

## North Sound Regional Meeting Agenda/Open House

January 17th, 2015

3:00 – 4:00 p.m.

Phone only

### 1. Welcome

- a) Introductions
- b) Announcements
- c) Sign in sheet

*Number of Attendees: 4*

### 2. FYSPRT questions for family and youth

- a) What do you feel is going well in the mental health services that you or your family receives and what improvement suggestions do you have?

*Discussed partnering with CCS or other agencies to possibly provide a meeting location and possible day care.*

### 3. FYSPRT questions for system partners

- a) How can we work together (plans or thoughts you may have) to further engage families and youth
- b) What community resources do you have
- c) What resources can you see the state providing that will be beneficial to families and youth

*No system partners were present on call*

### 4. Review existing work

- a) Review work of Statewide FYSPRT
- b) Review of Website
- c) Review of Brochure
- d) Youth/Family Recruitment Efforts/Ideas

*Group feels there is still too much misinformation about FYSPRT and its intent.*

### 3. Next Steps

- a) Dates 2015 meetings –

*Tentatively scheduled next FYSPRT meeting for 2-21-15*

- b) Agenda items for next meeting

*Youth and Family outreach efforts engagement plan for new year.*

## FYSPRT Meeting Minutes

February 24, 2015

4:00 – 6:00 pm

Catholic Community Services

1133 Railroad Avenue

Bellingham, WA 98225

Attendees: 7

### **1. Welcome:**

Introductions were made. Sign in sheet was passed around.

### **2. Follow up items:**

We discussed the need to find a Youth Partner. Suggestions were: ARC of Whatcom County, Northwest Youth Services, Peer to Peer Partnership trainings.

Discussed finding child care for meetings. Suggestions were: Parent to Parent Super Stars and Opportunity Council.

Engagement with local schools: send a letter to the Special Services/Ed. Directors explaining FYSPRT.

Tribal connections: discussed

### **3. New items:**

Family and youth community event planning: suggested having a booth at Street Fairs, Farmer's Market and other family events.

Peer Certification class to be held in Mt. Vernon, March 30 through April 3, 2015.

### **4. Next Steps:**

What are the needs for the North Sound and needed State resources and support:

Community Mental Health Professional not seeing kids for up to 3-4 hours after arrival. They can't see the child during the crisis and send them home only to fall apart again.

State needs to know private insurance does not cover all the needs. Parents need help with cost of uncovered services.

Where are the Group Homes in the State?

Access to CLIP RTF is not the same across the State.

Families need to know about Wrap a Round (WISE) sooner.

Need local services so children don't have to leave the State to get them.

Respite is needed before family is at the end of the rope and the only help is an out of home placement, not the Best Practice.

Need Parent Groups. Where are they? How do parents know where they are and what is available for them.

Next Meeting: Catholic Community Services in Burlington. March 24, 2015 4-6pm.

**Agenda Items for next meeting:**

Nelson will contact School District/Senator/Teacher regarding sending information to local School Special Ed. Directors. Change FYSPRT flyer to be more parent friendly.

Georgi will locate community family community events in the North Sound region and ask for info. from Julie de Losada.

Mary Jo will send Georgi the name of the contact person at ARC of Whatcom Co. regarding babysitting during FYSPRT meetings

Check with ARC, Northwest Youth Services, NAMI and Peer to Peer Partnership (Tamara) for a Youth Partner.

FYSPRT Meeting Minutes

March 24, 2015

4:00 – 6:00 pm

Catholic Community Services

614 Peterson RD.

Burlington, WA

Attendees: 5

**1. Welcome:**

Introductions were made. Sign in sheet was passed around.

**2. Follow up items:**

We discussed the need to find a Youth Partner. The Peer Partner from CCS suggested; Job Corps, Homeless Youth Centers in Mt. Vernon, Everett and Bellingham. Discussed how to get youth to come and give their input as to their needs and what worked/helped them.

Discussed finding child care for meetings. Suggestion: meet at a church and see if they have people who would volunteer to do child care or offer to pay them for their time.

Engagement with local schools: suggestion was made to call the ESD office at Anacortes.

Tribal connections: suggestion was made to ask Julie De Losada, RSN

**3. New items:**

Family and youth community event planning: The Community Resource Coalition of Skagit Co. is having a Family Activity Day in July. We will look into having a booth or table there.

