



NE Family Youth System Partner Meeting Minutes Youth Event October 13, 2026

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

Increasing Tribal/Diverse Community/Family/Youth Involvement

The NE FYSPRT Youth Event convened on October 13, 2026. Davina Akiu, System Partner Co-Tri-Lead welcomed six youth participants. Ashley James, Youth Tri-Lead and Gail Kogle, System Partner Co-Tri-Lead were present.

Davina reviewed the purpose of the regional FYSPRTs with the youth.

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.

General NE FYSPRT Business

Each youth completed the Needs Assessment and then participated in a large group conversation about gaps in care and FYSPRT attendance, specifically to increase youth attendance.

The group identified a plan to attend meetings in the future. They expressed a desire to alternate meeting independently as a youth group and joining the FYSPRT sessions with providers, system partners and parents.

During the conversation, the youth highlighted three key challenges facing young people who want/need behavioral health services.

1. Academic Setting

Youth expressed frustration with current school counseling frameworks, noting a lack of systemic and emotional support.

- The challenges: Students report a lack of privacy, respect, trust, and connection with counselors and/or the counseling department.
- Safety Concerns: Youth report they do not feel safe or sufficiently supported by their school's counseling teams. One youth reported a school counselor approached them in front of their friends and started discussing something previously discussed in private.



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- Youth Ideas for Change: Youth peer support programs to bridge the gap and serve as a relatable and safe entry point for students hesitating to seek professional help.

2. Parental Support and Generational Stigma

- Parental Support: Youth reported they want to see their parents and the parents of their friends actively encourage and support their children's engagement with behavioral health services.
- Generational: Youth identified that some older generations do not recognize the validity or necessity of mental health treatment, creating a major barrier to accessing care.

3. Mental Health Provider Engagement and Rapport

- Experience: Youth find existing mental health providers too serious and impersonable, leading to feelings of boredom and disconnection during sessions.
- Youth Ideas for Change:
 - There is a strong demand for interactive services that move beyond talk therapy.
 - Youth are requesting providers who display genuine empathy, acknowledge the current reality of youth culture and challenges, as well as working with a professional who is personable and authentic.

Gail Kogle, Office of Behavioral Health Advocacy and System Partner Tri-Lead provided information to the youth on mental health advance directives.

Conclusion

The youth were thanked for providing input into the behavioral health system of care and Tri-Leads will bring their ideas to the entire NE FYSPRT group. The next virtual meeting of the NE FYSPRT will be November 19, 2026.