

SWWA FYSPRT

Regional September Meeting

Monday, Sept 16th, 2024

4:00 PM – 6:00 PM

Virtual

Agenda

Presenters	Topic
Angelo Gonzales	Group Norms
Angelo Gonzales	Introductions and Ice Breaker: If you were keeping a list of all the fun things you've done so far in your life, which two or three things would you put at the very top of the list?
Sara Love Sanderson	Boulder Care <ul style="list-style-type: none"> • Focus on treating adults (18+) for opioid and alcohol use disorders via a virtual clinic. • Current adolescent trial (ages 14-17) specifically for opioid use disorder to begin soon. • Emphasis on harm reduction and timely access to care. • Pilot designed due to increased opioid-related deaths. • Services include enrollment specialists, care advocates, prescribing clinicians, peer recovery specialists, and case management. • Aim to provide support quickly, with a goal for 80% of patients seen within 48 hours.
Taanvi Arekapudi	Nexus platform <ul style="list-style-type: none"> • Platform aimed at providing mental health resources for students and schools. • Breaking barriers and increase access to mental health support, targeting 80 million students nationwide. • Tailored to meet specific district needs and includes resources for both students and caregivers. • Involvement from community members and parents to promote the platform. • Emphasized the importance of listening and adapting support based on a youth's needs during conversations about mental health. • The presentation invited audience feedback and discussed practical ways to initiate mental health conversations with youth. • Three steps to facilitate productive dialogues: <ul style="list-style-type: none"> • Check-Ins: Regularly let teens know you're available to talk, even if they don't open up immediately. • Emotional Sharing: Encourage sharing emotions; using tools like emotion cards can help.

	<ul style="list-style-type: none"> Offering Support: Present options for support (listening, sharing advice, or strategies) to empower youth. Taanvi shared the “belly breathing technique” as a strategy to help manage anxiety.
Real Talk	Setting up your workspace. How do you organize? What are ways you focus for going back to school? What are your emotions about going back to school?
Updates	<ul style="list-style-type: none"> YAE- October 7th-virtual State- September 26th
Emma O’Campo	Guessing those song lyrics
Tri-Lead	Next meeting: October 21 st - in person

FYSPRT is a ...	<p>Space for youth and families to share their experiences with the Crisis System of Care and for System Partners to hear from the community.</p> <p>The Southwest Washington Family Youth System Partner Round Table (FYSPRT) is a community-based group of youth, families, professionals, systems, and community members from Clark, Skamania, and Klickitat counties who are passionate about making needed changes in the System of Care (SOC) that serves those with behavioral health needs. The SW WA FYSPRT strengthens sustainable resources by providing community-based approaches to address the individual behavioral health needs of children, youth and families and ensures that family and youth are key collaborators and in positions of leadership. The SW WA FYSPRT leverages the experience and expertise of all participants dedicated to building effective behavioral health services and will report up to the Statewide FYSPRT on challenges and successes of the region.</p>
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Comfort Agreement	<p><u>Listen</u> when others are talking and save any input until they are finished. Share the floor “Step Up, Step Back!”</p> <p>Explain “lingo” i.e. acronyms and abbreviations.</p> <p>Practice respectful honesty and FYSPRT is a safe space void of any judgement.</p> <p>Keep an open mind.</p> <p>Wait until after the meeting to use your cell phone (unless in an emergency situation.)</p>
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	Remember that what is said at FYSPRT, stays at FYSPRT.
	Attend to support positive change.

SW FYSPRT members will...	Expand and sustain effective leadership roles for families, youth, and system partners
	Improve/expand outreach by utilizing local resources
	Ensure that youth and families are represented and have a voice at the FYSPRT
	Create culturally diverse membership
	Help address stigma around behavioral health for the community
	Review Wraparound with Intensive Services (WISe) Data Reports quarterly

If you have something you would like to add, please share with the group and it will be added to the list.

*This is a living document and will be updated to reflect the guidelines

Boulder

Telehealth addiction treatment grounded in kindness, respect and unconditional support.

Boulder Care Overview - Adolescent Program

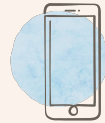
Boulder's services & treatment philosophy



SUD Treatment

Care teams prescribe medications to treat :

- **Opioid Use Disorder (OUD)**
- **Alcohol Use Disorder (AUD)**
- Management of co-occurring conditions with Behavior Health Clinicians including nicotine dependence, depression, anxiety, and insomnia



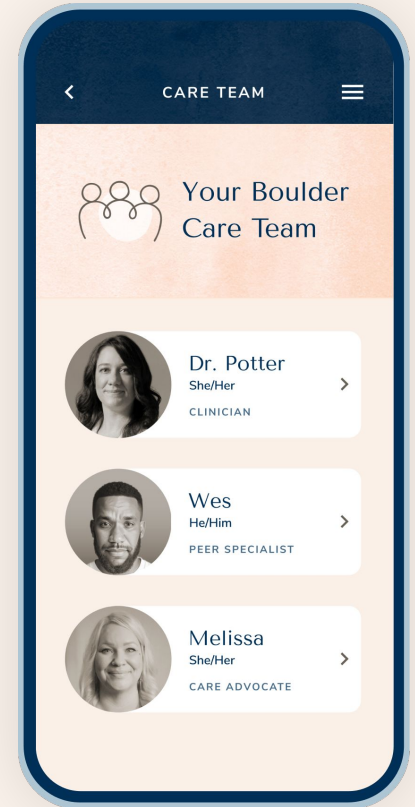
Care Anywhere

Boulder's mobile app makes it easy for enrolled patients to **access care anytime, anywhere** through secure video, phone, and messaging.



