

NE FYSPRT WORK PLAN 01-01-2025 through 12-31-2026

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1. The NE FYSPRT will work continuously through activities identified in the annual work plan to achieve on average 51% family and youth representation.

Milestones /Activities for Aim Statement #1

Milestone/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
<u>Milestone:</u> Increase Youth Involvement <u>Activities:</u> Continue to ramp up social media presence. Continue to participate in free TA with Youth Move offered by HCA. As resources/ time allow, host an annual Self-Care Fair and include promotional materials that will appeal to youth enrolled in Apple Health. Continue to include Passages' YOUTh group in NE FYSPRT conversations. Conduct due diligence around potential to present to youth in high schools. Connect with WISe supervisors and offer NE FYSPRT flyers to be given out at intake. Youth who are involved with the NE FYSPRT will be fiscally supported to attend conferences, trainings, and NE FYSPRT meetings. <u>Update 03-31-25</u> During this quarter, the NE FYSPRT had a presentation from "HearMeWA" a 24/7 Help Line for WA youth up to age 25. "HearMeWA" has a youth advisory board and youth marketing staff. "HearMeWA" is youth-centered, trauma informed, and antiracist. Information about the HCA funded Youth Statewide Network was shared with "HearMeWA".	Increased engagement from youth as evidenced by engagement in the NE FYSPRT meetings and activities.	12-31-2026	Youth Tri-lead

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Milestone/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
<u>Update 06-30-25</u> During this quarter, we had a higher than normal turnout of youth for our annual Self-Care Fair with 29 in attendance. It is well understood that our monthly NE FYSPRT meeting would be of more interest to youth if the focus was on youth attendance only and the topics specific to the concerns of youth. We have tried to maintain the basic FYSPRT value of gathering all at one large table and the reality is that youth are not comfortable engaging in a meaningful way with individuals that identify as parents and system partners. <u>Update 09-30-25</u> During this quarter the NE FYSPRT held a family/youth dinner and provided separate space in the same building such that family members met with family peers from Passages given our family lead position was not yet filled and youth met with the NE FYSPRT youth lead and youth peers from Passages. Both adults and youth were surveyed. From the survey we learned that youth and families prefer to meet in person at Passages and without system partners.			
<u>Milestone</u> Increase Family Involvement <u>Activity</u> Encourage providers who attend the NE FYSPRT to invite the families they serve to participate in the NE FYSPRT. Attend at minimum two community resource events that appeal to parents and provide marketing materials and information about the benefits of participating in the NE FYSPRT. Connect with WISe providers and provide them with NE FYSPRT flyers.	Increase participation from parent/caregivers as evidenced by attendance at NE FYSPRT meetings and activities.	12/31/26	Tri-leads

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Milestone/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
As resources/time allow, host a Self-Care Fair that will include access to the mobile food bank, WSU Mobile Medical Unit, Breast Intentions, and other resources appropriate for families whose children are enrolled in Apple Health. Parents/guardians who attend the NE FYSPRT will be fiscally supported to attend conferences, trainings, and NE FYSPRT meetings. <u>Update 03-31—25</u> NE FYSPRT flyers were sent to all local WISE teams. <u>Update 06-30-25</u> There was a good turnout of parents at our annual Self-Care Fair in May. Additionally, based on feedback from parents that attend the regular monthly meetings of the NE FYSPRT, it is evident that parents struggle to feel included and comfortable with so many system partners at our meetings. During this next quarter, we will be holding a focus group for just parents to gather their ideas on how being part of the NE FYSPRT will work for them. <u>Update 09-30-25</u> During this quarter the NE FYSPRT held a family/youth dinner and provided separate space in the same building such that family members met with family peers from Passages given our family lead position was not yet filled and youth met with the NE FYSPRT youth lead and youth peers from Passages. Both adults and youth were surveyed. From the survey we learned that youth and families prefer to meet in person at Passages and without system partners. During this quarter a new family lead was elected.			

