

# SWWA FYSPRT

## Regional March Meeting

Monday, March 18<sup>th</sup>, 2024

4:00 PM – 6:00 PM

Virtual

### Agenda

Presenters	Topic	Time
Michelle Karnath	Group Norms	4:00-4:05
Michelle Karnath	Introductions and Ice Breaker: What is your mood?	4:05-4:15
Hillary Magallanez	<p>Akin: Triple Point Formerly Children Homes Society of Washington</p> <ul style="list-style-type: none"> <li>• New location on St Johns</li> <li>• Weekly support groups for LGBTQIA+ middle school and high school groups 4:30-6pm</li> <li>• Currently in person only, virtual option may be available in the future.</li> <li>• Tuesday and Wednesday High School group ages 13-18</li> <li>• Thursdays Middle School group ages 11-14</li> <li>• Feel free to come tour facility.</li> <li>• Groups are lots of socializing with peers, they are not therapy groups they are support groups and offer access to positive queer adults.</li> <li>• Akin does offer therapy services.</li> <li>• Educate youth on social skills, what is going on in community, and available community resources.</li> <li>• All ages family support group began in July offered monthly topics around the LGBTIQ community.</li> <li>• Family support group is offered 6:30-8pm in Vancouver the second Wednesday of the month and Washougal the third Wednesday of the month.</li> <li>• Dinner is served family style for the family group.</li> <li>• Akin does a lot of outreach activities and therapy services</li> </ul> <p>What is the average size of the groups? If fluctuates, about 5-10 youths, the cut off is 15. Are the groups shared with the Camas and Washougal school districts?</p>	4:15-4:45

	They have been shared with the GAS's and other rainbow clubs.	
REAL TALK Michelle Karnath	Spring Cleaning: What does this look like in your life? How does this affect you positively and negatively?	4:45-5:15
Updates	<ul style="list-style-type: none"> <li>• YAE- next meeting virtual 4/1</li> <li>• State- next meeting 3/28</li> </ul>	5:15-5:30
Dona Allison	Activity: Spring Word Game- Stephanie game winner	5:30-5:55
Dona Allison	Next meeting: April 15 <sup>th</sup> - In Person River City Church	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>	<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