

# FRS Co-Design Becca Conference

October 24th, 2022

[www.dcyf.wa.gov](http://www.dcyf.wa.gov)



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

# WE CONNECT ON NATIVE LAND

<https://native-land.ca/>

We would like to acknowledge all of the indigenous tribes of the land now known as Washington state that have lived and cared for the land where we all reside, past and present. We would like to bring attention to the historical trauma that our indigenous communities have undergone as a result of colonialism. Please join us in expressing our deepest respect and gratitude in honoring the land in which we occupy, our native tribes across Washington State and their ancestors who have stewarded this land for generations.

USDAC.US/NATIVELAND



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**CHILDREN, YOUTH & FAMILIES**



# Introductions



Lily Cory (she/her)  
Co-Design Manager  
DCYF



Samuel Martin (he/him)  
CEO  
SDM Consulting



Cole Ketcherside (he/him,  
they/them)  
Prevention Program Manager  
DCYF

# Objectives

- Provide an overview of co-design framework and FRS co-design project
- Learn about efforts to engage and center youth and families with lived experience

# Background information on FRS and Co-Design



# FRS Purpose

*Services for adolescent youth ages 12 to 17 and their families*

- Achieve reconciliation between parent and child
- Maintain and strengthen the family to avoid out of home placements
- Alleviate personal or family situations that present a serious and imminent threat to health or stability of the child or family

WAC 110-40

# FRS Eligibility

- Adolescent youth ages 12 to 17 and their families
- Youth who have runaway or in conflict with family
- Families with active CPS case, youth in foster care, or currently accessing other counseling services are not eligible
- FRS can support relationship with custodial parents (but cannot conflict with custody orders)
- FRS meant to be short term intervention (not used to resolve issues that require longer term support)



# FRS Process

- Families in crisis may call DCYF intake line to request FRS
- Within 24hrs caseworker contacts family to schedule interview
- Family assessments offered to the family to determine the family's needs, strengths, and available resources.
- In home services may be offered depending on need and availability (i.e. FFT, FPS, IFPS, Triple P.)
- Caseworkers may make referrals to behavioral health and/or SUD treatment providers or other community based resources
- Caseworkers may assist families in filing ARY or CHINS, and may monitor ARY/CHINS order if asked to by juvenile court

*Over 2,000 families access FRS annually across the state*



# FRS Background

- 1991 Evaluation of FRS
  - References to FRS going back to 1981
- 1995 Becca Bill
  - Codified FRS within RCW 13.32A
- 2015 SB 5404
  - Created OHY moving CRC, HOPE to Commerce
- 2017 HB 1661
  - Created DCYF with new investments in FRS (\$1.6 million, last two biennium)

*Prior to economic recession of the mid 2000's FRS was funded at \$3.5 million per biennium (2005-06)*

# HB 2873 (2020)

- Requires report to legislature with data and system recommendations for improving FRS (Due annually on Dec 1)
- Re-defined FRS to be culturally responsive, trauma informed services designed to assess and stabilize families in crisis that build support, skills, and connection to community resources
- Created pathway to contract with community based agencies to deliver FRS (*no current contracted providers*)

# FRS Co-Design Project

- Preliminary recommendations for community based FRS program model due with annual report on Dec 1<sup>st</sup>
- Must address several program components (eligibility, entry points, utilization of assessments, service provision, etc.)
- Must utilize co-design principles and approaches
- Must include youth and families with lived experience, tribes, system professionals, and community based providers
- 100K proviso from legislature to support work

# What is Co-Design?



# What is Co-design?

“Co-design is an approach to designing with, not for, people and communities. This approach **amplifies the voices and experiences of the people closest to the needs** addressed through an engagement or initiative. It also **prioritizes relationships, increases trust across all stakeholders, and uses participatory approaches** to ensure the work is guided by those most affected.

