



NE Family Youth System Partner Meeting Minutes NE FYSPRT September 17, 2026

Welcome – Davina Akiu, System Partner Co-Tri-Lead

Increasing Tribal/Diverse Community/Family/Youth Involvement

The NE FYSPRT met on September 17, 2026. Davina Akiu, System Partner Co-Tri-Lead, convened the meeting via Zoom and welcomed 22 participants with 7 parent and youth members, and 15 system partners. Ashley James, Youth Tri-Lead and Gail Kogle, System Partner Co-Tri-Lead were present.

Davina 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

Monica Webster and Lisa Westlund, Health Care Authority

Monica and Lisa provided the NE FYSPRT with information on Family Initiated Therapy (FIT).

- Children and youth behavioral health core values: strengths and needs driven, community based, sensitivity. Whether treatment is voluntary or not, the youth always has the right to receive services in the least restrictive setting that meets their needs.
- Treatment works best when the youth is engaged.
- FIT gives parents and professionals an opportunity for time-limited treatment where the parents are able to provide consent on the youth's behalf.
- The ultimate goal is to engage the youth in services they are receiving so they consent to continued treatment as needed.



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- Youth can change their mind to voluntarily consent to treatment or be placed involuntarily for treatment (ITA).
- Monica provided a review of the criteria used to qualify for FIT and information that a provider can share to help parents support their youth's treatment.
- Monica discussed the importance of family members being vital partners and she shared several FIT successes.
- She discussed legislative priorities and requests and opportunities for growth. FIT is utilized in western WA more than in eastern WA and that is due in some part to the lack of available inpatient resources in eastern WA.
- The process for FIT outpatient treatment includes:
 - ✂ Parent requests services
 - ✂ Provider evaluates medical necessity
 - ✂ Parent signs consent on the youth's behalf
 - ✂ Provider sends notification of admission to HCA's reviewer
 - ✂ HCA's reviewer conducts a review of medical necessity, every 45 days; services continue under FIT

Lisa discussed the inpatient FIT program, including:

- Core components of crisis response and considerations for crisis response
- Potential treatment routes
- Emergency Department notifications
- FIT inpatient is not a civil commitment process and is not court ordered
- FIT inpatient is utilized for adolescents by which the parent provides consent and the youth meets medical necessity determination.
- Lisa discussed the advantages to admission under FIT and the barriers
- The process for FIT inpatient treatment includes:
 - ✂ Parent requests evaluation
 - ✂ Provider determines medical necessity
 - ✂ Parent signs consent on youth's behalf
 - ✂ Provider notifies of admission sent within 24 hours
 - ✂ Provider notifies youth of their right to petition
 - ✂ Day 10: Review of medical necessity



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✎ Reminder: Maximum stay under FIT inpatient is 45 days

Monica and Lisa shared statistics on the number of FIT admissions to inpatient and outpatient services. They expressed a commitment to expanding services in eastern WA as resources become available, including providers who will conduct medically necessary evaluation at a parent's request. Transportation is one of the barriers to providing services for eastern WA youth when the only available service is in western WA. They continue to identify respite for parents and youth as a high priority need. The Health Care Authority continues to look at ways to gauge success and the struggle providers and parents experience when youth do not engage in services.

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

Gail Kogle, Office of Behavioral Health and Advocacy indicated that they will be asking staff regarding the WA 1580 Rapid Care Team to present in October or November. She indicated that when parents are experiencing stressful situations, the calls to the Office of Behavioral Advocacy increase. OBHA continues to stress the importance of mental health advance directives and reiterated that youth age 13 and older are legally able to complete a mental health advance directive. This helps them to feel more in charge of their mental health services. OBHA is working on youth centered program outreach regarding their rights. She reminded NE FYSPRT members that OBHA staff are available for presentations.

C. WISE update

Almost all WISE teams are full with interest lists. Excelsior has some telehealth WISE openings and Lutheran Social Services has one opening. Excelsior and the Health Care Authority continue to work towards a caregiver respite. This would be for a few hours per day.

NE FYSPRT Regional Issues

A. Regional Issues and Information – Community strengths and areas for growth:

The Needs Assessment survey link <https://www.surveymonkey.com/r/NEFYSPRTNA> was distributed to all members and everyone is asked to complete it.



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Excelsior and Akin provided information on upcoming events. A Common Voice is offering a parents wellness workshop (virtual) on October 7th and the flyer was distributed to NE FYSPRT members. Eric Dotson with Akin indicated they have openings for services (not WISe).

Conclusion

Attendees were asked to 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. System Partners as well as parents were asked to complete the survey so the leads can follow up to determine future meeting presentations or identify known gaps in the system. If a community organization is doing well, the leads would also like to know that information to share with the group.

The next NE FYSPRT meeting will be October 15, 2026 via Zoom.