

# SWWA FYSPRT

## Regional November Meeting

Monday, November 20th, 2023

4:00 PM – 6:00 PM

Virtual [Click here to join the meeting](#)

### Agenda

Presenters	Topic	Time
Michelle Karnath	Group Norms	4:00-4:05
Michelle Karnath	Introductions and Ice Breaker: If you could change your traditional Thanksgiving menu how would you change it?	4:05-4:15
Presenter- Elton Frice	<p>4D Recovery- (Fourth Dimension) – Non-profit peer organization serve 14-35 youth and young adults 100% peer support. Open 365 days 2pm-11pm.</p> <p>Enrollment requirement with a mentor/peer:</p> <ul style="list-style-type: none"> <li>• Self-identify with SUD</li> <li>• Age 14-35</li> <li>• Be located in area being served.</li> </ul> <p>Not affiliated with any 12-step fellowship; but offer rooms to anyone that would like to start one.</p> <p>Host recovery event every month-showing youth that you can still have fun in recovery</p> <p>Centers are opened to anyone that wants to come</p> <p>Outreach teams</p> <p>Medical partnership teams</p> <p>No graduation</p> <p>Also offers Transportation</p> <p>Expanding into Washington State when team and funding happen</p> <p>How to refer someone- 4Drecovery.org</p> <ul style="list-style-type: none"> <li>• Self-referral</li> <li>• Referral Form – phone call will be made within 48 hours</li> </ul> <p><a href="mailto:Elton.Frice@4Drecovery.org">Elton.Frice@4Drecovery.org</a></p> <p><b>503 708 5463</b></p>	4:15-4:45
REAL TALK Michelle Karnath	<p>Holiday Depression/Seasonal Affective Disorder</p> <p>Physically can affect you.</p> <p>Create new traditions.</p> <p>Taking vitamin D</p> <p>Using a light box</p> <p>Permission to say no to family and friends</p>	4:45-5:15

	Get away	
Updates	<ul style="list-style-type: none"> <li>• YAE- times are changing, working on a calendar. Meeting every other month in person</li> <li>• State- Break out rooms, how to engage youth and families</li> <li>• YACC- will have meetings through March for updates on what is going on in session. 4 movements put through. 3 were moved to top 10 priorities to go to the governor's office. Parent Portal BH360, PACT/WISe/HOST/New Journeys make sure they are operating to program standards, Support statement around technological applications-Bridge Program. Non-emergency transportation.</li> </ul> <p>Dec 8<sup>th</sup> 10am-2pm Prevention and Recovery Alliance of Clark County PRACC – Fourth Plain Community Commons</p>	5:15-5:30
Dona Allison	Activity: Fall Guess that Word	5:30-5:55
Dona Allison	Next meeting: In Person December 18 <sup>th</sup> River City Church 4pm-6pm 2400 E 4 <sup>th</sup> Plain Blvd, Vancouver, WA 98662	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>
----------------------------	---

<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