Grounded in Empathy

We provide long-term, unconditional support grounded in **harm reduction**. We understand that recovery is not linear, and we're there for our patients all along the way.



Care Team: Wrap-around support



Care teams provide whole-person care



Prescribing Clinicians

- Develop a care plan with the patient that aligns with their needs and goals
- Prescribe medications for OUD and/or AUD
- Behavioral Health specialists manage co-occurring conditions



Care Advocates

- Help navigate medical systems: make referrals to other providers, resolve insurance questions, ensure pharmacy/medication access



Peer Recovery Specialists

- Support patients without judgement, sharing their own lived experience with addiction as a means to build trust.
- Help patients identify and move toward their recovery goals



Enrollment Specialists

- Create a welcoming and simple enrollment process for new patients
- Support current patients: re-scheduling visits, solving basic app issues, connecting to care team



Case Managers

- Assist high acuity patients with resource and system navigation (housing, mental health/primary care, government benefits, legal support)



Nurses

- Support Clinicians, enabling flexible scheduling and increasing patient access

Boulder Case Management Leads!

Megan Bergstrom (Western US)



Megan.bergstrom@boulder.care

Gloria Howard (Eastern US)



Gloria.howard@boulder.care

About Boulder Case Management

We can provide assistance with:

- ★ Finding and navigating resources
- ★ Referrals for many agencies
- ★ Crisis triage and referrals to crisis agencies
- ★ Assist with agency applications and documentation of treatment

We cannot provide assistance with:

- ❑ Direct monetary or voucher resources
- ❑ Direct behavioral health services* (except for internal referrals to our peer recovery support specialists)
- ❑ In-person agency appointments with a patient

*Boulder Care's case managers do not *personally* provide behavioral health services.

Why pilot
adolescent care
now?

USA TODAY WHERE, WHEN TO WATCH Total solar eclipse FREED AFTER 24 YEARS Efrain Hidalgo's jour... SPACEPLANE A GAME-CHANGE Dream Chaser details

U.S. Elections Sports Entertainment Life Money Tech Travel Opinion

Treatment for teens is inaccessible, costly as U.S. opioid deaths rise

Eduardo Cuevas
USA TODAY

Published 5:02 a.m. ET Feb. 9, 2024 | Updated 1:07 p.m. ET Feb. 9, 2024

AXIOS Log In

Oct 24, 2023 - Health

Addiction treatment for kids and teenagers lags far behind demand

OPIOID CRISIS

Youth opioid overdoses on the rise as schools struggle to fight the epidemic

As yet another family loses a child to fentanyl, officials turn to prevention efforts
By **Sally Persons**, **Mike Emanuel** · Fox News

Published February 15, 2023 6:41am EST

The Seattle Times

Mental Health Log In | Subscribe

Fentanyl is killing more kids, but treatment isn't keeping pace

Sep. 29, 2023 at 10:00 am

KIRO 7 LIVE. LOCAL. IN-DEPTH. WATCH

LOCAL

'Worst drug threat I've seen': Washington's teen fentanyl overdoses double rate of U.S. average

By **Louie Tran, KIRO 7 News**
February 06, 2024 at 6:07 pm PST

PSYCHIATRY online

CLINICAL & RESEARCH

Adolescent Overdose Deaths Double Since 2010

TERRI D'ARRIGO

Published Online: 21 Jul 2022 | <https://doi.org/10.1176/appi.pn.2022.08.7.6>

npr DONATE

HEALTH

School districts rush to stock Narcan, the best defense against fentanyl

SEPTEMBER 27, 2023 · 5:14 AM ET
HEARD ON MORNING EDITION

Sequoia Carrillo

Behavioral Health Business

Fentanyl Drives Rising Tide of Teen Overdose Deaths

By **Morgan Gonzales** | January 23, 2024

OHSU Home Find a Doctor

OHSU News Search News

Teens rarely receive addiction medication in U.S. treatment centers

New OHSU study sheds light on resistance to using buprenorphine — a proven tool in fighting opioid epidemic

