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

***Voices of Change and Empowerment******June 27th, 2023***

**Virtual meeting**

***VISION***

*Together families, youth, communities, and systems will support opportunities to improve the resilience and recovery for all individuals who experience behavioral health challenges. Using an equity lens, we strive to acknowledge and address the disparities within all marginalized communities.*

***MISSION***

*Our mission is to create an inclusive space for our community to be heard. In sharing stories of lived experiences, we bring forward the needs, strengths, and opportunities of the current behavioral health system. By taking the challenges and addressing them collectively, we create system change and resolution*.

***Agenda***

***Welcome & Introductions: Melody***

*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:***

*Family Youth Professional Partnership Gathering – Event planning*

*Follow up – KC WISe referrals from CLIP discharges*

***Presentation: Happy Pride Month! – KC3***

***Sharing Announcements, Updates:*** *All are welcome to share*

***Update:***

*GPS*

*WSC*

***Workgroups:***

***Needs Assessment / Workplan – Reworking our goals (prioritizing areas of focus)***

*Youth Engagement*

***KC3 engagement Activity Time*** *– The Price is Right*

*Thank you for attending. Be safe, stay well. Next meeting July 25th, 2023*



***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



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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

KC3 Tri-leads will identify exits for members and attends will know how to safely exit the room if needed

KC3 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).

KC3 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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* <https://www.lamberthouse.org/>

(resources for LGBTQ+ youth and their allies)

* <https://www.thetrevorproject.org/>

(crisis and suicide prevention for LGBTQ+ youth)

* <https://www.pflagseattle.org/>

(resources for Parents and Friends of Lesbians and Gays)

* <https://ingersollgendercenter.org/>

(transgender and gender nonconforming supports)

* <https://www.glsen.org/>

(supports for LGBTQ+ youth and school inclusion)

* <https://www.mccseattle.org/>

(LGBTQ+ affirming church)

This Summer, get your body moving with ADEFUA in Columbia Park on every Sunday in July for FREE African Dance Classes! The park is located ay 4721 Rainier Ave S! Make sure to text 206-679-7331 to request your spot! If you are not able to dance, just bring a chair and a blanket and come enjoy the festivities! This is an amazing time to get out in the community and celebrate African arts & culture!! EVERYONE IS INVITED!

WISe info <https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/wraparound-intensive-services-wise>

CLIP https://www.hca.wa.gov/about-hca/programs-and-initiatives/behavioral-health-and-recovery/childrens-long-term-inpatient-program-clip

list of WISe providers in King Co: <https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/Youth/wraparound>

these are reports re: WISe services fTo see the latest state-wide BHAS report, here is the link. https://fortress.wa.gov/hca/wisebhasreports/QuarterlyWISeReport.htmlTo see (and compare) the King County regional report, this is the link. https://fortress.wa.gov/hca/wisebhasreports/KingCounty.htmlorm HCA (I will show a couple king county slides in a moment)

More info on the Cans assessment if interested: <https://www.hca.wa.gov/assets/program/cans-screen-5-plus-guide.pdf>

the link for Health Care Authority (HCA): https://www.hca.wa.gov/assets/program/rolling-update-wise-referral-list.pdf

mparshall@guidedpathways.org for more info re: Summer Gathering NEXT: Planning Committee Meeting Thursday: 7/6 12:00- 1:15 pm Also: If you know of (or are ) an Organizations can donation money to support this event for families in services event. We try to provide a basic menu (meat/water/ salad / chips) so we are looking for donations or cash!