



King County Family & Youth Council/FYSPRT

October 27, 2020 5:30 pm – 7:30 pm

Virtual Meeting

VISION

Together families, youth, systems and communities will address the barriers, and opportunities to improve the resilience and recovery of children and youth with severe emotional or behavioral health challenges.

MISSION

Our mission is to strengthen and sustain community resources that effectively address the individual behavioral health needs of children, youth, and families.

As a Council of leaders of family and youth-led organizations serving families and youth with emotional and behavioral health challenges, we will represent the voices of King County families and youth at State and County policy and program decision making bodies.

October National ADHD Month

<https://adhdawarenessmonth.org/>

Agenda

Welcome & Introductions

Mtg. Facilitator-Cole

Comfort agreement

Community Input and Concerns

Presentations:

Healthy Youth Survey, Prevention Team HCA

Alisha and Taylor

Ahney

Choose 180, Karisa

WISE Collaborative Update

Chelsea

Workgroups

Cole

Membership

Annual Work Plan

Youth Engagement

Update/ announcements

Gabe

Check out or blog on King County's Cultivation Connections Site

<https://dchsblog.com/2020/08/26/summer-updates-from-the-king-county-family-youth-council/#more-1773>

Thank you for attending. Be safe, stay well! Next meeting November 24, 2020 5:30pm

King County's Family and Youth Council Comfort Agreement



Stay on task

No side conversations

Cell phones on silent

Safe learning environment

Be willing to give and receive feedback

Leave your agency hat at the door. Bring your experience expertise and commitment.

Remember we all bring the best intentions to our work

Value everyone's opinion

Ask questions and check out your assumptions and thinking

Listen carefully

Let your voice be heard

Provide space to hear about immediate concerns

Seek common ground and action

Identify areas of continued debate and defer to another day

If dissenting, offer an alternative

Be clear about discussion versus decision-making

Start meetings on time

Observe time frames

King County's Family and Youth Council FYC Regional FYSPRT



Safety Plan

If anyone during the meeting begins to feel uneasy or frustrated:

- First take a break, Leave the room if needed, and use the coping skills that are familiar to you
- Second reach out to support people in the room
- Third, Tri-leads will offer support to anyone who signals distress-emotionally or otherwise.
- Lastly, reach out to those in the room who have background in de-escalation (all Tri-leads, Convener, Mental Health Provider)

FYC Tri-leads will identify exits for members and attends will know how to safely exit the room if needed

FYC members and attendees agree to be present, aware and know who in the room (i.e. Tri-leads, Metal Health Providers individuals trained in de-escalation).

FYC Tri-leads and welcome committee will offer breaks to the group and individuals if conversations get heated or someone is signaling discomfort or distressed,

If Aggressive behavior is present and you have no experience with de-escalation techniques please find an exit and leave the room.

- IF you do have de-escalation experience you may provide support if you feel comfortable with this. If you feel unsafe or prefer to not engage with an aggressive individual please find safe space and/or exit the room.