



Salish Behavioral Health  
Administrative Services Organization

## Salish Regional FYSPRT

### Family Youth System Partner Round Table (FYSPRT) Meeting Notes

**Meeting Information:**

**Date:** January 31, 2022

**Time:** 3:00 – 5:00 PM

**Location:** Zoom

Agenda Items		Discussion	Action items
1	Introductions	<ul style="list-style-type: none"> <li>✓ Attendees introduced themselves and participated in an icebreaker exercise by answering “What interesting skill do you want to learn?”</li> </ul>	
2	Announcements: <ul style="list-style-type: none"> <li>• Review of agenda</li> <li>• Invitation for open discussion by youth/family</li> <li>• Ice breaker: What interesting skill do you want to learn?</li> </ul>	<ul style="list-style-type: none"> <li>✓ Agenda reviewed.</li> <li>✓ No open discussion items offered.</li> <li>✓ Completed during introductions.</li> </ul>	
3	<b>What information can help prepare youth and families for WISE services?</b> <ol style="list-style-type: none"> <li>a. Explaining the time commitment and frequency of services (service intensity).</li> <li>b. Talking about feeling overwhelmed by adjusting to schedule of services.</li> <li>c. Discussing where services will be provided and the limitations caused by COVID.</li> <li>d. Discussing positives and negatives of services provided in person or virtually.</li> <li>e. Discussing both the family vision statement and the team vision statement and how these are developed.</li> </ol>	<ul style="list-style-type: none"> <li>✓ a. WISE recipient commented on the challenges of trying to adjust to devoting the time needed for WISE services while still trying to coordinate time for other elements of family life. Kate N. shared information about “service intensity” and explained that time requirements are different for different families.</li> <li>✓ b. WISE recipient shared about feeling overwhelmed as WISE services begin, not clearly understanding the help that’s being given although</li> </ul>	

	<p>f. Discussing resource information that can benefit families (housing, transportation, childcare, .....).</p> <p>g. Repeating information shared prior to and early in WISE services.</p>	<p>there is now an abundance of help. WISE recipient indicated that the feeling of being overwhelmed is shared between youth and family.</p> <p>✓ c. WISE recipient commented that adapting to where services can/will be provided is a new experience. Some services can fit into a family's lifestyle very nicely while others don't. Homelessness poses a significant challenge as some WISE services are/can be provided in the home, but not if the family is homeless. Since March 2020 COVID has had a significant impact on the delivery of WISE services which poses challenges to both families and service providers.</p> <p>✓ d. WISE recipient shared positives and negatives about receiving services virtually. Negatives included "Zoom fatigue" and the need to have available and dependable technology which are</p> <p>✓ challenging issues when homeless. Also, virtual services provide opportunities to be distracted or multi-tasking while services are being provided. Positives include being able to receive services virtually without having to expend transportation resources. WISE service providers commented on what may be missed by not being able to provide services in person.</p> <p>✓ e &amp; f. WISE recipient shared about being able to take ownership over the family vision goal. WISE service providers commented that the team vision statement is a way to identify outcomes and develop strategies toward accomplishing those outcomes.</p>	
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		<ul style="list-style-type: none"> <li>✓ f. WISE recipients and service providers shared comments about the value of identifying youth and family needs and working toward seeking resources to resolve the needs. Housing and proper nutritional needs were discussed. The identification of needs is ongoing, as are efforts to address and resolve identified needs.</li> <li>✓ g. WISE recipient shared the need for service providers to periodically provide information, even if the same information has been provided before. Especially early in WISE services, while still feeling overwhelmed, the ability to remember everything is limited. The phrase “A saturated sponge cannot absorb any more water” was used to illustrate the point of being at one’s limit for new information. WISE recipient emphasized that as services progress youth and families should continually be informed about progress, challenges, resources, etc...</li> </ul>	
4	<p><b>Suggestions for Salish FYSPRT meeting topics for 2022</b></p> <ul style="list-style-type: none"> <li>• Youth and Family SUD issues <ul style="list-style-type: none"> <li>○ Opioid overdose</li> <li>○ Harm Reduction</li> <li>○ Naloxone</li> <li>○ Prevention efforts (Kitsap County Prevention Coalition)</li> <li>○ Youth Marijuana Prevention and Education (KPHD)</li> </ul> </li> <li>• SUD treatment options</li> </ul>	<ul style="list-style-type: none"> <li>• Group discussion about what information can help prepare youth and families for WISE services continued until the end of meeting time and suggestions for Salish FYSPRT meetings for 2022 was not possible.</li> <li>• A new family member was able to attend part of the meeting, she was invited by a WISE Care Coordinator from KMHS who also attended. This is good progress.</li> </ul>	
5	Next meeting: February 28, 2022 3:00 – 5:00 PM		