



Meeting Note

King County Family & Youth Council/FYSPRT

July 27th, 2021 5:30– 7:30 pm

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

Black Mental Health Month

Welcome & Introductions

Facilitator- Jenn

Invite you to share your name and your role in the chat

If this is your first time and would like to share who you are please feel free too.

Evaluation link; <https://www.surveymonkey.com/r/FYSPRT07272021>

Community Input and Concerns

There was discussion about the new HB 1310 and how it would effect youth and our BH community there was an ask that people share with the FYC any experiences positive or negative that could be shared with the BHRD leadership. We will put this topic on our next few agendas for people to share any of their experiences

New tri-leads

LaTonya introduced Introducing new tri-leads; Selina Sweet Family Tri-lead and Candace Hunsucker

Rebranding project update

Cole shared an update on the rebranding efforts including a flyer that he will be sending out invite anyone to submit a new logo to go with the new name. the plan is to finalize the name at the September meeting.

Mahammad; Surviving the Movement

We heard a great presentation and what a video that was created by Mohammad.

WISE update Paul D. HCA

Great presentation Paul shared the King County WISE data Paul explained the information well. There were a few questions related to how well King County is doing due to COVID. This started a discussion on what the WISE agency's the numbers are doing to keep seeing families.

Update:

Workgroups:

Recruiting for Workplan workgroup-LaTonya

An ask for member to join the workgroup

Youth Engagement-Cole

Provided an update on the plan to inviting other youth serving agencies to join the FYC. They discussed having another Youth organization Panel event in the fall.

Sharing Announcements, Updates

Thank you for attending. Be safe, stay well!

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

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 attendees 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, Mental 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.



2021 Announcement
FINAL_ENG_FINAL.pdf



2021 Announcement
FINAL_SP_FINAL.pdf



Kinship Groups Flyer
July2021.pdf

Greetings peer supporters and recovery champions. As part of King County Behavioral Health and Recovery Divisions (BHRD) commitment to recovery and resiliency-oriented behavioral health services, we are now collecting recovery stories from individuals who receive services and/or participate in programs funded by King County. These stories will be used to promote understanding of mental health and/or substance use challenges, reduce stigma, and spread a message of hope for recovery. Stories may be shared anonymously during internal King County activities (e.g. staff meetings), in King County publications (both electronic and print, including social media), and at King County sponsored events. If you or someone in your network would like to submit a recovery story, please complete the attached recovery stories form and return the completed form to me by email, phone, or fax. Please do not hesitate to contact me with any questions you may have.

Best wishes-

Kathleen Murphy, MSW, LSWAA, CPC

Behavioral Health Recovery Specialist, PPM III

she/her/hers



recovery stories
request consumer ver

Four students of color from the **Lake Washington School District** bravely share their stories. They speak about what changes they want to see happen in the school system to address racial injustice and how BIPOC (Black, Indigenous, Person of Color) students can feel true inclusion and belonging. This video is to help parents, students, teachers/staff, district administration and the school board listen, learn and act to make the needed changes in our education system.

[Watch Video](#)

Resources for folks who wish to take action and build a community to work towards the changes the students call for.

Here are links to join and follow:

-FB group Amplify the Voices of Students of Color in LWSD

<https://www.facebook.com/groups/329689531863612/>

-

The Child Tax Credit will provide monthly cash to families



What will recent changes to the Child Tax Credit (CTC) mean for my family?



LARGER PAYMENTS

The CTC now pays up to \$3,600 each year for kids age 5 and under, and up to \$3,000 each for kids ages 6 to 17.



MONTHLY CASH PAYMENTS BEGINNING IN JULY

Half of the credit will be paid monthly (up to \$250-\$300 per kid) from July through December 2021, and the remainder will come when taxes are filed in 2022.



FULL CREDITS FOR HOUSEHOLDS WITH LOW INCOMES OR NO INCOME

There is no minimum income to qualify for the full credit.



KIDS IN 9 IN 10 WA HOUSEHOLDS ARE ELIGIBLE

Households with kids under age 17 and who have lived there six months of the past year qualify. Qualifying kids must have a Social Security Number.



How do I make sure I get it?

- ✓ **If you already filed taxes for 2019 or 2020**, you will receive payments automatically via mail or direct deposit!
- ✓ **If you're not required to file taxes**, fill out the IRS non-filer form ASAP! <https://www.irs.gov/credits-deductions/child-tax-credit-non-filer-sign-up-tool>
- ✓ **If you are required to file taxes but didn't**, file them ASAP! Need help filing taxes? Go to [GetYourRefund.Org](https://www.getyourrefund.org)

Will this affect other benefits?

No! Benefits (such as Supplemental Nutrition Assistance Program, Temporary Assistance for Needy Families, Unemployment Insurance, or Medicaid) will NOT be impacted.

Learn more at [ChildTaxCredit.Gov](https://www.childtaxcredit.gov)