By **Erik Robinson** June 13, 2023 Portland, Oregon

npr DONATE

Schools And The Fentanyl Crisis

As more teens overdose on fentanyl, schools face a drug crisis unlike any other

AUGUST 30, 2023 · 5:00 AM ET

POLITICO

THE FIFTY

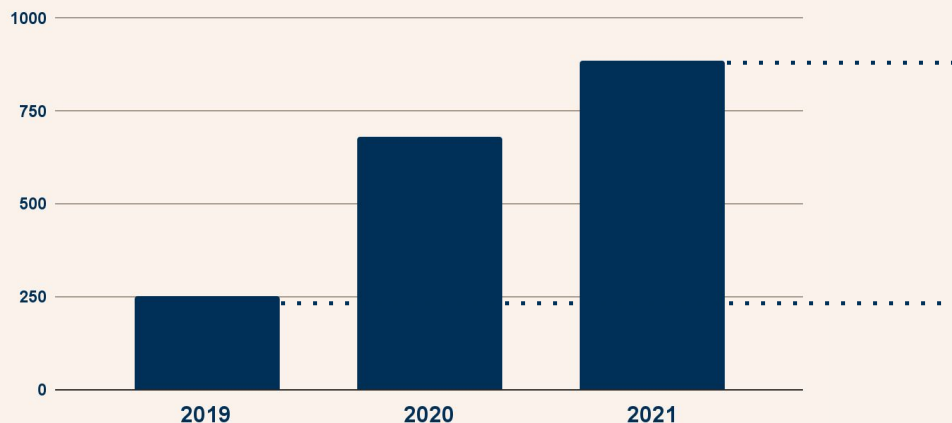
Fentanyl is killing kids. State lawmakers are searching for answers.

Families grieving lost children want policymakers to take emergency action.

OUD among adolescents is growing rapidly

Fentanyl-Involved Overdose Deaths

Ages 14–18



349%

Increase in
fentanyl-involved
overdose deaths¹
Ages 14–18

1. Friedman J, Godvin M, Shover CL, Gone JP, Hansen H, Schriger DL. Trends in Drug Overdose Deaths Among US Adolescents, January 2010 to June 2021. JAMA. 2022;327(14):1398–1400. doi:10.1001/jama.2022.2847

Treatment industry is behind — especially for adolescents

*“Effective addiction treatment for young adults has been hampered by insufficient evidence, poor quality of care, inadequate clinician training, siloed systems, punitive approaches, and the view that relapse is failure rather than a hallmark of a chronic illness...**There is much work to do to upend the status quo, but in the face of unprecedented morbidity and mortality attributable to young adult substance use, action is now more urgent than ever.**”*

Hadland SE, Yule AM, Levy SJ, Hallett E, Silverstein M, Bagley SM. Evidence-Based Treatment of Young Adults With Substance Use Disorders. *Pediatrics*. 2021 Jan;147(Suppl 2):S204-S214. doi: 10.1542/peds.2020-023523D. PMID: 33386323; PMCID: PMC7879425.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7879425/>

UHC Medicaid Pilot

- **Adolescents 14-17 years with OUD**
- **Specialized care plans supported by:**
 - Clinicians (MD, NP, RN) *with adolescent experience*
 - Dedicated peer recovery specialists *with adolescent experience*
 - Case managers experienced working with schools and teens/families
- **Coordinated care**
 - Increased communication with families and external support teams
 - Collaborations with school-based clinics

Initial Pilot Priorities

Boulder's Care Team will principally address:

- Ongoing active substance use or recent return to use, including medications for addiction
- Needs for support from certified peer recovery support specialists, via in-app texting & video visits
- Escalated care needs due to hospitalization or justice system involvement
- Educational assistance
- Family or parental issues affecting patient's substance use

Unparalleled outcomes

80%

of new patients seen
in <48hrs

62%

of patients stay in
care for 6 months

93%

of patients are meeting
their goals of reducing
unwanted use

29%

industry average

Retention in buprenorphine treatment reduces mortality risk by 50% or more.
After 12 months in care, **ED utilization and hospitalizations** decline by >85%.

Referring **Adolescents** to Boulder Care

- Submit a referral form *including date of birth* at www.boulder.care/referral
- Dedicated phone number for **adolescent-only** referrals: **206-737-1315**
- **Services for Adolescents are for opioid dependence and opioid use disorder only, not alcohol use disorder.**

Referring Adults to Boulder Care

- Give us a call at **888-720-2236**
Mon-Fri 9am-6pm, Sat 9am-2pm
- Submit a referral form at
www.boulder.care/referral
- Encourage your patient to self-enroll at
www.boulder.care/enrollnow
or by calling **888-720-2236**
- Download the Boulder app and enroll



Boulder

Boulder Care offers telehealth addiction treatment grounded in kindness, respect, and unconditional support.

 **Virtual Treatment**
No more waiting rooms or long trips to a clinic. Boulder's telehealth program is delivered entirely virtually, through video visits and messaging in an app on your phone.

 **Compassionate Care**
At Boulder, you and your care team will make all the important decisions together. We offer help with everything from medical needs and prescriptions to finding housing and resolving insurance issues.

 **Medication that Works**
The right combination of medication for addiction treatment (MAT) and other recovery supports helps people achieve happier, healthier lives — and stay in recovery longer.

 **Customized to You**
Recovery looks different for each individual. What matters to you is what matters to us. We'll never penalize you for missed visits, returning to use, or using other substances—we're just here to support you and help you work towards your goals.

www.boulder.care/startnow
(888) 595-5427

Getting Started

 **Curious to learn more?**
You can find more information on our website, www.boulder.care/startnow, or you can give us a call at (888) 595-5427.

We'd love to share more about our treatment program, and answer any questions to help you decide whether Boulder is right for you.

 **Ready to enroll?**
If you're ready to get started, you can enroll and schedule your first visit at www.boulder.care/enrolling.

"I love Boulder; the convenience, the privacy of being in my own home — it is all life changing."
— BOULDER PATIENT



Thank you!

