



**NE Family Youth System Partner Meeting Minutes
NE FYSPRT
October 21, 2021**

Introduction

Increasing Tribal/Diverse Community/Family/Youth Involvement

Ashley James, Youth Tri-Lead

The NE FYSPRT met on October 21, 2021. Becky Hammill convened the meeting via Zoom. Youth Tri lead Ashley James and Family Tri Lead Helen Harding were present. Ashley welcomed twenty-three (23) attendees with 7 family and youth members, one Tribal member, and 18 system partners. Ashley began the meeting by sharing the acknowledgement that we are living and working on land that originally belonged to the Tribes.

Ashley announced the results of the election for the positions of Community Partner Tri-Lead and System Partner Tri Lead. Davina York is the System Partner Tri Lead and Gail Kogle the Community Partner Tri Lead. Welcome to both of these long-term NE FYSPRT members to their new role.

Ashley announced that Better Health Together, the Affordable Community of Health lead in Spokane, has published a Resource Guide that will be of benefit to all agencies.

General NE FYSPRT Business

A. Contract/Compliance – Community Education

NAMI Spokane

Chauntelle Lieske, NAMI Executive Director and NE FYSPRT member, provided the group with an introduction to NAMI Spokane. There is the National Alliance for the Mentally Ill (NAMI) at the national level, a WA NAMI affiliate and the Spokane NAMI. NAMI Spokane's mission is: *NAMI Spokane is dedicated to empowering all who have been affected by mental illness, through advocacy, awareness, education, and support.* NAMI is a peer based model. All programs and support groups are peer led. Everyone involved has personal lived experience with their own or a loved one's mental health. This helps to create a safe place to discuss and grow together. The Peer model requires volunteers to have gone through the Parent to Parent or Family to Family class as a participant before they can be trained as a facilitator.

NAMI has three areas of focus: advocacy, education and support:

- **Advocacy:** NAMI Spokane members sit on committees at the state level to inform policy. Staff and volunteers stay informed on local policy and



NE Family Youth System Partner Meeting Minutes
NE FYSPRT
October 21, 2021

the effects it has on individuals and families. NAMI Spokane members work with other organizations to ensure access to mental health services.

- **Education:** NAMI In Our Own Voice: A presentation for the general public to promote awareness of mental health conditions and recovery. Presented by someone who has lived experience with mental health.
NAMI Ending the Silence: A presentation for the general public to promote awareness of mental health conditions and recovery. Presented by someone who has lived experience with mental health.
- **Support:**
- NAMI Basics: For parents, guardians and other family caregivers who provide care for youth (age 22 or younger) who are experiencing mental health symptoms.
- NAMI Family to Family: For families, significant others and friends of people with mental health conditions, F2F facilitates a better understanding of mental health conditions, increases coping skills and empowers participants to become advocates for their family members.
- NAMI Peer to Peer: For adults with mental health conditions. The course is designed to encourage growth, healing and recovery among participants.
- NAMI Connection: A free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.
- NAMI Family Support Group: A peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI Spokane supports around 2,000 individuals a year with their signature programs and resource helpline. There are 101 NAMI Spokane members in our community and 35 active volunteers.

Contact information for NAMI
chauntelle@namispokane.org
amanda@namispokane.org
office@namispokane.org



**NE Family Youth System Partner Meeting Minutes
NE FYSPRT
October 21, 2021**

B. Regional Issues

Old Business: SMS issues

Becky indicated that NE FYSPRT members met with the SMS Regional Director who shared that SMS was never established to provide assistance for individuals with behavioral health challenges, especially children. Their mission was to provide transportation to adults who needed to go to a primary care provider. The group discussed issues that are mandates from the Health Care Authority, such as not being able to transport an individual from one town to another if that town has behavioral health providers. The Regional Director stated they wanted to be responsive to the issues addressed and asked for training for their staff. It was a good conversation and Becky and the Tri Leads will be taking high level issues back to the state FYSPRT where the discussion identified that many of these issues impacted all FYSPRTs.

C. Open Forum – issues for the Statewide FYSPRT

No issues for the Statewide meeting which is cancelled for November so that the regional FYSPRTs can meet on that day.

D. New Business

Justin Johnson spoke about several new programs beginning soon:

A new resource is available for youth ages 13-17 via a text and phone based contact line. Excelsior Wellness Center has been awarded the contract and it is anticipated that the service will be operational December 1st. Interventional services will be available eight hours a day with the actual times still to be identified. For those times when the phone/text line is not operational, staff will followup the next day to contact the individual and provide services. Excelsior will complete warm hand-offs after making a referral for services when indicated. There was discussion regarding family involvement for youth at this age range. The goal will be to include parents if the youth agrees. It was suggested that youth in all agencies be invited to provide input into the best times for the line to be operational and NE FYSPRT can assist.

Justin announced that two other youth programs will be implemented next year, including a youth mobile crisis team and a program for screening and brief intervention in a school based setting. In addition, a Recovery Navigator program for individuals with substance use disorder will be coming on line soon.



**NE Family Youth System Partner Meeting Minutes
NE FYSPRT
October 21, 2021**

It will address resource needs and will be available for both youth and adults to get into appropriate services.

Becky reiterated the offer to convene a youth focus group through NE FYSPRT, which would give integrity to the process.

Nicole Murphy shared that COPE is available to provide parent support throughout eastern WA and provided members with a brochure.

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 November 18, 2021.