



ORIENTATION PACKET • ORIENTATION PACKET • ORIENTATION PACKET

YYEA

2019

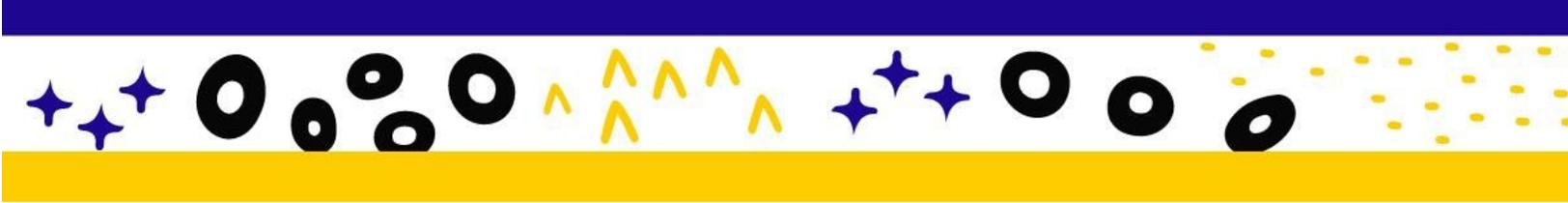
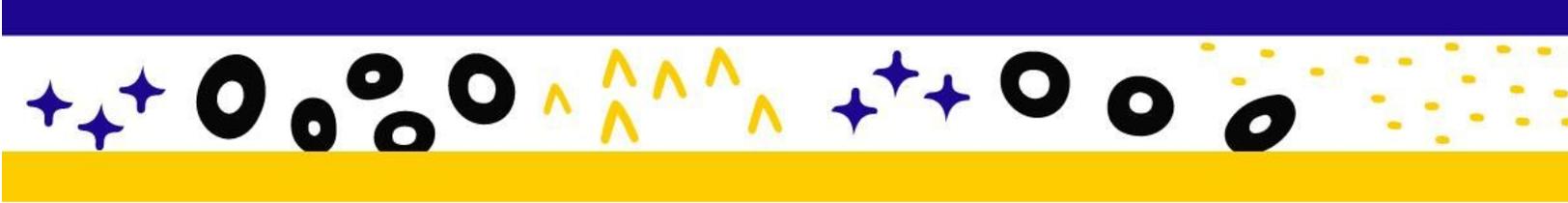


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HELLO NEW MEMBERS!

We are so excited to have you on our Youth and Young Adult Engagement Advisory (YYEA) team! Your fresh perspective and unique voice contribute to our diversity as a committee and your presence is highly valued. YYEA is dedicated to amplifying young adult voices in decision-making for all local and state agencies by providing ongoing opportunities for young adults and adult allies to engage in self-advocacy, building community relationships with youth-serving agencies and providers, and advising the Children's System Advisory Council, the Oregon Alliance to Prevent Suicide, Healthy Transitions Steering Committee, and other system partners on important issues that matter to youth.

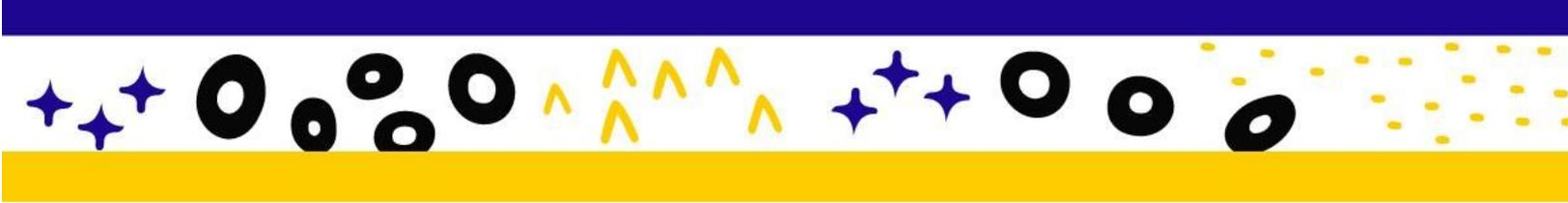
As a member of YYEA, you will play an important role in the success of the committee. You will attend monthly meetings with other young adults and adult allies. Many of the local and state policies and services that affect youth have not included youth input in the past. You will have the opportunity to lend your experience to the decision making process. It is important for youth with lived experience and passion for change to have a voice in the policies and decisions that affect them and their peers. Volunteering your time to be a part of YYEA activities, attending meetings and giving input, all contribute to keeping Oregon's youth and young adult services relevant, responsive, and respectful.

This orientation packet was prepared to give you some essential information about the Youth and Young Adult Advisory Committee. We ask that you read this packet carefully, and refer to it whenever questions arise. The handbook has been organized by topic to help you find the information you need easily. You are also encouraged to talk with the YYEA support staff if you have any questions about the content of this handbook. Once again, welcome to the team. We are delighted to have you here. Now let's get to work!

Sincerely,

The YYEA Team





ABOUT US

VISION

To have youth & young adult voice included and valued in policy and decision-making throughout Oregon!

