

February Spokane Collaborative Meeting

February 17, 2022



Spokane Collaborative
Connecting for a Healthier Community

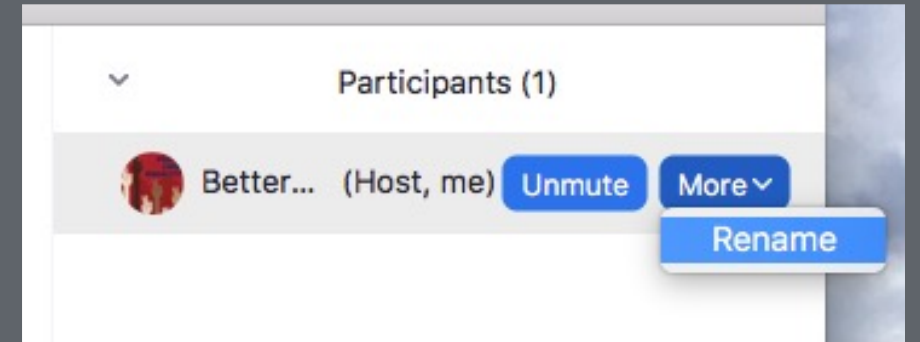
People Acknowledgement

Every community owes its existence and vitality to generations from around the world who contributed their hopes, dreams, and energy to making the history that led to this moment. Some were brought here against their will, some were drawn to leave their distant homes in hope of a better life, and some have lived on this land since time immemorial.

Truth and acknowledgment are critical to building mutual respect and connection across all barriers of heritage and difference, so we begin this meeting acknowledging that we are on the ancestral lands of the Spokane Tribe of Indians and other tribes who are connected through a shared history of trade, celebration, and resources.

We make this acknowledgment to pay respects to their elders, past and present, whose knowledge remains on the land. Please take a moment to consider the many legacies of violence, displacement, migration, and settlement that bring us together here today. And please join us in continuing to learn about such truths and actions we can take towards restorative justice.

Introductions and reminders



- Please update your name with org. name and preferred pronouns
- We will not be joining project area workgroups today
- Ex. – Symetria Gongyin, BHT (she, her)

Meet your facilitators!

Better Health Together Staff & Support Team



Symetria Gongyin

**Organization &
role/title**

Program Manager

Better Health Together

Sarah Bollig Dorn

**Organization &
role/title**

Assistant Director

Better Health Together

Amber Lenhart

**Organization &
role/title**

Consultant

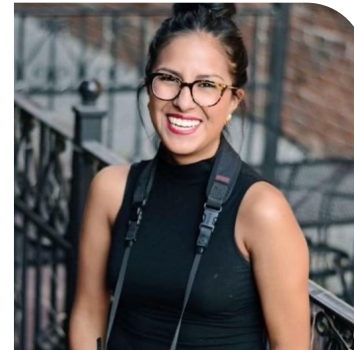
Steve Smith

**Organization &
role/title**

Consultant

Meet the Collaborative Connections Team!

Leadership body of the Spokane Collaborative



Kolleen Seward

Organization & role/title

Partners with Families & Children, Substance Use Disorder Clinical Director

Danielle Wrenn

Organization & role/title

SRHD, Data Center Program Manager

Amber Johnson

Organization & role/title

Director, Mission Support
Spokane Neighborhood Action Partners (SNAP)

Mitzi Guerin

Organization & role/title

Planned Parenthood of Greater Washington and North Idaho- Medical Affairs Director

Drew Comito

Organization: Excelsior Wellness

Sarah Foley

Organization & role/title

Spokane Fire Department CARES Team
Social Response Manager

Meet the Collaborative Connections Team!

