



Snohomish County Children's Wellness Coalition

July 17, 2020

Zoom Meeting

9:00 to 10:30 A.M.



In Attendance

Laura Mote
Nathan Ray
Julie Peddy
Kaitlin Davis
Terry Lott
Danielle Olson
Lynda Buehring
Anja Keyes

Ana Carratala
Julie Schlenger
Anji Jorstad
Dennis Smith
Jennifer Leonard
Shakima Tozay
Lisa Odom
Megan Boyle

WELCOME – *Laura Mote*

- Laura Mote welcomed everyone and gave a brief overview.

LAND ACKNOWLEDGEMENT – *Laura Mote*

- Laura Mote read the Land Acknowledgement.

GROUNDING EXERCISE – *Laura Mote*

- Laura Mote explained today's exercise will be a "*Blue Orb Meditation*"

INTRODUCTION – *Nathan Ray*

- **Name**
- **Organization**
- ***In 5 words or less, what has been your biggest success / joy in the previous month***
- Laura Mote mentioned Train the Trainer is in its final process and will be offered via Zoom.

RECAP OF THE WHY and THE SURVEY RESULTS – *Nathan Ray*

- Nathan Ray gave a brief overview on Safe Spaces for Telehealth.
 - **Safe Space** – A place in which the client has felt-safety regarding their emotional and physical environment
 - **Emotional** – An environment in which the client has trust with the professional
 - **Physical** – An environment in which the client does not fear being overheard by an abuser, an authority figure or anyone else with whom the client does not want to disclose their thoughts and feelings

- **Survey Results** – 16 people completed the survey, top four areas to focus on are:
 - Creating Safe Spaces for youth and families to be able to engage in telehealth / telepractice services
 - Developing long term strategies to advocate for children and family's behavioral health needs
 - How to support children and families with informal supports during COVID restriction
 - Where do you see the lack of support for children and families in our community?

INTRODUCTION COMMUNITY MENTAL HEALTH SPEAKERS – *Laura Mote*

- Megan Boyle from Compass Health Wise Program and Jennifer Leonard from Sea Mar gave a few talking points on telehealth and Community based services.

BREAKOUT ROOMS

1. Transportation / Physical Space Support
2. Tech Support
3. Community Support
 - *Who is going to be the spoke person /scribe to the main group?*
 - *What action item do you want to develop?*
 - *Who is going to work on the item?*
 - *Can action be taken by July 31, 2020?*

RECAP of SAFE SPACES BREAKOUT – *Nathan Ray*

ACTION PLANNING BREAKOUT ROOM – *Nathan Ray*

1. Transportation / Physical Space Support
2. Tech Support
3. Community Support

RECONVENE TO MAIN ROOM and DEBRIEF – *Designated Spokes Person*

- Asked all to re-group and debrief with action steps.

#1 – Transportation / Physical Space Support

- Anji will contact the MCO's to determine if Hopelink is able to provide Medicaid billable transportation to Safe Spaces for telehealth appointments rather than physical locations
- If not, contact MCO's to advocate for this service to be billable. If this is accomplished communicating to organizations of this availability
- Contacting Community Resource Centers to see if they have vans that could be utilized as a mobile CSO for people to attend sessions in privacy and safety. Granite Falls has a van that is primarily used for the food bank, Dennis Smith will investigate if it can be used as a mobile CSO.

#2 - Tech Support

- Contacting Schools and Community Mental Health Organizations to determine how they are providing virtual services
- Asking Schools what hardware, they provide (tablets, phones, mobile hotspots) if the hardware had to be returned at the end of the school year or if the student continues to have it
- Can they use the tablet for professional services other than school? What are plans for the upcoming school year for students to have the ability for virtual learning
- Found out how many students were not able to fully participate in virtual learning from home due to technology or bandwidth issues
- Speak with SSA's to determine in a normal school year how many students they have contacted with and in the previous six months of COVID how they had access to maintain contact with the students
- Once data is collected, contacting mobile carriers, global tech organizations for donations
- Lisa Odom will compile the survey monkey questions, Laura Mote will create the survey monkey and distribute to the schools, SSA's and Community Mental Health Organizations

#3 - Community Support

- Anja Keyes– is going to find out if the DSHS offices throughout SnoCo can provide a safe space and technology for telehealth appointments when the offices re-open
- Laura Mote and Liza Patchen-Short will contact Sno-Isle Library System to see if they have space in the libraries when they open to provide technology and private, safe spaces for telehealth appointments
- Terry Lott from Hand and Hand will speak with Amber to see if they have space and technology ability

CLOSING STATEMENTS – Nathan Ray

- Nathan Ray asked all to fill in the blanks to the statement below.
“I came in today feeling _____ and I am leaving feeling _____”.
 - Nervous - Less Nervous
 - Tired - Hopeful
 - Curious - Informed
 - Excited - Committed

MORE INFORMATION:

Next meeting is on Friday, August 21, 2020 via Zoom from 9:00 to 10:30 AM

The meeting adjourned at 10:36 A.M.

Ana Carratala, Sr. Secretary, Snohomish County Human Services