| Presenters | Topic |
|------------------|--|
| Michelle Karnath | Introductions and Community Updates: |
| Brittnee Harvey | <p>Presenter: Shine Light on Depression: WA State Ambassador</p>  <p>The presentation slide features a dark blue background with horizontal orange and light blue stripes. The title 'Shine Light on Depression' is centered in white, followed by the date 'April 17, 2022'. At the bottom, the presenter's name 'Britnee Harvey, Ed.D.' and title 'Shine Light on Depression, Washington Ambassador' are listed, along with the email 'britnee@cairnguidance.com'. The hashtag '#ShineLightOnDepression' is in the bottom right corner.</p> |

Collaborating Organizations

Background:

Created by the American School Health Association, Elevance Health, Masco Corporation, Erika's Lighthouse and National PTA. There is a no-cost, online toolkit created to provide school communities and community-based organizations (CBOs) with effective, turn-key depression awareness and suicide prevention programs aligned with National Health Education Standards for students in grades 4-12. These programs have been designed to create hopeful conversations in an honest, fact-based, and culturally inclusive manner. They are also designed to be adapted to diverse populations to support a tailored approach to addressing mental health challenges of youth. Included are school-based programs and out-of-school resources.

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Shine Light on Depression

School-based programs come with customizable classroom lessons to empower educators to lead depression awareness programs; family engagement workshop materials to help adults and families talk about how to support teens; and teen empowerment resources that helps students lead activities and help each other by talking and listening.

Out-of-school resources are developed because CBOs have a unique opportunity to help support the well-being of children and teens, including those experiencing mental health challenges. These resources include staff training, youth empowerment activities, youth education materials and family engagement workshops.

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OUR PROGRAMS

We teach young people the skills to seek help through depression education that is teen centered, factual and hopeful.

AUTHENTIC

Real stories from real teens

EMPOWERING

Teens can find their voice

ACCESSIBLE

Flexible and ready to use

HOPEFUL

Not fear-based; comes from the heart

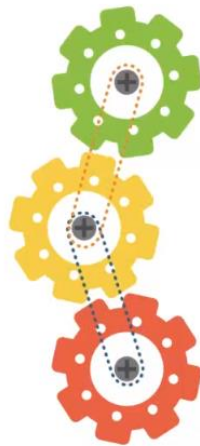


SCHOOL-BASED PROGRAMS

Classroom Education, Teen Empowerment & Family Engagement

CLASSROOM EDUCATION

Together or Standalone



Level I | Ideal for grades 4-6, fully bilingual

We All Have Mental Health

Introduction to mental health by understanding everyday feelings vs. overwhelming feelings with a strong focus on help-seeking and good mental health.

Level II | Ideal for grades 5-9, mostly bilingual

Depression Awareness

Introduction to depression by recognizing signs and symptoms with a strong focus on help-seeking and good mental health.

Level III | Ideal for grades 8-12, mostly bilingual

Depression Education & Suicide Awareness

Introduction to depression and suicide along with a strong focus on help-seeking and good mental health.



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Classroom Education: Level I (Grades 4-6)

We All Have Mental Health

There are four lessons:

1. Understanding mental health
2. Managing stress and discovering coping skills
3. Help-Seeking
4. Unit assessment

The program is organized by:

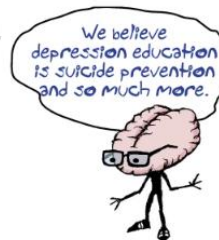
- Facilitator's guide
- Video
- Handouts & worksheets
- Audio lectures & slideshows
- Interactive exercises

Classroom Education: Level II (Grades 5-9)

Depression Awareness

There are three 45-minute lessons:

1. Understanding teen depression (with an 18-min. video).
2. Helping yourself and/or someone else.
3. Good mental health is for everyone.



The program is organized by:

- Facilitator's guide
- Student workbook
- Resource appendices
- Audio lectures & slideshows
- Interactive exercises

Classroom Education: Level III (Grades 8-12)

Depression Education & Suicide Awareness

There are three 45-minute lessons:

1. Understanding teen depression & suicide awareness (with an 18-min video).
2. Developing empathy for those who struggle, helping yourself and/or someone else.
3. Good mental health is for everyone.



