

Youth and Family Coalition		
2.12.2024	4:00 p.m. – 6:00 p.m.	
Meeting called by:	Tri Lead Starleen	
Note taker:	Maria Arreola	
Attendees:	Lisa Day, Christina Jackson, Andee Martinez, Starleen Maharaj-Lewis, Megan Axley, Dawn Scott, Scott Swan, Paul Davis, Rachel Zakopyko,	

Introductions, Announcements and Updates
<p>Land Acknowledgement</p> <p>We acknowledge, with humility, that the land of the North Sound region today is the territory of People of the Salish Sea. Their presence is imbued in the waterways, shorelines, valleys, and mountains of the traditional homelands of the Coast Salish People, since time immemorial.</p>

Intros and Announcements	
4:00 – 4:15 p.m.	Cam or Bobbie
ACTION: Action/Decision () Discussion () For Information Only (X)	
<ul style="list-style-type: none"> – Introductions were made. – Youth and Young Adult Continuum of Care Committee created a legislative advocacy PowerPoint. Val will post the presentation on the YFC website. – The monthly drawing winner is Scott Swan! Congratulation Scott. – Megan gave an update on the RUBI training. Megan has staff that has been trained in RUBI but can only offer the training within their agency. RUBI training will help staff feel confident and supported. It is a need. The training is a multipurpose tool not only those on the autism spectrum. 	

Strengths and Needs Assessment	
4:15-4:45	Val and Starleen
ACTION: Action/Decision (X) Discussion () For Information Only ()	
<ul style="list-style-type: none"> – This is done every 2 years. YFC original plan was developed in 2021. The model is Plan, Do, Study, and Act Cycles. – What systemic barriers exist keep children, youth, and families from accessing services? What does mental health and substance recovery mean to children, youth, and families in the North Sound region? – Step one: Develop a survey and offer a \$25 gift card to attend a complete the survey. – Step two: Host listening forums, develop questions, offer optional strategic sharing workshops, and offer \$100 gift cards. 	

- Step three: Gather youth families and system partners to analyze data and update research questions. Post report on YFCs website.
- Some questions for the listening forum could be families that have the most intensive needs that have the most stories that can have the needs met. This can be a highlight of how the system is working.
- Have children in Children’s Long-term Inpatient (CLIP) or on the waitlist that can provide information on the experiences were and trying to access services.
- How do we want to share communication, use social media platform how do we reach out to not excluded communities how to include them. Reaching out to the school districts. Market survey to those offering services in that area that capture the voices that we don’t hear from. This strategy reached out to communities of color.
- Developing the questions themselves i.e. recovery questions, benefits, demographic questions.
- Having questions that individuals that can answer that have input. Not having questions that are Yes and No. When families are asked questions, it is personal answers most individuals would feel uncomfortable writing them down.
- Questioned grouped by theme:
 - Recovery Questions
 - Navigation, Access, Benefits, and Types of Care
 - Trust and the System of Care
 - Demographic information is requested with each short survey
 - Posted to social media and announced to the YFC mailing list so members can share with the youth and families they serve.
 - Surveys are considered:
 - Tools to gather community feedback
 - Outreach to potential new members.
 - Incentive: a survey-taker will be selected at the regional meeting to get \$25 gift card
- Paul will send the Quality Plan with Maria and Val.
 - <https://www.hca.wa.gov/assets/program/2020-wise-participant-and-caregiver-survey-20220401.pdf>
- Maria has YFC flyers available for system partners to pick up.
- Recommended to have the listening forums hybrid.
- Be prepared to share what they are expected to share. Purpose and expectations upfront. We can add this to the announcement flyer. Your input will help us understand the needs in our regional care.
- Have a facilitator as “Have your Say” cafes structure. We want this to happen in the community as a hybrid option. We want to hold the safety.
- Recommended to have the forum be half day. Possibly have it in other counties to capture the representation in that county.

Conclusion/Outcomes

YFC Meeting Venue Survey and Discussion

4:50 – 5:15

Starleen

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

- Have the survey deadline.
- Incentives for in person meetings can be childcare reimbursement, gas reimbursement.
- If in person to have the hybrid technology be user friendly.
- It was stated it is hard to get information when meetings will be held.
- Suggested to purchase the Meeting Owl for hybrid meetings.

Conclusion/Outcomes

YFC's Elevator Pitch

5:15 – 5:40 p.m.

Starleen

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

- Cam not in attendance to present this topic.
- Moved to the next YFC meeting.

Group Agreements

5:40 – 6:00

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview:

- Starleen shared the group meeting agreements.
- It was recommended to create a mission statement and pull wording from the mission statement to incorporate in the agreements.
- It was encouraged to send recommended revisions to Val and Maria.
- This will be brought back to the next meeting for further review.
- Respect
 - Emphasis on the principles of care, respect, compassion, and understanding in responding to people.
 - Importance of treating individuals the way they want to be treated and being responsive to accessibility needs.
 - A commitment to honoring and using stated gender pronouns, along with the acceptance that pronouns may change.
 - Creation of an unbiased and nonjudgmental safe space for corrections, fostering true mutual respect, connection, and understanding.
- "I" Statements

- Individual expression of own thoughts, feelings, or beliefs in a way that takes ownership of their perspective.
- Encourages others in the group to actively listen and understand different viewpoints.
- Taking personal responsibility and engagement with the stated values regarding gender pronoun usage.
- Confidentiality: Leave stories, take learnings
 - Encourages individuals to share their experiences, insights, or narratives while also gaining knowledge and lessons from those shared by others.
 - Promotes diversity and inclusion when engaging in shared learning from each other's stories.
 - Reciprocal exchange of stories and learnings within a community or group.
- Share Space – One Voice, All Ears
 - Fostering an environment that encourages open communication, mutual respect, and inclusivity.
 - By not making assumptions about others' experiences and respecting diverse life stories, individuals feel more comfortable sharing their own perspectives without fear of judgment.
 - Letting go of preconceived notions and actively listening with an open mind and heart creates an environment that is receptive to various viewpoints and experiences.
- Acknowledge Impact
 - Acknowledgment that shared work is part of an ongoing and never-ending process implies an understanding that the impact of the work may not result in immediate closure.
 - Encouraging open-minded listening, allowing space for self-expression, and promoting self-care recognize the impact of creating an environment where individuals feel heard and supported.
 - Establishing a safe and antiracist space acknowledges the impact of creating an environment that actively opposes racism and fosters mutual respect and understanding.
 - Making accommodations for full participation and being responsive to accessibility needs demonstrates acknowledgment of the impact of ensuring that everyone is included and able to engage fully.
- Different Perspectives
 - "Room in the circle for all diverse perspectives, cultures, and ways and expressions of life" explicitly communicates a commitment to inclusivity and welcoming a variety of viewpoints.
 - Embracing the intention to create an environment that recognizes and accommodates the unique perspectives of each individual.
 - Responding to people with care, respect, compassion, and understanding acknowledges the diversity of perspectives and experiences among individuals.
 - The commitment to lean in with empathy and respect for other people's passions reflects an understanding that individuals have varied interests, values, and perspectives that should be acknowledged and respected.

15min	
ACTION: Action/Decision (<input type="checkbox"/>) Discussion (<input type="checkbox"/>) For Information Only (<input checked="" type="checkbox"/>)	
Overview: Link was sent to the committee	
Discussion Points: <ul style="list-style-type: none">– Evaluations link sent to committee	
Conclusion/Outcomes	
Committee will complete the online evaluation	

Next meeting is - Monday, March 11 2024, from 4:00 pm – 6:00 pm