



NE Family Youth System Partner Meeting Minutes NE FYSPRT

October 3, 2019

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The regular monthly meeting of the NE FYSPRT was held on October 3, 2019 at Passages Family Support, 1700 S. Assembly, Spokane, WA 99224. Thirty six (36) youth, parents, agencies, and system partners attended in person or via phone.

Presentation

Katie Morris and Ingrid Agnew with the Providence BEST Program shared information about BEST. Highlights include:

- BEST utilizes conscious discipline and self-regulation
- The program is a five week day treatment program for youth
- Week 1- SAFETY – making the individual feel safe in their environment
- Week 2 - I CALM – teaching the individual coping skills utilizing mindfulness, yoga, etc.
- Week 3 - I FEEL
- Week 4 - ABILITY TO CHOOSE
- Week 5 - PROBLEM SOLVING
- BEST utilizes a trauma informed approach, focus and practices
- The individual and their family are considered to be in tandem
- Psychoeducation and parenting classes are provided: communication, empathy building, structure, problem solving, how to put it all together
- BEST has calming rooms individuals can choose to use
- All aspects of the program are mandatory and the individual and family must commit
- Youth go to school for increasing lengths of time during the five weeks
- Rounds are held with all team members and psychiatrists
- The program is intensive and not intended for those with lower functioning or sensory issues
- Groups have 7-8 participants
- All staff members are familiar with all enrollees
- Parenting classes are invaluable resources for families
- Physical activities are included daily
- Admissions are accepted whenever there's a vacancy

Statewide FYSPRT meeting

Becky spoke about the statewide FYSPRT meeting that was held in August. Discussion included regional meeting times. Becky asked the NE FYSPRT members about the possibility of have the NE FYSPRT meetings at 4 p.m. Some



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members from distance locations felt that as long as the phone was an option, it would be okay. Becky indicated she will approach this with more families and youth. The members indicated that it is preferable to meet together and not separate families/youth from agencies and system partners. Other opportunities included an evening networking event for families. All WISe teams should be discussing NE FYSPRT with the youth and families on their teams and inviting them to participate.

There is a parent/caregiver focus group October 12th at Passages. This is an opportunity for parents to give voice to create change for individuals, families and the community.

Issues for the Statewide FYSPRT

Respite care, which has been forwarded to the statewide FYSPRT, was going to be the topic for next month's meeting, however, Justin Johnson, SCRBH-ASO indicated that the County Commissioners have not funded the County's non-Medicaid respite for 2020 and the program will end 12/31/19. Members expressed disappointment as studies have shown the positive impact of respite, the dollars saved in avoiding inpatient admission, and that there is less trauma to the individual than inpatient care.

No region is well-funded for respite and members discussed what respite will remain available. They also discussed how else to advocate for respite funding. Becky indicated she will bring this new information to the statewide FYSPRT and to the Washington Council on Behavioral Health. Angela Getz indicated she will bring it up at the Homeless Youth Forum.

Other issues for the statewide FYSPRT included workforce issues and secure detox for youth. Members indicated that there's not widespread communication when facilities become available.

The 3rd quarter 2019 evaluation was completed. The next meeting of the NE FYSPRT will take place November 7th at Passages.