**4. Next Steps:**

What are the needs for the North Sound and needed State resources and support: Work on ideas to encourage youth to give their input.

Locate more Community Family Events to set up NS FYSPRT booths.

Next Meeting: to be announced at a later date.

**Agenda Items for next meeting:**

Georgi will call JulieDe Losada, RSN about a tribal connection.

Georgi will look into Family activities in Whatcom Co.

Will call the Community Action of Skagit Co. re their Family Activity Day in July.

## NS FYSPRT Meeting Minutes

May 26, 2015

4:00 – 6:00 pm

Oak Harbor Public Library

1000 SE Regatta Dr.

Oak Harbor, WA

Attendees:

### **1. Welcome:**

Introductions were made. Sign sheet was passed around.

We explained and answered questions regarding FYSPRT. Two attendees had never heard of FYSPRT before, including a case manager from Sea Mar. The WISe program was also discussed.

### **2. Follow up items.**

We discussed the need for a Youth Partner. No suggestions were made. Georgi contacted Bellingham Park and Rec. and will be signing NS FYSPRT up to participate in their Family Activity this summer.

### **3. New items:**

A suggestion was made that the FYSPRT team attend a team meeting at Oak Harbor Sea Mar to explain and answer questions regarding FYSPRT. An Autism Task Force meets in the Hospital at Oak Harbor. A parent stated wishing the police understood how to work with children and young adults with Behavioral Disorders. Nelson shared DadsMove presentation to Police Officers in Tacoma and would be glad to present to the Police Department in Oak Harbor.

The Case Manager said the biggest barrier was finding housing on Whidbey Island for people leaving the D&A Program. They need something similar to Safe and Sober Housing.

### **4. Next Steps:**

A suggestion was made to invite Sea Mar in Everett to attend the next meeting tentatively scheduled to be held at Compass Health in Everett.

### **Agenda items for the next meeting:**

Georgi will contact Eric Chambers at ESD and invite him to attend the next NS FYSPRT meeting.

Nelson will contact Cara at Sea Mar about the presentation at their team meeting.

## NS FYSPRT Meeting Minutes

June 23, 2015

12:00 – 2:00 pm

Compass Health

4526 Federal Ave.

Everett, WA 98903

Attendees: Nelson Rascon, Georgi Lakey, Steve Williams, Julie de Losada, Irene from RSN, Two area parents

### **1. Welcome:**

Introductions were made. Sign sheet was passed around.

We explained and answered questions regarding FYSPRT.

### **2. Follow up items.**

We discussed the need for a Youth Partner. No suggestions were made.

**3. New items:** Discussed the next three months leading up to the change in the FYSPRT contract. Work with NS RSN to have a easy transformation.

### **4. Next Steps:**

A suggestion was made to invite Sea Mar, in Everett, to attend the next meeting scheduled to be held in July at Compass Health in Everett. Georgi will invite both Agencies.

Georgi will meet with Julie de Losada to discuss her role after the FYSPRT contract change.

### **Agenda items for the next meeting:**

Continue to work together with NS RSN during the transition over the next three months.

NS FYSPRT Meeting Minutes

August 26, 2015

11:00 – 12:30 pm

North Sound Mental Health Admin.

West Conference Room

117 N, 1<sup>st</sup> St.

Mount Vernon, WA 98273

Attendees: Julie de Losada, Georgi Lakey, Gregory A. Wennesberg, Irene Richards, Nelson Rascon and Steve Williams (by phone)

1. Welcome:

Introductions were made. Signup sheet was passed around.

2. Follow up items:

Discussed the need for a youth partner. Discussions have been held with other Youth Partners as to recommendations for youth in the North Sound Region. Visions in Whatcom County was mentioned and the possibility of finding a Youth within the NS school districts.

Also discussed the need for a tribal connection. ie: Swinomish Tribe

3. New Items:

Discussed the transition of FYSPRT to the RSN on October 1, 2015.

Family and Youth community event planning was discussed. Dadsmove is available for training and family/youth events.

4. Next Steps:

We discussed the needs for North Sound and for state resources and support.

Agenda Items for the next meeting: transfer of FYSPRT to NS RSN.

