Meeting Minutes: SWWA REGIONAL FYSPRT Meeting
9/21/26 – Virtual

ESD 112 LINKS Programs & Training
Presenter: Mariusz, ESD 112 LINKS Project
ESD 112 presented its SAMHSA-funded LINKS project, which supports stronger school partnerships, behavioral health literacy, suicide prevention, family skills, care coordination, and referral pathways across six Southwest Washington counties, including Clark, Klickitat, and Skamania.

QPR Suicide Prevention Training
- Question, Persuade, Refer (QPR) is typically a 60- to 90-minute training on recognizing suicide warning signs, asking direct questions, persuading someone to accept help, and connecting them with appropriate resources.
- Training can be offered virtually or in person for approximately 10-35 participants and can be adapted for youth audiences.
- Participants expressed interest in bringing QPR training to FYSPRT or the broader community.

Mental Health Literacy
- Mental Health Literacy Alberta content is available as customizable workshops, a full-day Go-To Educator Training, or a three-day core training for school counselors and other staff.
- Potential topics include ADHD, eating disorders, anxiety, school avoidance, warning signs, and referral processes for youth, families, educators, and other youth-serving professionals.

Family Skills Classes
- Parent Project supports parents of adolescents, while Loving Solutions is geared toward parents of children ages 5-10.
- Strengthening Families generally serves families with youth ages 10-14, and Guiding Good Choices is a shorter five-session option.
- Programs generally meet weekly for two hours. Community partners may assist with food, childcare, locations, and participant recruitment, while ESD 112 provides facilitation and can adapt curriculum into shorter workshops.
- Guiding Good Choices was underway in Stevenson, and a Parent Project offering was being explored for Cowlitz County.

Youth Behavioral Health Advocacy Priorities
- The group reviewed recommendations moving through the Youth and Young Adult Continuum of Care process.

Youth Substance Use Disorder Services
- Regional feedback identified insufficient youth outpatient, recovery-based, detoxification, and inpatient substance use disorder services, requiring some families to travel significant distances.
- A legislative request was not being pursued at that time because expansion would carry a fiscal note.
- New adolescent-focused ASAM standards were expected to begin taking effect in 2028, with training anticipated to start in 2027.

WISe Provider Training & Developmental Needs
- The proposal was shifting from mandated training toward train-the-trainer options, no-cost training resources, ECHO consultation, and support through the WISe Workforce Collaborative.
- The goal is to strengthen support for youth with autism spectrum disorder, intellectual or developmental disabilities, and externalizing behaviors without creating a direct mandated cost for providers.
- Participants discussed barriers including delayed diagnoses, lengthy DDA applications, limited access to ABA, and repeated use of emergency or mobile crisis services.

- WISe was described as a short-term, approximately six- to nine-month service focused on stabilization, family skills, referrals, and building natural and professional supports.

Family Initiated Treatment

- The group discussed continued barriers to Family Initiated Treatment and the need to convene parents, young people, providers, stakeholders, and legislative representatives.
- FYSPRTs and the Washington State Community Connectors Advocacy Group may support further discussion and recommendation development.
- The intent is not to change the age of consent, but to address situations where family involvement may be needed to support a young person's safety and access to care.

Suicide Prevention Outreach

- Participants reinforced that asking directly about suicide does not increase the likelihood of an attempt and can support timely intervention.
- Resources identified included 988, Teen Talk, crisis text services, youth-specific lines, and 211.
- Community members were encouraged to seek professional support rather than trying to resolve an immediate safety concern alone.

FYSPRT Leadership & Meeting Updates

- Selections for the new Youth Tri-Lead and System Partner Tri-Lead were nearly complete, with a decision expected the following week.
- Emma facilitated her final FYSPRT meeting as Youth Tri-Lead.
- Angelo's formal System Partner Tri-Lead role was ending, but he planned to remain involved as a meeting participant.
- The next SWWA FYSPRT meeting was scheduled as a hybrid meeting on October 19, 2026, at 4:00 PM at River City Church, with a Microsoft Teams option.