

# SWWA FYSPRT

## Regional June Meeting

Monday, June 26th, 2023

4:00 PM – 6:00 AM/PM

Virtual Teams Link

[Click here to join the meeting](#)

### Agenda

Presenters	Topic	Time
Michelle Karnath	Group Norms	4:00-4:05
Michelle Karnath	Introductions and Ice Breaker	4:05-4:15
Dona Allison	Wellness Activity of the Month: Nature	4:15-4:20
Dona Allison	Review Newsletter Community Resources	
Dona Allison	Community Spotlight: Arianna Suarez	4:20-4:25
Melissa Mattern	Meditation for Regular People	4:25-4:45
Poll	Should the August meeting be In-Person? Yes or No	4:45-4:50
Tracey Jennings	Recovery Cafe	4:50-5:10
Poll	Results	5:10-5:11
REAL TALK	Dangers of Social Media: Anxiety provoking, distraction, addiction, fictitious reality, discord	5:11-5:30
Updates	<ul style="list-style-type: none"> <li>• Adulting 101:</li> <li>• YAE:</li> <li>• Statewide FYSPRT:</li> </ul>	5:30-5:40
Dona Allison	Activity: Guess the picture	5:40-5:55
Dona Allison	Next meeting: 7/17/2023 Upcoming Table Events: <ul style="list-style-type: none"> <li>• Family Reunification Day August 19<sup>th</sup> LeRoy Haagen Memorial Park</li> <li>• Peace and Justice Fair Sept 9<sup>th</sup> Ester Short Park</li> </ul>	5:55-6:00

<b>FYSPRT is a ...</b>	<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 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.</p>
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<b>Comfort Agreement</b>	<p><u>Listen</u> when others are talking and save any input until they are finished. Share the floor “Step Up, Step Back!”</p> <p>Explain “lingo” i.e. acronyms and abbreviations.</p> <p>Practice respectful honesty and FYSPRT is a safe space void of any judgement.</p> <p>Keep an open mind.</p> <p>Wait until after the meeting to use your cell phone (unless in an emergency situation.)</p> <p>Remember that what is said at FYSPRT, stays at FYSPRT.</p> <p>Attend to support positive change.</p>
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<b>SW FYSPRT members will...</b>	<p>Expand and sustain effective leadership roles for families, youth, and system partners</p> <p>Improve/expand outreach by utilizing local resources</p> <p>Ensure that youth and families are represented and have a voice at the FYSPRT</p> <p>Create culturally diverse membership</p> <p>Help address stigma around behavioral health for the community</p>
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	Review Wraparound with Intensive Services (WISe) Data Reports quarterly
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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