Leadership body of the Spokane Collaborative



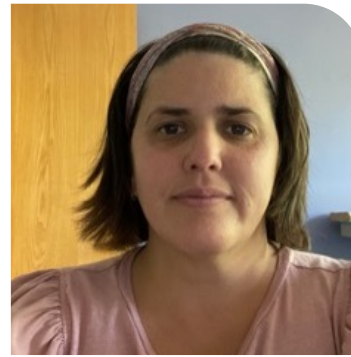
Amy Cummings

Organization:
Providence



Aubrey Burchell

Organization:
Providence



Lynn Kimball

Organization & role/title

Aging & Long Term Care
of Eastern Washington

Executive Director



Ana Trusty

Organization: Mujeres
in Action

Hanncel Sanchez

Organization: Mujeres
in Action

Natalia Gutierrez

Organization & role/title

If You Could Save Just
One, CEO

Today's agenda and goals

- **Connect & network**
 - Warm up chat 1:1
 - Partner showcases
- **Finalize 2022 Charter & MOU**
 - Review changes made qtr. 4 2021
- **Breakout discussion**
 - Define why and how we might approach equity work differently this year

Warm up chat 1:1

Suggested prompts: What's the story behind your name? Or
If you as a child could have changed your name what would it be now and
why?

Partner shares and showcases

Request a “coffee date” if you see an opportunity to connect/partner with an organization in the Collaborative.

A facilitator will help make your connection!

Link in the chat

Behavioral Health (printed) Resource Guide

Updates

- Over 100 offices are represented in the guide, organized in 11 categories
- Distributed approx. 3,000 guides to 14+ organizations - pc, bh, and social service
- We've budgeted for another print run if we need more!

SUBSTANCE USE

American Indian Community Center/
Goodheart Behavioral Health: (509) 487-2062
Compassionate Addiction Treatment: (509) 919-3362
Excelsior Integrated Care Center: (509) 559-3100
Lutheran Community Services Northwest:
(509) 747-8224
Partners with Families and Children: (509) 473-4810
Planned Parenthood: (866) 904-7721
Riverside Recovery Center: (509) 328-5234
SPARC: (509) 624-5228
Spokane Regional Health District,
Oploid Treatment Program: (509) 324-1420
Spokane Treatment & Recovery Services: (509) 570-7250
To access 24/7 sobering services, call (509) 570-7235 or
walk up to back entrance at 105 W. 3rd Ave.
YFA Connections: (509) 532-2000

RECOVERY SUPPORT

AA Central Office: (509) 624-1442
Al-Anon: (509) 456-2125
Excelsior Wellness: (509) 559-3100
Narcotic Anonymous Help Line: (509) 325-5045
Peer Spokane: (509) 867-3778
Recovery Café: (509) 960-8529
Washington Listens: (833) 681-0211

FAITH BASED

Caritas Outreach Ministries: (509) 326-2249
The City Gate Fellowship: (509) 455-9670
Fig Tree: (509) 535-1813
Union Gospel Mission Spokane: (509) 535-8510
Truth Ministries of Spokane: (509) 456-2576
Catholic Charities — House of Charity: (509) 624-7821

CULTURALLY SPECIFIC

American Indian Community Center: (509) 535-0886
Hispanic Business Professional Association: (509) 557-0566
Lutheran Community Services (Refugee): (509) 747-8224
Pacific Islander Community Association of Spokane:
(509) 714-6642
NAACP: (509) 209-2425
NATIVE Project: (509) 325-5502
Raiz of Spokane (Planned Parenthood): (509) 207-3017
Refugee Connections: (509) 209-2384
Spectrum Center (LGBTQIA2S+):
info@spectrumcenterspokane.org
World Relief:
(509) 484-9829
Text (509) 381-0832 (Legal)

COMMUNITY SUPPORT

Aging & Long-Term Care of Eastern Washington
(ALTCWEW): (509) 458-2509 (Office)
Discovery Counseling Group: (509) 413-1193
Dr. Martin Luther King Jr. Community Center:
(509) 888-0856
Excelsior Wellness: (509) 559-3100
If You Could Save Just One: (509) 703-7161
Pathways of Washington, LLC: (509) 209-8990
Rural Resource Community Action (Main): (877) 219-5541
Spokane Eastside Reunion Association (SERA):
(509) 995-3606
Spokane Immigrant Rights Coalition: (360) 292-8540
Volunteers of America: (509) 624-2378
The Way to Justice: (509) 822-7514
YMCA: (509) 777-9622
YWCA of Spokane: (509) 326-1190
The ZoNE at Northeast Community Center:
(509) 487-1603 x222

