

NAME: KIDS LIVING WELL MEETING
MEETING DATE: OCTOBER 26, 2023
MEETING TIME: 9:00 AM – 10:30 A.M.
MEETING LOCATION: ZOOM AND IN PERSON (ST JOHN'S)

MEMBERS PRESENT: Courtney Baldwin, Marlene Buchanan, Elizabeth Campbell, Mary Dodd, Nidia Heston, Rushmi Karim-Paris, Leah Kelly, Christinia Kuehn, Molly Lopez, Courtney Lucas, Tarissa Moss, Heath Newton, Victoria Paz, Ophelia Jaushlin, Sarah Rees, Sherry Rumsey, Stacy Spencer, Danielle Underwood, and Nicole Washington,

KEY CONTACT: MARLENE BUCHANAN
MINUTES BY: STACY SPENCER, CHRISTINIA KUEHN AND MARY DODD

MINUTES

Item	Item	Discussion	Action	Responsible Staff/Person	Date Due
1.	Call to Order	The meeting was called to order at 9:05am			
2.	Welcome, Introductions & Announcements				
3.	Review and Approval of Minutes from the September meeting	Skipped due to not having a printed copy			
4.	KLW Co-Chair Nominations	Announced the nominations for Co-Chair been received. We will vote for the co-chair at the December meeting			
5.	Presentation	Presentation: Family Engagement panel moderated by Integral Care Certified Family Partner Leah Kelly. Panelists were Nidia Heston, Victoria Paz and Nicole Washington. *See below for detailed summary			
6.	Adjourned	Next meeting Dec 7, 2023 at the Rudy Zapata Training Room.			

Panel discussion summary:

Leah Kelly, a Certified Family Partner for Integral Care who works with families in the Pflugerville, Manor and Del Valle school districts, moderated a panel of other moms with the lived experience of kids with behavioral health needs.

1. Nicole Washington is a health worker at AISD. She has 3 boys, one of whom was a participant in Integral Care’s YES Waiver for several years.
2. Victoria Paz said her 13 year old daughter was in Integral Care services for two years and has “excelled”. She is a student at DVISD, in the 6th grade.
3. Nidia Heston, LMSW, is a Certified Family Partner who has worked with families in Austin for decades in various capacities. She is now the Family Engagement Specialist for the Texas System of Care at TX HHSC.

Panelists shared that truly engaging parents requires building relationships with them, so they are being authentically engaged. Families want and need emotional support, compassion and empathy. They suggested coordinating informal get-togethers for parents to share ideas and build relationships.

Sometimes the “help” a family partners provides can be helping with home organization, meal planning and simple changes that can make life at home and at school run smoother.

They said Certified Family Partners (CFP) need smaller caseloads. An “ideal” caseload would be 10-12 families, but, in reality, CFPs often serve 20 to 45 families. Another concern was that, according to the [Texas Administrative Code](#), CFPs can only serve parents and not children. The 21 or up age limit makes it difficult when children are parents of children and in serving transition aged youth. Nidia said there is a youth peer training for transition aged youth, but Texas does not yet have that certification.

People in the community – parents, doctors, teachers - need to be made aware of resources including the following.

1. How an ARD (Admission, Review and Dismissal) meeting to determine whether or not a student is eligible for special education and an Individual Education Program (IEP) for eligible students can be used as tools to make school days go more smoothly. Help parents understand that this is a right they have and allows them to influence what happens at school. Family partners support families in accessing these needed school resources.
2. [YES Waiver](#) and [The Children’s Partnership](#) can provide wraparound services to families with kids who have serious medical or behavioral health needs and other challenges. A parent shared that once, while in an ARD, the school personnel did not know what “YES Waiver” was and how it helps with community supports.
3. Mobile Crisis Outreach Teams (MCOT) and Psychiatric Emergency Services (PES) urgent care walk-in clinic. Rather than going to an emergency department, families can access psychiatric services and crisis services through MCOT and PES.
4. 2-1-1 sometimes has a lengthy wait to be connected, but is very helpful once connected.

Nidia shared information on [what it means to be a Certified Family Partner](#) and how to become a Certified Family Partner. HHSC has a website called [Peerforce](#) that connects people to resources to become a Certified Family Partner and connects them to [job openings](#). Locally, [Via Hope](#) provides training and helps guide interested parents through the process. [UT Health San Antonio](#) provides a 4-day training several times a year.

[Dr. Molly Lopez, with the Texas System of Care](#), said her Department is collecting data on CANs scores and comparing scores of families who have a family partner and families who do not have a family partner. They are also doing a randomized control trial with NAMI to see whether participation in [NAMI training](#) improves family’s outcomes and children’s mental health.

KLW Co-chairs thanked the panelists and will post a presentation shared by Nidia Heston on the KLW website.