

SWWA FYSPRT

Regional May Meeting

Monday, May 15th, 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: What is your favorite ice cream?	4:05-4:15
Dona Allison	Wellness Activity of the Month: Self-Care- Mental Health Awareness Month Review Newsletter Community Resources	4:15-4:20
Dona Allison	Community Spotlight: Kread MacDonald	4:20-4:25
REAL TALK	<p>Group discussion: MH Awareness how do you get support from people/input vs output of care</p> <p>Self-care is important but as people we don't just rest we are always doing something. A lot of self-care is still busy stuff. Be intentional about self-care take a moment to stop and catch your breath. If we are still going 100 miles an hour we can't give back to people.</p> <p>Self-care activities are great taking a bubble bath or going on a walk. Activities only reduce the stress temporarily. Try to be in tune with your body, your physical and emotional state. Your physiological state puts you at ease and it is okay to have boundaries Recognize when you are hungry, angry lonely tired and how to address that in the moment so you do not burn out as fast.</p> <p>Self-care is a term that is used commonly but what does it mean? It is unique to each person. How can you treat yourself and how to you recognize what your body needs and boundaries when you do not have control over the environment? Where is the balance? It is different for everyone. Stop and think about what is going on in your body or brain.</p>	4:25-4:55

	<p>Have options for self-care, like a tool box. The same activity of fix may not work every time. How do you recharge your social battery, sometimes in isolation sometimes it is being around community?</p> <p>Where do we belong, how do we find out community. Belonging plays a big part in healing and self-care. Being lonely doesn't mean you are not around people or others, it is not that you don't have someone, it is a feeling of no one has you.</p>	
	<p>Updates:</p> <ul style="list-style-type: none"> • Adulting 101: Target demographic 18-26. Trio spoke last time. 5/17 Nutrition Clark county food bank presenting. Youth Summit 7/25 The future is yours- Youth House 6/1 from 5-8pm art gallery from those who are in the options program • YAE: ??? • Statewide FYSPRT: WISE data, why is this information still being provided if the law suit has ended. We don't have a lot of engagement from CCS. How to share data meaningfully. 	4:55-5:10
Dona Allison	Activity: Draw My Picture Game – Have a sheet of paper and writing utensil ready	5:10-5:40
Dona Allison	<p>Next meeting: 6/26/2023 due to holiday 6/19</p> <p>Upcoming Table Events:</p> <ul style="list-style-type: none"> • Multicultural Fair June 3rd Hudson Bay High School • Community Days Resource Fair July 8th Goldendale • Autism Mon's Support Group family Picnic July 9th Marine Park • Youth Summit July 25th River City Church • Family Reunification Day August 19th LeRoy Haagen Memorial Park • Peace and Justice Fair Sept 9th Ester Short Park 	5:40-6:00

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