Resource Guide

YOUTH

Behavioral Emotional Skills Trainings (BEST):
(509) 474-2223
Children's Home Society: (509) 747-4174
The Crisis Residential Center (CRC): (509) 624-2868
Crosswalk Youth Shelter: (509) 688-1112
Daybreak Youth Services:
(509) 927-1688
(509) 624-3227 (Outpatient)
Excelsior Wellness: (509) 559-3100
The Healing Lodge: (509) 533-6910
If You Could Save Just One: (509) 703-7161
Lutheran Community Services Northwest:
(509) 325-5502
NATIVE Project: (509) 325-5502
Odyssey Youth Movement (LGBTQIA2S+):
(509) 325-3637
Partners with Families and Children: (509) 473-4810
Passages Family Support: (509) 892-9241
Spokane Public Schools Behavioral Health:
(509) 867-8137,
(509) 354-3858 (Referrals)
Tamarack Center: (509) 326-8100 x 315
The ZoNE at Northeast Community Center:
(509) 487-1603 x 222

SENIORS, ELDERS & VETERANS

Aging & Long Term Care of Eastern Washington:
(509) 960-7281 (Helpline)
Spokane County Regional Veterans Service Center:
(509) 477-3690
Spokane Housing Ventures: (509) 232-0170

GENERAL RESOURCES

Eastern Washington 2-1-1: (866) 904-9060
Catholic Charities: (509) 358-4250
City of Spokane 311: (509) 755-2489
DSHS — Community Services Office (Maple):
(877) 501-2233
Mujeres in Action (MIA) — Domestic Abuse Advocacy
(509) 869-0876
Raiz of Spokane (Planned Parenthood): (509) 207-3017
Spokane Neighborhood Action Partners (SNAP):
(509) 456-7627

PRIMARY CARE

CHAS Health: (509) 444-8200
Excelsior Family Medicine: (509) 467-1100
MultiCare — Outpatient Clinics: (509) 473-7094
NATIVE Project: (509) 325-5502
Planned Parenthood: (866) 904-7721
Providence Medical: (509) 626-9400
Spokane Teaching Health Clinic: (509) 626-9900
Unify: (509) 453-1344

CRISIS LINE/ SERVICE BOX

Crime Victim & Sexual Assault 24-Hour Support:
(509) 624-7273 or LCS (509) 747-8224
M.E.E.T. (Mobile Engagement and Evaluation Team)
Excelsior — Pediatric/Family Stabilization & Respite:
(509) 559-3100
Regional Crisis Line:
(877) 266-1818
Trevor Project LGBTQIA2S+ Youth Crisis Line:
(866) 488-7386 or Text START to 678-678

MENTAL HEALTH

American Behavioral Health Systems Inc.:
(866) 729-8038
American Indian Community Center/
Goodheart Behavioral Health: (509) 487-2062
Catholic Charities Counseling: (509) 242-2308
Compassionate Addiction Treatment: (509) 919-3362
The Emily Program: (888) 364-5977
Excelsior Wellness Center: (509) 559-3100
Frontier Behavioral Health: (509) 838-4651
Inland Northwest Behavioral Health: (509) 992-1888
Institute for Family Development: (509) 328-3802
Lutheran Community Services Northwest:
(509) 747-8224
Mental Health Text Line: 741741
The NATIVE Project: (509) 325-5502
New Horizon Counseling Services: (509) 624-1244
Partners with Families and Children: (509) 473-4810
Passages Family Support: (509) 892-9241
Pathways of Washington, LLC: (509) 209-8990
Pioneer Human Services: (509) 325-7232
Planned Parenthood: (866) 904-7721
Providence RISE: (509) 252-6446
Spokane Clinic: (509) 252-1366
Spokane Treatment And Recovery Services:
(509) 570-7250
Spokane Addiction Recovery Centers: (509) 241-3130
Spokane Public Schools Behavioral Health:
(509) 867-8137
Sunshine Behavioral Health: (509) 892-4342
Unify Behavioral Health: (509) 453-1344