(866) 288-5885

www.boulder.care

Boulder

Appendix

Referrals for Many Agencies

Agencies in Washington to whom we often refer:

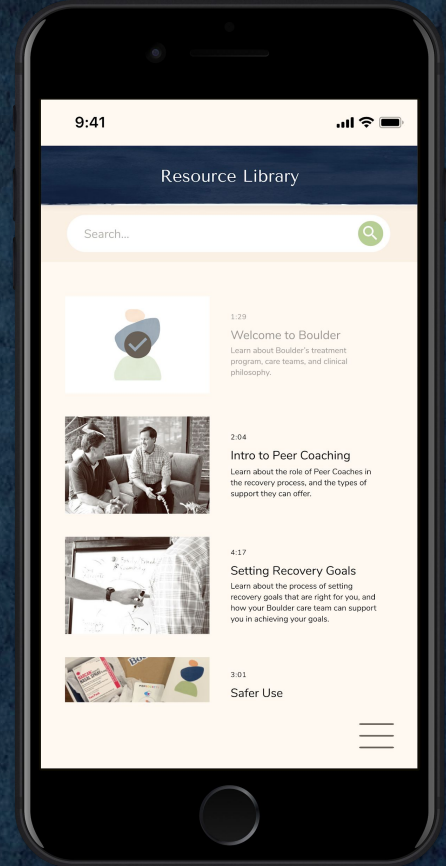
1. Department of Social and Health Services
2. Consistent Care Services
3. Housing and Recovery through Peer Services (HARPS)
4. Inpatient treatment programs

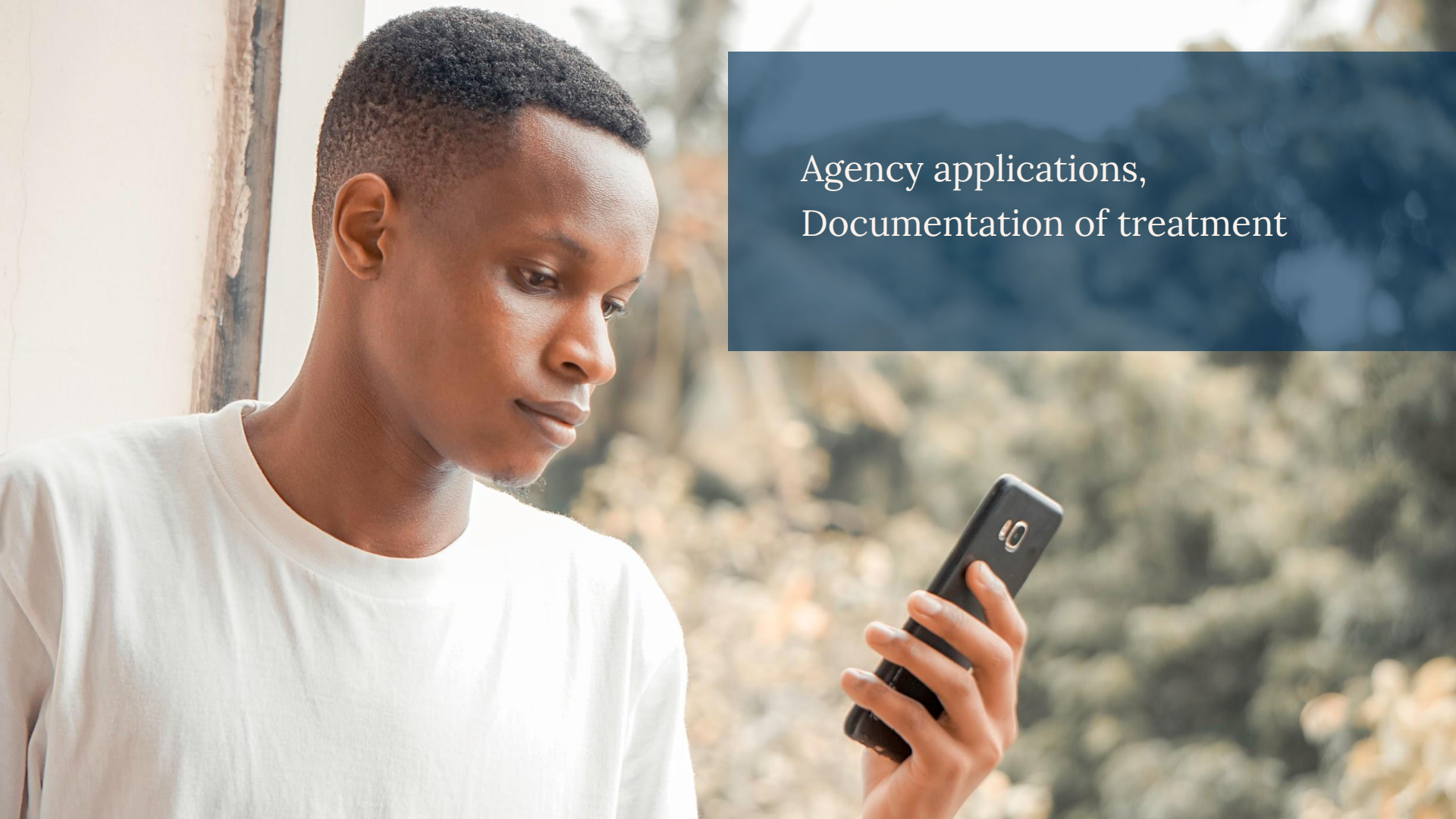


Crisis Triage

Crisis triage commonly involves assisting a patient experiencing domestic/interpersonal violence or a mental health crisis, through safety planning and patient-led referrals to appropriate agencies.