The program is organized by:

- Facilitator's guide
- Student packets
- Small group work & presentations
- Full class discussion
- Interactive exercises



TEEN EMPOWERMENT

TEEN EMPOWERMENT

Given the right tools, teens can change the world. Teen clubs can help education students, reduce stigma, spread empathy, and develop a culture of good mental health in schools.





FAMILY ENGAGEMENT

These resources are designed to educate and support parents as they address mental health at home, in school, and out of school. Help build an environment that supports the well-being of your children and teens, including those experiencing mental health challenges. Workshops need to be led by a mental health professional.

Family Handbook

[Parent Handbook on Childhood and Teen Depression](#)
Update coming soon!
[English](#) | [Spanish](#) | [Bookmark](#)

Family Workshops

Family Workshop I: We All Have Mental Health

On-Demand Virtual Workshop
[English Vimeo](#) | [YouTube](#)
[Spanish Vimeo](#) | [YouTube](#)

DIY In-Person Workshop
Facilitator's Guide: [English](#) | [Spanish](#)
Slideshow: [English](#) | [Spanish](#)
Level I Video: [English](#) | [Spanish](#)

Program Evaluation: [Google Survey](#)

Family Workshop II: Depression & Suicide

On-Demand Virtual Workshop
[English Vimeo](#) | [YouTube](#)
[Spanish Vimeo](#) | [YouTube](#)

DIY In-Person Workshop
Facilitator's Guide: [English](#) | [Spanish](#)
Slideshow: [English](#) | [Spanish](#)
Level II Video | Level III Video

Program Evaluation: [Google Survey](#)

Engage

Family Letter

Make a copy of the template and customize for your school!
[English](#) | [Spanish](#)

Intervention Language for Family

[English \(Canva\)](#) | [Spanish \(Canva\)](#)

Handouts

Depression Discussion Guide: [English \(Canva\)](#)
Tips for Talking To Your Teen About "13 Reasons Why"

Resources from our partners at the National PTA

[Healthy Minds Discussion Guide](#)
[Healthy Minds Family Action Guide](#)
[Helping Kids Cope](#)
[What Families Can Do](#)

Universal Resources Across Programs

[Managing Your Depression](#): [English \(Canva\)](#) | [Spanish \(Canva\)](#)
[Mental Health Checklist](#): [English \(Canva\)](#) | [Spanish \(Canva\)](#)
[Positive Coping Mechanisms](#): [English](#) | [Spanish](#)
[Shared Vocabulary](#): [English \(Canva\)](#) | [Spanish \(Canva\)](#)
[Warning Signs and Symptoms](#): [English \(Canva\)](#) | [Spanish \(Canva\)](#)

OUT-OF-SCHOOL RESOURCES

Youth Empowerment, Youth Education & Family Engagement

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Out-of-School Resources

Out-of-School Resources

Suite of resources (*a la carte* style) for Community Based Organizations (CBO) was created since out-of-school programs have a unique opportunity to help support the well-being of children and teens, including those experiencing mental health challenges.









- Elevance Health Medicaid funded
- Ideal for upper elementary and middle school age youth
- Menu of ready-to-use resources to meet their unique needs:
 - Welcome video
 - Staff Training video
 - YOUTH EMPOWERMENT activities to reduce stigma, encourage help-seeking and promote good mental health.
 - YOUTH EDUCATION materials to educate students about good mental health and help seeking skills.
 - FAMILY ENGAGEMENT workshops for caregivers and families about mental health and accessing care.

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YOUTH EMPOWERMENT

Activities to reduce stigma, encourage help-seeking and promote good mental health.

- A la carte menu style to meet unique needs and audience of organizations
- Organizations can use as many as they like to promote an inclusive culture

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|  | Everyday Deserves Good Mental Health Poster English Spanish |
|  | Mental Health Is Important Poster English Spanish |
|  | You Are Not Alone Poster English Spanish |
|  | Follow the Footprints: English Spanish Each footprint has a mental health fact printed on it. Place them throughout the building and have the final footprint end at the office of a trusted adult. |
|  | Now or Later: English Spanish Hand out a card with a "Now or Later" candy so that students know they can talk to someone now or later. |
|  | Take a Compliment Poster: English Spanish Need a pick me up? Place these compliment posters around so that students can hand them out or take a compliment to spread kindness and empathy. |
|  | Positivity Catcher: English Spanish Write four positive messages on your positivity catcher. These can be shared with friends or family. |
|  | How Do You Feel Today?: English Spanish Upon arrival, have each student take an emoji and place it on the "how do you feel board." This is a great way to start a conversation with a student. |

YOUTH EDUCATION

Materials to educate students about good mental health and help seeking skills.

