



King County Family & Youth Council/FYSPRT

February 22, 5:30– 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.

Agenda

Black History Month

Welcome & Introductions

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

Facilitator

Chelsea

Comfort agreement

Community Input and Concerns

Presentations:

Pave; Jerri Clark

King County Wraparound; Sandy Tomlin and Crisis Connection from Avreal Jacobson

Workgroups:

Youth Engagement

Sharing Announcements, Updates

All

Thank you for attending. Be safe, stay well!

Pan-African Flag



The Pan-African flag was created in 1920 to represent people of the African Diaspora and to symbolize black liberation in the United States. As flags symbolize the union of governance, people, and territory, this flag was created to give Black people in America and the world over a symbol that unifies the Diaspora. This tri-color flag consists of three equal horizontal bands colored **Red, Black, and Green**

Red: the blood that unites all people of Black African ancestry, and shed for liberation;

Black: for the people whose existence as a nation, though not a nation-state, is affirmed by the existence of the flag;

Green: the abundant and vibrant natural wealth of Africa, the Motherland.

Since its existence, a number of African nations have adopted the colors as a symbol of sovereignty and unity. It has also been adopted by several Black organizations that carry on the fight towards justice and liberation for Black people. [credit to: [CSUSM Black Student Union](#)]

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.

WISE Information



Jan 2021 King
FYSPRT Presentation.r



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County-Region.docx

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 2/12: On February 11, Governor Inslee announced King County and the Puget Sound Region will remain in Phase 2 of the state's Healthy Washington - Roadmap to Recovery plan. The region is currently meeting all of the state's four metrics.

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

Phase 2 allows for indoor activities, including dining, fitness, museums and more at 25 percent capacity. As we face [new more contagious COVID-19 variants](#), we must stay as vigilant as ever to keep businesses open and COVID activity trending down. In addition to wearing [well-fitted masks](#) and social distancing, Public Health—Seattle & King County encourages businesses and facilities operating indoors to prioritize [ventilation and air flow](#), plus outdoor, takeout and curbside offerings. For activities and gatherings allowed in Phase 2 that require advanced planning, such as wedding and funeral receptions for example, keep in mind that the state evaluates our region's status every two weeks and can move us back to Phase 1, if we aren't meeting their criteria.

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.

Family Youth Community Resources



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Project Avary
Flier.pdf



SAAF-T Flyer 5-WEEK
SERIES PROGRAM - 2



RainierAvenueRadio.
world Black History M



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

Hey

Everyone, we're hosting our first every train the trainer in King county. If you guys can spread the word to people who may be interested in teaching SPARK classes it would be greatly appreciated, thank you all for your amazing support.



train the trainer
flyer.docx

Maria Nunez, CPC

The Hope Agency

SPARK Contract Manager

(509)591-7422

Mnunez@wayouth.us

Event information:

“As a part of the national Well Beings initiative, KCTS 9 is working with programming partners WA Therapy Fund Foundation and The Root of Our Youth for a virtual event to address youth mental health and well-being. The event will center and support Black youth as they continue to build their power, and the friends, family and community that surround them. We’ll hear from national and local organizations and individuals who are addressing the mental health needs of Black youth every day. We will discuss barriers, reducing stigma and successful strategies for mental health and well-being within the Black community, featuring the testimony of teens and young adults with lived experience.

The content of the virtual event is appropriate for ages 13 and up.”

[Well Beings: Centering the Mental Health of Black Youth Tickets, Thu, Feb 25, 2021 at 7:00 PM | Eventbrite](#)

This is a free event, but registration is required.

WETA OKCTS9
PRESENT
**WELL
BEINGS**
TOUR
SEATTLE, WASHINGTON

CENTERING THE MENTAL HEALTH OF BLACK YOUTH
LIVE VIRTUAL DISCUSSION EVENT WITH Q&A
THURSDAY, FEBRUARY 25, 2021 | 7:00 PM PT
LIVESTREAM ON WELLBEINGS.ORG/KCTS

@WELLBEINGSORG | WELLBEINGS.ORG
#WELLBEINGS | #WELLBEINGSLIVE

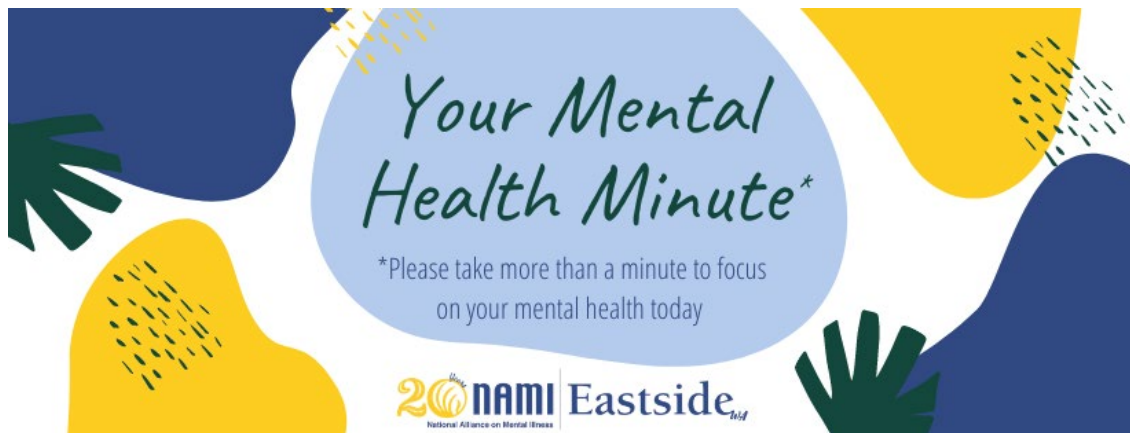


Washington State

Saying It Out Loud Conference

<https://sayingitoutloud.org/>

[View this email in your browser](#)



How do you care for your body?