**We additionally provide in-app resources for 24/7 crisis lines if a patient is in crisis outside of our available hours.*





Agency applications,
Documentation of treatment

Appendix: Boulder Case Management Complexities

- Insufficient mental health or primary care access
- HIV infection or AIDS
- Chronic and/or acute health problems
- **Homelessness**
- **Child in state custody**
- **Justice system involvement**
- **Release from incarceration**
- Physical disabilities
- **Learning disabilities & educational assistance**
- **Lack of income**
- Barriers to care as a result of sexual orientation, gender identity/expression, or race
- History of suicidal ideation
- **Active use or recent return to use in the last 90 days**
- **Domestic violence**
- **Patient seeking inpatient treatment**
- Hospital discharge
- **Poor medication management**
- **Drug screening protocol non-compliance**
- Trauma
- **Transportation needs**
- Lack of necessary technology to participate in Boulder Care visits
- **Lack of medical insurance**
- Care coordination escalation

**Bolded items indicate complexities where case management services require additional or differing resources for adolescent care.*

Satisfaction: Washington

89

Net Promoter Score

38

industry average

“

Great program has made a huge difference in my life and helping me actually start to rebuild it again! I tell everyone I know about you guys!!

— WA Medicaid Patient

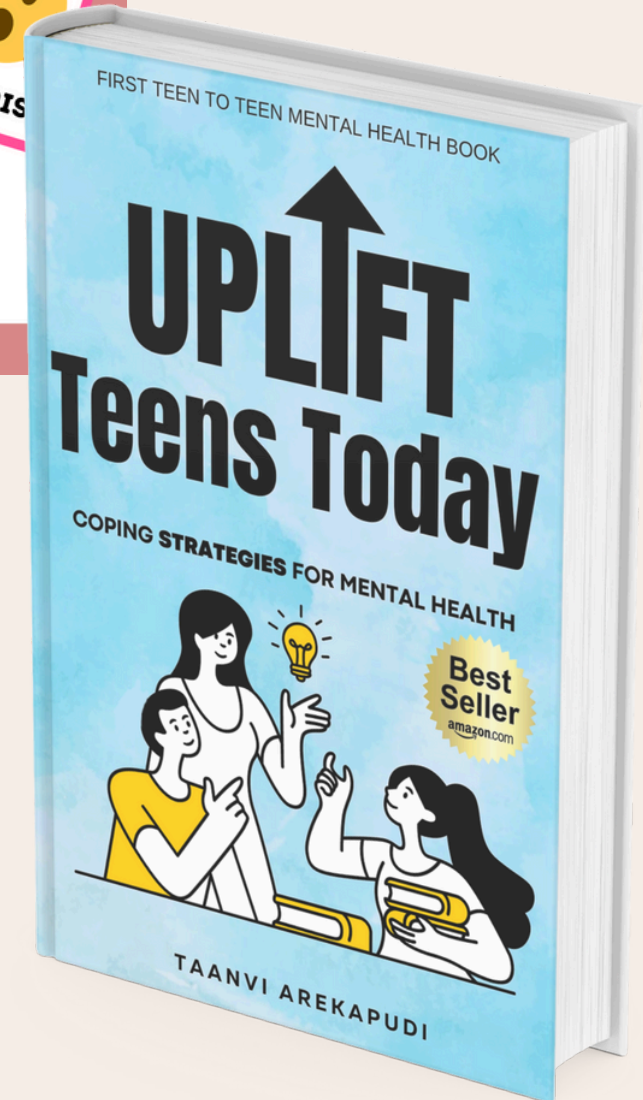
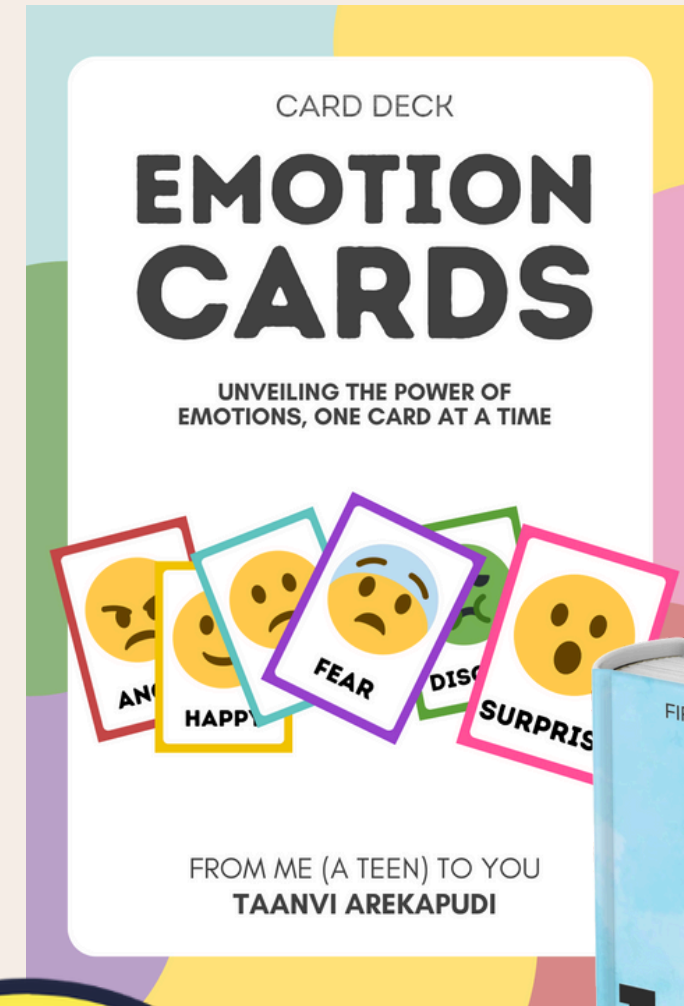
“

