

2020 North Sound Strategic Plan

Goal 1: Expand Prevention Services

Short-term goals: Help prevent youth substance abuse, mental health disorders, youth suicides in the community

Long-term goals: Decrease the need for intervention and treatment services; county and region-wide prevention funding

Action Plan

Task	Brief Description	How/When	Responsible Party (ies)	Evaluation
<i>Name of activity/task</i>	<i>Briefly state the main purpose of activity</i>	<i>How often?</i>	<i>Who from the Coalition is making sure this gets done?</i>	<i>How will we evaluate progress towards achieving these outcomes?</i>
Engage with local substance abuse prevention networks in region – DFC, CPWI, Regional Tobacco and Marijuana	To raise awareness of prevention activities within the our region and share how these resources help every part of the behavioral health system	At one YFC meeting in the next year, have the topic be centered around these prevention services and bring in representatives throughout five-county region that are a part of these grants/coalitions to share information	YFC Convener, Leadership Team	Do brief survey at beginning of meeting on their knowledge of these prevention services, survey participants afterwards to measure if they have gained the necessary knowledge to take this information back to their agencies and/or communities
Engage with local substance abuse prevention networks in region – DFC, CPWI, Regional Tobacco and Marijuana	To share the collaborative work of the YFC with these grant partners/coalitions	YFC to present our work in each of these grant communities/coalitions at least once per year	YFC Convener, Leadership team	Do a brief survey at each meeting/presentation to see if group knows about the YFC; track website and/or Facebook analytics the month following each outreach presentation to see if we have gained more traction or followers
Coordinate prevention trainings for region	To help prevent youth substance use, mental health disorders, and/or youth suicides	Bring in a prevention training to the YFC and invite community members at least once per year. Topic TBD. May extend before/after typical YFC hours.	YFC Convener, County Public Health leads	Conduct follow-up survey with training participants on knowledge, skills, abilities increase in the prevention topic; survey training participants 6 months later on the impact of the training, how they have used it, etc.
Expand respite services	To educate community about available respite	At least once during this strategic planning year, YFC to do research and	YFC Coalition	By 2025, conduct similar survey to the statewide FYSPRT questionnaire

	services, including informal options	interviews with agencies in North Sound providing traditional respite services, as well as brainstorm about possibilities for informal respite options and education community.		conducted in 2020 about available respite services and compare community and YFC results.
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Goal 2: Increasing knowledge and awareness of community services and programs

Short-term goals: Schools have updated resource information, families and youth can learn about information and resources in one place

Long-term goals: Increased collaboration of agencies in North Sound Region through information exchange

Action Plan

Task	Brief Description	How/When	Responsible Party (ies)	Evaluation
<i>Name of activity/task</i>	<i>Briefly state the main purpose of activity</i>	<i>How often?</i>	<i>Who from the Coalition is making sure this gets done?</i>	<i>How will we evaluate progress towards achieving these outcomes?</i>
Create a launching page on YFC website for resources and services in our five-county region	To create a hub of resources in our North Sound region - Greater avenues for communication – Facebook, social media	Update list once per month; ensure links to other resource sites are updated; post once per month about this resources page; post twice per month about an external resources site (i.e. 2-1-1 site)	YFC Convener	Analyze reach, viewers, likes of posts, shares, etc. Analyze website analytics on number of unique visitors, how many visited the Resources page, number of clicks and links to external sites, etc. Review once per quarter prior to state FYSPRT report due date.
Monthly presentations and/or highlight of one community program/service	To disseminate information to the community, parents, and youth about available behavioral health resources	At each monthly YFC meeting, highlight a minimum of one community agency, rotate among counties in North Sound Region	YFC Convener, Leadership team, YFC members to highlight agencies	Share information on presentations and resources of each monthly meeting in quarterly FYSPRT reports.
Social media awareness	To disseminate information to the community, parents, and youth about available behavioral health resources	Twice per month, share a new community resource on Facebook, highlight an agency that has	YFC Convener	Analyze reach, viewers, likes of posts, shares, etc.

		not been to the YFC meetings yet		
Hold a community resource fair for Island or San Juan counties	To disseminate information to the community, parents, and youth about available behavioral health resources in these geographically-isolated and hard-to-reach counties	Once per year, participate in or host a community resource fair in Island County and San Juan County	YFC Convener, Leadership Team, Island and San Juan Health Departments, Youth Volunteers, YFC members in these regions	Track attendance at each resource fair; Conduct a small community survey at these resource fairs on knowledge of current community services, survey what current gaps are, prepare a report after each event with this information.

Goal 3: Increase Cultural Understanding and Humility within our community

Short-term goals: Provide opportunities for people to increase their cultural understanding and humility.

