



## **NE Family Youth System Partner Meetings & Activities**

June 1, 2017

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The NE FYSPRT met on June 1, 2017 at Spokane Community Services Bldg., 312 W 8th Ave., Spokane, WA and was called to order by the Youth Lead Morgan Gabriel. Also present was System Lead Liz Perez and family co-leads Becky Bates and Helen Franklin. Twenty five (25) members and guests attended including one member by phone, representing families, youth, and system partners.

### PRESENTATION

Christen Kishel, Ph.D., from the Division of Developmental Disabilities Administration, presented an information session on Working with Trauma in Special Populations. She discussed the physiological reactions to trauma; individual responses to trauma, and how exercise and sleep can have positive effects in reducing stress related physical changes. She stressed the need to look at the individual's past and present physical condition as many physical conditions, e.g. UTI, may influence a person's behavioral health.

Dr. Kishel provided information on treatment conditions for individuals with trauma history and specifically addressed natural supports and how to encourage identification of natural supports, e.g. a youth minister; coach, etc. She stressed the need for all caregivers to be on the same page with treatment expectations; and the need to manage antecedents, e.g. when are we more likely to see behaviors (morning or evening, etc).

Dr. Kishel indicated that providers need to use both visual and verbal skills, to identify patterns and then use cues to change behavior, such as using visual cues of pictures with positive activities. DBT skills are good skills for interacting with persons who have experienced trauma.

Dr. Kishel was thanked for her presentation and asked to return in the future for further discussion.

### STATEWIDE FYSPRT

Becky asked members present to complete the quarterly FYSPRT evaluation.

At the statewide FYSPRT meeting, the group discussed the submitted Challenges and Solutions documents. The statewide group prioritized the lack of respite as the top challenge.



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There was also discussion of how to use data that is being collected through BHAS. The NE FYSPRT was asked if there was a data point they'd like to address in local meetings. The number of CFT meetings was submitted as a suggestion, as was the Cross System Care Plan – how many are meeting the DBHR criteria; and also Family/Youth evaluation of the value of CFT meetings.

Stephanie and Liz will discuss and followup at the WISE providers meeting.

### WISE UPDATES

WISE coaching was identified as being very helpful. There has been an increase in WISE referrals and 172 individuals are currently enrolled with approximately 90 openings. There were 50 referrals alone in May.

In other locations where a formal FYSPRT is not in place, the providers have been invited to participate in the WISE Providers meetings and the NE FYSPRT meetings; unfortunately, there are meeting conflicts for some. A suggestion to change the NE FYSPRT meetings to evenings was mentioned to accommodate families.

### ANNOUNCEMENTS

Danielle Cannon invited the group to a Trauma-Informed Yoga Training on September 15<sup>th</sup>. This is a training session to learn how to teach Trauma-Informed Yoga. More information is available at [streetyoga.com](http://streetyoga.com).

Also, she discussed a project through the Children's Administration and the University of Washington – Creating Connections Curriculum. A training will be provided to empower youth and families.

Liz wanted to recognize Morgan's input at the last NE FYSPRT meeting and thanked her for speaking.

Spokane Public Schools is hosting a forum on youth suicide on June 6<sup>th</sup> at 5:30.

There is no meeting in July. Our next meeting is August 17<sup>th</sup> with no meeting in September. Regularly scheduled meetings resume October 5<sup>th</sup>.