



**NE Family Youth System Partner Meeting Minutes  
NE FYSPRT  
September 16, 2021**

**Introduction**

**Increasing Tribal/Diverse Community/Family/Youth Involvement**

**Helen Franklin, Family Tri-Lead**

The NE FYSPRT met on September 16, 2021. Becky Hammill convened the meeting via Zoom. Tri-lead Helen Franklin (Family Tri-Lead) was present. Helen welcomed twenty-six (26) attendees with 8 family and youth members and 18 system partners. Helen began the meeting by sharing the acknowledgement that we are living and working on land that originally belonged to the Tribes.

Becky and Helen announced that Davina York, Passages WISe Clinical Supervisor, had agreed to be the Interim System Partner Tri-Lead. System partners were again encouraged to reach out to any of the Tri-leads or Becky for more information on the role and responsibilities of the Tri-Leads and were encouraged to apply for the position.

**General NE FYSPRT Business**

**A. Contract/Compliance – Community Education**

**Charlie Health**

Maren Stubenvoll, Bethany Osgood and Chelsey Whilding from Charlie Health presented on their program. Charlie Health provides telehealth intensive outpatient services to teens and young adults ages 11 to 30 up to 9 hours a week. All clients have an assigned therapist and receive an assessment with individual and group therapies. The program usually lasts 8-12 weeks. There are 24 groups offered every evening, for example: teen girls with anxiety, PTSD, DBT for LGBTQ+, etc. Families are involved as much as possible. There are three focus areas: 1) evidenced based therapy (EMDR, etc) and all therapists are trauma informed trained, 2) experiential (music therapy, art, movement), and 3) wind-down with psychotherapeutic education. They recognize the importance of diversity.

Charlie Health has three tenets: I) Power of Community (loving environment), II) Power of Congruence (discover self, honesty and integrity), III) Power of Experience (client is always right). Charlie Health is a Medicaid provider, and is working to obtain contracts with private insurance companies. Their goal is to provide an assessment within 24-48 hours of the initial call and they provide care coordination and family education. They recently added peer support (peer advisors) and have a program to address clients who may not be engaging,



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including incentives to keep their camera on during a telehealth session. If the individual's natural supports are not sufficient, Charlie Health will work to identify an adult mentor for them. They assist in obtaining computers and internet access, even to provide services at the school where internet is accessible.

In WA, Charlie Health coordinates medication management through the individual's WA provider.

Charlie Health staff asked that if anyone has difficulties with referrals, reach out to Bethany for assistance.

The staff were thanked for a very informative presentation.

**B. Regional Issues**

**Old Business: SMS issues**

Becky had forwarded the questions raised at the last NE FYSPRT meeting to SMS and will be meeting with SMS staff next week. In discussing the issues with Holly Chilinski who participates in NE FYSPRT, some of the issues families were bringing up were Health Care Authority contract requirements (such as being unable to provide transportation to individuals who choose to see a provider in a different location when one is available in their town) and that SMS cannot violate that contract. One of the issues to discuss is what SMS has control over and what does NE FYSPRT need to take to the state level because it is a Health Care Authority requirement.

**C. Open Forum – issues for the Statewide FYSPRT**

Statewide issues previously discussed: There was no answer provided at the statewide FYSPRT regarding neuropsych testing. Respite was discussed again and Excelsior does have some respite beds. Several agencies were not aware that Excelsior had respite beds. They will be asked to present at a future NE FYSPRT meeting.

**D. New Business**

Joseph Seo was introduced as the new WISe therapist at the Institute for Family Development.



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IFD had an individual waiting at Inland Northwest Behavioral Health Hospital for a CLIP bed who was required to wear scrubs the entire time he was at INBH. INBH has a new interim director and they will be asked to present on their long-term plan for youth.

It is hoped to have Excelsior's Respite and INBH present before the end of the year. NAMI will be presenting in October.

RISE has had a couple of graduations from IFD clients.

Agencies provided information on their provision of services relating to COVID-19. Family members expressed concern about the schools re-opening but hope that the school districts are prepared.

Nicole Murphy with the COPE Project talked about their program. Center of Parent Excellence (COPE) provides remote support groups to families. The children do not have to have a mental health diagnosis, and is focused on family peers employed in behavioral health agencies. Families can sign up on the Health Care Authority website to network with each other. Nicole will send a flyer out.

**Meeting Evaluation/Next Meeting**

Members attending today's meeting were asked to complete the NE FYSPRT evaluation. The next meeting will be remote via Zoom on October 21, 2021.