

## Youth and Family Coalition

7.12.2021

4:00 p.m. – 6:00 p.m.

Virtual

Meeting called by: Tri Lead Kate Foster

Note taker: Maria Arreola

Attendees:

Starleen Maharaj-Lewis, Kate Foster, Megan Boyle, Dawn Scott, Val Jones, Kaleb Maharaj-Lewis, Jordan Rosa, Rachel Zakaopyko, , Chris Cochran, Kristy Gallegos, Lisa Helsen, Hadley Prentiss, Julia, Jay Rose

### Introductions, Announcements and Updates

#### Land Acknowledgement

We acknowledge, with humility, that the land of the North Sound region today is the territory of People of the Salish Sea. Their presence is imbued in the waterways, shorelines, valleys, and mountains of the traditional homelands of the Coast Salish People, since time immemorial.

### Presentation – Peer Workforce Opportunities

4:20-5:20

ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )

Val spoke on the Peer Support and workforce opportunities.

- Different types of peer certifications in the state
  - Youth Peer Counselor
  - Family Partner
- There is a movement to have peers in schools, detention facilities and other community resource agencies.
- Peers have a combo of Substance Use Disorder and Mental Health.
- Training requires 40 hours which includes a written exam and oral panel.
- Training has topics of recovery coaching and motivational interviewing.
- Courses are used to enhance and support others.
- Challenges Peers face
  - Agencies are unable to hire peers unless they have been certified.
  - Billable services are moving toward more clinical.

- Legislature movement has put barriers on Peer certification.
- Peers are expected to complete the training before being guaranteed a job. Peers are taking the time off work to complete the training and are unsure if they will be offered a job.
- ASO is prioritizing trainings and is working on eliminating the barriers for Peers.
- Peers are going to trainings and having to take time off work without compensation to cover time off.
- Who provides the training? What are the pieces of content?
- En Route, WSU, or CVAB all offer classes. Key is to use your experience to help others, natural supports, developing goals and how to achieve them with SMART goals that are measurable realistic and achievable, advocacy skills, strengths to help others, navigate others through the system.
- Having virtual trainings now is a plus. Testing can be scheduled in increments.
- Peers have learned DBT skills and motivational interviewing to enhance clinical awareness.
- A Peer is an individual that has an advantage on perspective. They work as a partner on a personal level.
- The goal of a Peer is to advocate of system challenges and barriers. They walk with families/individuals through the system. Peers encourage families to begin conversations with therapists.
- Peers are essential part of WISE.
- How do you work as a WISE team? Do Peers support the goals?
  - The Peers work out well in WISE. Peers are care extenders. Peers work closely with the clinician to understand the goals. Everyone on the team is equal in the treatment of the family and individuals goals/care plan. They all work in the same goals but work in different ways.
- Individuals are allowed to retake the test.
- Peers are at Mukilteo E&T, North Sound E&T, CLIP facilities, Crisis System Outreach teams, Juvenile Detention Centers and at the state level in Olympia.

## 2 Year Work Plan Creation

5:20 – 5:45

Agenda Topic

ACTION: Action/Decision (X) Discussion ( ) For Information Only ( )

Kate began discussion on the YFCS goals

- The five year agreement is being changed to a two year agreement.
- Eliminate previous goal 1 on expanding prevention and adding a new goal to share presentations and create a presentation calendar.
  - No objections were made to eliminating that goal.
- Goal 1 – To increase knowledge and awareness of services and programs both currently available
- Benchmarks are to ensure there is a wide array of participants in our region. A minimum of 6 presentations per year on topics suggested by members in the monthly meeting
- Action plan
  - Honor and strengthen partnerships with member agencies
  - Identity and invite system of care community partners. Who is missing? Who do we extend an invitation to?
  - Scheduled presentations are arranged to have at least 6 presentations a year. Scheduled at least 3 months in advance.
  - Presentation information should available to the public. How do we do this?
    - Record the Zoom and edit just the presentation itself to have it shareable.
    - Possible to have presentation minutes captured and have them posted on the website.
- Learning on the legislative process in WA state
  - WA Recovery Alliance has a good training available
- We need to grow in learning and sharing Snohomish county resources
- Having an IEP panel to shine light on the process of the shared language.
- How to support BIPOC and LGBTQ youth?
  - Skagit PFLAG spoke on the science of gender is a possible presentation
  - NWYS has a good presentation available that is adaptable to the audience.
  - Possible reaching out to Lummi who is doing Project Aware.
- It was determined to adopt the goal

### Conclusion/Outcomes

Discussion to brainstorm what has been working and next steps.

YFC Youth Only Space	
5:20 – 6:00	Agenda Topic
ACTION: Action/Decision (X) Discussion ( ) For Information Only ( )	
<ul style="list-style-type: none"> <li>— The youth leadership that gathered in the project has started a discord channel. This is a platform to make it easier for youth to participate.</li> <li>— The youth generation during the technology growth is how they communicate through a platform that is low key. The youth communicate without the presence of the system. Youth can discuss matters before bringing it to the larger meeting. <ul style="list-style-type: none"> <li>○ How does the information discussed in the discord be brought back to the larger group? <ul style="list-style-type: none"> <li>▪ Discussion takes place in the discord with the youth. A consensus is brought forth and being discussed in the larger group.</li> <li>▪ The youth group discord is not a support group.</li> <li>▪ Can we examine what other youth group in another region are doing. Pierce County has a High Five group.</li> </ul> </li> </ul> </li> </ul>	
Conclusion/Outcomes	
Discussion of the Youth Discord to encourage youth involvement	

Evaluations	
15min	
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	
Overview: Link was sent to the committee	
Discussion Points: <ul style="list-style-type: none"> <li>• Evaluations link sent to committee</li> </ul>	
Conclusion/Outcomes	
Committee will complete the online evaluation	

**Next meeting is - Monday, August 9<sup>th</sup>, 2021, from 4:00 pm – 6:00 pm**