



## **NE Family Youth System Partner Meeting Minutes NE FYSPRT**

December 6, 2018

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The NE FYSPRT met December 6, 2018 at Passages Family Support, 1700 S Assembly, Spokane, WA and was called to order by the convener Becky Bates. Twenty four members and guests representing families, youth, and system partners were present or participated by phone.

### TRI-LEADS

Nomination forms were provided to members to nominate new tri-leads for the Youth and System Partner leads. Helen Franklin is the Family co-lead. Members were asked to send their nomination forms back to Becky no later than December 31 for election at the January meeting.

### PRESENTATION

Ashley Beck, Ph.D. with the Spokane Regional Health District, shared data and information on Youth Opioid Use in Spokane County, including risk and protective factors. Some of the highlights from her presentation included:

- Youth opioid use in Spokane County is similar to use in Washington State as a whole – it decreased to 3.6% in 2016 from 2006
- The report is through 2016
- Rates of youth who have ever used heroin remains steady at 3.5%
- The rate of having at least one opioid prescription among youth was higher in Spokane County than in Washington State.

Dr. Beck also discussed opioid related hospitalizations and deaths. She provided information on trends in risk factors:

- Youth with acute and chronic pain, physical health problems, a history of mental illness (such as depression) or having other substance use or misuse are more likely to misuse opioids.
- Those youth with negative life events, living in poverty, having poor social skills, and having experienced trauma also were at risk of misusing opioids.
- Depression has increased from 2006 to 2016 to 32.8%; nearly 1 in 3 youth report depression.



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Prevalence of protective factors for youth included:

- Perceived risk of harm from using other people's prescriptions
- Parental attitudes regarding substance use
- Friends perceived wrong of misusing prescription use
- Drug-free friends
- Youth interaction with prosocial friends

Conclusions from their research:

- Approximately 3.4% of youth in Spokane County reported use of illegal opioids, Heroin, in their life time; approximately 3.6% of youth in Spokane County reported use of opioids in the last 30 days to get high.
- Spokane County has a higher rate of having opioid prescription(s) than the rest of Washington state, which is likely a reflection of the large number of medical providers in Spokane County.
- Youth opioid misuse appears to be decreasing but use of opioids continues to be a high local and national issue due to its severe, lifelong consequences and societal impacts.
- Spokane County, youth experience unacceptable levels of risk factors, specifically high levels of depression, childhood trauma, and poverty, increasing their likelihood of using opioids and other substances as well as numerous other, lifelong impacts.
- Many Spokane County youth are lacking protective factors. Increasing protective factors such as encouraging youths' commitment to doing well in school and educating them on the harm associated with opioid use could protect them from future opioid use.

Members discussed with Dr. Beck how the research was conducted, what additional data points might be helpful and expansion to other counties in eastern Washington. Dr. Beck will provide additional information to the NE FYSPRT members through Becky.



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### WISE UPDATES

Misty Southall announced that there will be a symposium for WISE providers January 10<sup>th</sup>. Space is available for three staff from each provider. This will be a meeting with the BH-ASO, MCOs and WISE providers to answer questions. If a provider has questions for the MCOs, please email them to Misty.

The WISE providers gave updates on their WISE teams, including numbers for their interest lists. Providers continue to adjust for staffing vacancies, large numbers of referrals; and services for individuals who want to wait for a particular provider; for example, families are being provided with Homebuilders Information.

### ISSUES FOR THE STATEWIDE FYSPRT

A request was made to take the issue of grandparent rights to the state-wide FYSPRT meeting to address the lack of resources for grandparents who do not have formal custodial legal standing; for example these grandparents may not have the same rights as those of foster parents and cannot access necessary resources because of the custodial situation.

### YOUTH/FAMILY VOICE

Parents and youth discussed the Spokane Regional Health District report to request the Healthy Youth Survey be provided to more youth than just those in schools.

They also discussed the status of youth who turn 18 and are subsequently released from inpatient hospitalization without treatment closure. Allowing youth to remain in, for example, the Child Study and Treatment Center, until age 21 would allow for more treatment conclusions and smoother transitions.

The next NE FYSPRT meeting will be January 10, 2019 at noon, at Passages. This is a change in the date due to the holiday week.