



NE Family Youth System Partner Meetings & Activities

July 01, 2015 through September 30, 2015

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State FYSPRT Meetings:

August 13, 2015:

The NE FYSPRT Family Lead, Youth Lead, and the System Partner Lead attended the DBHR hosted State FYSPRT meeting on August 13, 2015. Salient topics of discussion were the transition of the Regional FYSPRT contracts to the Regional Support Networks, the development of the FYSPRT manual, and planning for meaningful youth & family participation in policy, management, and services in the context of WISE.

As reported by the three NE FYSPRT leads, it is our belief that the NE FYSPRT is functioning as close as possible to the true intent of a FYSPRT given the challenges both inherent to forming a new group, the limited fiscal resources, and the process of adaptive change. At Ne FYSPRT meetings, community issues are discussed with an equal opportunity for system partners, youth, and parents to participate. An example shared at the State FYSPRT was the discussion held regarding the temporary reduction of psychiatric beds at Sacred Heart Medical Center in Spokane.

Challenges brought forth from the NE FYSPRT meeting held in August 2015 were issues surrounding children who become involved with Children's Administration, are not dependents of the State, and who do not have a functioning parental figure that can participate in a WISE process.

From across the State, concerns were voiced regarding the fidelity of Regional FYSPRT's to the principle of family and youth as equal partners in the process given that the DBHR contract with the Regional Support Networks will not require that a family organization be involved but rather looked to as a resource in the community.

A draft of the Regional FYSPRT manual was critiqued and a reoccurring theme was to revise language to ensure more inclusion of family and youth voice.



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Assurances were provided by DHBR staff that the suggestions for language revisions in the FYSPRT manual would be seriously considered.

NE FYSPRT Meetings:

July 2, 2015: The NE FYSPRT met on July 2, 2015 at Spokane Community Services Bldg., 312 W 8th Ave., Spokane, WA and was called to order by the family lead, Becky Bates. Also present was the youth lead, Tina Fricke and the system partner lead, Danielle Cannon. Additional attendees included four youth, one adult consumer, and nine system partners.

Old Business

Jim Clark, FBH provided an update on the FBH WISE pilot and Danielle Cannon, System Partner gave an update on WISE pilots in Spokane per the Regional Support Network perspective. The family lead suggested that as families and youth graduate from the FBH WISE pilot, it would make sense to invite them to join the NE FYSPRT.

Presentation:

As part of our ongoing educational portion of the NE FYSPRT meeting, Teresa Wright, clinical supervisor at Youth, Family & Adult Connections (YFA) presented on YFA's expanded mental health services in the Riverside School District. Riverside is a small, rural community in Spokane County that does not have a local publicly funded behavioral health agency. Individuals and families residing in Riverside and who qualify for publicly funded services, typically must travel to Spokane. Thus, it is encouraging that the Spokane Regional Network and Spokane based agencies such as YFA Connections are willing to travel to the rural fringes of Spokane County and provided services locally.

New Business

The family lead explained that the contract for the Regional FYSPRT would be issued to the Regional Support Networks beginning October 1, 2015. The



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Regional Support Networks will have the option to sub-contract the work to a community organization. At this time, SCRSN has not made a decision regarding the NE FYSPRT contract.

Policy/Communication issues to report to the State FYSPRT:

None reported at this meeting.

Adjournment

The meeting was adjourned and next meeting will be August 6, 2015 at SCRSN, 5th Floor, from noon-1:30.

August 6, 2015: The NE FYSPRT met on August 6, 2015 at Spokane Community Services Bldg., 312 W 8th Ave., Spokane, WA and was called to order by the System Partner Lead, Danielle Cannon. Also present was the Youth Partner Lead, Tina Fricke, and the Family Lead, Becky Bates. Additional attendees included two parents, three youth, and eleven system partners.

Old Business

WISe pilot in Spokane update was provided by Jim Clark, FBH and Danielle Cannon, System Partner and Children's Care Coordinator at SCRSN. Dr. Clark reports the families are developing a strong internal locus of control and it is making a significant difference in how they avoid and mediate crisis with their children who experience mental health challenges. Dr. Clark reported that families are going through the WISe process rather quickly. As noted by the FBH clinical staff working with the WISe families, the WISe process is quickly changing families' perception of their inherent skills and resources such that they are



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avoiding crisis and should crisis occur, it is being resolved much more quickly and without accessing extreme resources such as in-patient care.

The NE FYSPRT family lead suggests that families and youth who have graduated from the WISE process be invited to attend the NE FYSPRT.

Presentation:

As part of our ongoing educational portion of the NE FYSPRT, Tamara Sheehan, a representative from Sacred Heart Medical Center (SHMC) attended the NE FYSPRT meeting to explain the temporary reduction of in-patient psychiatric services effective August 1, 2015. A robust community discussion occurred in which it was mentioned that so often the hospital is used as a resource when the situation, if handled properly, could be diffused and mediated at a less restrictive level of care. Salient to this discussion were the points made earlier in the meeting by Dr. Clark regarding the WISE program's capacity to help families and youth develop a strong internal locus of control and confidence in their skills and capacity to manage crisis with their children. It is noted by the group that the temporary 50% reduction in beds will be a hardship in the community as SHMC provides short-term, community-based in-patient care to all of NE Washington. The NE FYSPRT youth voice advocated to SHMC for the use of peers on their psychiatric wards as a means to shorten hospital stays and provide higher quality of care for youth who are admitted.

New Business

In preparation for the State FYSPRT meeting on August 13, 2015, the NE FYSPRT members held a discussion regarding what is working well in our region, what



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challenges are we addressing locally, and what challenges do our leads need to bring to the State FYSPRT's attention.

As pointed out by membership, what is working is that we have demonstrated in the NE FYSPRT with today's discussion of the reduction of in-patient psychiatric beds that we are aware of community issues and have the capacity to have a robust discussion of the issue and come forward with solutions that are provided by youth, family members, and system partners. As was noted in the presentation portion of this report, locally, there is the significant challenge of reduced in-patient psychiatric beds at SHMC.

Policy/Communication issues to report to the State FYSPRT:

Regarding challenges that need to be brought to the attention of the State FYSPRT, it is noted by a system partner that there is a group of children who are involved in mental health services through Children's Administration but are not dependents of the State of Washington. These children would benefit from WISE but do not have a viable parent who can participate in the WISE process. The family lead, youth lead, and system partner lead will be attending the State FYSPRT meeting on August 13, 2015 and will bring this concern forward.

Adjournment

The meeting was adjourned and next meeting will be September 3, 2015 at SCRSN, 5th Floor, from noon-1:30.



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September 3, 2015: The NE FYSPRT joined the Spokane Regional Support Network's Community Partners meeting located at the Southside Senior & Community Center, 3151 E. 27th Avenue, Spokane, WA 99223

to discuss the community issue of a 50% reduction in in-patient psychiatric beds at SHMC. In attendance were the family lead, 4 youth members of the NE FYSPRT, and approximately 50 system and community partners.

The joint meeting consisted of robust discussion of how the community providers, youth, and family can work together given the severe reduction in beds at SHMC. Notable were the comments made by one of our youth partners whose lived experience includes in-patient care at SHMC. Our youth partner spoke eloquently to the effectiveness of youth and family peer specialists and that in our local system of care, peer counselors are not part of the treatment team at SHMC.