I can not thank you enough for all of the care and help I receive from your team and services. You are literally saving my life and giving me a second chance to get my life back together.

— WA Medicaid Patient

NEXUS - TAANVI AREKAPUDI

- 15 y/o, 10th Grade
- Founder/President of Teen Empowerment Club
- Teen Mental Health First Aid Certified
- Youth Ambassador for the NAMI
- NSAC in Work2BeWell
- Washington HCA YYACC Youth Lead
- FYSPT KC3 Co-Youth Tri-Lead
- AAP CoE on Social Media and Youth Mental Health YAP
- Suicide Prevention Peer-To-Peer Training Certified
- And more!



NEXUS: MENTAL HEALTH HUB FOR SCHOOLS

by: Taanvi Arekapudi (Founder)

A PREVENTATIVE APPROACH TO YOUTH MENTAL HEALTH



**BREAKING
BARRIERS**



**INCREASING
ACCESS**



**VOICE FOR
CHANGE**

WHY?

Barriers like **stigma**,
counselor shortage,
and **cost** prevent many
students from
accessing the **support**
they need.



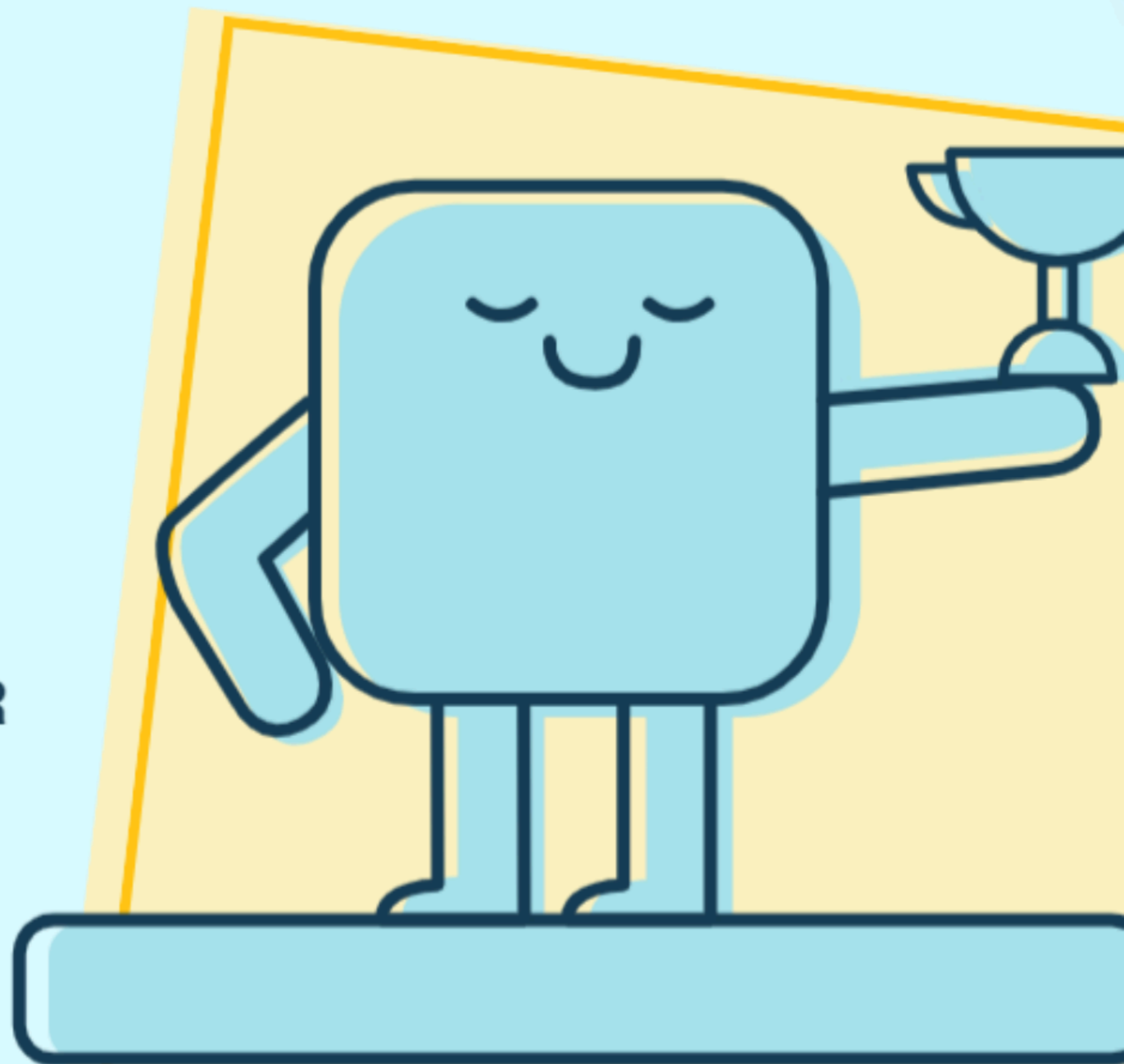
youth **lack**
mental health
awareness and
hold **stigma**

60%

depressed
youth **lack**
mental care

WHAT?