MISSION

We are dedicated to amplifying youth & young adult voices in decision-making across all local and state agencies involved in behavioral health. We do this by:

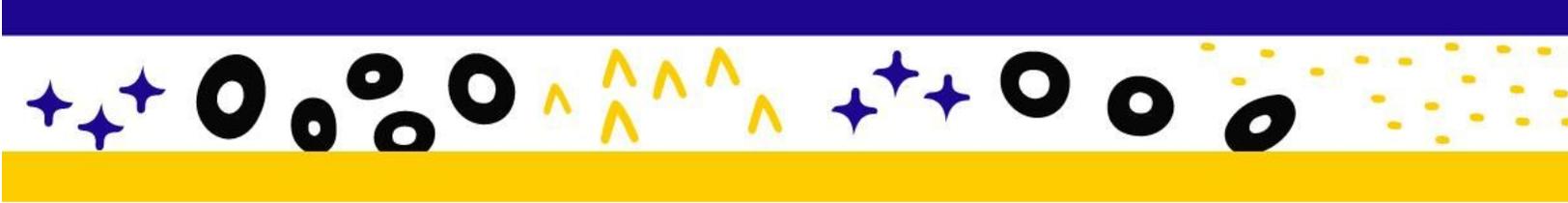
- Identifying and advocating for the needs of young people struggling with mental health and addiction challenges
- Building community relationships with youth serving agencies and providers
- Advising the Children's System Advisory Council, the Oregon Alliance to Prevent Suicide, the Healthy Transitions Steering Committee, and other system partners on important issues that matter to youth

WHAT MEMBERS DO:

- Attend monthly meetings, occasional group training days and other YYEA events
- Work on projects the group decides to pursue
- Improve local and state youth services by lending their voices and experiences to advocate for youth and young adults dealing with behavioral health challenges
- Take on leadership positions in YYEA or become full youth members on the Children's System Advisory Council, the Oregon Alliance to Prevent Suicide, or/and the Healthy Transitions Steering Committee, if they'd like

WHAT THE COMMITMENT IS:

- Maintain active membership for at least six months
- Be present and prepared for meetings and activities
- Respond to YYEA communications in a timely fashion
- Participate in discussions and projects
- Take on extra roles and responsibilities when needed
- Keep YYEA a safe and inclusive environment for everyone



WHY IS YOUTH VOICE IMPORTANT?

Without the voice and input of youth the work of Oregon’s Statewide Steering Committees cannot and will not be successful. Youth play an important role in strengthening programs and improving youth outcomes. Young people should be involved in policy change because their lives are directly affected by a variety of policies (laws, rules, and funding priorities). Transition age youth have much to share about policies that have supported or interfered with their hopes and goals.

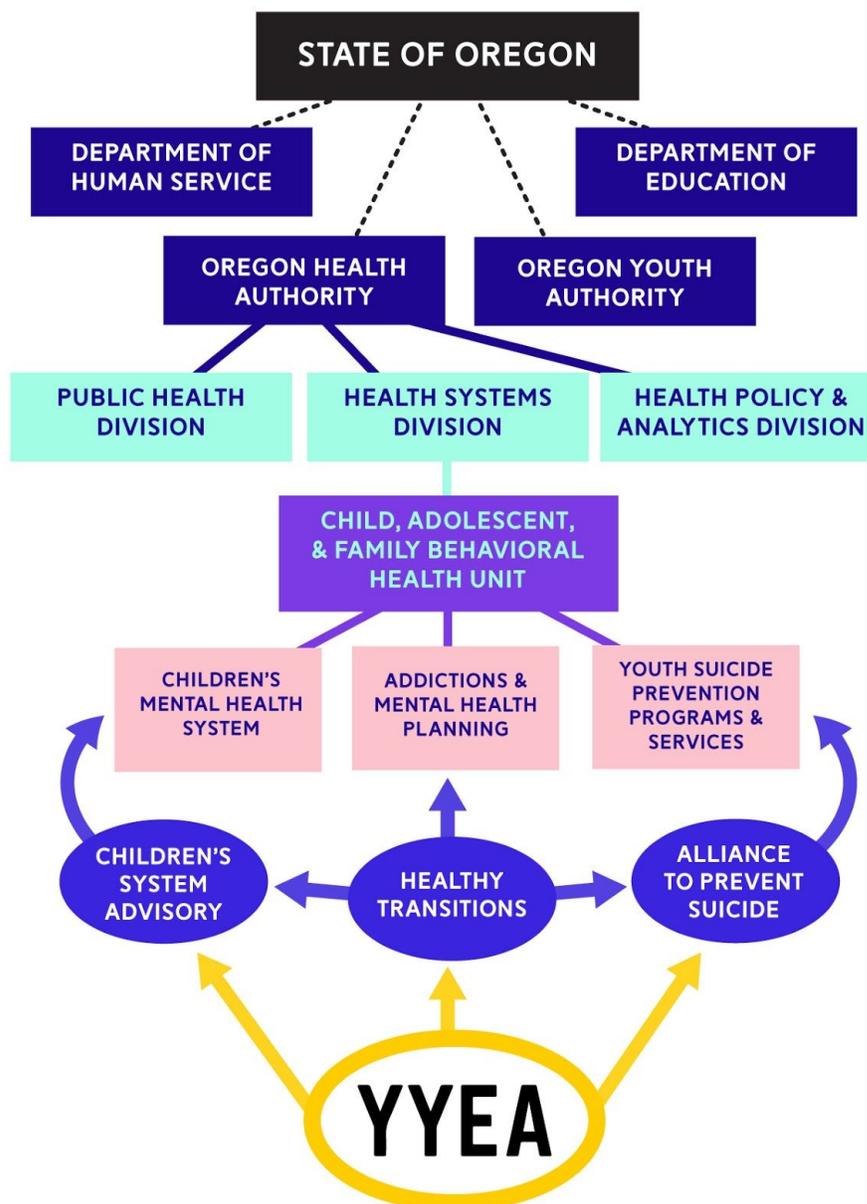
Youth experience is unique to youth and the Alliance, CSAC and the Healthy Transitions Project are committed to hearing this experience and this voice. Most importantly, these statewide steering committees are dedicated to taking actionable steps to include youth in the work of coordinating suicide prevention activities and improving behavioral health services for youth in Oregon!

