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

***Voices of Change and Empowerment******January 24th,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: 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.*

***Community Input and Concerns:*** *none*

***Presentation: Kimberly Walker-Harrison and/or Nancy Vu;*** ***Positive Family Connections Family Network***

* Anyone in King County is welcome to join—looking for parents with children 5-18
* Stipend provided!
* Seeking 5 community members
* Every other month meeting for 2 hours
* A year commitment with about 6 meetings a year

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

***Update:***

*GPS*

* Working on understanding the community (Train the Trainer)
* Peer work coaching coming
* LeChez joined the team for her practicum
* Youth to youth Dover Metal

*WSCC*

* Reviewed updated Website/calendar under "what we do"
* 1. WSCC all the upcoming events,
* 2. Community needs, help families, this is the area all events can be added for community members to join. Submit individual events, flyers, agenda
* 3. King County FYSPRT KC3 meetings
* May 1st 2023 (in Pasco) Children’s Health Summit, can be sponsored to attend-more info coming. Theme, "One size does not fit all”

*DADSMOVE*

* Employment opportunities, 1 ft possition in king Co., 1 pt possition in Pierce Co.

*A Common Voice*

* A common voice offering Parents training Parents, Training Feb. 23rd 2023 10-3 Thursday

***Workgroups:***

***Needs Assessment / Workplan***

* Patty Marshal, Guided Pathways, Needs assessment update
* Read and spoke about the assessment
* She is still working on getting all the new data completed
* Most people that took the survey were between 31-50
* Open conversation continued withe all at the table

***KC3 engagement Activity Time****; Game night-Karen and Jackie were the winners!*

*Thank you for attending. Be safe, stay well. Next meeting February 28th,2023*

*Survey Link:* [https://forms.office.com/g/4H69hcSVjy](https://urldefense.com/v3/__https:/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fforms.office.com*2Fg*2F4H69hcSVjy&data=05*7C01*7CLatonya.Rogers*40kingcounty.gov*7C2e01f141119f42b1b4ba08dafe48ced3*7Cbae5059a76f049d7999672dfe95d69c7*7C0*7C0*7C638101885899613215*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C3000*7C*7C*7C&sdata=5cLwd4fXh7OOH6GkKFjCo5CY6VfPf9*2Bp8YvtwGUtb38*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJQ!!OXiHlRo!j5gtgn0woYq88otBWgtCWz8DEsP9GVRpDtOUdPa9GHehvFyTf_NK59U6wYHsPYFcaUiNZB7LcBh4dVacsifrGd0DhaWyjm28selOoA$)



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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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