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2. Through activities identified in the annual work plan, the NE FYSPRT will work to increase awareness to resources and services that meet the needs of families who have children enrolled in Apple Health. Milestones /Activities for Aim Statement #2

Milestone/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
<u>Milestone:</u> Individuals and agencies that attend the NE FYSPRT are educated regarding resources and services in the NE FYSPRT catchment area. <u>Activities:</u> The NE FYSPRT convenes in meeting format 9 times a year and 1 time a year, as resources allow, we meet as the Self-Care Fair. At those 9 meeting in which the NE FYSPRT convenes in meeting format, a standing agenda item will be the inclusion of a presentation highlighting a resource that is applicable to families with children enrolled in Apple Health. The NE FYSPRT will encourage the participation of diverse communities in the monthly presentations. As resources allow, the NE FYSPRT will host a Self-Care Fair that will include access to the mobile food bank, Breast Intentions, WSU Mobile Medical Unit, and information about a wide scope of services that will appeal to families with children enrolled in Apple Health. <u>Update 03-31-25</u> During this quarter, the NE FYSPRT had presentations from Job Corp, HearMeWA, and EXIST. EXIST is a co-occurring, outpatient program for youth offered by Excelsior Wellness Center. <u>Update 06-30-25</u> During this quarter, the NE FYSPRT had presentation from Excelsior's Teen Text Line and the Office of Behavioral Health Advocacy with an educational segment on Advance Directives for individuals in service age 13 and older. The 233 individuals who attended the Self-Care Fair were exposed to 68 vendors who provide services to	NE FYSPRT attendees are given many opportunities to better understand resources and services in the NE FYSPRT catchment area including resources provided by and for BIOPC communities.	12-31-2026	Convener & Tri-Leads

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Milestone/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
those who qualify for Apple Health. The DSHS mobile van was on site at the Self-Care Fair and enrolled individuals in service. Update 09-30-25 During this quarter, the NE FYSPRT met in July and September. Presentations included Boulder Care, a telehealth program for youth with substance abuse disorder and Excelsior Wellness Center presented information regarding their respite program for children ages 5-12.			

3. The NE FYSPRT will address Access to Care and behavioral health system issues identified through the annual needs assessment, the annual work plan, and through the feedback provided by those who participate in the NE FYSPRT.
Milestones /Activities for Aim Statement #3

Milestones/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
Milestone: NE FYSPRT members engage in solution-focused conversations that identify and address strengths and challenges within the local behavioral health system of care. Activities As a standing agenda item, NE FYSPRT attendees will have an opportunity to raise issues and discuss potential solutions. Once an issue is identified, if a local solution is not feasible, the issue will be submitted to the State FYSPRT for further consideration.	NE FYSPRT members recognize the NE FYSPRTY as an effective body in which to raise awareness regarding system of care issues and to identify solutions either locally or through the State FYSPRT.	12-31-2026	Tri-leads & Convener

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Milestones/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
<u>Update 03-31-25</u> During this quarter there was discussion regarding the inadequate behavioral health in-patient bed capacity for children and youth. The NE FYSPRT has developed a survey that will be sent out to local providers and once results of that survey are received, the NE FYSPRT will submit a "Gaps & Needs" form to the State FYSPRT. <u>Update 06-30-25</u> A "Gaps & Needs" process form was submitted to the State FYSPRT addressing the issue of inadequate inpatient, behavioral health beds for children and youth in NE WA. <u>Update 09-30-25</u> The State FYSPRT presented the NE FYSPRT's Gaps and Needs submission regarding inadequate inpatient behavioral health beds for children and youth in NE WA and conducted a survey of other regional FYSPRT's regarding this issue. The issue was uniformly reported as existing in each region and will be elevated to the Youth and Young Adult Continuum of Care (YYACC) legislative advisory committee.			
<u>Milestone:</u> NE FYSPRT members will be aware of behavioral health changes occurring in the local system of care that impact youth and families accessing behavioral health services. <u>Activities:</u> BHA's and social service agencies that receive funds to implement new programs that impact children and youth will be invited to present at the NE FYSPRT Maintain the email contact on the NE FYSPRT website such that current or new members can contact the convener at any time with a concern. Conduct annual needs assessment and utilize content to update work plan.	NE FYSPRT members will have information regarding new behavioral health services.	12-31-2026	Tri-leads & Convener