Long-term goals: Reduce barriers to services that are culturally appropriate and effective

Action Plan

Task	Brief Description	When	Responsible Party (ies)	Evaluation
<i>Name of activity/task</i>	<i>Briefly state the main purpose of activity</i>	<i>How often?</i>	<i>Who from the Coalition is making sure this gets done?</i>	<i>How will we evaluate progress towards achieving these outcomes?</i>
Post on the YFC website that we are facilitating the coordination of cultural humility trainings	Increase cultural humility and understanding awareness	Post once on the website that this is a goal of ours, and promote the trainings as they come up	Convener and Tri-Leads	Analyze reach, viewers, likes of posts, shares, etc.
Coordinate cultural understanding and humility trainings for the region (by partnering with other and outreach will be included)	Raise awareness and cultural understanding by providing trainings	A minimum of once a year	YFC Convener, WISE Program Specialist	Review evaluations

Goal #4: Increase Partnership/Dialog Between Providers, Schools, and Systems

Short-term goals: Identify gaps in dialogue and information sharing

Long-term goals: Improve communication

Action Plan:

Task	Brief Description	How/When	Responsible Party (ies)	Evaluation
<i>Name of activity/task</i>	<i>Briefly state the main purpose of activity</i>	<i>How often?</i>	<i>Who from the Coalition is making sure this gets done?</i>	<i>How will we evaluate progress towards achieving these outcomes?</i>
Work with ESD to identify behavioral health promotion programs and contacts at school districts	To learn what schools are currently doing to support child and youth emotional wellbeing and improve outcomes	Annually	Tri-Leads	Convener confirms receipt of information
Have a promising school-based program offer a presentation at a YFC meeting	To share information about resources and increase partnerships and dialogue	At least once per year	YFC Convener or Designee	Review evaluations
Share information and events over social media/website/group email	To disseminate information to the community about promising school-based programs that support and promote emotional wellbeing	Share at least 2 programs or event listings per year	YFC Convener or Designee	Report data insights from social media posts about school-based programs to YFC members once per year

Goal #5: Increase Youth and Family Involvement in YFC

Short-term goals: Increase youth and family engagement

Long-term goals: Increase youth and family participation

Action Plan

Task	Brief Description	How/When	Responsible Party (ies)	Evaluation
<i>Name of activity/task</i>	<i>Briefly state the main purpose of activity</i>	<i>How much? How often?</i>	<i>Who from the Coalition is making sure this gets done?</i>	<i>How will we evaluate progress towards achieving these outcomes?</i>

<p>Create local chapters in each county in the North Sound regional service area</p>	<p>To narrow outreach and engagement focus to one county at a time and get a better sense of the strengths and gaps in local systems of care</p>	<p>Target majority of outreach and engagement activities to one county at a time</p>	<p>Convener, Tri-Leads, Coalition Members</p>	<p>Identify percent of total membership growth for the region with the expectation that a majority of new members each year will hail from the target county</p>
<p>Support youth partners to pursue leadership development opportunities</p>	<p>To promote and sponsor attendance at conferences, presentations, and training opportunities; and to promote leadership roles for youth in the region</p>	<p>Post on the website, group email, and/or social media that YFC offers financial support for youth partners to attend learning opportunities at least 2x per year.</p> <p>Post employment and volunteer opportunities for youth partners on website, in email, and over social media as opportunities arise.</p>	<p>Convener</p>	<p>Review website, social media, and group emails yearly at a YFC meeting to ensure YFC is adequately supporting youth leadership</p>
<p>Support family partners to pursue leadership development opportunities</p>	<p>To promote and sponsor attendance at conferences, presentations, and training opportunities; and to promote leadership roles for family partners in the region.</p>	<p>Post on the website, group email, and/or social media that YFC offers financial support for family partners to attend learning opportunities at least 2x per year.</p> <p>Post employment and volunteer opportunities for family partners on website, in email, and over social media as opportunities arise.</p>	<p>Convener</p>	<p>Review website, social media, and group emails yearly at a YFC meeting</p>

<p>Host meetings and presentations both online and in person</p>	<p>To promote accessibility and convenience of North Sound YFC meetings to members who cannot attend in-person. Acquire technology that will allow YFC to host presentations and meetings both in-person and online (only once it is safe to meet indoors and in person again)</p>	<p>One-Time Purchase of: Logitech MeetUp and Logitech Rally Plus videoconferencing kit, Logitech GROUP expansion Microphones with Extender Cable, ViewSonic Projector, and a Logitech Wireless Presenter</p>	<p>Convener and BH-ASO IT Support</p>	<p>Survey members at least once per year about meeting venues including access issues (childcare, transportation, time, reasonable accommodations, access to technology, etc) and inclusivity to ensure members are heard and their contributions are valued no matter how they attend.</p>
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