



## Great Rivers BH-ASO Regional FYSPRT Work Plan for 2023-2024 (Q4)

**Goal 1: Youth Outreach, Engagement, & Retention: The Great Rivers Regional FYSPRT will prioritize all efforts to reach out, communicate, and sustain youth participation in local and regional FYSPRT meetings.**

Suggested strategy(s):

1. Establish a social media presence (Ex. Facebook, Instagram, etc.,) to increase our likelihood of reaching and engaging more children and youth.
2. The Regional FYSPRT will work towards the possibility of creating a regional YouTube short film/video talking about FYSPRT as part of our advertising efforts.
3. The Regional FYSPRT will re-engage with Youth Move National to seek support on how to utilize media platforms in outreach/engagement efforts.
4. Youth Move will act as a "coach" like support to Tri-Leads and Regional Coordinator.
5. Regional FYSPRT will support the local/county FYSPRTs to start meeting in person again and providing support for hybrid meetings.
6. **(NEW)** Great Rivers ASO will support the FYSPRTs with buying equipment (The Owl) to allow for hybrid meetings to take place and limit barriers for members to participate.
7. Will continue to reach out to WISe providers and request them to inform and include youth participation in FYSPRTs.
8. Establish relationships with schools to try and engage more students.
9. Partner with community groups to help host social events to recruit and promote FYSPRT and provide resources.
10. Will utilize ongoing surveys to gather feedback on strategies and ways to retain youth involvement and improve the FYSPRT experience.
11. We compensate youth with an extra \$5 to their gift cards if they bring a new youth or family/caregiver to a FYSPRT meeting.
12. We will provide opportunities for 'Recruitment Events' in each respective County to help advertise, inform, and recruit more youth to local/county and Regional FYSPRTs.
  - a. **Those Assigned:** Tri-leads, Great Rivers BH-ASO staff, Regional FYSPRT members, representation from each county & Youth Move National.
  - b. **Timeline for Completion:** by Dec. 31<sup>st</sup>, 2024
  - c. **Desired Outcome:** Increased youth attendance and retention of membership at local and regional FYSPRT(s) in addition to recruiting Youth Tri-Leads for local

and Regional FYSPRT(s).

**Progress: (Update December 2023)**

(Strategy #3) Participation in any Statewide Youth Leadership activities, meetings, opportunities are always offered (when available) and always supported. Any email notifications regarding any opportunities are always shared with the region and the BH-ASO would support all means for the youth to participate.

During this quarter, Keira (Regional Youth Tri-Lead), has participated in the following:

13. Youth Move National in partnership with Dads MOVE to develop a Youth MOVE WA State Chapter. (Pending application)

(Strategy #8) During the 4th quarter of 2023, our Regional Family and Youth Tri-Leads, and GH local Tri-leads have partnered and joined several coalitions/collaboratives around the region to bring more awareness about FYSPRT and to find ways to join projects that address or meet the needs of children/youth and families. Some of the new partnerships are the following:

14. Perinatal Support Washington
15. Northwest Center for Family Support (NCFS)
16. U of W CoLab Group
17. Elevate East Grays Harbor County Meeting (youth/SUD)
18. Youth Summit Pacific Meeting
19. Youth Move National
20. WISe Collaborative (Cowlitz Co.)
21. Cowlitz Co. Connect Resource Fair (Planning committee)
22. Highlander Hope Coalition (Cowlitz Co.)
23. WSCC
24. COPE Project
25. ESD
26. OSPI Planning Committees
27. Grays Harbor Consortium Meeting
28. Elks Lodge of Grays Harbor

**Goal 2: Family Outreach, Engagement, & Retention: The Great Rivers Regional FYSPRT will prioritize efforts to reach out, communicate, and sustain family participation in local and regional FYSPRTs.**

Suggested strategy(s):

1. Establish a social media presence (Ex. Facebook, Instagram, etc.,) to increase

- our likelihood of reaching and engaging more families (adults).
2. The Regional FYSPRT will work towards the possibility of creating a regional YouTube short film/video talking about FYSPRT as part of our advertising efforts.
3. Regional FYSPRT will support the local/county FYSPRTs to start meeting in person again and providing support for hybrid meetings.
4. **(NEW)** Great Rivers ASO will support the FYSPRTs with buying equipment (The Owl) to allow for hybrid meetings to take place and limit barriers for members to participate.
5. Will continue to reach out to WISe families through WISe providers partnerships to inform and include family participation in FYSPRTs.
6. Collect data (feedback/strategy ideas) from Surveys given out and incentivize those who complete them.
7. Will utilize ongoing surveys to gather feedback on strategies and ways to retain family involvement and improve the FYSPRT experience.
8. Will do outreach to youth & family specific run programs/agencies to engage.
9. We will provide opportunities for 'Recruitment Events' in each respective County to help advertise, inform, and recruit more families to local/county and Regional FYSPRTs.
10. We compensate family/caregivers with an extra \$5 to their gift cards if they bring a new youth or family/caregiver to a FYSPRT meeting.
  - a. **Those Assigned:** Tri-leads, Great Rivers BH-ASO staff, FYSPRT members, WISe providers.
  - b. **Timeline for Completion:** Dec. 31st, 2024.
  - c. **Desired Outcome:** Increase Family Representation and attendance at local and regional FYSPRTs in addition to recruiting more Family Tri-Leads for local and Regional FYSPRT(s)

**Progress: (Update December 2023)**

(Strategy #3) The Regional FYSPRT has been working with Cowlitz/Wahkiakum FYSPRT and Grays Harbor FYSPRT in planning for their in-person meetings and providing a hybrid option by purchasing equipment to make this possible.