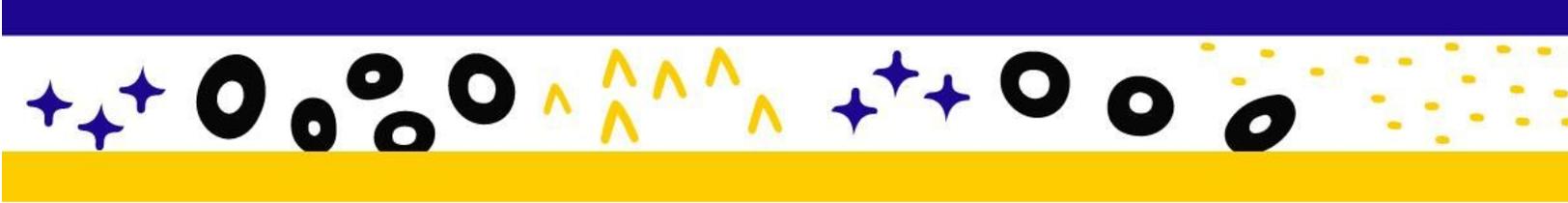
LET'S BREAK IT DOWN

Here is a flowchart that shows where YYEA fits in!

*** If this seems overwhelming, don't worry! The next few pages explain this ***

- Rectangles = government agencies/programs
- Circles = advisory groups
- Arrows = indicates who advises who





HOW IT WORKS

STATE OF OREGON

The State of Oregon refers to Oregon’s state government. It includes the state’s executive, legislative and judicial branches. The executive branch of the State of Oregon includes tons state agencies and departments that are not listed here or in the picture above. The agencies that relate to youth and young adults most are shown in the flowchart! They include the Department of Human Services (DHS), the Oregon Youth Authority, and the Department of Education.

OREGON HEALTH AUTHORITY (OHA)

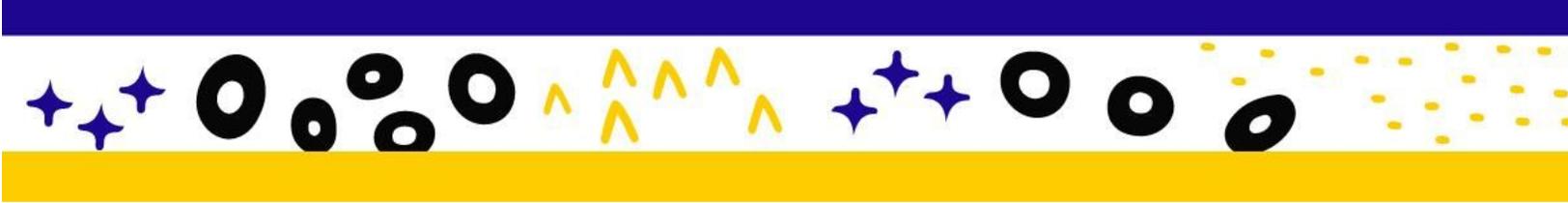
The Oregon Health Authority’s mission is to help people and communities achieve optimum physical, mental and social well-being through partnerships, prevention and access to quality, affordable health care. The Oregon Health Authority is divided into seven different divisions. The ones that are most relevant to YYEA’s work are listed in the flowchart, but the most important division to our work is the Health Systems Division.

HEALTH SYSTEMS DIVISION (HSD)

Health Systems Division (HSD) plays a key role in implementing and overseeing efforts to transform Oregon's health care system. The Health Systems Division works with partners statewide to build and advance a system of care to create a healthy Oregon. That is fancy language to say that the Health Systems Division is in charge of overseeing really important programs and services for people across the state. This includes programs like:

- The Oregon Health Plan (OHP)- AKA Oregon's Medicaid and Children's Health Insurance Program.
- Addiction Services
- Adult Mental Health Services
- Children’s Mental Health System

Because the Health Systems Division is responsible for so many programs and services, the work is divided up and tackled by several units. The unit responsible for the Children’s Mental Health System is the Child, Adolescent, and Family Behavioral Health Unit, and is very important to YYEA’s work!



CHILD, ADOLESCENT, AND FAMILY BEHAVIORAL HEALTH (CFBH) UNIT

As mentioned on the previous page, the Child, Adolescent, and Family Behavioral Health Unit manages the programs and services that make up the Children’s Mental Health System, which impacts Oregonians ages 0 to 25 years-old and their families! That is a TON of people. They are also responsible for coordinating programs and services related to youth suicide prevention.

The two responsibilities listed above, managing the Children’s Mental Health System and coordinating youth suicide prevention programs and services, are overseen by the Children’s System Advisory Council and the Oregon Alliance to Prevent Suicide, in that order. Both are made up of people who have a stake in or are involved in these responsibilities: advocates, families, youth, providers, professionals, community partners, and others!

CHILDREN’S SYSTEM ADVISORY COUNCIL (CSAC)

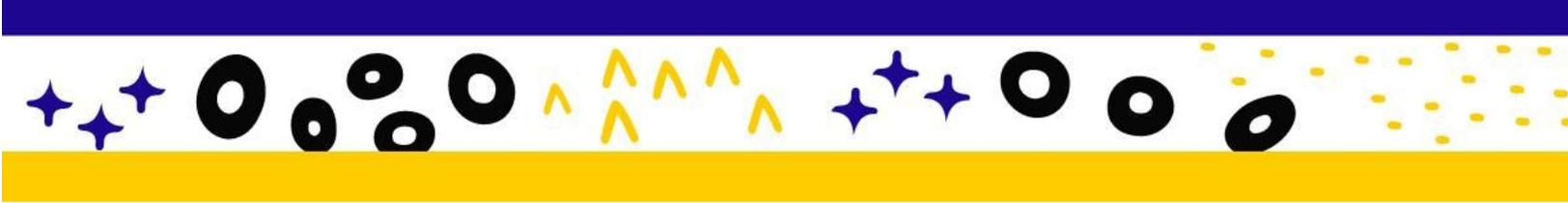
The Children’s System Advisory Council provides oversight to the children’s behavioral health system. The Children’s System Advisory Council was established to assist the Oregon Health Authority, specifically the Health Systems Division’s focus on critical behavioral health issues for children, youth, young adults and their family members. More about CSAC later!

