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

***Voices of Change and Empowerment******September 26th, 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: Pattie***

*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:***

Brainstorming around violence prevention: What does the community want and what can we create? Discussions around trauma informed and healing centered practices for the community. Crises Care!

***Presentation: The Importance of Land Acknowledgements – Discussion***

Watched the attached hyperlink video[***The Importance of Land Acknowledgements***](https://youtu.be/ftF3HK3InX8?si=_ox1mn0BQDM24YY2) to start a conversation around the meaningful creation of a land acknowledgement for KC3 monthly meetings.

Suggestions shared around the creation of a land acknowledgement include: everyone coming to KC3 having input on its creation and then sharing it with Indigenous liaisons to inform best practices, allowing space at the end of the land acknowledgement for people to share their own acknowledgements to the land and history (promoting culturally responsive practices), acknowledging impacts of generational trauma in marginalized people, reviewing Muckleshoot website page on land acknowledgements, and visiting native-land.ca website to learn more about Native cultures and land. Will continue conversations and developments for land acknowledgements in our future KC3 meetings.

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

*September is Suicide Prevention and Awareness Month*

Resources for youth and families shared at the end of this agenda. KC3 had open communications with each other to share awareness and ways to promote prevention.

Check out the new parent groups hosted by Dad’s MOVE!

***Update:***

*GPS:* Chuck E. Cheese Fundraiser Events Oct. 12th (Bellevue) and Oct. 13th (Kent) to raise money for GPS as the peer-ran organization for King County

*WSCC:*

***Workgroups:***

***Needs Assessment / Workplan: Breakout group activity and discussion***

*Youth Engagement* On hiatus as KC3 Youth Tri-Lead creates a plan of action for re-engagement, having meetings at a time that increases youth participation (equitable option to have meeting after school instead of during school hours) and assessing youth needs to be addressed in this space.

***KC3 engagement Activity Time*** *– The Price is Right (second half)*

Time spent playing the KC3 engagement activity increased connection and energy within the space, opening the door for more spirited discussions later in the meeting (game was played after the icebreaker to boost morale after many attendees voiced having a challenging day).

*Thank you for attending. Be safe, stay well. Next meeting October 24th, 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



***King County Community Collaborative KC3***

***Voices of Change and Empowerment***

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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* **Resources for Suicide Attempt Survivors:**[**https://save.org/find-help/attempt-survivor-resources/**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuPe3rNhdeZA8cRJjfiZdo11_sK9-dfvh9G05P_gcP7eThzjqVTFaGarpswObFZNjA2NpIW3MPm6MyKOMh9yZeBrIaKxhu6HHTj6tvaYlTLRYJEKOK9tKutyYvLX55au2l6cbfT0kXdic&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==)
* **Supports for Suicide Attempt Survivors:**[**https://988lifeline.org/help-yourself/**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuC4OhJc16Hyek6bN-GWISFitAuNbQULZF_omEnXxVSKn2FvFooJrgn52hDz2vU5yFDyoeuYlYgTPccnfLhFRlz1PpOb66ptxDpl--JL-QcAi0m6mWhC_8tk=&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==)
* **Stress Management and Technology Management Resources for Teens:**[**https://robbies-hope.com/resources/#for-teens**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuPe3rNhdeZA841IwTW142OUvhE1Xi1DZJuqPxrcbXCf7rrKQtmhakYWZKJLMnPUJ4bqcONmKUP46tRLht3wKCbstbePUEyjxhs3fiJCUnP8r6cIeyd7J2YPs-Yr5NF4lbw==&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==)
* **Stanley-Brown Safety Form:**[**https://suicidesafetyplan.com/forms/**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuPe3rNhdeZA8xIpHuwDyN6eFZiPbryh-IZ7sTlGA4MyaTSQPRV_KRt3KPt7ZVWOrADzq_KVkqfdoxesQSsWEzrqT5pAzPQ4ckeEc5Do6BTzO&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==)
* **SAMHSA’s *A Journey Toward Health and Hope: Your Handbook for Recovery After a Suicide Attempt:***[**https://store.samhsa.gov/sites/default/files/d7/priv/sma15-4419.pdf**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuPe3rNhdeZA89InDdZJEm-TdAgNtsYwOhV3MnU_WBnfcAnPvurPhSAlKCJ6ka6RVFrhxt17QOimXrKSVmCHt0qRWPfEzg1eYU55SSiFWCL7gC4iMiMQ-1XnV-DgwDh-y0O9F9qDXZagCW9RyY48mlWJ_lEiBTLI4SQ==&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==)
* **Suicidology.org *Resources for Suicide Attempt Survivors and Lived Experience of Suicide:***[**https://suicidology.org/resources/suicide-attempt-survivors/**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuPe3rNhdeZA8t88ZdnvkAc67olUeVzZStX7ub3QhMuYAtCT6ADBMFlScJ2j35hgKrR_1GcIgxdKUFKFRiCt6esyU-qDTym_CuWXwVU3ohX6XvyPuNqPeZADHmDvRzvfAmHVZLUQIGhT9Jd4wONWbpVE=&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==)
* **Suicide Attempt Survivors Share Their Stories to Create Hope for Those who may be Considering Suicide:** [**https://www.youtube.com/watch?v=eBqYZ\_flw3Y**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuPe3rNhdeZA8xgGhFtAY-jA5tt-E2HetxdsvaJRbGSSvSrgEkEP35kp-D73IrRlorbRYC2TYhwgYW5X-2FzLHPoRtIo-WNMk-TsMwD-7elX_Ou52vVtKzbN7Orgr0ehVnQ==&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==)
* **988 Suicide and Crisis Lifeline:**call or text 988, or chat at [**https://988lifeline.org/chat**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuCVBpdp2Boo2D_QLZw1cGnhnIIiIr6a4KD8DlJsw3jE-SPUR0iZyeZz1WXv03E8-KFCpQkDTe6SDiZcfhMaAOTRby_8GKi5PcQ==&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==)
* **Línea de Prevención del Suicidio y Crisis:** llama al 988 o envía un texto al 988, o chat via [**https://988lifeline.org/chat**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuCVBpdp2Boo2D_QLZw1cGnhnIIiIr6a4KD8DlJsw3jE-SPUR0iZyeZz1WXv03E8-KFCpQkDTe6SDiZcfhMaAOTRby_8GKi5PcQ==&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==) (en inglés)
* **Deaf and Hard of Hearing:**for TTY users, use your preferred relay service or dial 711 then 988
* **Crisis Text Line:** Text HOME to 741741
* **The Trevor Project**(LGBTQ youth): call [1-866-488-7386](tel:1-866-488-7386), text START to 678678, or visit TrevorChat ([**https://www.thetrevorproject.org/webchat**](https://r20.rs6.net/tn.jsp?f=001Jiby1icb7Gegof0EWP9EI9dfrZT7YQ_NfncWCZwadIxtJHuXxHbCuCVBpdp2Boo2k2ULR-Otzott717gxFj7Ftch_AojV2DUasL3TkYzWhPR2hTwwZUiYV-UCenVuMQyTt6wzsHr-IE7PmCHPt7yf3sqHWQnlQH0gn9jmWcOmKI=&c=ZMNmdvyml8js62DUwlFYInBr_cLQQoa0V19eJvKNW_MuHgqmMGCgDw==&ch=PUzGn8w3bFIoeVuJKQYNgwuNyNXU6AvcK1TYyVM9KvJsuUyTX4Qdxw==))