

SWWA FYSPRT

Regional June Meeting

Monday, June 26th, 2023

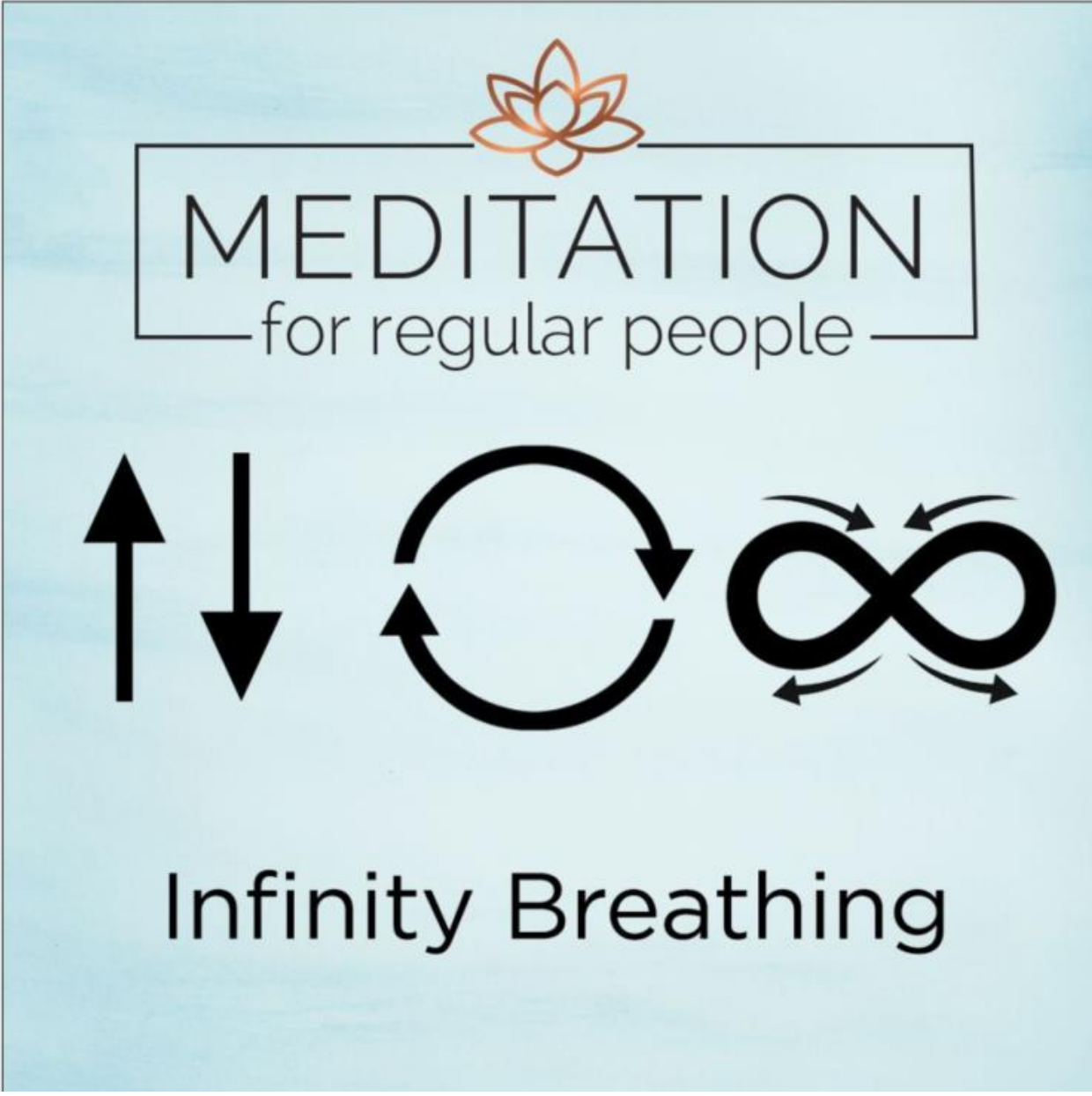
4:00 PM – 6:00 AM/PM


Virtual Teams Link

[Click here to join the meeting](#)

