

# SWWA FYSPRT

## Regional December Meeting

Monday, December 18th, 2023

4:00 PM – 6:00 PM

In Person

### Agenda

Presenters	Topic	Time
Michelle Karnath	Group Norms	4:00-4:05
Michelle Karnath	<p>Introductions and Ice Breaker: Do you like to read? Paper/Hardcover/audio? What is the next book you plan to read or what genre of literature do you prefer?</p> <p>Reminder of recipe submission</p>	4:05-4:15
2024 Planning	<p>What should FYSPRT focus on in 2024, are there any gaps that we should move to the statewide FYSPRT?</p> <p>Madrona Recovery buying the old Daybreak facility to open youth detox and MAT services</p> <p>Not enough inpatient services for people struggling with recovery</p> <p>Ketamine overdoses</p> <p>Narcan Training</p> <p>Spark/Carelon peer mentoring classes</p> <p>What is YAE doing</p> <p>Counseling and Health Center at Clark College</p> <p>Community volunteer event</p> <p>Lifeline Equine Program when open to youth- or other equine programs for youth</p> <p>What SUD or co-occurring resources/programs are available for youth</p>	4:15-4:45
REAL TALK Michelle Karnath	Continued Seasonal Depression- navigating and creating boundaries at social events	4:45-5:15

	<p>How do you take care of yourself when you have to interact with people?</p> <ul style="list-style-type: none"> <li>• Create a hard stop time</li> <li>• Choose not to celebrate</li> <li>• Go out of town for holidays</li> <li>• Set boundaries- direct conversation with family and friends</li> <li>• Select who you want to spend the holidays with carefully, think of past interactions and how they made you feel. Surround yourself with friends and chosen family. Avoid people that make you feel uncomfortable or bad about yourself even if you are blood relatives</li> <li>• Get outside during the season</li> <li>• Have solo time</li> <li>• Putting a sign on the door that certain substances or behaviors are not allowed</li> <li>• Give yourself permission to break traditions and/or make your new traditions</li> <li>• Choose not to host</li> </ul>	
Updates	<ul style="list-style-type: none"> <li>• YAE- numbers are low, rebuilding their online presence, talked about attention span. Next meeting will be off cycle on 1/82024 in person. Schedule changing to 4-5:30 in the new year.</li> <li>• State- next meeting in January. Legislation updates three topics moved forward, two went into the governs budget. Funding for parent portal (BH 360) development and intensive programs for youth delivering services they say they deliver.</li> </ul>	5:15-5:30
Michelle	Activity: Ornament Making	5:30-5:55
Dona Allison	Next meeting: (Off Cycle) January 22 <sup>nd</sup> due to MLK holiday Virtual	5:55-6:00

<p><b>FYSPRT is a ...</b></p>	<p>Space for youth and families to share their experiences with the Crisis System of Care and for System Partners to hear from the community.</p> <p>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</p>
-------------------------------	--

	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.
--	--

<b>Comfort Agreement</b>	<u>Listen</u> when others are talking and save any input until they are finished. Share the floor “Step Up, Step Back!”
	Explain “lingo” i.e. acronyms and abbreviations.
	Practice respectful honesty and FYSPRT is a safe space void of any judgement.
	Keep an open mind.
	Wait until after the meeting to use your cell phone (unless in an emergency situation.)
	Remember that what is said at FYSPRT, stays at FYSPRT.
	Attend to support positive change.

<b>SW FYSPRT members will...</b>	Expand and sustain effective leadership roles for families, youth, and system partners
	Improve/expand outreach by utilizing local resources
	Ensure that youth and families are represented and have a voice at the FYSPRT
	Create culturally diverse membership
	Help address stigma around behavioral health for the community
	Review Wraparound with Intensive Services (WISe) Data Reports quarterly

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