(Strategy #7) During the 4th quarter of 2023, our Regional Family and Youth Tri-Leads, and GH local Tri-leads have partnered and joined several coalitions/collaboratives (many that are youth/family run) around the region to bring more awareness about FYSPRT and to find ways to join projects that address or meet the needs of children/youth and families. Some of the new partnerships are the following:

11. Perinatal Support Washington
12. Northwest Center for Family Support (NCFS)
13. U of W CoLab Group
14. Elevate East Grays Harbor County Meeting (youth/SUD)
15. Youth Summit Pacific Meeting
16. Youth Move National
17. WISe Collaborative (Cowlitz Co.)
18. Cowlitz Co. Connect Resource Fair (Planning committee)
19. Highlander Hope Coalition (Cowlitz Co.)

20. WSCC
21. COPE Project
22. ESD
23. OSPI Planning Committees
24. Grays Harbor Consortium Meeting
25. Elks Lodge of Grays Harbor

**Goal 3: Identifying & addressing gaps and barriers in services (lack of services) for youth/families.**

Our Fall 2022 Community Needs Survey specifically identified barriers that individuals face when trying to access services. Top 5 were: Transportation struggles, not having enough money, insurance struggles, feeling embarrassed/stigma, and provider availability.

Suggested strategy(s):

1. Through post-FYSPRT meeting surveys & community needs surveys, we hope to compensate community members for completing a survey asking about gaps in services, recommendations, and specific barriers.
2. Will do more outreach (in person & by phone/email) with community programs/providers/coalitions/agencies to see what services/resources/trainings/workshops are already available so we can coordinate having them participate in our FYSPRTs.
3. Collaborate with provider network to discuss the access to care struggles that have been identified and find ways to overcome barriers.
4. Regional FYSPRT will collaborate with assigned MCOs to discuss identified gaps in services for youth and families and ways to address them. Invite MCO to present more info at FYSPRT meetings for any insurance questions/concerns.
5. Our Tri-leads will share info about all possible transportation options in each county and share this info at local and regional FYSPRTs.
6. Utilize our social media page to share resource information to our members.
7. Will seek to provide support in finding services that are being requested at FYSPRT meetings or in surveys.
8. Will continue to seek suggestions from participants of what the top barriers are in obtaining services and how to "potentially" address these barriers.
9. Will report to MCOs and HCA/Statewide FYSPRT of any identified trends/themes in gaps and barriers our communities face.

a. **Those Assigned:** Tri-leads, Great Rivers BH-ASO staff, FYSPRT members, Managed Care Organizations.

b. **Timeline for Completion:** December 31, 2024.

**Progress: (Updated December 2023)**

(Strategy #1) We continue to ask through surveys what youth and families can identify as a gap or barrier to receiving services.

(Strategy #3 & 8) During this reporting period, we (ASO & Tri-leads/FYSPRT Members) have participated in community meetings where we've shared

feedback directly from FYSPRT youth and caregivers talking about issues regarding bullying, & suicide prevention, specifically the lack of understanding for cue/signs and the need for community agencies to provide adequate info and training on this topic.

We continue to try and identify gaps in services in our region. We have been working with Wahkiakum County to address a gap of services and barriers to WISe services in this area. Both Cowlitz and Grays Harbor are moving toward a focus on our youth's mental health at the school district level. The Regional FYSPRT will be partnering with Youth moves national with a focus on advocacy. We have joined the planning committee for the Office of Superintendent of Public instruction (OSPI). This is allowing the voice of our FYSPRT to be heard at that level.

**Goal #4: Identify & provide culturally inclusive services/resource information for youth/families (including under-represented & tribal communities) throughout the GR Region by providing and facilitating training/workshops on specific topics chosen by FYSPRT members.**

Suggested strategy(s):

1. Utilize surveys to obtain specific topics of interest for training or an informative presentation about local resources.
2. Provide guest speakers or topics that are culturally inclusive to our FYSPRT groups.
3. **(NEW)** Develop opportunities for youth and family advocacy. Partnering with existing advocacy groups/agencies and promote the need for more advocacy services.
4. Will continue to build & strengthen relationships with local tribes and communities by inviting to FYSPRTs, sharing resources, asking for feedback, & participating in any opportunities being offered.
5. Partner with Washington State Community Connectors (WSCC), to offer training to our FYSPRTs.
  - a. **Those Assigned:** Tri-leads, Great Rivers BH-ASO staff, FYSPRT members, WSCC, community partners.
  - b. **Timeline for Completion:** Dec. 31<sup>st</sup>, 2024.
  - c. **Desired Outcome:** To become more culturally inclusive, we want to gather feedback and provide adequate training/workshops/presentations to our region regarding topics that impact our most vulnerable and underserved populations.

**Progress: (Update December 2023)**

(Strategy #3) Tri-leads have been working with Youth Move National, and Dads MOVE to partner and bring more advocacy services to youth and caregivers. The Regional FYSPRT would like to propose to the State FYSPRT an opportunity for Tri-leads to meet and provide more opportunities for advocacy.

