Salish Behavioral Health
Administrative Services Organization

Oath of Confidentiality: I agree not to divulge, publish, or otherwise make known to unauthorized persons any information that would identify a person receiving behavioral health services obtained in the performance of my duties as one of the following: employee, elected official, advocate, provider, committee member or meeting attendee of the Salish Behavioral Health Administrative Service Organization.

Salish FYSPRT Monthly meeting Agenda

Monday ,12/22/2025, 3-5pm

Agenda	Information	Notes/Action items
Welcome/Introductions		
Community updates	• Good news shares • Please share any events, activities, or updates with the group	• A member shared that they have officially started their respite care business ○ They are actively working to become a contractor with DDCS and DCYF • A member shared that the Kitsap Mental Health MCOT team has been credentialled with MRSS

Announcements	• Winter Family Fun Event
	  ○ January 31st, 1-4pm
	  ○ Gardiner Community Center, Sequim
	• January monthly meeting is cancelled
		• A reminder for this was shared
		• Flyers were emailed out to members to share upon request
		• The January Month meeting is cancelled to allow for Tri-leads and Convenor to plan for the rest of the year

Discussion	How to decompress during the Holidays	• Making sure you take breaks and use the word no this time of year so you don't overwhelm yourself • Know your children's triggers and have a plan to accommodate them • Providing accommodations for yourself ○ Ex- instead of wrapping gifts, use bags

		• To avoid "Santa Clause" bringing some kids "big gifts" and other kids "small gifts", make big ticket gifts from parents • Have small decompression days and activities available when everyone needs a break
Activity One	Bingo	• Tri Leads Nicole and Sam ran a "selfcare" Bingo where each number called was paired with a self care activity. • Sometimes they provided this activity and other times they called on members who were playing
Activity Two	New Years Resolution	• Members worked on gentle New Year resolutions like a book they want to learn, a skill they want to work on, and something they are looking forward to
AD Hoc		• A member requested that a Mental Health First Aid be offered in 2026 ○ A member from KMHS shared that they could assist with this training be offered since they have trainers
Stipend Requests	REMINDER: Please have your stipend request submitted by 5th	• A Reminder went out that due to the holidays, all stipends would need to be in by 12/26
Next Meeting	February, 23rd, 3-5pm	