A **COMMON ACCESS PLATFORM** FOR ALL STUDENTS TO USE **24/7**; SHARING COPING STRATEGIES, IN-PERSON SUPPORT AND A **PEER CONNECTION**.



MENTAL HEALTH HUB

BREAKING THE BARRIER

Fairs



Mental Health Minutes



Peer 2 Peer Talks



INCREASING ACCESS

Self Help Resources



App



Coping Strategies



NEXUS

VOICE FOR CHANGE

- Surveys
- Feedback Forms
- Learnings



COLLABORATION & PARTNERSHIPS



WORK2BEWELL



Washington Office of Superintendent of
PUBLIC INSTRUCTION

American
Academy of
Pediatrics



Seattle Children's
HOSPITAL · RESEARCH · FOUNDATION

DISTRICT
LOCAL
NEXUS

DISTRICT
LOCAL
NEXUS

DISTRICT
LOCAL
NEXUS



Washington State
Health Care Authority



CATALYST
COUNSELING

LWSD Partners

*provide local resources, and central



Nexus: Mental Health Hub for Schools

Northshore School District

EN

Home Page About

- Emotions
- Strategies
- Helping Peers
- Mental Health Conditions
- In-Person Support
- Mental Health Minutes
- Blog
- Peer Stories
- Social Media
- Suicide Prevention
- Substance Abuse
- More

WEBSITE*

EX. URL:

WWW.NEXUSFORSCHOOLS.COM/LWSD

Mental Health Minutes

Breathing Techniques:

Regulation Methods:

- 5-Finger
- Belly
- 5-4-3-2-1
- Tapping
- Lazy 8
- Square/Box
- Mindfulness
- To-Do Lists
- Positive Affirmations

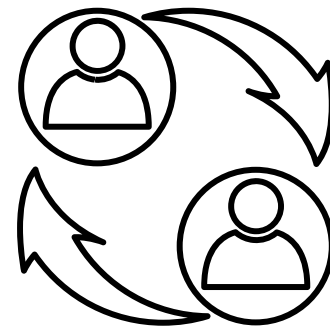
***EVERYTHING IS VETTED**

INNOVATIVE APPROACH

MADE BY
YOUTH FOR
YOUTH



PEER
CONNECTION



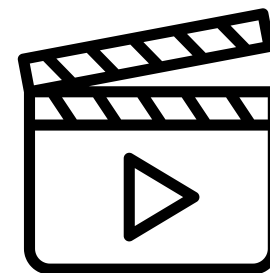
LOCAL NEXUS
HUBS PER
DISTRICT



360° MENTAL
HEALTH
SUPPORT



MULTIPLE
LEARNING
STYLES/LANG.