Agenda

Presenters	Topic
Michelle Karnath	Group Norms
Michelle Karnath	Introductions and Ice Breaker
Dona Allison	Wellness Activity of the Month: Nature Review Newsletter Community Resources
Dona Allison	Community Spotlight: Arianna Suarez
Melissa Mattern	<p>Meditation for Regular People- Meditation is good for you, it has been proven. We have 60-80 thousand thoughts a day they still occur even during meditation. Meditation comes back to our breathing in just three steps. We follow our breath gently training your brain that you can focus attention even if your attention is only for a second and a half. You can do it anywhere. Take a seat in a chair, plant your feet flat on the floor and slightly sit forward. Put your hands on your thighs open, then roll your shoulders to relax. Drop your chin so the crown of your head goes up. Pay attention to what you are feeling and breathe. If your mind starts to wonder bring your thoughts back to your breathing in and out. Start with 3 minutes a day and build up to 15.</p> <p>If you feel your heart racing in a situation another practice is to place your hand on your heart, think about someone you are really connected with in love or who has helped you. Once you are focused on them, drop your hand and your heart rate will slow and you will be calmer.</p> <p>Another meditation technique is to close your eyes, breathe in and out and try to match the length of your in breath with your out breath. Then visualize a circle with half the circle being your in breath and the other half your out breath. Then visualize the circle moving on its side and twisting into an infinity sign or figure 8. This will help you sleep when you are having trouble falling asleep.</p>

	 <p>MEDITATION — for regular people —</p> <p>↑ ↓ ↻ ∞</p> <p>Infinity Breathing</p>
Poll	Should the August meeting be In-Person? Yes or No
Tracey Jennings	<p>Recovery Café Clark County- It is part of a Recovery Café Network. There are 61 cafes in the US and Canada. They serve people in the community who have experience trauma, everything from homelessness to addiction. Through member empowerment they assist them to grow up to be leaders. They offer recovery circles, they are membership only. To be a member at the café you have to be sober for all substances for at least 24 hours, Give back to the community in some way, and attend a weekly circle. At the 4th Plain location they have 46 circles a week attendance is between 4-8 people. All staff are recovery coached trained and can provide one on one coaching if wanted and are ready to walk alongside you, recently hit 58 employees. The recovery coaches are available to all people in the community they do not have to be a member of the Recovery Café to have a recovery coach</p>

	<p>assigned to you. They support member goals. They serve lunch and have a full barista. They also offer other groups and classes, meditation, arts, hiking, sound healing, book clubs, guitar circle and more. There are currently about 290 active members.</p> <p>A new program the Family Navigator program started last year and consists of a team of individuals to help families who are affected by all types of addiction. They specialize in CPS involvement, family treatment court. These individuals are peers they can help with paperwork, or go to court and just support a family in the journey.</p> <p>Pop up cafes are opening all over SWWA</p> <p>The Recovery Navigator program, is in Orchards consists of working alongside law enforcement to meet with individuals and hopefully get them directed onto a path of recovery or hooked up with resources.</p> <p>They have an Access to Recovery contract with Clark County</p>
Poll	Results – Yes August meeting will be in person
REAL TALK	<p>Dangers of Social Media: Anxiety provoking, distraction, addiction, fictitious reality, discord</p>  <p>sg-youth-mental-health-social-media-advis</p>
Updates	<ul style="list-style-type: none"> • Adulthood 101: 6/27 Financing 7/11 physical health virtually • Youth Summit 7/25 at River City church 11-3pm • YAE: 7/3 Summer Safety Tips- physical and mental wellness • Statewide FYSPRT: Working on vision and mission statements
Dona Allison	Activity: Guess the picture
Dona Allison	<p>Next meeting: 7/17/2023</p> <p>https://forms.office.com/r/Ww25MNPgpg</p> <p>Upcoming Table Events:</p> <ul style="list-style-type: none"> • Family Reunification Day August 19th LeRoy Haagen Memorial Park • Peace and Justice Fair Sept 9th Ester Short Park

FYSPRT is a ...	<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</p>
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	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.
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Comfort Agreement	<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.

SW FYSPRT members will...	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