OREGON ALLIANCE TO PREVENT SUICIDE

The Oregon Alliance to Prevent Suicide, commonly called “the Alliance”, is responsible for overseeing and coordinating suicide prevention activities across the state. They are in charge of overseeing the implementation of the Youth Suicide Intervention and Prevention Plan, which outlines actions that Oregon needs to take to decrease youth suicide rates in Oregon. More about the Alliance later!

HEALTHY TRANSITION PROJECT

The purpose of this program is to improve access to treatment and support services for youth and young adults who experience mental health stressors. It is a 5 year grant to explore different ways to meet the needs of 16-25 year olds, particularly those who are less likely to engage in traditional services (houseless, LGBTQ, rural communities, people of color, foster care, juvenile justice involved). The project includes the Healthy Transitions Statewide Steering Committee which is designed to bring together leaders from across the state to connect systems and organizations, identify challenges, make recommendations at the state level, and influence policy related to the mental health services cliff that transition age youth face. This Statewide Steering Committee also receives community-based perspective from Douglas and Lane YYEAs as well as advisory committees from the adult mental health services realm. Finally, the project aims to increase youth voice and leadership at every level to drive youth-led policy and system change.

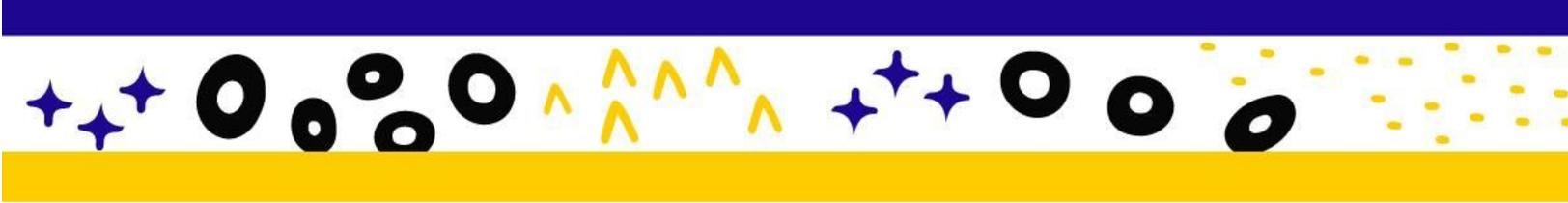


ADDICTIONS AND MENTAL HEALTH PLANNING & ADVISORY COUNCIL (AMHPAC):

AMHPAC reviews and monitors the Block Grants. The Mental Health Block Grant and the Substance Abuse Prevention and Treatment Block Grant provide funding for prevention, treatment and recovery support services for individuals who are uninsured or underinsured. AMHPAC membership includes state agency representatives, providers, consumers, family members, and advocates.

YOUTH AND YOUNG ADULT ENGAGEMENT ADVISORY (YYEA)

The YYEA Committee's role is to provide input to CSAC, the Oregon Alliance to Prevent Suicide and the Healthy Transitions Steering Committee. These advisory groups are providing oversight to programs and services that directly affect 14 to 25 year-old across the state. Youth impacted by these programs and services are best able to inform what they should look and how they should function to best serve other youth! YYEA's job is to advocate for the things that they feel are important to the quality of youth and young adult mental health in Oregon.



WHAT IS CSAC?

WHO THEY ARE:

Children's System Advisory Committee (CSAC) is an advisory committee to the Office of Addictions & Mental Health Division, Oregon Health Authority and will focus on mental health (including suicide, substance abuse, violence, and bullying) issues for children, youth, and young adults and their family members.

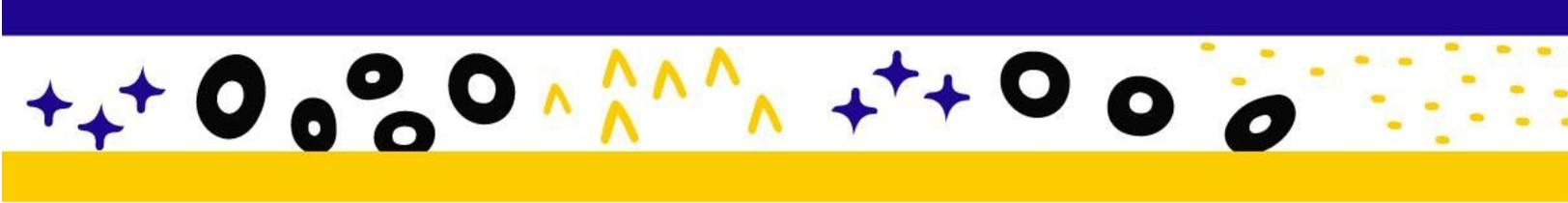
WHAT THEY DO:

This committee provides oversight of children's mental health system planning, coordination, policy development, fiscal development and evaluation of service delivery/functioning. The committee also addresses specialized issues and services for transition age youth and young adults.

CSAC provides oversight to increase the availability and quality of individualized, intensive, and culturally competent home and community based services so the needs of children and youth are met in the most natural environment possible.