ACCES 24/7,
ANYWHERE &
ANYTIME

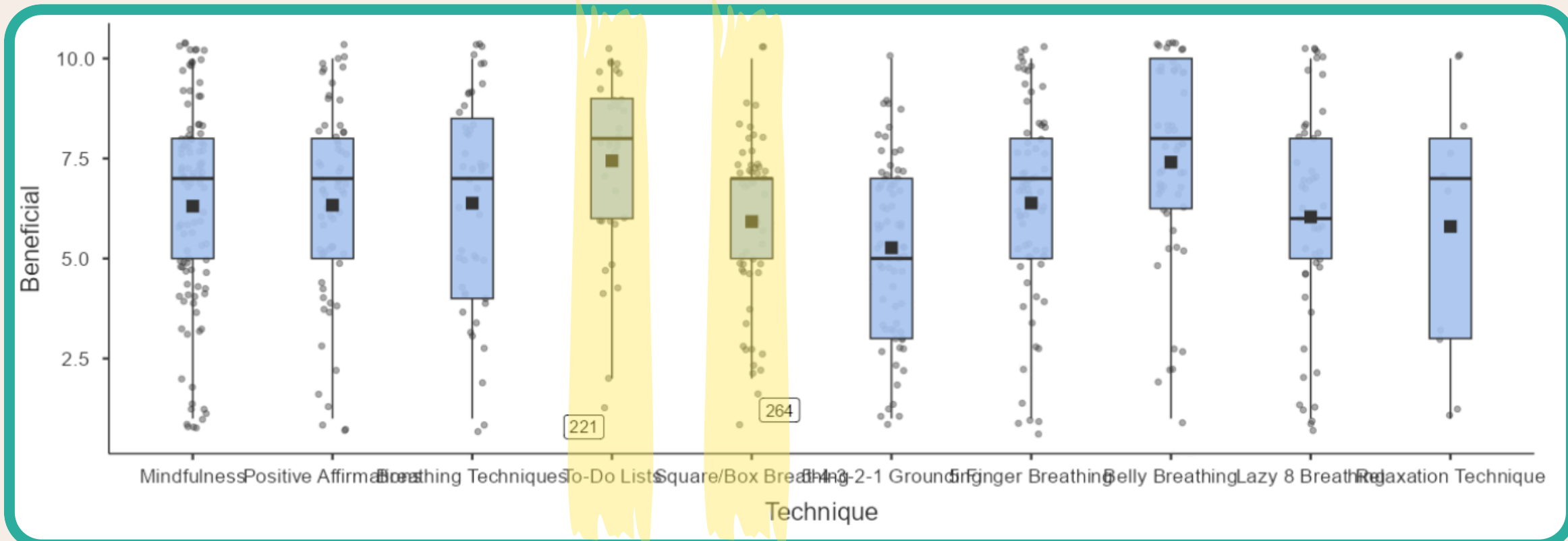
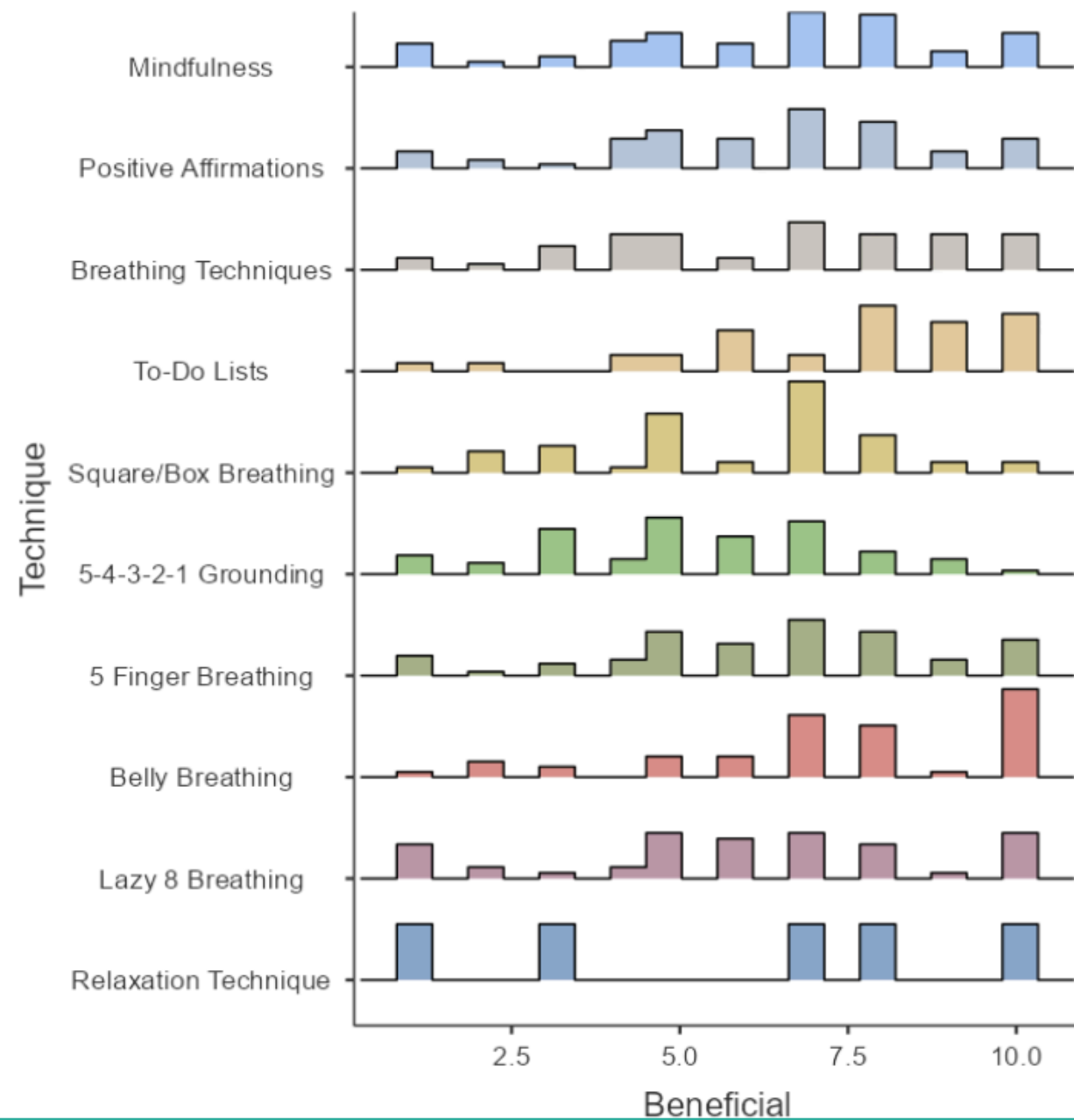


MULTI-TIERED SYSTEM OF SUPPORTS (MTSS)



IMPACT

1. Till Today - 200K+ (Year 1)
2. Goal - 80M+ (Year 5-7)



NEXUS: MENTAL HEALTH HUB FOR SCHOOLS

THANK YOU
SO MUCH!

