



## King County Family & Youth Council/FYSPRT

May 25, 2021 5:30– 7:30 pm

### Virtual Meeting

#### VISION

Together families, youth, systems, and communities will address the barriers to and equity for all individuals, including Black, Indigenous, Persons of Color, lesbian, gay, bisexual, transsexual, two-spirited, queer, questioning, intersex, and/or asexual individuals. We support opportunities to improve the resilience and recovery of children, youth, and families with physical, emotional or behavioral health challenges.

#### MISSION

Our mission is to strengthen and sustain community resources that effectively address the individual and their systems. We are allies in the support of equity for all; including Black, Indigenous, Persons of Color, lesbian, gay, bisexual, transsexual, two-spirited, queer, questioning, intersex, and/or asexual communities on multiple levels. We look to support our communities around physical health, behavioral health, social connection, practical aspects and spirituality when applicable. We extend goodwill to all individuals as we work together in a safe and supportive environment to together build a stronger King County.

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.

#### Agenda

#### *Mental health Awareness Month*



*Welcome & Introductions*

*Facilitator Gabe*

*Invite you to share your name and your role in the chat as well*

*Comfort agreement Welcome booklet*

***Community Input and Concerns***

***New Youth Tri-lead introduction LeChez Bowser !!***

***Still looking for system tri-lead as well***

*Mental Health Awareness Acknowledgement*

*From the Family and Youth Voice*

A Common Voice and C.O.P.E. Project Jasmine Martinez [flynigh@gmail.com](mailto:flynigh@gmail.com)

*Update:*

*WSSC updates Karen Kelly*

**Workgroups:**

*Youth Engagement-Cole*

*TAY workgroup*

*Wise Providers in King County Wise Collaborative; LaTonya, Cole-FYC s*

*Create a workgroup; supporting Wise services in king Co. we will be talking about this to the next youth engagement workgroup.*

***Sharing Announcements, Updates***

*Thank you for attending. Be safe, stay well!*

# *King County's Family and Youth Council Comfort Agreement*



**S**tay on task

**N**o side conversations

**C**ell phones on silent

**S**afe learning environment

**B**e willing to give and receive feedback

**L**eave your agency hat at the door. Bring your experience expertise and commitment.

**R**emember we all bring the best intentions to our work

**V**alue everyone's opinion

**A**sk questions and check out your assumptions and thinking

**L**isten carefully

**L**et your voice be heard

**P**rovide space to hear about immediate concerns

**S**eek common ground and action

**I**dentify areas of continued debate and defer to another day

**I**f dissenting, offer an alternative

**B**e clear about discussion versus decision-making

**S**tart meetings on time

**O**bserve 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.

# Mental Health Awareness

## May is Mental Health Awareness Month

One in 5 U.S. adults and 1 in 6 U.S. youth aged 6-17 experience mental illness each year (data from the National Council). Each May, organizations and individuals join a national movement, Mental Health Awareness Month, to fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.

### Mental Health Awareness Month 2021 Resources/Toolkits

[National Alliance on Mental Illness \(NAMI\)](#)

[National Council for Mental Wellbeing](#)

[National Institute of Mental Health](#)

[U.S. Department of Veterans Affairs](#)

### Region 10 Mental/Behavioral Health Resources:

[Washington State DSHS Behavioral Health Administration](#)



## Remembering George Floyd and his legacy

I also want to acknowledge that many in our BHRD community, and in our community at large, face additional threats to their safety, health and wellbeing. Racism is a public health crisis. There are direct and harmful life effects, including on mental health, from unrelenting exposure to inequities, police violence, and all other forms of ongoing racial injustice and systemic racism experienced by Black, Indigenous, and brown communities. We must acknowledge the trauma, anxiety, pain, frustration, and hurt—and support our community in healing and growing. Partners across King County have worked to create a list of culturally-relevant wellbeing resources that I encourage you to look at, whether to find support for yourself or to be able to better support others:

- [Navigating a Pandemic Within a Pandemic: Coping and Care for the Black Communities](#) – Public Health Insider
- [Emotional Well-being Resources for Black Communities](#) – Balanced You
- [Black Mental Health Matters](#) – Zero Youth Detention
- [Mental Health Resources for BIPOC](#) – created with input from the Black-African Affinity Group and OESJ
- [Asian American and Pacific Islanders Mental Health](#) – resource from Mental Health America

I am proud of how you have supported one another throughout this year. I care about all of you. I miss seeing all of you. And I look forward to coming back together as soon as safely possible. Don't hesitate to reach out to me. May is Mental Health Awareness Month – take care.

