***King County Community Collaborative- KC3***

***Voices of Change and Empowerment******May 24,2022* 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.**

         **MAY IS MENTAL HEALTH AWARENESS MONTH**

***Agenda***

***Welcome & Introductions:***

*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.*

***Community Input and Concerns:***

***Presentation:*** *Jackie Berganio- Healthy Youth Survey*

Open discussion Mental Health Awareness: *What is our roll in advocating for MH Awareness*?

***Update:***

*GPS*

*KC-SPARK*

*WSCC*

***Workgroups:***

*Youth Engagement*

***Sharing Announcements, Updates:***

***KC3 engagement Activity Time*** *Family feud ;30 mins*

*Thank you for attending. Be safe, stay well. Next meeting June 28,2022*



***King County Community Collaborative- KC3***

***Voices of Change and Empowerment
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 n 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.

***Sharing Resources and information for Families***

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