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Milestones/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
<u>Update 06-30-25</u> Through presentations offered this quarter, attendees were given information about new programs for teens and reminded that those age 13 and older who are in behavioral health services have the ability to develop an Advance Directive for Behavioral Health Care. We have had some very limited conversations regarding potential cuts to Medicaid from the federal level but nothing decisive given the process is not complete and final decisions have not been made. <u>Update 09-30-25</u> The annual needs assessment was completed and key themes include long wait times for routine outpatient behavioral health services for children and youth, families would prefer extended or weekend hours be offered at behavioral health agencies, more respite options, more inpatient resources, more independent living facilities, and a web-based, one-stop shop for resources.			
<u>Milestone:</u> Targeted outreach to diverse and rural communities <u>Activities:</u> Attend public events appropriate for marketing the NE FYSPRT, especially those events that include diverse and rural populations. <u>Update 03-31-25</u> NE FYSPRT leads attended the annual "Homeless Connect" and distributed marketing materials, hats, and gloves. The event was attended by just under 2,000 individuals and families from across NE Washington.	Increased community awareness and public profile of the NE FYSPRT with rural and diverse populations.	12/31/26	Tri-leads and Convener

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Milestones/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
<u>Update 06-30-25</u> Nuestras Raíces Centro Comunitario (Our Roots Community Center) was at the annual Self-Care Fair including Peer Washington. <u>Update 09-30-25</u> A system partner from the Native Project, a local Federally Qualified Health Center operated by indigenous individuals has joined the NE FYSPRT as a member at large.			

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4. The NE FYSPRT will engage in consistent quality improvement by addressing strengths, challenges, and suggestions for improvement to the NE FYSPRT.

Milestones/Activities	Expected Outcome	Expected Completion Date	NE FYSPRT Leads
<u>Milestone:</u> NE FYSPRT participants have numerous ways to provide feedback regarding all aspects of the NE FYSPRT. <u>Activities</u> After every meeting of the NE FYSPRT, all attendees have available a survey that provides direct feedback regarding the format of the NE FYSPRT meetings and the content. Parents and youth that are not employed by a publicly funded BHA can receive a \$25.00 gift card upon completion of the survey. The NE FYSPRT website provides an opportunity for any visitor to the site to provide suggestions for agenda items and provide feedback regarding the process and content of the NE FYSPRT meetings. Community feedback is also a standing agenda item on the monthly NE FYSPRT agenda and all NE FYSPRT leads always encourage live feedback from attendees. <u>Update 03-31-25</u> There is relatively high participation in providing feedback during NE FYSPRT meeting. The NE FYSPRT issues a survey after each meeting and participation has fallen due to the restriction on parents youth employed by participating agencies receiving a gift card. <u>Update 06-30-25</u> Time is built in to every agenda of the NE FYSPRT for individuals in attendance to give feedback about community services- both strengths and gaps and/or the process of the NE FYSPRT meetings including opportunities to share ideas for future presentations. With each meeting a SurveyMonkey is also available for all attendees to complete. <u>Update 09-30-25</u> We held a family/youth dinner in July during which we solicited feedback regarding the day/tome, and desired attendees preferred by family and youth. At the July and September meeting, we also did our routine feedback form post	NE FYSPRT participants are actively involved in the shaping of the NE FYSPRT	12/31/26	Tri-leads and Convener

each meeting. Feedback indicated that members would like to see increased MCO involvement. Currently, only one MCO attends on a regular basis. Family and youth would like a separate meeting.			
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