## NS FYSPRT Meeting Minutes

September 29, 2015

1:00 – 3:00 pm

Compass Health

4526 Federal Avenue

Everett, WA

Attendees: Greg Wennesberg, Nelson Rascon, Steve Williams and Georgi Lakey, Mark Peterson

1. Introductions were made. Signup sheet was signed. Announcement was made regarding this being the last meeting administrated by DadsMOVE. NS FYSPRT will be transferred to NS RSN on October 1, 2015.

2. Follow up items:

The need of a Youth Partner, Tribal connection, childcare during meetings and engagement with local schools will be continued by the NS RSN. TR law suit was explained and discussed.

3. New Items:

Upcoming NS Children's Mental Health events were discussed. Such as: conferences and community organization events. DadsMOVE offered to participate in the events. DadsMOVE is also available for additional trainings for parents.

Discussed transition to RSN. Current NS FYSPRT Website is available if RSN wants to contract for the website with DadsMOVE.

4. Next Steps:

Agenda Items will be decided by new administrator/contractor, NS RSN.



Family, Youth, System, Partner, Round Table (FYSPRT)  
Organizing Committee  
November 20, 2015

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**Chair:** Rebecca Clark  
**Minutes by:** Lisa Hudspeth

**Members Present:** Julie de Losada, Irene Richards, Nina Weaver, Georgi Lakey, Silvia Johnson, Gregory Wennerberg, Dawn Scott, Rebecca Clark, Mary Larson, Lisa Hudspeth

**Minutes from Past Meeting:**  Approved  
 Approved with changes  
 Deferred until next meeting

Agenda Item	Discussion	Action
1. Introductions	<ul style="list-style-type: none"><li>The meeting convened at 1:00pm Rebecca initiated introductions.</li></ul>	Informational
2. Brief Announcements	<ul style="list-style-type: none"><li>Julie referred to the FYSPRT Vision and Mission and reiterated that CPET has been suspended</li><li>Georgi gave brief overview of last statewide meeting.</li><li>All statewide meetings will be in Lacey, WA and will be quarterly</li><li>Next statewide FYSPRT meeting: February 11, 2016 (10:00am – 3:00pm)</li><li>Irene shared WISe (Wraparound with Intensive Services) training update: moving from a four day in-person meeting to two days of online e-learning modules and then a two day in-person meeting. Six modules should be ready by the end of November and the two day in-person meeting should be ready to schedule and start in January</li><li>Julie gave an overview of WISe and the Governance Structure of Children’s Mental Health and how FYSPRT relates<ul style="list-style-type: none"><li>FYSPRT provides advisory oversight to WISe at the community level</li><li>Organization Handout: <i>CBH Executive Leadership Team Charter</i></li></ul></li></ul>	Informational
3. Review Minutes	<ul style="list-style-type: none"><li>Rebecca asked the group to review the minutes. No changes were noted.</li><li>Approval of minutes deferred to next meeting</li><li>Julie stated we will begin posting minutes on the website when they are approved</li></ul>	Minutes deferred until next meeting
4. Review Highlights of NEW Manual	<ul style="list-style-type: none"><li>Julie gave update on FYSPRT Manual<ul style="list-style-type: none"><li>Reportedly the last update of the manual until July 2016.</li><li>The newest version is 76 pages compared to 142 previously.</li><li>Reminder that this is a living document and can be updated/changed at any time.</li><li>Some language was changed from “ensure” participation to demonstrate that we “engaged”. This is much more feasible.</li></ul></li></ul>	Informational