HISTORY

The Children's System Advisory Committee was established in 2005 as a permanent committee of the Planning and Management Advisory Council (PAMAC). In 2013 the Council structure was modified with this Committee reporting directly to the director of AMH, and advisory to the AMH Planning and Advisory Council (AMHPAC).



WHAT IS THE ALLIANCE?

WHO THEY ARE:

The Oregon Alliance to Prevent Suicide is a diverse group of people from all over the state that work together to improve youth suicide prevention in Oregon!

WHAT THEY DO:

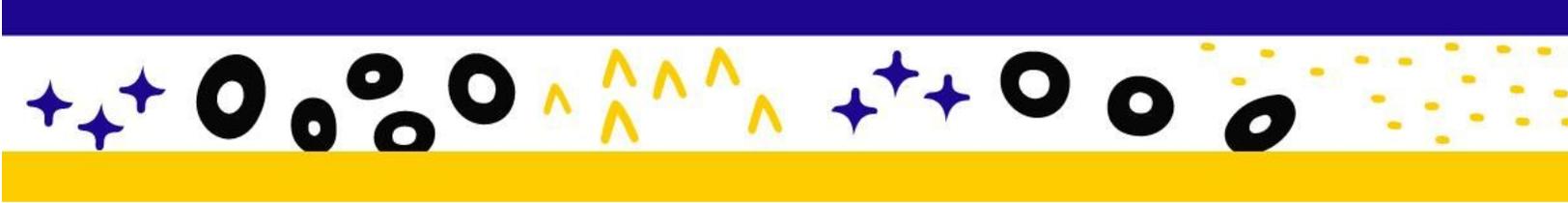
They advise state government and elected officials on youth suicide, advocate for policies and legislation that prevent suicide, and tackle issues that contribute to youth suicide.

HISTORY

In 2014, the Oregon Legislature mandated development of a five-year Youth Suicide Intervention and Prevention Plan. From December 2014 through November 2015, approximately 100 subject matter experts (including Youth ERA and CSAC Youth) from across the state worked together to develop this plan. The Youth Suicide Intervention and Prevention Plan: 2016 – 2020 focuses on preventing suicide among youth aged 10 to 24 years. The plan draws on the four strategic directions, goals and objectives in the [National Strategy for Suicide Prevention](#). These are:

- Healthy and empowered individuals, families and communities
- Clinical and community preventive services
- Treatment and support services
- Surveillance, research and evaluation

The Oregon Alliance to Prevent Suicide (Alliance) was created shortly after March 2016 when the Youth Suicide Intervention and Prevention Plan outlined that an Alliance should be formed to “oversee integration and coordination of suicide prevention activities statewide.



WHAT IS HEALTHY TRANSITIONS?

WHO THEY ARE

The Healthy Transitions Project is a 5 year SAMHSA grant (Substance Abuse and Mental Health Service Administration) that is a partnership with Oregon Health Authority, Portland State University, Youth ERA and local service providers from Douglas and Lane County.

WHAT THEY DO:

The focus of the grant is to collaborate with local and statewide partners to engage youth 16-25 who experience mental health stressors in meaningful services - specifically those young people who may not typically engage in traditional services (houseless, LGBTQ, rural communities, foster care, juvenile justice involved).

HEALTHY TRANSITIONS SERVES TO:

- Identify and coordinate transition-age specific services
- improve the transition between child and adult mental health systems
- Increase youth voice and leadership at every level to drive youth-led policy and system change

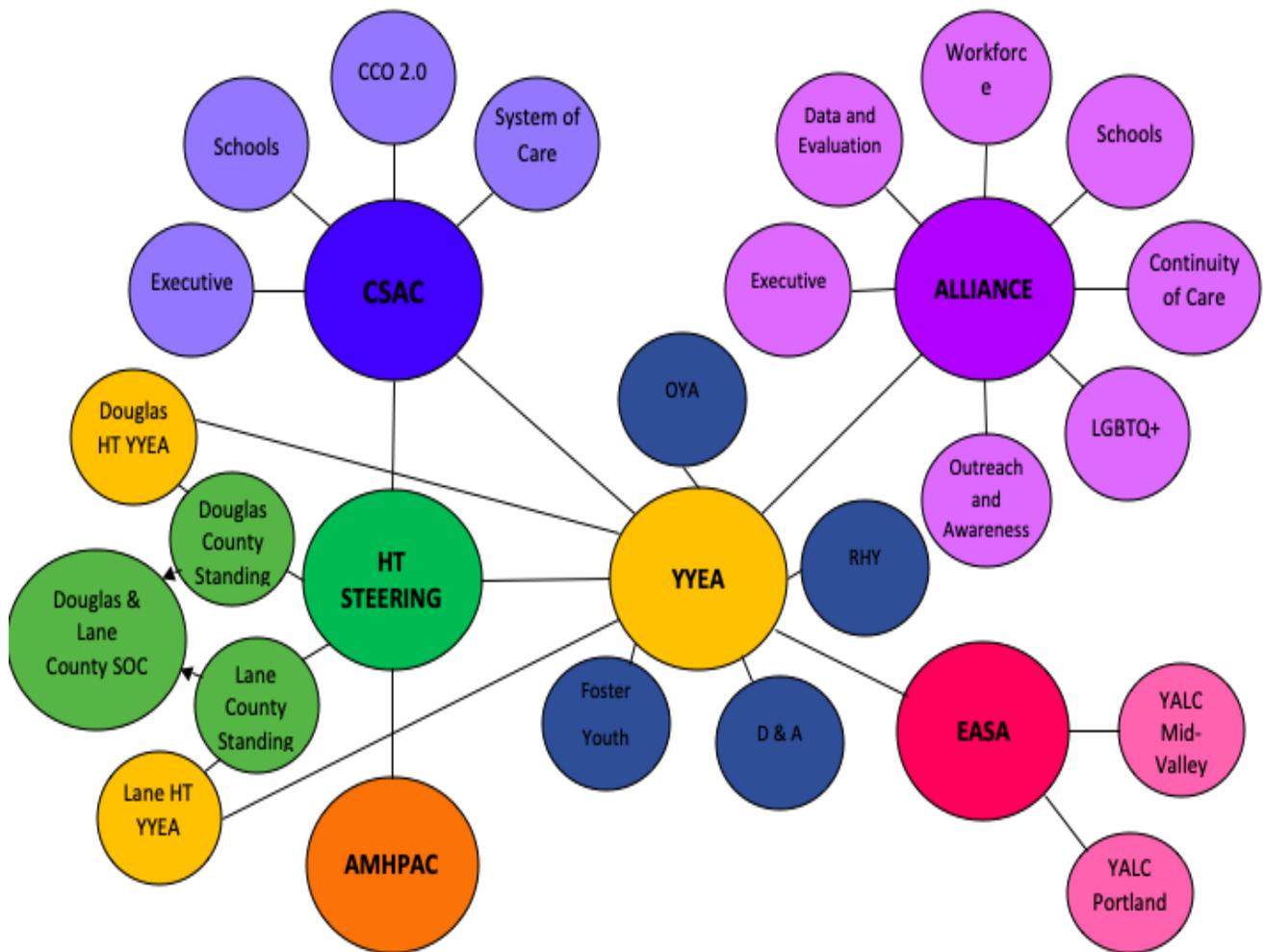
This project includes the *Healthy Transitions Statewide Steering Committee* which is designed to bring together a broad array of thought leaders from across the state to connect systems and organizations, identify challenges, make recommendations at the state level, and influence policy related to the mental health services cliff that transition age youth face. This Statewide Steering Committee also receives community-based perspective from Douglas and Lane YYEAs as well as advisory committees from the adult mental health services realm.