Kelli

### Transition to adulthood

Learn how we are [driving a collection of leading-edge initiatives](#) dedicated to improved mental wellbeing in youth and young adults across the U.S.

NAMI, we support efforts to:

- **Reduce the stigma** associated with mental health and substance use conditions;
- **Increase access** to behavioral health services for everyone, including Black, Indigenous, and People of Color (BIPOC) who often have less access to behavioral health services, receive poorer quality of services, and have limited BIPOC behavioral health providers to choose from when seeking support. (For a list of national online resources for BIPOC mental health support, take a peek at this list provided by NAMI New Hampshire <https://www.naminh.org/resources-2/bipoc/>);

## WISE Information

We wanted to let you know the most recent Wraparound with Intensive Services (WISE) reports are now available.

You can now find the most recent versions of the following reports online at the [HCA WISE website](#) and linked below



WISE Providers King  
County-Region.docx

- [WISE Data Dashboard](#)
- [WISE Service Intensity Report](#)
- [WISE Service Characteristics](#)
- [WISE screening report](#)

## Current COVID-19 Guidance and Restrictions

King County is in Phase 2 of the state's Healthy Washington - Roadmap to Recovery plan.

**How can I get the COVID-19 vaccine in King County?**

**Update 5-14-21:** Washington Governor Jay Inslee announced King County will remain in Phase 3 of the state's Healthy Washington Roadmap to Recovery plan. Some activities will be allowed with fewer restrictions and increased capacity for groups of fully vaccinated people. Visit the [Governor's Healthy Washington site](#) for the latest details. Washington state will no longer evaluate counties based on these metrics, and the state will fully reopen on June 30, which could happen earlier if 70% or more of Washingtonians over the age of 16 get their first vaccine dose.

[A table with the Puget Sound Region's Roadmap to Recovery metrics, as well as a dashboard with King County-only indicators is available.](#)

Learn what [workplaces](#), [community and faith-based organizations](#), [schools and childcare](#), and [residents](#) in King County need to know, plus important COVID-19 resources for you or your business.



FAQs COVID  
Vaccine.pdf

## Family Youth Community Resources



2021-SIOL Save the date.pdf



Project Avary Flier.pdf



RainierAvenueRadio. world Black History M



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hopelink-is-up-and-r unning-flyer-SPANIS

## Recruitment for Family Engagement Expert Leaders

Perhaps you are or have worked w/children and their families who have used the Early Supports for Infants and Toddlers [ESIT] services. If so, please share this opportunity with those families.



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FEEL\_Flyer- Chinese\_ Traditional.docx



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## Happening Tomorrow!



Washington State  
**Saying It Out Loud Conference**

<https://sayingitoutloud.org/>

### Words from LeChez Bowser FYC Youth Tri-lead

What does mental health awareness mean to me?

It means normalizing something that has gone on too long being a taboo subject of discussion within our society. It means people don't have to face every barrier alone, isolated by undeserved shame. It means allowing people to feel empowered by the way they navigate every aspect of their wellness, not just the physical. It means reducing stigma and leaving judgements at the door to promote healing and understanding in individuals faced with barriers to their

mental health.

It can be hard to separate ourselves, who we are as people at our core, when we are in the midst of struggling to overcome barriers to our mental health. Those barriers mixed with stigma can lead to real shame into who we are, when it really shouldn't.

I have a story I like to share with my youth when they're struggling to cope with challenging mental health days in order to reduce the stigma. I share with them how, when I was 16, I actually had broken my leg pretty bad to the point where it required surgery and months of taking care of myself in order to heal. My leg being broken did not make me a broken leg, but it didn't make the pain it caused me or the healing process any less real.

In the same way, we are not our thoughts when we are experiencing things like anxiety or depression, or whatever your barrier may be. This doesn't make the experience any less valid, and it doesn't take away from the pain it causes us and our own healing process. You are not a bad person for having bad days, and better days are yet to come.

Mental health awareness means having conversations just like this, and knowing it can evolve into something that could honestly save lives, or at least inspire a new way of living it. Thank you. ~ LeChez Bowser :)

A common voice

Jasmine

<https://wapave.org/mental-health-education-and-support-at-school-can-be-critical/>