- Three lessons to choose from
- While it is best practice to teach all three lessons, you can choose to teach only one or two
- Each of the lessons has corresponding slide deck with speak notes and activities that pair with the topic

Lesson 1: We All Have Mental Health
Lesson 2: Everyday vs. Overwhelming Feelings
Lesson 3: Help-Seeking Behaviors



English
 Includes: [Slide deck](#) | [Facilitator's Guide](#)
 Activities: [Charades](#) | [Notice & Wonder Chart](#)



Spanish
 Includes: [Slide deck](#) | [Facilitator's Guide](#)
 Activities: [Charades](#) | [Notice & Wonder Chart](#)



FAMILY ENGAGEMENT

Same resources as School-Based Programs

Website



ShineLightOnDepression.org

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| | <h2>HOW TO ACCESS OUR RESOURCES</h2>   <div> <div> <p>Depression is.. a mood disorder common serious treatable</p> </div> <div> <p>Everyone deserves good mental health</p> </div> <div> <p>You are not alone— there is hope</p> </div> </div> |
| Dona Allison | <p>Wellness Activity of the Month: Easter Egg Decorating Contest:</p> <p>Review Newsletter Community Resources</p> <p>Community Spotlight: Meridian Bonser</p> |
| <p>Brook Vejo, Charity Joy, Taylor Peterson</p> | <p>Presenter: Carelon MDT/ https://kidsmentalhealthsw.org/</p> |



Southwest Washington Youth Navigator Program Presentation

Southwest Washington Region (Clark, Skamania, & Klickitat)



Southwest Youth Navigator Team



Brook Vejo
Program Manager



Charity Joy
Outreach Specialist



Taylor Peterson
Outreach Specialist



Brief History and Progression of Navigator Program

- Started in 2018 as Kids Mental Health Pierce County to address the growing concern of youth and children boarding in ED's.
- Statewide rollout began in 2022 in Southwest, Salish and Greater Columbia regions.
- More regions to start rollout in 2023 and 2024.



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Program Overview

- ▶ The SW WA Youth Navigator program is designed to bring people and agencies together in SW WA (Clark, Skamania and Klickitat counties) to address the growing behavioral health crisis in children and youth.
- ▶ This program is funded through the WA State Health Care Authority and delivered by Carelon Behavioral Health.
- ▶ Our long-term vision is to reduce the number and severity of behavioral health issues in school-age children and youth (K-12) across SW WA by coordinating and connecting youth to behavioral health services.
- ▶ We work to bring local emergency room staff, schools, developmental disabilities, DCYF and local agencies together to form a committee that meets with families and makes treatment recommendations.



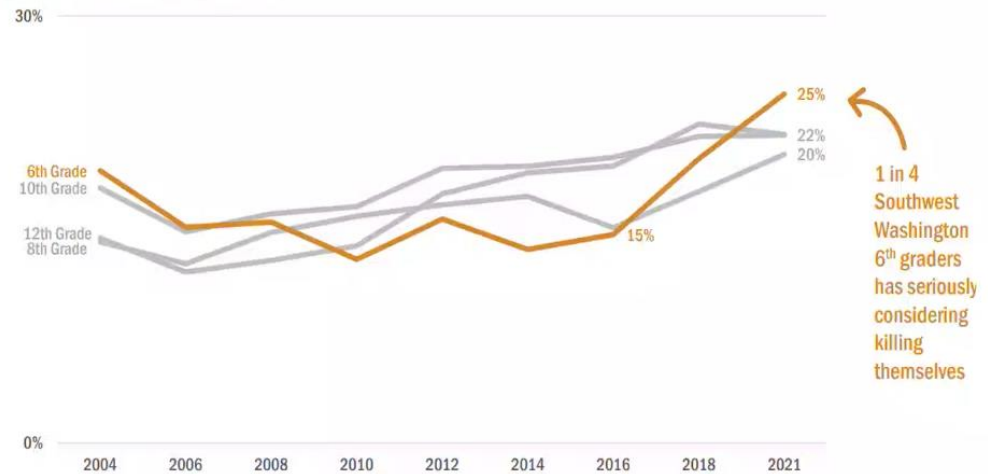
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Suicide Ideation