HISTORY

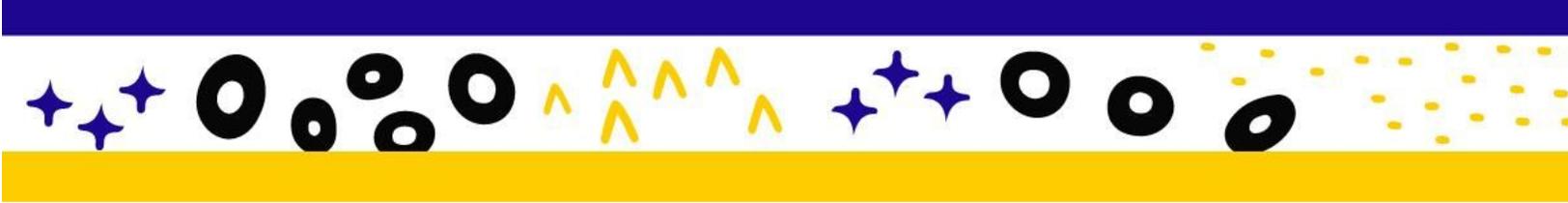
The first Healthy Transition grants were awarded in 2014 to 16 states across the country. The Oregon Healthy Transitions Project was funded in 2018 along with 9 other states and began in October of that same year. The funding lasts for 5 years (2018-2023). In addition, in 2019, another 14 sites were funded as well. Part of this work involves collaborating with other grantees across the country to share ideas, problem solve challenges, and help everyone do better work.

OREGON YOUTH & YOUNG ADULT ENGAGEMENT MAP

A map showing the various committees within the Advisory bodies that YYEA collaborates with.



**Other work groups and committees may be formed in these advisory bodies as needed*



KEY

OREGON YOUTH AND YOUNG ENGAGEMENT MAP

AMHPAC

Advisory group that makes recommendations about adult behavioral health and oversees federal funding for those.

📞 *Rusha Grinstead* - rusha.grinstead@state.or.us

EASA

Early Assessment and Support Alliance - services and supports for young people experiencing early psychosis. Center for Excellence at PSU/OHSU & Regional Young Adult Leadership Councils in Portland and Salem for youth in 8 surrounding counties

📞 *Michelle Owens* - owensmic@ohsu.edu

YYEA

Youth and Young Adult Engagement and Advocacy - Permanent committee of CSAC and advising both CSAC the Alliance and the HT Project on actions and issues that affect young adults with behavioural health challenges in transition.

📞 *Emily Morrissey* - emorrisey@youthera.org

HT

Healthy Transitions Steering Committee - State level committee providing oversight and guidance to the Oregon Healthy Transitions Young Adult Mental Health Demonstration Projects in Lane and Douglas Counties

📞 *Elliot Hinkle* - ehinkle@pdx.edu

CSAC

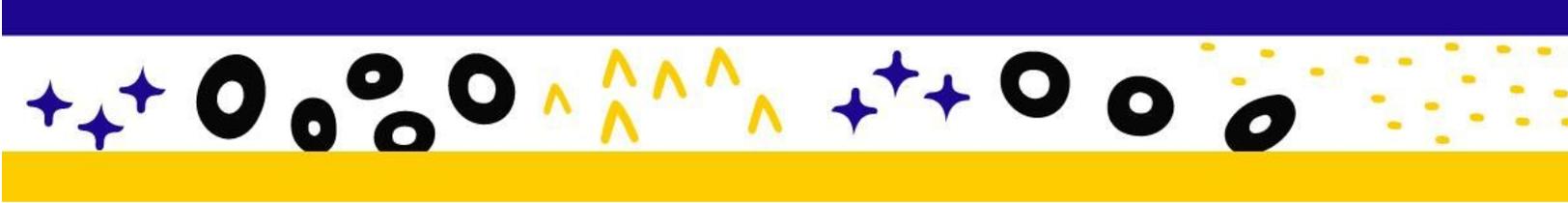
Children's System Advisory Council - large advisory body to the Behavioral Health Unit at OHA that advises on policies and system development. Has several work groups focused on specific issues.

