



NE Family Youth System Partner Meeting Minutes
NE FYSPRT
May 7, 2020

The NE FYSPRT met on May 7, 2020. Becky Hammill convened the meeting via Zoom. Co-leads Ashley James (Youth Co-Lead), Helen Franklin (Family Co-Lead) and Vincent Cardiel (System Partner Co-Lead) were present. Twenty nine (29) parents, youth, agencies, and system partners participated.

YOUTH RESPITE

Becky stated that when the issue of respite was presented to the statewide FYSPRT, they acknowledged that it was a statewide issue. Becky and Justin Johnson, SCRBH-ASO provided a history on Spokane's respite. Justin stated that the need for respite was established by DSHS' DBHR to identify what services for youth would decrease symptoms and that no diagnosis was excluded. There is no funding at this time for any youth respite services in Spokane County following the closure of the County's respite program in December 2019. A survey regarding respite services was distributed to members.

Ideas have been expressed for daily respite, ensuring a non-institutional environment, a Vanessa Behan model, and warm lines. A co-op with parents who had been trained has also been presented.

The hours a youth was eligible for respite was 48 hours in month (a weekend). Some had wanted a week, but that's not respite. The intent is not to supplant existing services. Also, if services were provided for longer time periods, there would not be availability for the majority of youth who needed respite. Funding didn't cover all costs and there was always a demand for respite beds.

INTERVENTIONS THAT HAVE HELPED INDIVIDUALS DURING THE COVID19 PANDEMIC

Becky indicated that NE FYSPRT had received a grant to conduct two surveys relating to the system of care for families and youth during the stay home, stay safe restrictions. What interventions have helped youth and families during this time. Not just mental health services, but also things such as food security, etc. The intent is to identify the top things that made a difference. Becky reviewed some of the comments she has already received for the survey.

Families expressed their appreciation for Zoom. One parent indicated that they lived 45 minutes from Spokane and the ability to have a face-to-face



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interaction was extremely helpful as it was for his daughter too. A way to not miss out on social interaction.

Families were appreciative they didn't have to travel with kids at home. Some youth liked Zoom, others didn't. Davina York talked about a needle work group that Passages started with youth that was successful.

Not related to mental health services, school lunches were valued; there was a lot of food each day. Kids could even share because there was so much.

Multiple providers also stated that they experienced some who liked telehealth a lot and others not so much. The youth liked it and it was easier for the kids to interact with their team. Sessions were shorter, however, the clinician was able to meet with the youth more frequently instead. Parents like the ability to have face-to-face.

It is hoped that telehealth will continue to be utilized after the pandemic has ended, especially in the winter months.

Another point made was that providers were able to help parents and youth with chromebook utilization for school and to assist parents with unemployment.

Juvenile detention is not allowing school in person, but through Zoom. The intent is to maintain the routine as much as possible. Youth are allowed to talk with their parents on the phone and to meet with counselors.

In some instances, use of Zoom isn't as beneficial and more options need to be explored. A 60 minute Zoom without face to face interaction for some kids doesn't work. Some parents have experienced computer glitches that disrupt a therapy session.

Working with existing families using Zoom is going well, however, new families are having a hard time and many have decided to wait until the pandemic ends so there can be face-to-face services.

Becky indicated that we will continue to revisit this topic every month. It is anticipated that the June 4th meeting will also be by Zoom.



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ISSUES FOR THE STATEWIDE FYSPRT

The statewide FYSPRT is on the same day as June's NE FYSPRT and a topic for discussion is the concern with ensuring IEP/504 plans are being followed. We know that schools are trying hard to make it work. Perhaps Rosey can be of assistance for this topic.

Another issue again for the statewide FYSPRT is CLIP and WISE. There continues to be difficulty with coordination between CLIP facilities and WISE teams. WISE teams can help CLIP staff by identifying what works and what doesn't with services for youth and should be part of the monthly team meetings.

It was recently announced that there will be a state revenue deficit due to the pandemic and it will be important to ensure that mental health services are not cut. Voices need to be heard regarding maintaining mental health services.

Holly with SMS was present and she explained that they are working on a one click one call transportation system and welcomes feedback. She was asked to attend regularly and talk with families and providers regarding SMS services.

The next NE FYSPRT meeting will be June 4th via Zoom.