Notes from Northern Regional CST Meeting

March 8th, 2016

Rhinelander, WI

* Welcome and Introductions
* State, Regional, and White Pine Consulting updates
	+ State Updates
		- Lucas Discussed notes from “2016 Regional Meeting Updates” document
			* System of Care Work
			* Federal Guidance on MHBG
			* CST Annual Report
			* Statewide My Feelings Matter Poster Contest
			* CST Statewide Meeting Plans
	+ Regional Updates
		- True Lor spoke about how another Human Service Area Coordinator will be joining the first week of April.
* Skill Building Workshop/Small Group Activities
* Lunch
* Prioritize Issues Basket: Large Group Process/Discussion
	+ Attendees identified topics they would like to discuss and small groups worked to provide input and feedback to the following scenarios:
		- “Not following through with objectives towards goal”
			* Discussion
				+ Find out what are the barriers are that may be preventing the follow through.

Example – parent missing and canceling appointments

Team member willing to bring parent to appointment

* + - * + Child not motivated to work on goal

Establish a reward system

Find a team member that could support and assist

* + - * + Team member/friend not working on their responsibility towards goal

Refer to task/duty on plan of care

Look to other team members or find team member with strength to fulfill alternate or resource person

* + - “Confusion of expectations placed on youth”
			* Discussion
				+ Extra/specialized help may be needed
				+ A plan needs to implemented using age appropriate terms/verbiage
				+ Agreements/compromise/rewards
				+ Attainable goals
		- “Unrealistic expectations placed on youth”
			* Discussion
				+ Make expectations based on talents and interests
				+ Identify “needs”/”strengths” of child and team
				+ “reinvent the wheel”

If something’s not working, try another way

* + - “Keeping team members positive”
			* Discussion
				+ Ask parent what was tried and when
				+ Provide choice
				+ TIC
				+ Team uses CST Coordinator as sounding board/peace maker
		- “Accountability of team member commitment to process”
			* Discussion
				+ Revisit roles

Value of each person

* + - * + Adjust goals
				+ Address the issue but don’t make it a goal
				+ Change who can manage the goal
				+ Give the family the option to opt out or re-commit
				+ Find out if there are barriers
				+ Ask how the process can work better for them
				+ Have team members sign commitment
		- “How do you handle competing agendas and differences of opinion?”
			* Discussion
				+ Validation
				+ Prioritize with timeframe

Basic needs first

Simplify (find common concerns)

* + - * + Reach consensus

Explain the “why”

Not all members of the team may have pertinent information

* + - “Removing a team member per request”
			* Discussion
				+ Set up individual meetings

Get everyone’s perspective and voice

Prepare for potential interaction in the future

Re-visiting meeting rules and goals

* + - * + Do a pro and con list; focus on prioritizing needs of the youth
				+ Possibly get other opinions of individual in question from other natural and formal supports involved
* Closure
	+ Project Director Meeting: Tuesday, April 19th in Stevens Point
	+ Next Regional Meeting: Tuesday, July 26th