**Co-design requires sharing power with people with lived experience across the entirety of an engagement or initiative, from determining the focus of exploration, to the design implementation, and evaluation”**





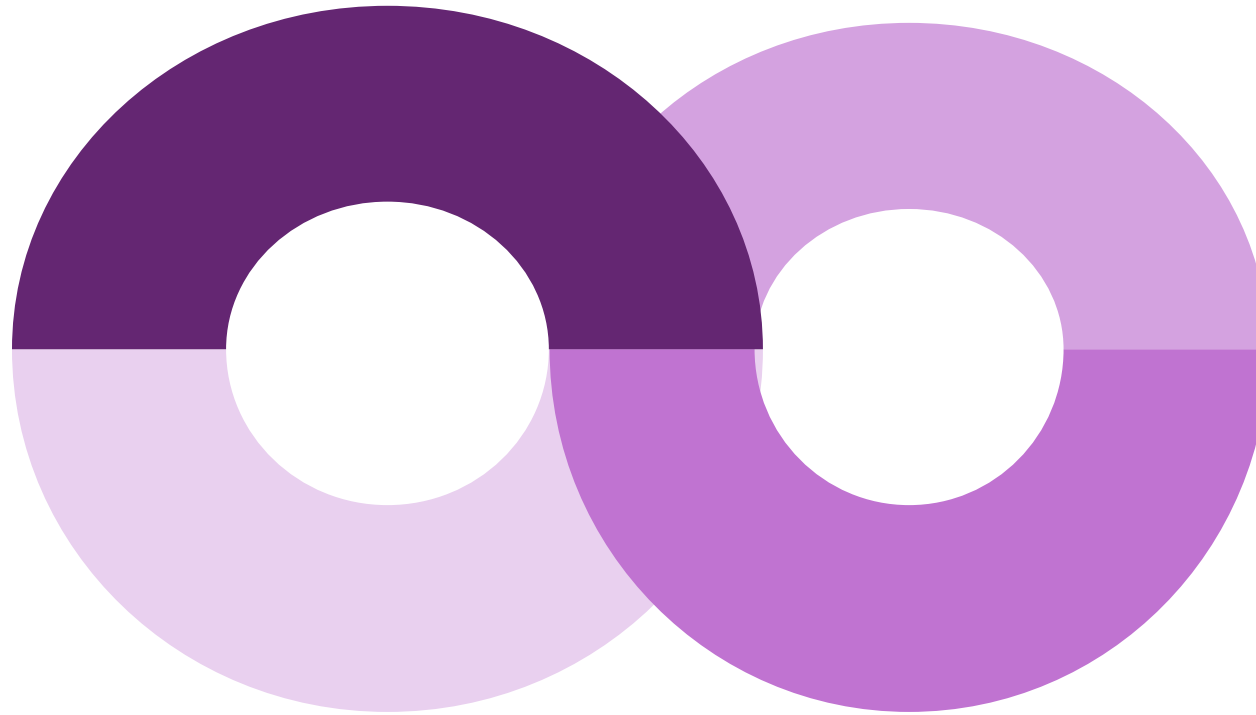
## What is the Goal of Co-Design?

“Co-Design is about how we are being (our mindsets), what we are doing (our methods), and how our systems embrace the participation of people with lived experience (social movements).”