# Family, Youth, System, Partner, Round Table (FYSPRT)

## Organizing Committee

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	<ul style="list-style-type: none"><li>○ Addition: Partner with previous FYSPRTs. Julie is hoping that with Georgi's previously role as part of DadsMOVE we are making this connection. We need to more formally make Georgi part of this process</li><li>● Support for travel and meals is available for any member of the FYSPRT who does not have professional support to pay for their participation (i.e. Advisory members, family members, youth members). We are able to go retro to October 1<sup>st</sup>, 2015<ul style="list-style-type: none"><li>○ Action Item: As a group, we need to create policies that, as a group, we all agree to. In the mean time we will use the NSMHA Advisory Board Policies</li></ul></li><li>● There is still a piece in regards to "on-site" childcare<ul style="list-style-type: none"><li>○ Goal is to be compliant by coming up with a strategy that supports family/youth in being able to pay for their own childcare via a reimbursement mechanism</li></ul></li><li>● Action Item: Need to identify Tri-Leads</li> <li>● FYSPRT is WISE heavy (at this time the following video was shown to the group: WISE Movie <a href="https://www.youtube.com/watch?v=NSciTSwT6U4">https://www.youtube.com/watch?v=NSciTSwT6U4</a>)</li> <li>● Group needs to work through the FUNCTION of the group: Are we going to be the people/use this meeting to continue on to be the Regional FYSPRT? Or is there is a recommendation to create another group? Group Discussion Ensued:<ul style="list-style-type: none"><li>○ Makes sense to build on this group for regional and then develop the local FYSPRT's separate</li><li>○ Important to develop Roundtables in each county</li><li>○ Perhaps a template of how information feeds back and forth between local and regional</li><li>○ Julie has an idea to bring to NSMHA executive meeting: Develop professional service contracts (one for family rep, one for youth rep) that would convene local meetings; develop a mechanism to give counties funding to find the correct people, spaces, etc. in their communities; set aside money for travel, facilitators, retreat (add money from CPet)</li><li>○ Visit various counties</li></ul></li> <li>● <i>Irene</i> shared on ideas of how to support Youth<ul style="list-style-type: none"><li>○ Met with shelter directors at Cocoon House, The Pad, and Oasis.</li><li>○ Interesting takeaways: creative employment support for youth; leadership groups for youth. Action Item: Set-up meeting to find out how we can support what these</li></ul></li></ul>	
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Family, Youth, System, Partner, Round Table (FYSPRT)

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	<p>organizations (and others from the counties) are doing and, in return, see how we can tap into their youth leadership to connect with our FYSPRT somehow.</p> <ul style="list-style-type: none"><li>○ Locally, ask juvenile justice if participation if FYSPRT could count as community service hours.</li></ul> <ul style="list-style-type: none"><li>● Question was asked, “What do people need of this group?” Group Discussion ensued:<ul style="list-style-type: none"><li>○ <i>Dawn Scott</i>: WISE is not end all be all for supporting youth – continue to check in with other organizations/supports/programs</li><li>○ <i>Mary Larson</i>: See kids with disabilities included. Action Item: review data that looks at population served, where the gaps are. Potentially start with kids with Autism.</li><li>○ <i>Greg Wennerberg</i>: report back to advisory board; get out on the front lines gathering information; connect with school districts; emphasis on youth voice, not data (Julie: what if we developed mini grants that schools could apply for if we lay out what we need them)</li><li>○ <i>Sylvia Johnson</i>: Continue collaborative effort w/ youth and families; data about who/what we are serving as a community</li><li>○ <i>Georgi Lakey</i>: go to individuals/community groups instead of asking them to come to us to increase participation</li><li>○ <i>Nina Weaver</i>: see how it would be possible to draw in diverse populations; focus on not alienating individuals/not making individuals feel threatened; how do homeschooled families fit in the picture</li><li>○ <i>Rebecca Clark</i>: figure out how to make this a regional group and bring some of the other county perspectives</li></ul></li><li>● Another function of the FYSPRT is to have a website<ul style="list-style-type: none"><li>○ DadsMOVE had a website that is open for purchase <a href="http://www.fysprt-northwest.org">www.fysprt-northwest.org</a></li><li>○ Cost of website is \$30/month + additional nominal amount to support maintenance. Perhaps \$100/month from FYSPRT funds</li><li>○ No objections to pursuing website and using FYSPRT funds</li><li>○ Action Item: Take to executive team</li></ul></li><li>● Shared Video: Youth in Action Skagit Valley (watched a brief introduction) <a href="https://www.youtube.com/watch?v=W9TbTWt8hdo">https://www.youtube.com/watch?v=W9TbTWt8hdo</a></li></ul>	
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<b>5. Review Description and Function of "Tri-Lead"</b>	<ul style="list-style-type: none"><li>• See FYSPRT manual pages 27-29</li></ul>	
<b>6. Nominations for "Tri-Lead"</b>	<ul style="list-style-type: none"><li>• The following nominations are on the table:<ul style="list-style-type: none"><li>○ System Partner: Julie de Losada nominates NSMHA with Irene Richards as the representative</li><li>○ System Partner: Mary Larson formerly nominates Nina Weaver</li><li>○ Family Partner: Dawn Scott formerly nominates Georgi Lakey</li></ul></li><li>• Action Item: Julie wants to be clear that with these nominations we will be developing fiscal support out of the FYSPRT contract for time and travel</li></ul>	<b>Nomintations</b>
<b>7. Invitation to Statewide FYSPRT</b>	<ul style="list-style-type: none"><li>• Anyone on this team is invited to attend the Statewide FYSPRT</li><li>• Next meeting: February 11, 2016 (10:00-3:00) in Lacy, WA</li></ul>	
<b>7. Feedback Forms</b>	<ul style="list-style-type: none"><li>• Rebecca reviewed August 2015 and September 2015 evaluations.</li><li>• She requested individuals complete evaluation form before they leave</li></ul>	<b>Informational</b>
<b>8. Next Meeting</b>	<p>Wednesday, December 16<sup>th</sup> (1:00-3:00)</p>	<b>Informational</b>
<b>Other Action Items</b>	<p>Create Information Sheet for individuals to take to system partners: "Why might you be interested in participating in this?"</p>	<b>Informational</b>