The percent of Southwest Washington 6th graders who reported seriously considering suicide at any time in their life



Data Source: Washington State Healthy Youth Survey (Clark, Klickitat & Skamania) - 2008-2021

Services We Offer

Website Containing Helpful Resources.

- Website updated frequently to ensure links are working.
- Website will have helpful resources beyond just behavioral health and focus on the whole child.
- Flyers for programs, summer camps, support groups etc.

Multidisciplinary Team Meetings (MDT's)

- Focused on children and youth boarding in ED's, without a discharge plan, or who have complex behavioral health needs.
- Anyone can request an MDT and there is no insurance requirements.

Follow up Care/Case Management

- Will be dependent on the needs of the youth and family.
- Leveling system for length of engagement with youth and family.



www.kidsmentalhealthsw.org

Our Community Partnerships

- Crisis Teams
- Natural Supports
- Boys and Girls Club
- Teen Talk
- Rock Solid
- Local Emergency Departments
- Schools
- Community Mental Health Providers
- Law Enforcement
- Juvenile Court
- Culture Seed
- Dad's Move
- TIP
- Developmental Disabilities
- WAGAP
- Local Faith Based Organizations
- More...



How We Provide Our Services

- **Multidisciplinary Team Meetings**
 - Held in a virtual format on Teams with a call in option for those who prefer to join by phone.
 - Flexibility for families with potential in person support from the team.
- **Follow Up Care**
 - Can be a mixture of virtual/phone/in-person.
 - We are be flexible depending on need can meet as little or as often as needed.






Follow Up Care

- **Dependent on who is already involved in case management (MCO's, current provider etc.).**
- **Will consider level of need and safety concerns.**
- **No restriction on length on stay with navigator team but average time with us will vary from a few weeks to several months dependent on need.**
- **We are family and youth driven and believe they are at the heart of our work.**

MDT Committee Members

- **Community stakeholders and partners who are close to the work.**
- **Can offer action steps with follow up for youth and families.**
- **Committed to 1 hour per week for virtual MDT's.**
- **Looking for a broad representation across the community to focus on overall wellness.**
- **MDT's may look different dependent on need (i.e. some may be a smaller group).**



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|--------------|---|
| | <h2>Our Commitment To The Communities We Serve</h2> <ul style="list-style-type: none"> ▶ We are committed to serving the most rural communities and are bringing awareness and support to those who need help the most. ▶ We strive to provide culturally competent and trauma informed care. ▶ Our long-term vision is to provide an additional layer of support to the communities and reduce the number of youth accessing emergency rooms ▶ We will focus on early intervention along with prioritizing the highest need youth and families.    |
| Katie Favela | <p>WISe Data update: 209 families, 83 families waiting 4-6 month wait time. 11 families in therapeutic foster care and WISe at the same time. Increase in community engagement. Medicaid only service. Serves children up to the age of 21. Data will be sent out to distribution list in separate email.</p> <p>Group discussion: what services are needed</p> |
| | <p>Updates:</p> <ul style="list-style-type: none"> • Adulting 101: May 2nd will be starting again, flyer will be sent out. Every other Tues running 5/2-7/11 on 5/25 Youth Summit save the date will be coming! Dr. Michelle Smith will be a presenter psychologist from Juvenile Court. Trio will also be presenting on education and employment. • YAE: Next meeting is 5/1 5:30-6:30 topic nutrition and diet culture/mindful eating – April was power of reading. Emma has some fabulous recommendations. Christopher Moore author from Oregon. |
| Dona Allison | <p>Activity: Scavenger Hunt Easter/Spring Themed- Meridian Bonser</p> <p>https://forms.office.com/r/Ww25MNPgpg</p> |
| Dona Allison | <p>Next meeting: 5/15/2023</p> |
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