📞 *Nat Jacobs* - NATALIE.JACOBS@dhsaha.state.or.us

Alliance

Suicide Prevention Alliance - guides the implementation of Oregon's Suicide Prevention Plan, written every five years.

📞 *Annette Marcus* - amarcus@aocmhp.org



YYEA ROLES & EXPECTATIONS

YYEA ROLES AND EXPECTATIONS:

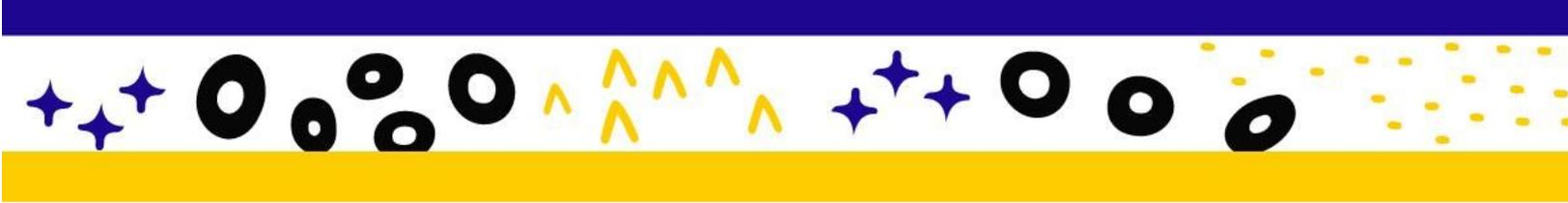
Members of YYEA play an important part in achieving the committee's goals. As a member, you can expect YYEA to:

- Provide an orientation for new members and ongoing trainings
- Treat you as a valued team member that contributes to YYEA's goals
- Accept criticism and suggestions from members about YYEA
- Use your time wisely
- Give appropriate expressions of appreciation and recognition
- Establish and maintain an environment that is free from harassment and discrimination.
- Treat you with respect, compassion, and friendliness
- Address issues that may arise in a timely and responsive manner

MEMBER ROLES AND EXPECTATIONS:

YYEA expects you to:

- Complete orientation training
- Attend meetings and ongoing YYEA trainings
- Respond in a timely fashion to communications from the YYEA leadership
- Contribute your voice and suggestions to improve YYEA's work
- Cooperate with other YYEA members and maintain a team attitude
- Be on time and participate in scheduled meetings and group activities
- Honor your commitment to YYEA by staying engaged and contributing to the success of the committee
- Maintain a positive and inclusive environment for all
- Conduct yourself in an appropriate manner
- Respect all YYEA members and affiliates
- Dress appropriately for the activity or meeting

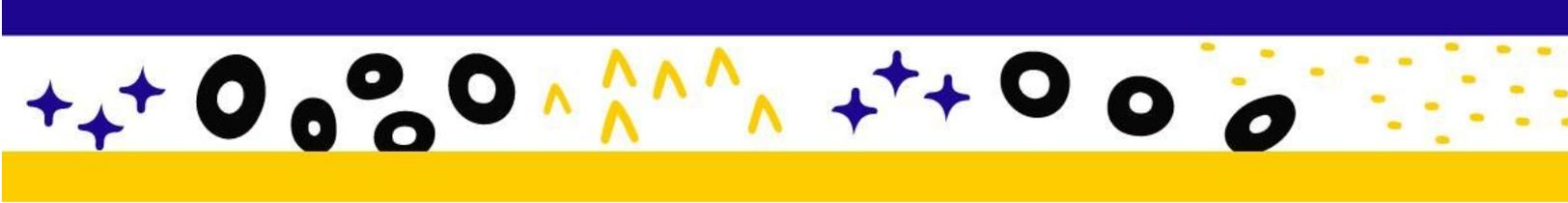


TEAM MEETING EXPECTATIONS

At YYEA meetings, we want to promote a positive environment for education, discussion, and interaction. As a group, we have come up with the following team meeting expectations to maintain such an environment. Don't worry if they don't make sense now; these will be discussed further at the orientation training!

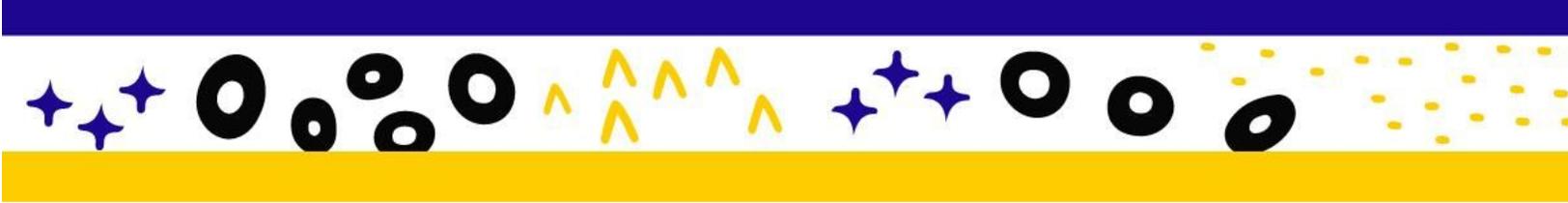
- Silence your cell
- Be respectful
- Listen to others
- Limit acronyms
- Think outside the box
- Be open to new ideas and suggestions- no such thing as a bad idea
- Have an agenda
- Have opportunities to ask questions
- Tackle the issue, not the person
- Stay on topic
- Honor those with quieter voices
- Take responsibility to catch up if you miss a meeting
- Follow through on your words, do what you say you will
- Be mindful of others experiences
- Respect the "talky thing"
- Have fun!