# Family, Youth, System, Partner, Round Table (FYSPRT)

## Organizing Committee

December 16, 2015

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**Chair:** Rebecca Clark

**Minutes by:** Lisa Hudspeth

**Members Present:** Julie de Losada, Irene Richards, Betsy Kruze, Dani McCutcheon, Rebecca Clark, Lisa Tremblay, Dawn Scott, Georgi Lakey, Greg Wennerberg, Carl Bruner, Judy Heinemann, Lisa Hudspeth

**Minutes from Past Meeting:**  Approved  
 Approved with changes  
 Deferred until next meeting

Agenda Item	Discussion	Action
<b>1. Introductions</b>	<ul style="list-style-type: none"><li>The meeting convened at 1:00pm Rebecca initiated introductions.</li></ul>	Informational
<b>2. Brief Announcements</b>	<ul style="list-style-type: none"><li>Rebecca briefly overviewed the four feedback forms turned in following the November meeting</li><li>Julie announced that NSMHA is moving mid-January. The current plan is that the next FYSPRT meeting will be at current location; beginning February, all meetings will be at new location.</li></ul>	Informational
<b>3. Review Minutes</b>	<ul style="list-style-type: none"><li>Rebecca asked the group to review the minutes from the September 16, 2015 meeting. A motion was made to approve the minutes, motion was seconded and approved.</li><li>Rebecca asked the group to review the minutes from the November 20, 2015 meeting. A motion was made to approve the minutes, motion was seconded and approved.</li></ul>	Motion made to approve the September minutes, motion approved.  Motion made to approve the November minutes, motion approved.
<b>4. Review of FYSPRT Meeting Structure (State, Regional, Local)</b>	<ul style="list-style-type: none"><li><b>State-wide FYSPRT</b><ul style="list-style-type: none"><li>Meets quarterly in Lacey, WA from 10 am – 3 pm; open to the public</li><li>Currently coordinated predominately by Department of Social and Health Services (DSHS) and the Office of Superintendent Public Instruction (OSPI). Julie believes there is intent soon for the Health Care Authority to be part of the executive leadership team.</li><li>Tri-Led – this means that there is a system partner, a parent, and a youth that lead the agenda and facilitate the meetings.</li><li>Our region is required to send one of each of the following to the statewide meeting: regional parent, regional youth, and regional system rep<ul style="list-style-type: none"><li>System Rep: NSMHA (Julie, Irene or Betsy)</li><li>Parent Partner: Georgi Lakey<ul style="list-style-type: none"><li>Georgi briefly introduced herself and shared her background</li></ul></li></ul></li></ul></li></ul>	Informational

