

Youth and Family Coalition

8.14.2023

4:00 p.m. – 6:00 p.m.

Virtual

Meeting called by:	Val Jones
Note taker:	Maria Arreola
Tri Leads:	Starleen Maharaj Lewis, Cam Callahan, Bobbie Racine
Attendees:	Joseph Ulrigg, Caitlin, Val Jones, Starleen, Bobbie Racine, Rachel Zakopyko, Beth United General, Andee Martinez, Cam Callahan, Salina Bass, Sondra Archuleta

Introductions, Announcements and Updates

Land Acknowledgement

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.

Child, Youth, and Family Crisis Teams

4:05-: 5:00

Val Jones

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

Bobbie is from Compass Health. She has worked in the social service's tribal welfare. Passion is in the crisis system.

- Community based system.
- Servicing Whatcom and Skagit Counties
- Up to the age of 21 years of age
- Individual that is experiencing a crisis due to a behavioral health issue.
- Staff includes Masters level Mental Health Professionals, Care Coordinators, Certified Peer Counselors/Youth and Peer
- CYFCT Voluntary services for up to eight weeks.
- MCOT voluntary teams consists of Designated Crisis Responders, have the authority to detain individuals ages 13-21 to hospitals voluntary. They team investigates cases, they do not provide treatment.
- Any funding source is accepted. This is free services to the individual. No insurance is not a problem.
- Referrals can be made through the crisis line or 988, 1-800-584-3578.
- CYFT services are Monday through Friday 9:00 am to 7:00 pm in Whatcom and Skagit county. Referrals can be made internally through the MCOT provider and law enforcement.

- DCRs investigate voluntary and less restrictive options. DCRs can offer CYFCT and do a warm handoff.
- BRS service to provide to youth who are currently legally free in care and custody of the state. It is almost like to WISE.
- Parent education of what the child needs are and better to support to deal with those specific behaviors. WISE is more of a wraparound. BRS is less intensive.
- Connection between behavioral health crisis and services through the child well fare.
- How are the systems responding to these youth. Utilization between community support through WISE and BRS.
- There are long wait lists. Trying to stabilize families with these wait lists.
- Can offer Triple P home builders that focus on the parent. The mental health crisis is not rising to the neglect or abuse or physical harm threshold. If parents do need support, they need to come through voluntary services.
- 1-866-363-4276 (End Harm) so parents can access services through DCYF.
- Contact Bobbie Racine CYFCT Manager
 - Bobbie.racine@compassh.org

Introductions, Announcements, and Open Forum	
5:05-5:15	Bobbie and Starleen
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<ul style="list-style-type: none"> - Val spoke of the new 23-hour crisis facility in Everson. Serving the entire region. The agency will help stabilize crisis situations. Run by Touchstone. Opening soon. A presentation will be given regarding the facility later in the year. - Winner of the monthly drawing winner is Scott. Wins a \$25 gift card. Congratulations Scott. 	

Outreach and Engagement: Update on Club Project	
5:15-5:30	Val Jones
ACTION: Action/Decision (X) Discussion () For Information Only ()	
<ul style="list-style-type: none"> - The marketing of the club project presentation will be made to other behavioral health clubs. The presentation will be universal. - Making clubs for teens and providing resources to teens brainstorming. Ideas came to possible making a web page or social media. More engagement of teens on social media. Possible posting training and resources to clubs and upcoming YFC events. - Youth are energy action items driven. It is important to keep the momentum. - Beth from United General is interested in working with the committee. - Next meeting is September 24th from 4-5. Contact Val Jones if interested in serving on the committee. Family voice is needed to shape the background pieces for engagement. 	

Tribal Outreach: Youth Wellness Summit

5:45-6:00

Cam and Val

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

Discussion Points:

- Cam's takeaway from the summit was the Native American focus. The culture and connectivity lead to healing. Being well supported is important to healing. Overall takeaway "You can't do a fire drill in the middle of a fire" You have to address the crisis before they arise and prepare. This helps people know what to do in a crisis. You have to prepare your children for a crisis situation in what to do. De escalation of youth in a time of crisis. It was stated how the brain works in a time of crisis. Logic doesn't play a major part in brains that are in crisis mode. They are in survival mode. It was presented at the summit how to help youths brain get distracted from the crisis mode and focus on something they can control.

Evaluations

15min

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

Overview: Link was sent to the committee

Discussion Points:

- Evaluations link sent to committee

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