One more thing: Do not be offended if you are gently reminded of any of these expectations during or after a meeting by a fellow member. Also, do not be afraid to kindly point out when another member has drifted away from these team expectations. Most of us will make mistakes and break these expectations on accident. It is our responsibility to keep ourselves and fellow members on track during meetings.



FREQUENTLY USED ACRONYMS

- A&D Alcohol and Drug
- AFS Adult and Family Services
- AMH Addictions and Mental Health
- AMHSAAC Adult Mental Health and Substance Abuse Advisory Council
- ASIST Applied Suicide Intervention Skills Training
- BERS Behavioral and Emotional Rating Scale
- BIC Behavior Indicator Checklist
- BRS Behavioral Rehabilitation Services
- BSS Behavioral Support Specialist
- CAC Community Advisory Council
- CANS Child and Adolescent Needs and Strengths (assessment tool)
- CASA Court Appointed Special Advocate
- CASII Child and Adolescent Service Intensity Instrument
- CBT Cognitive Behavioral Therapy
- CCCC Community Care Coordination Committee
- CCN Community Care Network
- CCO Coordinated Care Organization
- CFD Center for Family Development
- CFT Child and Family Team
- CLA Centro Latino Americano
- CM Case Management
- CPRS Children’s Progress Review System
- CPS Collaborative Problem Solving
- CW Child Welfare
- DBT Dialectical Behavior Therapy
- DD Developmental Disability
- DDBP Developmental Disabilities Behavior Professional
- DHS Department of Human Services
- DSM V Diagnostic and Statistical Manual of Mental Disorders V
- DYS Department of Youth Services
- EASA Early Assessment and Support Alliance
- EBP Evidence Based Practices
- ECMHC Early Childhood Mental Health Committee
- ECSII Early Childhood Service Intensity Instrument
- ER Emergency Room
- ESD Education Service District
- FC Foster Care
- FCC Family Care Coordinator (now Wraparound Facilitators)
- FFS Fee For Service

- 
- FISS Family Intensive Support Services
 - FSP Family Support Plan
 - HIPAA Health Insurance Portability and Accountability Act
 - ICP Involuntary Commitment Program
 - ICTS Intensive Community-based Treatment Support Services
 - IDEA Individuals with Disabilities Education Act
 - IEP Individualized Education Plan
 - IFSP Individual Family Service Plan
 - IRCO Immigrant and Refugee Community Organization
 - ISA Integrated Service Array
 - ISSP Individual Service and Supports Plan
 - ISP Individual Support Plan
 - ITS Intensive Treatment Services
 - JJ Juvenile Justice
 - LCBH Lane County Behavioral Health
 - LCDD Lane County Developmental Disabilities
 - LGBTQQIA+ Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex and Asexual + Allies
 - LOC Level of Care
 - LON Level Of Need
 - MH Mental Health
 - MHA Mental Health Assessment
 - MHASD Mental Health and Addiction Services Division
 - MHC Mental Health Consultant
 - MHO Mental Health Organization
 - MSW Master's Degree in Social Work
 - MOU Memorandum of Understanding
 - NAMI National Alliance on Mental Illness
 - NOA Notice of Action
 - OARs Oregon Administrative Rules
 - OCP Oregon Community Programs
 - ODDS Oregon Department of Developmental Disabilities Services
 - OFSN Oregon Family Support Network
 - OHA Oregon Health Authority
 - OHP Oregon Health Plan
 - OHSU Oregon Health and Science University
 - OMAP Office of Medical Assistance Programs
 - OP Out Patient
 - ORS Oregon Revised Statutes
 - OSLC Oregon Social Learning Center
 - OSLP Oregon Supported Living
 - OYA Oregon Youth Authority
 - PBIS Positive Behavioral Interventions & Supports
 - PCP Primary Care Provider
 - PCPCH Patient Centered Primary Care Home
 - PEP Parent Enhancement Program

- 
- PMPM Per Member Per Month
 - PO Probation/Parole Officer
 - PRTS Psychiatric Residential Treatment Services
 - PSS – Peer Support Specialist
 - PSU Portland State University
 - PTA Parent Teacher Association
 - QA Quality Assurance
 - QI Quality Improvement
 - QM Quality Management
 - QMC Quality Management Council
 - QMHA Qualified Mental Health Associate
 - QMHP Qualified Mental Health Professional
 - RFP Request for Proposal
 - RIT Risk Identification Tool
 - SACU Stabilization and Crisis Unit S
 - AIP Secure Adolescent In-patient Program
 - SCIP Secure Children’s In-patient Program
 - SAFE Stabilization, Assessment and Family Evaluation (part of Jasper Mountain)
 - SAMHSA Substance Abuse Mental Health Services Administration
 - SNAP Supplemental Nutrition Assistance Program (Food Stamps)
 - SOC System of Care
 - SOCCF System of Care for Children and Families
 - SSA Social Security Administration
 - SSDI Social Security Disability Insurance
 - SSI Social Security Income
 - SUDs Substance Use Disorders
 - TANF Temporary Assistance to Needy Families
 - TBH Trillium Behavioral Health
 - TC Temporary Custody
 - TCC The Child Center
 - TCHP Trillium Community Health Plan
 - TDM Team Decision meeting
 - TFC Treatment Foster Care or Therapeutic Foster Care
 - THW – Traditional Health Worker
 - TIC Trauma Informed Care
 - UR Utilization Review
 - WAF Wraparound Facilitator
 - WFTS Willamette Family
 - WIC Women, Infants and Children
 - W/O Wraparound Oregon