# Family, Youth, System, Partner, Round Table (FYSPRT)

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	<ul style="list-style-type: none"><li>▪ Youth Partner: Nina Weaver<ul style="list-style-type: none"><li>▪ Nina briefly introduced herself and shared her background</li></ul></li><li>○ Action Item: Add state meeting dates to our local FYSPRT website when it is up and running</li><li>• <b>Regional FYSPRT</b><ul style="list-style-type: none"><li>○ Meets the 3<sup>rd</sup> Wednesday of each month from 1 pm – 3 pm in Mount Vernon, WA</li></ul></li><li>• <b>Local FYSPRT</b><ul style="list-style-type: none"><li>○ One In each county</li><li>○ Recommended goal of late 2016, early 2017 to establish</li><li>○ Must be tri-led</li><li>○ Must meet monthly</li><li>○ Georgi and Nina will be important resources in going out to communities to build interest, finding meeting locations</li></ul></li><li>• Goal: overall expectation in ALL committees (State, Regional, and Local) is 51% Parent and Youth Membership<ul style="list-style-type: none"><li>○ As we identify System Partners to be part of process, we need to balance our membership with parent and youth</li></ul></li><li>• Discussion ensued in regards to meeting structure, membership, and recruitment<ul style="list-style-type: none"><li>○ Greg Wennerberg: interested in having information/display at Snohomish County Mental Wellness Fair<ul style="list-style-type: none"><li>▪ Action Item: Greg come to January meeting with more information/quick brief</li></ul></li><li>○ Julie Hineman: Does Parent Partner need to have current/young children, or can it be parents of adult children who have past/lived experience?<ul style="list-style-type: none"><li>▪ Discussion ensued in regards to pros/cons</li></ul></li><li>○ Action Item: Julie, Irene, Lisa, Georgi and Nina: draft introduction/invite letter of who we are, and characteristics of a good match for this committee</li><li>○ Julie Hineman: Division of labor for recruitment?<ul style="list-style-type: none"><li>▪ Need to discuss further and strategize</li><li>▪ Action Item: Julie meet with Georgi and Nina and bring back thoughts to January meeting regarding recruitment</li></ul></li><li>○ March Bench Mark: Marketing Materials<ul style="list-style-type: none"><li>▪ Action Item: Have draft of brochure ready by February meeting</li></ul></li></ul></li></ul>	
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# Family, Youth, System, Partner, Round Table (FYSPRT)

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<b>5. Data and Reports</b>	<ul style="list-style-type: none"><li>• FYSPRT required to look at data to make recommendations. Does not have to be specific to Wraparound with Intensive Services (WISe), but MUST include WISe.</li> <li>• <b>WISe Data</b> (Information presented by Irene)<ul style="list-style-type: none"><li>○ Providers currently use Child/Adolescent Needs and Strengths (CANS) Survey to determine if a youth qualifies for WISe. The screen is inputted into the Behavioral Health Assessment System (BHAS) portal.</li><li>○ Once family enters WISe, a full CANS assessment is done at 30 days, then every 90 days, and then at discharge</li><li>○ Each assessment is entered into BHAS data portal, which keeps track of all data</li><li>○ The following data reports were shared:<ul style="list-style-type: none"><li>▪ <i>Key Intervention Needs over Time (Skagit and Whatcom Counties, does not include Compass Health due to data entry problem) January 1, 2015 – July 31, 2015</i><ul style="list-style-type: none"><li>▪ Main takeaways: need for intervention goes down over time, meaning functioning is increasing; change over 6 months seems to be expected, as this is the amount of time it takes WISe teams to develop rapport and stabilize situation</li></ul></li><li>▪ <i>Strengths Development Over Time (Skagit and Whatcom Counties, does not include Compass Health due to data entry problem) 7/1/2014 – 6/30-2015</i><ul style="list-style-type: none"><li>▪ Main takeaway: trend is for an increase in strengths over time</li></ul></li><li>▪ <i>Screening Timeliness (Skagit and Whatcom Counties) July 1, 2015 – September 30, 2015</i><ul style="list-style-type: none"><li>▪ Screens <i>within</i> 10 days of referral: 54.55%</li><li>▪ Screens <i>not within</i> 10 days of referral: 45.45%</li><li>▪ In our overall Medicaid contract, it is stated that we must <i>offer</i> an appointment in the 10 day time period. However, this report does not capture specifics why screen occurred outside 10 days of referral.</li></ul></li></ul></li></ul></li> <li>• <b>Target Goals: Utilization</b> (Action Item: Add to packets)<ul style="list-style-type: none"><li>○ State would like to see North Sound have capacity to serve 460 kids at any given time with WISe. We are approximately 20% towards target currently.</li></ul></li></ul>	Informational
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# Family, Youth, System, Partner, Round Table (FYSPRT)

