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

***Voices of Change and Empowerment******May 23rd, 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: LeChez***

*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:***

*Tri-Lead Retreat Planning – What should our Tri-Leads be focusing on for KC3?*

***Presentation: Needs Assessment Data Review – KC3***

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

*NAMI Walk – At Marina Park, June 3rd, 8am-11am – Interest in T-shirts*

 *Resources for youth and camps under resource sharing*

***Update:***

*GPS*

*WSCC*

***Workgroups:***

***Needs Assessment / Workplan***

***KC3 engagement Activity Time*** *–*

*Thank you for attending. Be safe, stay well. Next meeting June 27th, 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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 ***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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Camp Erin: Camp Erin®-King County is a free, weekend, overnight camp for youth who are grieving the death of a significant person in their lives. Children and teens ages 6 to 17 (or 18 if still in school) attend a weekend camp experience that combines grief education and emotional support with fun, traditional camp activities.  Camp will be held in Ravensdale, Washington from June 2nd – June 4th. If you have any questions regarding camp please reach out to Alex Tarasar – Camp Erin Clinical Coordinator, 206-473-8934

<https://forms.office.com/Pages/ResponsePage.aspx?id=hpAxLiaao0aGX2Fb7Vdnhiu9PwEhm_tNpsgyC7HNDfxURDUwRlZTSEZIUjUwWTlYNUw0Ujc5RkFVUyQlQCN0PWcu>

Registration for the Rites of Passage Experience is now open! This experience is for girls between the ages of 11-19 and will be hosted July 1 & 2 at Camp Long. This is a wonderful opportunity for young people who want to learn life skills, do community service, be partnered with a mentor, and much much more! All participants will receive a $50.00 gift card! To Register, join us at Sankofa Theatre on May 13 from 6:00-8:00 pm, or call us at 206-722- 6602.

<https://www.seattleymca.org/social-impact-center/youth-young-adults/violence-prevention-intervention>

<https://youngwomenempowered.org/our-programs/?mc_cid=2244d7a69f&mc_eid=f7b133c87f>

https://www.parentmap.com/calendar?utm\_source=newsletter&utm\_medium=email&utm\_content=MORE%20FUN%20THIS%20WEEK%20%E2%96%BA&utm\_campaign=parentmap-latest-east-05-15-2023