# To Visualize

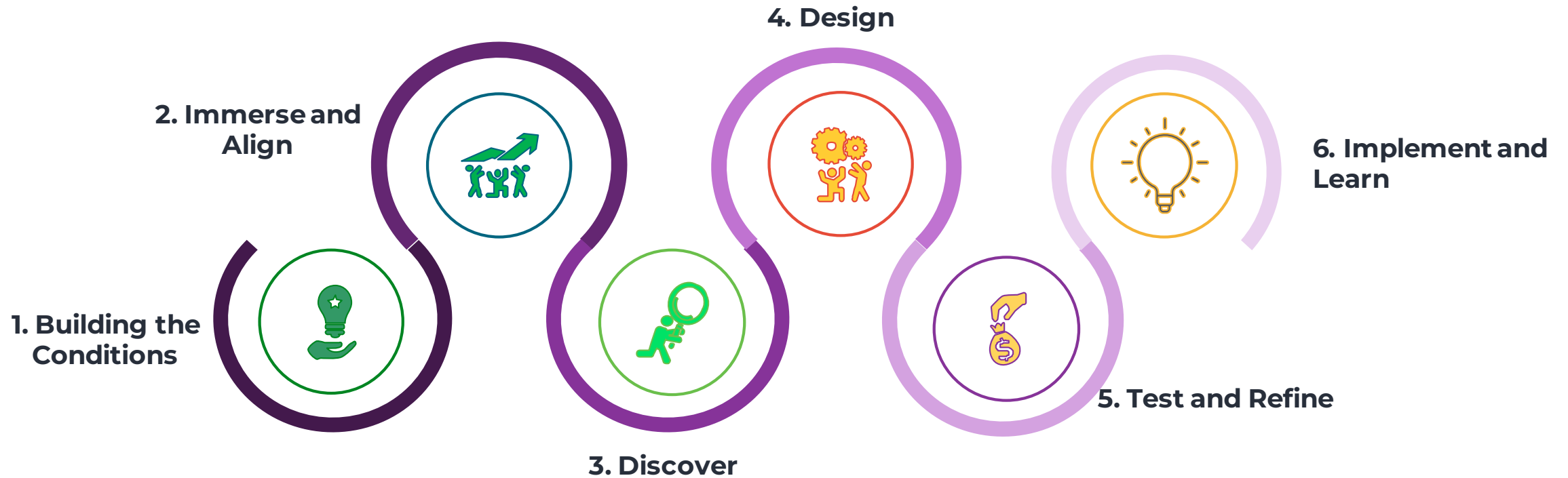
Lived Experts/  
Stakeholders



Systems



# The Co-Design Process



# Principles of Co-Design



Share  
Power

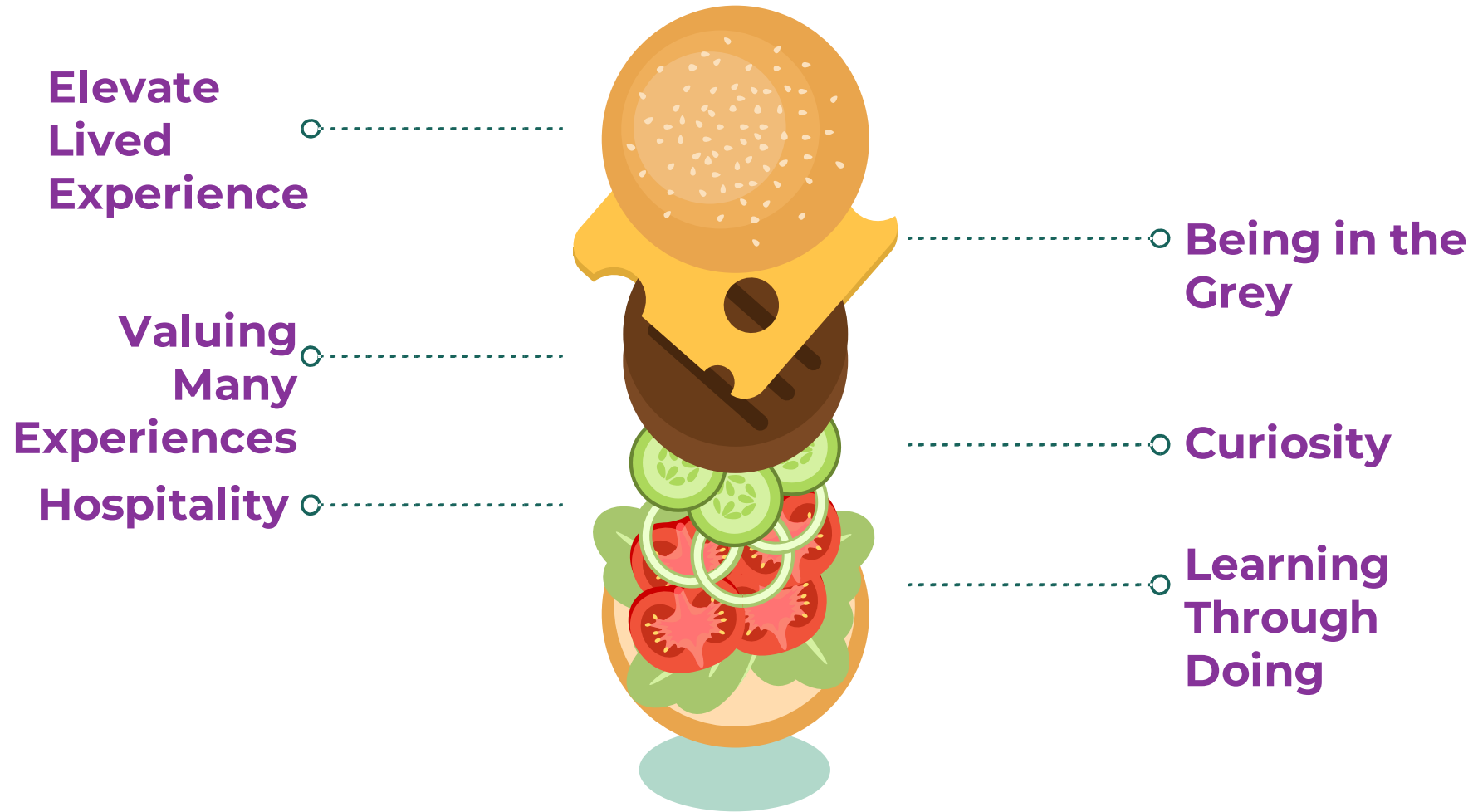
Prioritize  
Relationships

Use  
Participatory  
Means

Build  
Capacity



# Six Mindsets for Co-Design



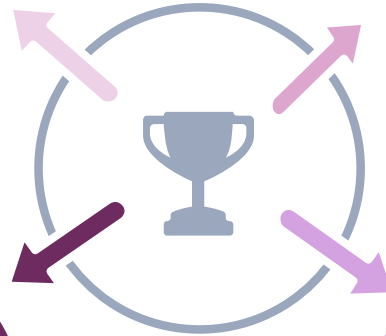
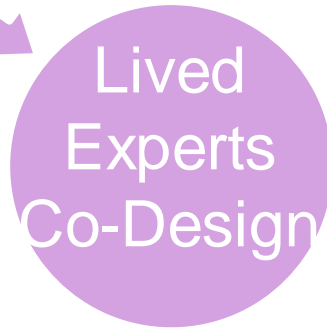


# Co-Design Project Timeline

Initiation	Planning	Execute/Monitor	Implement
<b>Dates</b>			
January 22 – March 22	April-June 22	July 22 –December 22	January 23 – June 23
<b>Key Activities</b>			
<ul style="list-style-type: none"> <li>• Project Scoping</li> <li>• Requests for \$\$</li> <li>• Identify Stakeholders</li> <li>• Hire Co-Design Manager</li> </ul>	<ul style="list-style-type: none"> <li>• Recruit Co-Designers</li> <li>• Info Sessions</li> <li>• Draft Com Tools</li> </ul>	<ul style="list-style-type: none"> <li>• Co-Design Sessions</li> <li>• Report Writing</li> <li>• Admin FRS Field Survey</li> </ul>	<ul style="list-style-type: none"> <li>• Co-Design Sessions</li> <li>• Draft SOW for FRS Client Services</li> <li>• Procurement (RFP, RFA)</li> </ul>
<b>Major Deliverables</b>			
<ul style="list-style-type: none"> <li>• Project Charter</li> <li>• Project Budget</li> <li>• Contract with SDM (FY22)</li> </ul>	<ul style="list-style-type: none"> <li>• Project Schedule</li> <li>• Contract with SDM) (FY23)</li> </ul>	<ul style="list-style-type: none"> <li>• Report to Legislature (Due Dec 1<sup>st</sup>)</li> <li>• Agency Decision Package</li> </ul>	<ul style="list-style-type: none"> <li>• Solicitation Materials</li> <li>• FRS Contract(s) (start July 1, 2023)</li> </ul>