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	<ul style="list-style-type: none"><li>○ This does not match with our historical data regarding need. It is believed region wide need would be closer to 300.</li><li>○ 460 kids is approximately 10% of all kids who ever receive a service in our system (currently we have 4,600 kids in a given year who have more than a crisis contact with our system)</li><li>○ We need to try and work towards above goal, but we cannot over enroll individuals.</li> <li>● <b>Data Review Protocol Appendix D</b><ul style="list-style-type: none"><li>○ Intention of the state: each report has questions that are supposed to be answered by the group collectively; however, the questions seem to be difficult to understand</li><li>○ Discussion/Feedback ensued regarding the wording of the questions: PhD language, ridiculous, not family and youth friendly, no benchmarks or baselines, too vague, too open-ended, catering to very scientific minded group of people</li><li>○ Julie asked if there was any objection to her giving feedback to the state that this format is not helpful; no objection noted</li><li>○ Action Item: Email questions to group</li><li>○ Action Item: Julie write letter by December 31, 2015. Include parents and youth in writing letter</li></ul></li> <li>● <b>Gaps Analysis Results (2014)</b><ul style="list-style-type: none"><li>○ Tied to Department of Behavioral Health and Recovery (DBHR); hired University of Washington (UW) to do a gaps analysis to look at research and evidence based programs, and what is available for children's mental health in region</li><li>○ Looks at fiscal year 2013; Provider One is the data system that collects all services and payments</li><li>○ Data came from individuals at agencies who would have the most knowledge about interventions for staff development and training</li><li>○ Most prevalent diagnosis was depression, followed by anxiety</li><li>○ No hotspots identified in North Sound (a hotspot is defined as at least 40 youth in a year not having access to a year within a geographical area)</li><li>○ 47 therapists were recently trained in Cognitive Behavioral Therapy, (CBT)+, this increase should extend capacity to serve additional 338 youth/year (if no duplicates in trained therapists from the original survey and no staff turnover)</li><li>○ The addition of the above trained therapists should help eliminate gaps in services</li><li>○ Discussion ensued about pros and cons of including data: subjective, not stand alone, informative as one piece of data</li></ul></li></ul>	
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# Family, Youth, System, Partner, Round Table (FYSPRT)

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December 16, 2015

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	<ul style="list-style-type: none"><li>• <b>Needs Assessment</b> (Information presented by Rebecca)<ul style="list-style-type: none"><li>○ Skagit County and NSMHA have contracted with UW School Mental Health Assessment, Research and Training (SMART) Center to lead county in identifying programs and practices to implement in the schools to provide behavioral health services</li><li>○ Identify programming that is sustainable and effective</li><li>○ Engaging all 7 Skagit school districts as active partners</li><li>○ Core Team is primarily Special Education Directors, SMART team staff, NSMHA staff and county staff</li><li>○ Larger Community Committee: will develop a Needs Assessment survey that will be distributed</li><li>○ Goal is to have a product in place by May to have a package for schools to consider before school starts in fall</li><li>○ Julie noted that whatever comes out of this will then develop a package to present to the entire North Sound region; bring data back to FYSPRT</li></ul></li></ul>	
<b>6. Regional FYSPRT Policies and Practices</b>	<ul style="list-style-type: none"><li>• We need to develop: ground rules, establish roles, meeting expectations, voting, policies supporting travel and reimbursement for non-professionals to attend various meetings</li><li>• Julie asked if individuals were comfortable with Nina, Georgi, Irene, Julie and Rebecca to synthesize some recommendations to bring back to the January meeting. No objections noted.</li><li>• <b>Action Item: Create recommendations to bring back to January meeting</b></li></ul>	<b>Informational</b>
<b>7. Other Information</b>	<ul style="list-style-type: none"><li>• Website<ul style="list-style-type: none"><li>○ In our contract, we do have to have a website and social media</li><li>○ We will fund Dad's Move \$100/month to maintain website; we have requested they take down Facebook and Pinterest as it is out of practice to NSMHA's policies</li><li>○ <b>Action Item: Follow-Up with Dad's move to verify social media is archived</b></li><li>○ <b>Action Item: Follow-Up with state to update North Sound FYSPRT Contact page</b></li></ul></li></ul>	<b>Informational</b>
<b>8. Review Meeting</b>	<ul style="list-style-type: none"><li>• Rebecca asked the group to fill out the evaluations</li></ul>	<b>Informational</b>
<b>9. Next Meeting</b>	<ul style="list-style-type: none"><li>• Wednesday, January 20<sup>th</sup>, 1-3pm</li></ul>	<b>Informational</b>