COMPASSIONATE ADDICTION TREATMENT



BRINGING COMMUNITY CONNECTION TO SUPPORT
THE BUILDING OF TRUST, HOPE, AND PERSONAL
EMPOWERMENT TO PEOPLE EXPERIENCING
HOMELESSNESS, UNTREATED SUBSTANCE USE
DISORDERS, AND UNTREATED MENTAL HEALTH.

OUR STORY...

Compassionate Addiction Treatment (CAT) was co-founded in 2019 by Hallie Burchinal and Kel Eddings to address the unavailability of outpatient substance use disorder treatment services for people who are currently homeless.



Compassionate Addiction Treatment strives to provide opportunity to access recovery and supportive services in an innovative, trauma informed environment. Our team is passionate about harm reduction, meeting people exactly where they are at, and supporting all paths to recovery.



Addressing barriers to care and gaps in care:

1. Street Outreach to build connection and trust.
2. Many of our Recovery Community members are Medicare recipients. This insurance does not pay for outpatient substance use disorder treatment or supportive housing and employment case management. CAT provides these services at no charge to people experiencing homelessness.

OUR CURRENT PROGRAMS...

- CLIENT GUIDED ZERO BARRIER “RECOVERY COMMUNITY” DAY PROGRAM - FIRST OF IT’S KIND
- PEER LED DAILY RECOVERY SUPPORT GROUPS
- STATE LICENSED INTENSIVE OUTPATIENT TREATMENT PROGRAM AND M.A.T. SERVICES
- ZERO BARRIER HOUSING/EMPLOYMENT CASE MANAGEMENT SERVICES
- VOLUNTEER WORK EXPERIENCE IN A THERAPEUTIC ENVIRONMENT

January 2020 to August 31 2021, CAT has served 1,261 unique individuals throughout our outpatient recovery programs.

We are grateful for the opportunity to share our work with you, and our next step in meeting gaps in care: low barrier co-occurring outpatient services.

“Of people who are homeless and in substance use treatment, 68 percent of men and 76 percent of women reported experiencing a trauma-related event.”

Behavioral Health Services for People Who are Homeless. TIP 55
<https://store.samhsa.gov/sites/default/files/d7/priv/sma13-4734.pdf>

“Formerly incarcerated people are almost 10 times more likely to be homeless than the general public.”

