



NE Family Youth System Partner Meeting Minutes NE FYSPRT September 18, 2025

Introduction

Increasing Tribal/Diverse Community/Family/Youth Involvement

Shirley Maike, Convener

The NE FYSPRT met on September 18, 2025. Shirley Maike convened the meeting via Zoom and welcomed 14 participants with 7 family, tribal, diverse and youth members, and 7 system partners. Ashley James, Youth Tri Lead was present. Davina Akiu and Gail Kogle Co-System Partner Tri-Leads were present. Gail began the meeting by sharing the acknowledgement that we are living and working on land that originally belonged to the Tribes.

Ashley reviewed the purpose of the regional FYSPRTs

The NE FYSPRT serves as a platform for bringing the voice of youth, families, and system partners together to identify the strengths, challenges, and gaps that exist in the regional behavioral health system of care.

And the NE FYSPRT Values Statement

We work continuously to provide a welcoming meeting environment for all attendees. Questions about the content or process of the NE FYSPRT meetings are welcomed. All who attend are treated with respect and dignity. We value improvement and innovation in publicly funded behavioral health for children, youth, and families.

General NE FYSPRT Business

A. Contract/Compliance – Community Education/Regional Issues/Work Plan Excelsior Respite Program – Anna Denney

Anna provided an overview of Excelsior's new youth program: Respite Care for Youth. This is a program offering short-term, therapeutic care for youth (K-8th grade) experiencing emotional and behavioral health challenges. The structured, engaging program gives caregivers a break while helping youth build essential life skills grounded in dialectical behavior therapy, cognitive behavioral therapy, and acceptance and commitment therapy. They have received a grant for program funding and at this time, all services are free of charge. They are able to accept 20 children/youth. Criteria for entry: youth with a diagnosed mental health disorder. Level of care: Classified as level 1 care (ancillary support to level 2 or 3 services if already enrolled). Anyone can refer to the program and participation is flexible. The goals of respite include promotion of emotional regulation, building social skills and resilience, supporting youth in developing coping strategies, and strengthening



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connection to ongoing behavioral health care. The program is available from noon to 5 PM Monday through Friday and the individual can come for any amount of time. The support team consists of licensed mental health professionals, a certified therapeutic recreation specialist, certified peer supports, and a dedicated care coordinator. More information can be obtained at excelsiorwellnesscenter.org

B. Contract/Compliance – Community Education/Regional Issues/Work Plan

Davina Akiu, WISE Clinical Director, indicated that Excelsior has openings and Lutheran and Passages have interest lists. All WISE providers indicated they are seeing an increase in individuals in crisis and an increase in individuals involved in the criminal justice system. Jessica Blackwell from JRA would be a good resource to present to NE FYSPRT.

Gail Kogle, Office of Behavioral Health Ombuds, indicated they have not seen any increasing trends in requests for their services. They continue to reach out to providers to offer presentations and printed materials that organizations can post. They are very willing to present at staff meetings and parent groups. They are seeing more young adults in SUD settings requesting services.

Sabrena Hindberg, Family Peer at Passages Family Support was elected as the new NE FYSPRT Family Tri-Lead.

NE FYSPRT Regional Issues

A. Regional Issues and Information

The Annual Needs Assessment is available until October 3rd. It's important that everyone's voice be heard and this is an opportunity to identify ideas for presentations.

Davina Akiu wanted to remind everyone that the Passages Peer Respite program is available for youth age 18 and over who may be close to crisis. The individual can stay for 7 days and the program is staffed 24/7 with peer support specialists.

Please complete the monthly evaluation to provide input into what's working and what's not working in our community relating to services for children and youth. The next NE FYSPRT meeting will be October 16, 2025 via Zoom.