

# King County Family & Youth Council

March 25, 2020, 5:30 – 7:30 – via COVID 19 Zoom Meeting

**Attendees:** Peggy Dolane (minutes), Ahney King, Abbey Cantrelle, Anastasia Tschida, Anna Doolittle, Areayl Jacobson, Cole Devlin, Courtney Simons, Chelsea Berg, Janice Schultz, Ganita Musa, Karen Kelley, Jenn ? (parent peer), James Cooper Nurse, Jackie Berganio, Simone Relea, LaTonya Rogers, Sarah Boye, Lisa Moore, Candace Hunsucker

**Absent:** Gabe Hamilton, Selina Sweet, Jayden Coleman, Lisa Helsen

## MINUTES

### Welcome

Karen Kelly from WSCC provided a warm welcome to everyone as they joined on our first virtual meeting. Courtney facilitated introductions. Each person was asked to state something they are grateful for in the warm up.

### **COVID 19 Updates:**

James Cooper Nurse reported updates on service availability during the pandemic. Members discussed emergent community needs and how their organization has responded.

### **Behavioral Health Resources for Families during COVID 19:**

The group discussed creating a centralized resource page for families to reference during this period. Peggy will create a summary of those resources and sent it around to the tri-leads to vet before the County posts on-line.

### **WISe Respite Challenge:**

Courtney led the group through a discussion of the state FYSPRT request for more information about respite in our region. We have specifically been asked to answer the highlighted questions below by May 15. The group began outlining respite needs and opportunities, captured below. The council will discuss this issue further at our next meeting.

- Is respite available in your region/system?

A key question the group discussed is what can be included in respite. Families reported that any time away from their child, including detention, has served as respite. This led to an interesting discussion about expanding our definition of respite and supporting families in using these opportunities for self-care. For example: Helping caregivers find child care to be able to attend church.

While DDA provides respite via waivers, there are many families who don't qualify under DDA.

One WISe parent peer described using day planning with clients to help carve out time for themselves.

There is a group in King County Children/Youth with Special Health Care Needs group is currently meeting to discuss this issue.

DCYF provides co-op respite for foster families.

Coordinating youth peer time with parental respite needs. For example, an organization could offer a facilitated “meaningful movie” watch party for youth. This can be a valuable way to evoke conversations about difficult topics. Cole reported that he has had to justify spending time with youth beyond just modeling socialization.

- If respite is available in your region/system, share a couple sentences about:
  - a. What it looks like?
  - b. What need it addresses?
  - c. How is it funded?
  - d. Who seems to have the most critical need?
- In what situations or circumstances would respite be helpful (list top 5-10 for our region)
- What recommendations do the Regional FYSPRTs/state partners have to share with the Statewide FYSPRT around respite services (both traditional and out of the box ideas are welcome).

## **Work plan Assessment**

Karen reported the subgroup had met and has started identifying completed goals and tiering those that remain. They expect to be ready to provide an update on that work at our next meeting.

## **Youth Engagement**

Cole reported he has reached out to Cities Rise to keep that effort moving forward. He's nearly finished with NAMI's Ending the Silence Training so he can both present as a youth with lived experience and a leader/facilitator. He will be working on a youth poster over the coming weeks.

Gabe has been meeting with Youth Move. LaTonya reported the subgroup is working on a youth assessment and things are starting to move forward.

## **Next Meeting**

Our next meeting will be held on April 28<sup>th</sup>, from 5:30-7:30. We expect the meeting will be virtual.