

*North Sound Youth and Family Coalition (YFC)
2021 Annual Work Plan*

The North Sound Youth and Family Coalition (YFC) is a regional Family, Youth, System Partner Round Tables (FYSPRT) committed to creating an opportunity for youth and families to share their experience as a mechanism to improve the behavioral health system. YFC works to identify needs in the North Sound region, which include Snohomish, Skagit, Whatcom, Island & San Juan Counties. The goal is to improve outcomes for youth and families with behavioral health needs by bringing forward barriers and/or unresolved community issues, needs and recommendations to the Statewide FYSPRT.

The 2021 Annual Work Plan is derived from two sources: the YFC Five Year Strategic Plan (5YSP) and the 2020 Strengths and Needs Assessment. These goals were chosen as the YFC's top needs to be addressed by June 30, 2021.

Work Plan Goal #1 – Provide Meaningful Opportunities for Youth and Families to Connect & Engage with YFC (aligns with 5YSP Goals #3 & #5)

Task	Brief Description	How / When	Responsible Party	Evaluation
<i>Name of activity / task</i>	<i>Briefly state the main purpose of the activity / task</i>	<i>How often? Or when completed?</i>	<i>Who from YFC will be working on this?</i>	<i>How we will evaluate progress?</i>
Create Opportunities for Advancement	Connect with educational and juvenile justice programs that might offer credit for engagement with YFC and promote youth and family peer employment opportunities	At least two outreach attempts	YFC Convener or designee	Report on outreach attempts/new agreements in quarterly reports and at YFC meetings
Conduct Survey	Conduct survey to solicit feedback from youth and families, both members and potential new members	One time	Tri-Leads, Convener, and Membership	Review survey results at YFC meeting.
Host and Promote Antiracism Training Series	Sponsor in depth Antiracist Youth Engagement, Equity, and Advocacy training series	Four ninety-minute sessions conducted over a period of four weeks	YFC Convener to arrange	Collect training evaluation data at each session. Review and analyze data with trainer and YFC leadership.

Work Plan Goal #2 – Review/Revamp Group Organizational Documents and Practices (aligns with 5YSP Goal #3)

Task	Brief Description	How / When	Responsible Party	Evaluation
<i>Name of activity / task</i>	<i>Briefly state the main purpose of the activity / task</i>	<i>How often? Or when completed?</i>	<i>Who from YFC will be working on this?</i>	<i>How we will evaluate progress?</i>
Revisit Group Protocols	Revisit and update YFC's group protocols as part of the antiracist training program	One total revamp; review at every meeting and update as needed	Membership	Review evaluations from training where protocols were revamped;

				review meeting evaluations for indicators about satisfaction
Revisit/Revamp/Create Charter and Other Organizational Documents	Revisit, revamp, or create charter and other organizational documents as needed with guidance from technical assistance contractors (Youth Move and Antiracism trainer) on intersectional and inclusive engagement and retention.	One time	YFC Tri-Leads YFC Convener Membership	Report updates in quarterly report and outline in monthly meetings as completed or when a vote of the membership is needed

Work Plan Goal #3 –Take a Deep Dive on Behavioral Health Supports in Schools (aligns with 5YSP Goals #2 & #4)

Task	Brief Description	How / When	Responsible Party	Evaluation
<i>Name of activity / task</i>	<i>Briefly state the main purpose of the activity / task</i>	<i>How often? Or when completed?</i>	<i>Who from YFC will be working on this?</i>	<i>How we will evaluate progress?</i>
Presentations at Regional Meetings	Arrange presentations on topics related to behavioral health supports in schools – promising practices, deep dives into data, etc.	At least three such presentations	YFC Convener YFC Tri-Leads YFC Members	Request feedback on the presentation on each month’s evaluation sheet
Share resources and related events over social media/website/group email	Gather and disseminate information about school-based programs and supports in a way that builds regional knowledge about promising practices.	Following each presentation on a school-based program – three times	YFC Convener	Review information at YFC meeting at least one time

Work Plan Goal #4 – Continue to focus outreach and engagement efforts on Whatcom County (aligns with 5YSP Goals #2 & #5)

Task	Brief Description	How / When	Responsible Party	Evaluation
<i>Name of activity / task</i>	<i>Briefly state the main purpose of the activity / task</i>	<i>How often? Or when completed?</i>	<i>Who from YFC will be working on this?</i>	<i>How we will evaluate progress?</i>
Develop Whatcom County resource guide for youth and families	Gather information about the local Whatcom County System of Care and develop a resource guide to help youth and families navigate. This entails attending meetings and reaching out to providers, family and youth led organizations, and other child/youth serving systems.	One time (update annually)	YFC Convener or designee	Present completed resource guide at regional YFC meeting
Enhance YFC presences in Whatcom County	Focus outreach activities on Whatcom County to include attending local meetings on prevention, local providers, and	Ongoing	YFC Tri-Leads YFC Convener YFC Members	Report outreach efforts in quarterly report; report on progress

	<p>others as necessary and appropriate; seek partnerships with local entities to offer internship and community service opportunities for Whatcom County youth, and work closely with local youth, family, and system partners to start a local chapter of YFC if they deem it necessary.</p>			<p>at YFC regional meeting</p>
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Alignment with State and National Efforts

In addition to aligning well with the 5YSP, these goals are also connected to state and national priorities as issued by the National Council on Behavioral Health and their partners and WA Children and Youth Behavioral Health Workgroup (CYBHWG) in the following ways:

CYBHWG:

- Expand youth mobile crisis services statewide, and expand peer services across continuum of care, reduce barriers to entry and retention, enhance diversity, and ensure peers are supported in their recovery
 - YFC can support this in terms of expanding the peer workforce (see Work Plan Goal #1 *Create Opportunities for Advancement*)
- Direct HCA to explore Medicaid waivers for respite without adversely impacting DDA and DCYF respite waivers
 - YFC can support this as needed
- CYBHWG is starting a school-based behavioral health and suicide prevention subgroup that will examine funding streams that contribute or could contribute to supporting K-12 students’ emotional wellbeing and behavioral health (OSPI, HCA, and others)
 - There may be opportunities to promote youth and family leadership here

National Council on Behavioral Health:

- Support the development of youth-focused mobile crisis teams.
- Monitor policies and practices concerning education services.
- Support to schools for implementing a continuum of MH/SUD supports, including primary prevention to access to MH/SUD services in the schools and liaisons with outside specialized services as in the Positive Behavioral Interventions and Supports and Interconnected Systems Frameworks models
- Include race, ethnicity, and language data in all data analysis with respect to people served in various programs.
 - Make a clear note when such data is absent and request it.
- Sponsor CEU training on cultural humility and culturally relevant treatment for providers and similar training opportunities for family and youth partners.
- Recognize and bring to light the history of racism in the North Sound region to inform policies and investments that eliminate disproportionate impacts on communities of color.
 - Could be a future goal.
- Support the dissemination of training programs that help people recognize signs and symptoms of MH/SUD in peers like Youth Mental Health First Aid.
 - YFC can sponsor attendance at this and similar trainings.

Several of the recommendations could inspire presentations at YFC regional meetings:

- Support social/emotional learning curricula and a Multi-Tiered System of Supports to promote education achievement through healthy development.
- Monitor implementation of Individuals with Disabilities Education Act (IDEA) mandate to ensure that all children with serious mental health conditions are enrolled in and offered the special education services they need to succeed academically.
- Reduce justice system involvement – examine school to prison pipeline in the region.
- Address ACEs and other social determinants of health in childhood with an explicitly focus on racism and discrimination.