

Agenda

Statewide FYSPRT MISSION

The **mission** of Washington State's ten Regional Family, Youth, and System Partner Round Tables (FYSPRTs) is to bring all necessary parties together to contribute to continuous improvement to children's behavioral health services and supports. Regional FYSPRTs strive to provide an equitable forum for families, youth, systems, and communities to strengthen and sustain community resources that effectively address the individualized behavioral health needs of children, youth and families.

Goals of the Youth and Family Coalition

The Youth and Family Coalition's ongoing goals are to:

- Be a place where youth, parents, family members, and community partners feel comfortable sharing feedback about the behavioral health system in a safe, welcoming environment;
- Elevate challenges, recommendations and feedback to the Statewide FYSPRT groups and bring back information, suggestions, and solutions as soon as possible; and to
- Offer presentations, education, and resources to the community that is relevant for families, youth, and organizations.

North Sound Youth and Family Coalition (YFC) Meeting

1/13/2020

2nd Mondays of every month
4-6 p.m. (except on holidays)

North Sound BH-ASO

301 Valley Mall Way, Ste 101, Mt. Vernon, WA 98273

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- **Presentation: Introduction to Mindfulness with Michael Kelberer from Mindfulness Northwest (4:00-5:55)**

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- **Evaluations (5:55-6:00)**
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