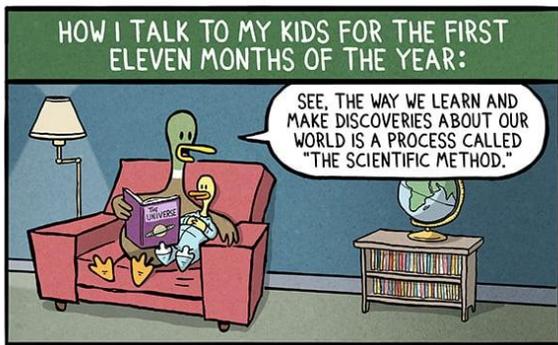


**FYSPRT Year In Review**

FYSPRTs across the state, including the Salish FYSPRT, have accomplished much in 2018. The Salish FYSPRT coordinators wish to thank everyone who joined us at meetings, offered their opinions, and given their valuable advice for their contribution. Looking back at the year, the most impressive accomplishment is involving such incredible family, youth, and system partners.

On the local level, Salish FYSPRT was able to expand its reach into areas such as the West End of Clallam County. We are especially proud of being a part of the series of Community Cafes that have taken place in Port Angeles over the course of the year. The Statewide FYSPRT, which is informed by the local FYSPRTs, focused on working with the WISE programs to expand and perfect services to youth. The major accomplishment for the Statewide FYSPRT was the inclusion of respite for youth with behavioral health issues in the governor’s 2019 budget.



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**Salish BHO Executive Board Meeting Summary**

The last meeting of the Salish Behavioral Health Executive Board occurred on December 14<sup>th</sup> at the Jamestown S’Klallam Community Center. This was Jefferson County Commissioner Kathleen Kler’s last meeting as a board member. The Salish BHO reported that they will be spending much of their time in 2019 on transition work for the region’s one-time adoption of integrated care for Medicaid patients. The BHO intends to transform itself into a Behavioral Health Administrative Service Operator (BH-ASO), but if they are unsuccessful, Beacon will take over instead. To become an BH-ASO, Salish needs to pass NCQA and HCA readiness tests. Requirements for the new system are more complex than the current system, and it will take most of the year to come into compliance.

Even if the BHO is unable to become a BH-ASO, transition work still needs to be completed for a smooth transition. IT systems are a

large component of the transition, as computer systems need to be transformed to a system called CareLogic. The board expressed their concern about retaining employees through the transition to help with the IT and financial work. They approved using what was referred to as “unreserved reserves” to fund the transition work and keep employees till the last possible date. If the BHO is successful in becoming a BH-ASO, they plan on retaining the current Salish BHO staff.

The transfer of individuals who have Apple Foster Health Care to management of Coordinated Care is set for January 1, 2019. Things are reportedly going slow with the transfer, with only one known provider having signed a contract with Coordinated Care. Coordinated Care ensures that there will be continuity of care with any provider, with or

without a contract, for ninety days after the transfer. They are working diligently to ensure contracts with providers are signed as soon as possible.

Reports of the area's opioid treatment included a Medically Assisted Treatment (MAT) starting in Jefferson County, including treatment for the jail population. The Jamestown S'Klallam is still looking into starting their own MAT services, as well as the possibility of creating a sixteen bed Behavioral Health Campus in the Sequim area. BayMark's Opioid Treatment Center in Port Angeles is slated to open by the end of the first quarter, 2019, and the Kitsap center is expected by the end of the second quarter of 2019.

### **Gift Ideas for Children with Behavioral Health Issues**

If you're still looking for holiday gifts for children in your life with behavioral, mental, or developmental issues, we'd like to offer a few suggestions. Toys and activities that promote creative play, such as blocks, clay, paint, stuffed animals, and puppets are always a good bet. There are several highly rated games that have been recommended to us and are well-suited for children, including Mad Dragon: An Anger Control Card Game by therapy Game HQ (ages 6-12); The Mindfulness Game by Inner Icons (ages 8 and up); and Chutes and Ladders by Milton Bradley (ages 3 and up). Many books are available that are both enjoyable for children to read and great as learning tools, including "Mindfulness for Kids: 30 Fun Activities" by Carole P. Roman and J. Robin Albers-Wren (ages 6-12); "All My Stripes: A Story for Children with Autism" by Shaina Rudolph (ages 5 and up); "I Can Handle It" by Laurie Wright (ages 4 and up); "Your Fantastic Elastic Brain" by JoAnn Deak (ages 4 and up).

### **History Moment: ADHD and Genius**

Attention deficit hyperactivity disorder, or ADHD, was first described by George Still circa 1902. The neurodevelopmental disorder's onset usually occurs between ages the ages of six and twelve. Terminology used to describe it changed repeatedly; Only in 1987 was it recognized as its own disorder with three subtypes. Since then, it has become the focus of serious debate, and in parents of those affected, serious concern. The best-known characteristic of ADHD is hyperactivity, but the other aspects of the disorder are far more positive. They include the ability to study well on one's own, great creativity, and a laser-like focus on their interests. It is for these reasons that many of history's geniuses are now thought to have had ADHD. Prolific inventor Thomas Edison, artistic and technological genius Leonardo di Vinci, and the brilliant baseball player Babe Ruth all exhibited characteristics of ADHD in their youths and throughout their lives. So, while the hyperactivity and lack of focus seen in ADHD children may be concerning, the end result of this energy might be nothing less than genius.

### **2019 Salish FYSPRT Meetings**

Monthly meetings will take place on the last Monday of the month, except when they fall on a holiday. All meetings take place from 3:00pm-5:00pm and food is provided. \$25 gift cards for family and youth are available, as are mileage and child care stipends. It is also possible to participate remotely by computer or phone.

#### Tentative Meeting Schedule

January 28<sup>th</sup> – Clallam County  
February 28<sup>th</sup> – Kitsap County  
March 25<sup>th</sup> – Jefferson County  
April 29<sup>th</sup> – Clallam County  
May 28<sup>th</sup> (Tuesday) – Kitsap County  
June 24<sup>th</sup> – Jefferson County  
July 29<sup>th</sup> – Clallam County  
August 26<sup>th</sup> – Kitsap County  
September 30<sup>th</sup> – Jefferson County  
October 28<sup>th</sup> – Clallam County  
November 25<sup>th</sup> – Kitsap County  
December 30<sup>th</sup> – Jefferson County