In the month of love, we are focusing on how to love yourself better and why it is important. This week is National Eating Disorders Awareness Week.

Part of self-love is loving your body, and for some, that is a no-brainer and for others, that is very difficult. Body image, the image in your mind of how you think you look, can differ greatly from how your body actually appears. The way we think about our body has an impact on our health and

Resources for Eating Disorders

- [Warnings signs and symptoms](#) of an eating disorder
- [Screening Tool](#) from the National Eating Disorders Association

relationships. While negative body image is often seen as a symptom of an eating disorder, it is important to note that not every person with an eating disorder has a negative body image and many people who do not have eating disorders have poor body image. A healthy body image includes the ability to separate one's appearance from their value as a person. Here are [10 steps to help improve your body image](#).

This week is National Eating Disorders Awareness Week. Read on to learn more about eating disorders.

to help determine if it is time to seek professional help

- [How to help a loved one](#)
- [Definitions and statistics](#) from the National Institute of Mental Health
- [Find treatment centers](#)
- Call NEDA's [helpline](#) at (800)-931-2237. Open 8AM-6PM PST Mon-Thur. and 8AM-2PM PST on Fridays

Let's Talk About Eating Disorders
The way we talk about eating disorders matters. Here are some facts you can use to help shape the conversation around eating disorders.

-  **"Eating disorders are medical illnesses."**
Genetic and environmental factors can influence eating disorders. An eating disorder is not a trend or a choice.
-  **"Eating disorders are serious and can be fatal."**
Eating disorders often involve serious medical complications that can cause permanent damage or death. People with eating disorders also have an increased risk of dying by suicide.
-  **"Eating disorders can affect anyone."**
Eating disorders do not discriminate. They affect people of all ages, races and ethnicities, and genders.
-  **"You can't tell if someone has an eating disorder by looking at them."**
People with eating disorders can be underweight, normal weight, or overweight.
-  **"Family members can be a patient's best ally in treatment."**
Eating disorders are caused by a combination of genetic, biological, behavioral, psychological, and social factors. Family members do not cause eating disorders and can be great sources of support.
-  **"It is possible to recover from an eating disorder."**
Complete recovery is possible with treatment and time.

 www.nimh.nih.gov/eatingdisorders

Eating Disorders, Anxiety and Mood Disorders in the Black Community

Join a Table Talk from Eating Recovery Center in partnership with Black Mental Wellness and NEDA on **Thursday, Feb. 25 at 11:30 AM PST.**

Esteemed psychologist, Dr. Judi-Lee Webb will review and discuss the impact of specific mental health issues like eating disorders and anxiety in the Black

Stories from individuals with an eating disorder

"Eating disorders can cause weight gain, weight loss or they can have no effect on weight at all. And all these eating disorder diagnoses are valid; one does not have to 'look sick' to be struggling." - [You Can't Always See An Eating Disorder](#)

"When I returned to the States, I was determined to fiercely believe in this beauty, that ED did not control me. I won't lie and say that path has been an easy or pretty one. But two and a half years later, I can say that it has been one worth walking on." - [My Journey to Seeing Myself as Beautiful with an Eating Disorder](#)

"ED is not a person or a name, ED is actually my eating disorder. He is manipulative, abusive, sneaky, and he just wants to see me burn. But I was attached to him because he made me feel comfortable

community, including obstacles to clinical care and racially sensitive treatment options.

[Learn more and register here.](#)

Upcoming Classes & Events

Click to learn more and to register!

[Peer-to-Peer](#)

Mondays & Wednesdays
Feb. 24- March 22
6-8PM

[LEAP](#)

Saturday, March 6
1-4PM

[Extra Innings Film Screening](#)

Sunday, March 7
1-4:30PM

[Family & Friends](#)

Friday, March 12
9:30AM-2PM

[EvergreenHealth Monthly Forum](#)

Understanding the Opiate Crisis: Keeping our Kids and Community Safe with Jerry Blackburn
Tuesday, March 16
7-8:30PM

and he made me feel like I had control." - [Overcoming ED, My Biggest Bully](#)



By yourself or with others, rock out to your favorite song. Dance like nobody's watching!



Join another great virtual ZOOM workshop next **Saturday, 2/27/21, from 10AM to Noon**, "**Urgent Help for Restless and Anxious Students at Home**", with Ms. Selena Jackson. As a person who grew up in foster care, she has a special connection to the value of kinship caregivers.



Consider signing up at this link: <https://www.signupgenius.com/go/9040e4aabaa29a4fc1-urgent>. And please circulate this announcement widely. Kinship caregivers get priority for these workshops but others are also encouraged to attend. Once you are registered, you will receive a link ahead of the workshop. See you then, okay?

FYI, our virtual workshops are typically held on the 1st, 2nd, and 4th Saturdays of the month, as funded by the Veterans Seniors Human Services Levy, King County.

Best wishes,

Linda J. Porter

Kinship Care Program Coordinator

Kinship Alliance of King County

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