



King County Community Collaborative- KC3

Voices of Change and Empowerment

September 28, 2021 5:30– 7:30 pm

Virtual Meeting

September National Suicide Prevention Awareness Month

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.

The notes for this meeting are listed under each section in black font.

Agenda

Welcome & Introductions: Facilitator; Candace

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.

Introductions included a check-in icebreaker question: What do you love about the autumn season?

Community Input and Concerns:

A Wraparound/WISe team came to this meeting to receive/pursue additional community support for a youth and mom they're working with. The team provided a background of the needs of the family, and their hopes to find "resources that are not really resources," including the cultural relevancy of resources they've tried. Regarding their experiences, the team was hoping to find safe sources for this family. HB 1310 was mentioned in the way it has impacted access to crisis support for this family, and not wanting youth to be viewed as a criminal in order to receive more interventions.

Questions brought to the meeting and explored were as followed... What are legal resources for parents navigating the system, especially if they cannot afford an attorney? What are the legal obligations of the county and the court system? How do we address retaliation if systems are not happy receiving critics?

The family experienced difficulties receiving preventative measures, not having access due to insurance or being passed around by different systems who felt they could not meet the family's needs.

All present attendees for this meeting brainstormed and explored solutions around ways to advocate for and with the family as they pursue additional resources. Additional resources were shared with the Wraparound/WISE team around affordable legal services the family can explore. Gaps and cracks in the system were acknowledged, and we encouraged creative ways to mitigate needs as we await new resources out on the horizon, including a mobile crisis team in the works to respond to mental health crisis.

Something that impacts this family is experiences with systemic racism, and not feeling that they have a safe space within the system as a whole. This family has multiple children who all engage in their mental health services with their therapists. The siblings are often able to act as protectors of each other. The family holds their own family meetings regarding social issues, following up after crisis, and how to support each other and move forward. The family is very connected, and they work together to strengthen their bond at all times within their capacities. A resource for respite care was shared as well. Possible “small interventions” involving natural supports of the family were explored.

Community resources explored in this section of the meeting are listed below:

Neighborhood Legal clinics: https://www.kcba.org/For-the-Public/Free-Legal-Assistance/Neighborhood-Legal-Clinics?fbclid=IwAR0Llr7Pz47di8-NHPhEbpT4wgbDtiAAIUC_996iT78RNcyIJImP3CpTEPI

State Bar Association

County Bar Association

NW Justice Project

Affordable family law services: <https://www.wafamilylawtech.com/>

Olive Crest and Lifespan for respite

Guided Pathways Support... They have weekly peer support groups - for youth Wednesdays @ 3:30-4:30 pm and for parents Thursdays @ 4:00-5:00 pm.

Also shared in this meeting were opportunities for community support being provided by Odessa Brown at Seattle Children’s Hospital. Their efforts are in supporting parents who are raising children with special needs.

<https://www.seattlechildrens.org/contact/odessa-brown/programs-partnerships/mindfulness-program/>

Check in Bill 1310

Collaborations with the community continue to work through the logistics of this bill and the ways it impacts the community. We discussed how to get involved, share your experiences, ask questions and share concerns, regarding the police no longer responding to calls that are related to mental health crisis. This impacts various providers feeling like they don’t have the necessary back up to address crisis safely should anything go wrong. All feedback, positive and negative, are welcomed and encouraged regarding experiences with HB 1310.

WSSC

Discussed updates around their parent/caregiver weekend and how the event took place virtually this year due to the ongoing COVID-19 pandemic. Everything at the events held by WSSC are funded by WSSC.

WSCC is looking for new board members to support their mission. WSCC has partnered with En Route to create training opportunities for communities (including families). One training they just created is around substance use education and supports. WSCC is hoping to partner with all FYSPRTs across WA state to further promote their training efforts. WSCC did receive additional funds to continue these efforts.

<https://wsccsupport.org/family-navigator-training/>

TR lawsuit update -Sandy T.

On Sept. 7th, 2021, the TW lawsuit that brought about WISE was dismissed with prejudice. Attorneys are no longer in the picture. WISE will continue their work and continue to focus on the issues that impact marginalized demographics, as well as addressing the COVID-19 workforce shortage in order to support more families in accessing needed supports. MCOs are still accountable for bench marks at this time. FYSPRT meetings will proceed with our work and examine how things may change in light of the TR lawsuit being dismissed. We will continue to examine the barriers faced in the community and how to work with system partners to strengthen support provided.

Suicide Prevention Awareness- A family Story; LaTonya

A moment of vulnerability, discussing stigma, cultural differences, and societal impacts regarding suicide prevention awareness. Acting as a voice for vulnerable groups, getting the conversation started, and what to do when you start to notice something feels off. Women, BIPOC, those with mental illness, and LGBTQ+ communities amongst other marginalized groups experience specific struggles and barriers that can lead to suicide. Share resources and share your humanity in being there for those who are struggling. Information and resources will be shared on the KC FYSPRT website to support efforts of suicide prevention awareness.

Update:

KC FYSPRT has settled on a name change... King County Community Collaborative (KC3) Voices for Change and empowerment.

A new logo is in the works to be added to the updated website, as well as an email address where the KC FYSPRT can be contacted.

KC-SPARKS

SPARKS continues to partner with FYSPRT, and we are planning a virtual community event for transitional age youth. Opportunities to build up the youth in our community, empower their voices, and build community.

Workgroups:

Workplan workgroup

Efforts continue in this area, participants should be on the lookout on updates for meeting.

Youth Engagement

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

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 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.
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[Suicide Prevention Awareness Month | NAMI: National ...](https://www.nami.org/Get-Involved/Awareness-Events/...)

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HCA's family initiated treatment pages have been updated

Family initiated treatment (FIT) provides families and behavioral health providers a way to access services when they feel a youth may need behavioral health treatment.

Families and behavioral health providers can learn about FIT on HCA's website. For families, HCA has created a family information page which includes information on FIT goals, consent, and resources. The behavioral health provider page includes information on eligibility, trainings, and notifications.

To learn more

- Read the updated [parent's guide to FIT](#)
- Visit the [FIT family information page](#)

Visit the [FIT page for behavioral health providers](#)

House Bill: 1310, LAW ENFORCEMENT AND CORRECTIONAL OFFICERS—PERMISSIBLE USES OF FORCE



1310-S2.SL.pdf

Sharing Resources and information for Family

PAVE pave+wapave.org@ccsend.com

[Recovery Services: What Families Need to Know as Schools Reopen](#)

[Health Information for Families as Schools Reopen During COVID Pandemic](#)



2021 Announcement
FINAL_ENG_FINAL.pdf



2021 Announcement
FINAL_SP_FINAL.pdf



ReOpp Back to
School Resource Fair.j



Kinship Groups Flyer
July2021.pdf

Paul Brown and Dads MOVE pbrown+dadsmove.org@ccsend.com