

Snoqualmie
Valley
Behavioral
Health
Therapeutic
Support
Program



encompass
Children. Families. Community.



Encompass Project Lead

- Mission is “to partner with families to build healthy foundations for children.”
- We envision a community where all children thrive.
- Program areas include:
 - Behavioral Health
 - Pediatric Therapy
 - Early Learning
 - Parenting Education
 - Home Visiting



Empower Youth Network Partner

- Mission is “to promote and inspire youth to lead safe, healthy and successful lives.”
- Our vision is building better futures for youth. This is rooted in the belief that healthy communities lead to healthy families and healthy families lead to healthy children/youth.
- Programs areas include:
 - Youth Mentoring
 - Youth Engagement
 - Youth Suicide and Substance Abuse Prevention
 - Career Exploration



Project Overview

Direct behavioral health services that builds our community's capacity to support one another

Why?

- Urgent Needs
- Behavioral Health Staff Shortage
(Therapists, Social Workers, Counselors, etc.)



Who benefits?

- Elementary, middle, and high school-aged children and their families, educators and community members
- Within Snoqualmie Valley and Riverview School District boundaries
 - Over 500 square miles including residents of Duvall, Carnation, Fall City, North Bend, Snoqualmie, and Unincorporated King County
 - Broadly diverse economic base
 - Recent immigrants who speak Spanish as their first language
 - Rural families in our area are isolated from other services and lack transportation
 - Other challenges faced include lack of literacy/language proficiency, lack of health care/insurance, food insecurity and adequate housing
 - COVID 19 pandemic has greatly increased familial stressors and social isolation



Growing Partnerships

- **Encompass**
- **Empower Youth Network**
- Parents/Caregivers
- School District Administration
- Educators
- Parent/Caregiver Education Alignment Team
 - YMCA
 - Larch Counseling
 - Friends of Youth
 - Brooks Powers Group
- Snoqualmie Valley Hospital
- Panorama Apartments
- The Snoqualmie Valley Food Bank
- And more!



Program Components

- Direct behavioral health services
 - Evidence-based Therapeutic Processing Groups for parents/caregivers, educators (preschool, elementary, and secondary), and community members
 - Therapeutic Trauma Informed Care and Mindfulness sessions for community members, educators, childcare, and providers in the Snoqualmie Valley
 - Connected Caregivers Training and Circle of Security workshops for parents and caregivers in the community
 - Expanded clinician capacity through professional trainings
 - New Trauma Informed Strategies for parents based on results of parent/caregiver/community surveys
 - Mental Health Needs in our Community
 - How to Support Your Child/Teen When They Face Fear and Anxiety
 - How to Support Student Engagement When the Honeymoon of Returning to School is Over
 - Afterschool Restraint Collapse



Outcomes?

Practical tools for parents, caregivers, teachers, or anyone who works with children, to see the “whole child” in their care—to help alter the trajectory, steering them away from dysfunctional behavior and emotional distress and helping that child reach his highest potential.

- Outcomes include:
 - Increased caregiver and community knowledge of trauma informed care.
 - Decreased psychiatric symptom levels, behavioral problems, and reduced trauma symptoms in children and youth.
 - Reduced parent, caregiver, and educator stress levels.



In Action



Questions?



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