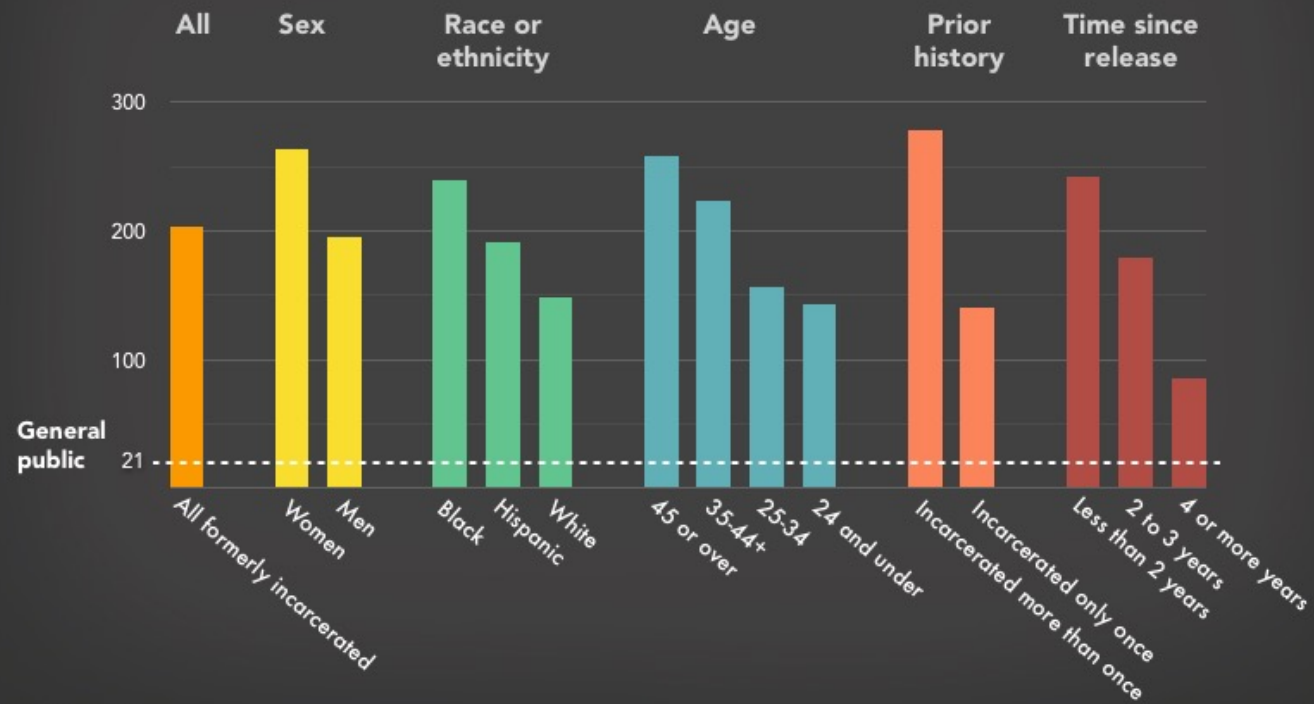
<https://www.prisonpolicy.org/reports/housing.html>

“Being homeless makes formerly incarcerated people more likely to be arrested and incarcerated again, thanks to policies that criminalize homelessness.”

<https://www.prisonpolicy.org/reports/housing.html>

Homelessness rates among formerly incarcerated people

Number of homeless per 10,000 formerly incarcerated people in each category, compared to the general public in 2008 (the most recent year data for formerly incarcerated people are available)



“Outreach plays a crucial role in work with people who are experiencing homelessness”

Behavioral Health Services for People Who are Homeless. TIP 55
<https://store.samhsa.gov/sites/default/files/d7/priv/sma13-4734.pdf>

“People who are homeless typically engage gradually with services as trust is established.”

Behavioral Health Services for People Who are Homeless. TIP 55
<https://store.samhsa.gov/sites/default/files/d7/priv/sma13-4734.pdf>

CAT's executive director is now the representative voice for Outreach Services Provider's in SURSAC (established by Bill 5476). The goal of this committee is to "strengthen the quality and equity of substance use recovery services and improve how the criminal legal system, mental health services, and substance use recovery services interact to protect the health, stability, and safety of every Washingtonian."





Mobile Outreach

Compassion + Community = Hope





















“The Opposite of Addiction isn’t Sobriety – it’s Connection” by Johann Hari

Compassion + Community = Hope



The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the left and right sides of the frame, creating a modern, dynamic feel. The central area is white, providing a clean space for the text.

Youth Homelessness Demonstration Program

Melissa Morrison, Better Health Together

Youth Homelessness Demonstration Program (YHDP) in Spokane Community

\$2.5 million dollars awarded by HUD to prevent and end youth/young adult homelessness

YHDP funds and framework to address youth homelessness that is specifically tailored to their needs, including funding for housing units, wrap-around services and housing support.