# Groups

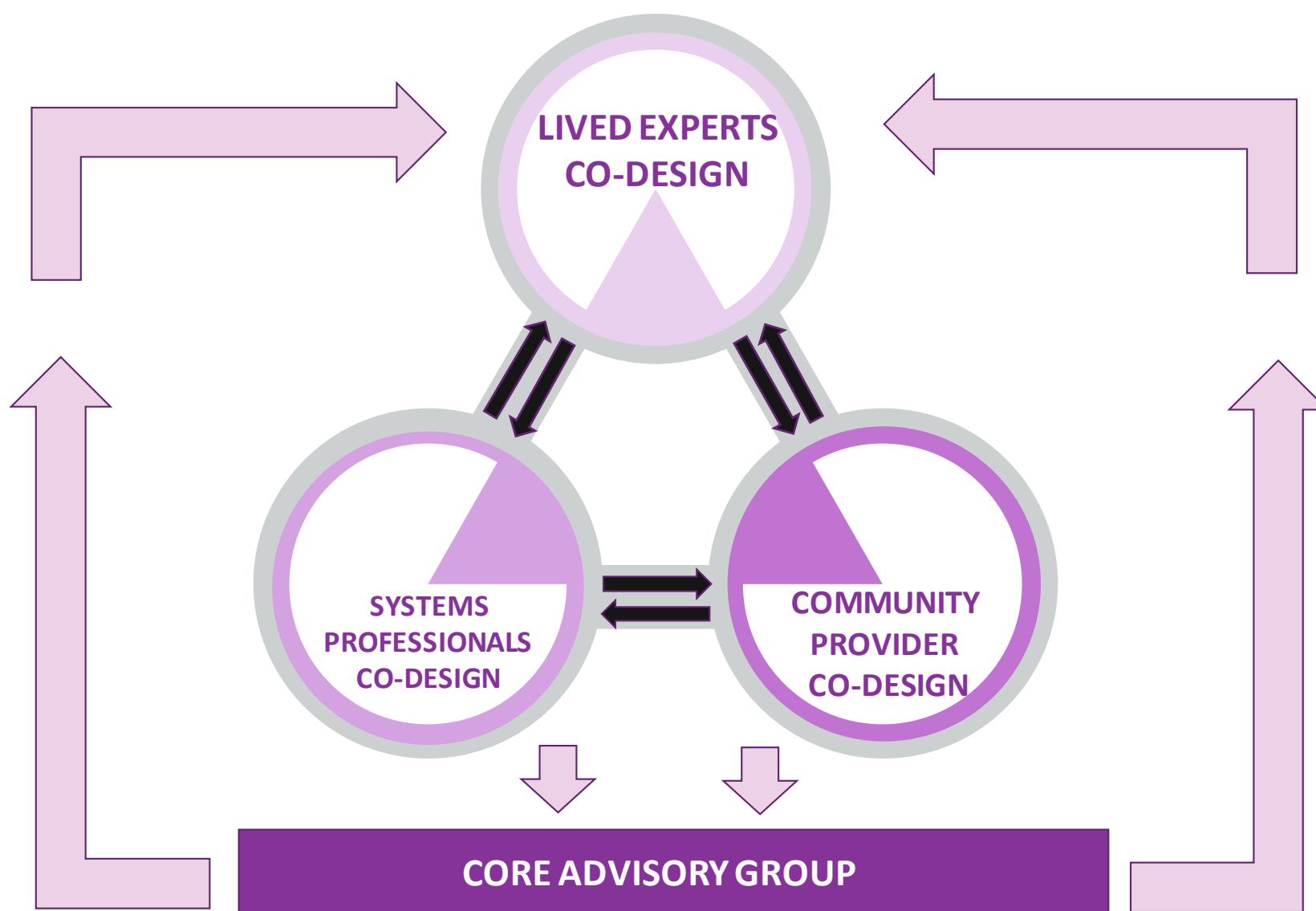
State and Local Agencies, Health Care Authority, DCYF (Child Welfare and Juvenile Rehabilitation, HQ and Frontline Staff), OSPI, Commerce, DSHS, Family Reconciliation Services Professionals, etc.



Community Service Providers, professionals who directly with families and youth in crisis. For an example: Tribal Affiliated Organizations, LGBTQ+ Serving Organizations, Runaway and Homeless Youth Services, Mentoring and Advocacy, Family Support Services, Family Resource Centers, etc.

Representatives from each of the Cohorts of Co-designers, Group of Lived Experts, Caregivers, Community Providers, Professionals, Advocates, System Professionals, etc.

Youth, young adults, parents, and caregivers who have experienced Family Reconciliation Services or who would have benefited from Family Reconciliation Services.



# Engaging Lived Experts



# Recruitment

- The original recruitment goal was to have 5 lived experts from each of the 6 regions across Washington
- We have roughly about 24 participants
- We have Parents, Caregivers, Youth/Young Adults with lived expertise, and many people with multiple experiences.



# Lessons Learned

- Compensation is key, but flexibility is a must
- Contracting Restraints
- Changing Systems is HARD
- Timelines
- Disconnect between systems wants and reality
- Willingness to adapt

# Lessons Learned Continued

- Transparency creates opportunity for support
- Lived Experts are engaged and know they can talk with us
- Most groups want the same thing
- Opportunities to inspire hope in people who do this work directly
- Identify gaps that systems and community professionals didn't know were there
- Opportunity to bring multi-disciplinary groups together to prevent systems silo

Questions???



# Contact Info

**Lily Cory, DCYF Co-Design Manager**

[lily.cory@dcyf.wa.gov](mailto:lily.cory@dcyf.wa.gov) (questions about co-design and FRS)

**Sam Martin, CEO SDM Consulting**

[sam@sdmartinconsulting.com](mailto:sam@sdmartinconsulting.com) (questions about engaging lived experts)