YHDP will support youth-focused performance measurement and coordinated entry systems

Youth Homelessness Demonstration Program (YHDP)

Youth and Community Input

Youth and Young Adults with Lived Experience

- Youth Advisory Board
- Focus group participation

BIPOC community organizations

Community stakeholders



Youth and Young Adult Focus Group

- FOR:** Youth and young adults who have lived experience with homelessness and/or housing instability.
- WHY:** To chat about what services they need, or needed when they were experiencing homelessness. Spokane County is getting \$1.25 million a year. This is new funding to fill gaps in our system for youth, specifically with the goal to end youth and young adult homelessness.
- WHAT:** The topics include:
Housing
Health
Education
Employment
Community
- WHEN:** Choices of 1-hour times on February 23, 24 or 25
- NEXT STEP:** Sign up now and reserve your spot in a Focus Group.
- HOW:** The Focus Group will be held virtually across several different times the week of February the 20th. There is a doodle poll with dates and times that the focus group will be held, as well as the Google Meet link that will be used for these meetings.

Here is the doodle poll link:

https://doodle.com/poll/uxq44a8ngy6m96ah?utm_source=poll&utm_medium=link

Incentive: \$40 or gift card for participating in a 1 hour Focus Group

Open call for updates and shares

- MiA Mujeres in Action - MiA is launching a hotline, [Primera Conexión](#) (First Connection), on February 14th!
- Open call

2022 Spokane Collaborative Charter & MOU

Building a more inclusive and evergreen charter

Equity work in review and looking ahead

At our Collaborative Connections Team meeting last week, we facilitated a guided conversation to identify opportunities to pivot or improve our work to ensure we are being responsive to the community's changing needs.

What are the workgroups doing and why?

- BH – Creating a print resource guide
- AH – Wrapped up one advocacy activity, the renter's education activity is underway, not sure about transportation project
- FV&T – Circle of Security classes are in progress, but lost Spanish speaking facilitator
- It's unclear
- Feels like good work, but lost equity specific focus

Where does it feel like we're stuck?

- What is equity? How are we defining it?
- Shared vision and alignment is hard to determine with turnover/not everyone has been involved since the inception of equity gap activities
- Communicating why we are doing the things we planned to do and how/where – regular checkpoints
- Following-up – did we make an impact?

COVID is a challenge – why?

- COVID- unable to “think outside the box” gaps have increased vs. decreased, and we still have the same amount of capacity
- Constantly changing attendance- we've all had so many staffing changes, players have changed, organizations that thought they would have dedicated progress have had to expand to COVID. Now it's what's the path of least resistance.

What's kept us from making progress?

- Are we recreating things that are already out there? Unique efforts?
- Do people know why we're doing what we are? Revisiting the goals and decisions along the line. Where did this start? How did we get from A to B? Are we at B?
- Are there better ways to target the funding based on where we are now?
- Capacity issues
- We got task focused: what can we get done in this meeting, in the next day?

What are the implications of what we've discussed?

- Language access focus for equity work going forward
- Who and why, Step by step on who is and why they are
- Worthwhile to revisit are these still the areas of focus and are these the most impactful strategies?
- Can we look outward- how can we mobilize the community to carry forward the work and address capacity issues
- What does this mean for the ongoing work groups? Do we continue and expand? If we're making it easier to be a member? Then we'll have more tools in our toolbox to meet the community need.

What does implementation look like?

- Looking at the charter and language shift- reminders to ask the challenging questions
- There has been good progress. It's OK to be here where we're at. Are we OK with being there?
- Starting the conversation is important but we need to address- we're asking people who are already feeling a greater burden as a result of COVID to take on more work. Contributed to some of the turnover and lack of focus.
- Interested in better tools, how to find them, how to share them with the population I serve.
- Where is the stigma coming from?
- The system is the problem and the system is not equitable. We need to focus on the systems.

Recommendations

- Revisit our Why, Redefine How
- Summit Year
 - More learning opportunities
 - Engaging providers
 - Change management strategies
 - Revisiting RBA

Breakout discussion

- Define why and how we might approach equity work differently this year
- 5 discussion questions
- 25-30 minutes

Thank you for attending today!

**The next Collaborative meeting will be Thursday,
March 17 1-3p**

Spokane Collaborative

Connecting for a Healthier Community