

KCFYC E-News

SPRING 2020

THE KING COUNTY'S FAMILY AND YOUTH COUNCIL
REGIONAL FYSPRT



Hello KCFYC members and friends we are pleased to announce our continue monthly meeting Virtual

The 4th Tuesday of the month 5:30-7:30 please click on the link to register

Join Zoom Meeting

[HTTPS://ZOOM.US/J/869374192?pwd=AXHvcS9JNWtOcTVNK1GxDJlIMFBuZz09](https://zoom.us/j/869374192?pwd=AXHvcS9JNWtOcTVNK1GxDJlIMFBuZz09)

MEETING ID: 869 374 192

PASSWORD: 641174

DIAL BY YOUR LOCATION

+1 253 215 8782 US

+1 301 715 8592 US

MEETING ID: 869 374 192

PASSWORD: 641174

FIND YOUR LOCAL NUMBER: [HTTPS://ZOOM.US/U/ADYOKCFTDM](https://zoom.us/j/869374192?pwd=AXHvcS9JNWtOcTVNK1GxDJlIMFBuZz09)



COVID 19- During these changing times we know parents is can be difficult a struggling to this “new norm” while trying to support our families some with more difficulties and worries then other. You are not alone. The FYC can provide a safe space for you and your family to connect with other families youth and system partner to help with navigate and support’s and resource. A place to share your voice to help our child serving system provide service that meet your child’s and your family’s needs during the COVID epidemic, and the future. In this E-news you will find information and resources that we hope will be helpful during these trying times.

May is Mental Health Month



This May is Mental Health Month, and **Mental Health America** is highlighting **#Tools2Thrive** - what individuals can do daily to prioritize their mental health, build resiliency in the face of trauma and obstacles, support those who are struggling and work towards a path of recovery.

"In recognition of Mental Health Month, the **Behavioral Health and Recovery Division** is sponsoring the King County Peer Network's virtual gathering, which will feature [Mental Health America's Tools2Thrive](#).

These are practical tools that community members can use to improve their mental health and increase resiliency. In light of COVID-19 and social distancing practices, evaluating one's mental health, and identifying practical tools for improving mental health has become more critical than ever.

The King County Peer Network's key message is: "Recognizing your feelings, finding the routines that lift you—removing toxic influences and connecting with others can all help you on your path to recovery as you develop your mental health #tools2thrive."

- **Kathleen Murphy**, Behavioral Health Recovery Specialist



Join Us #EveryDayInMay

#EveryDayInMay will continue this year! Each day during the month of May we will post content on our Facebook page you can share to help spread awareness in your state and community. Posts will include infographics, awareness activities, messages of hope and more. We encourage you to repost these on your social media channels using the CMHAW hashtags: **#ChildrensMentalHealthMatters**, **#CMHAW2020**, **#PerfectVisionIn20/20**.

Follow Our Page

Wise and Wraparound in King County

Wise and Wraparound service continue to be provided throughout King County. There are now 11 agencies providing Wise service and 5 agencies providing MIDD funded Wraparound: To find out who to contact for service please see list in link below.

<https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/Youth/wraparound.aspx> .



Highlight from KCFYC

Great news! One of our fabulous Youth peer Tri-leads, Gabriel Hamilton was nominated and selected to become the new FYSPRT Statewide Youth Tri-leads Congratulations is on order!

The FYC has receive a great opportunity from YouthMove National Technical Center to work with us on a Youth Engagement Survey Y-YOC which we hope to assist the FYC in finding ways to lean the voice and engage in the work of the FYC. The survey link will be going out in May so keep a look out for it to come to your email or phone.

Your Voice is Needed



Continuum of Care for High Risk Youth, Wed, May 27, 3:30- 4:30

Providers, families and individuals with experience navigating or involved with Developmental Disabilities Administration (DDA), Department of Children Youth and Families (DCYF) and Health Care Authority (HCA) are invited to join a feedback webinar focused on accessing the system of care in our state.

<https://register.gotowebinar.com/register/8051731753226934285>

Input Needed: DCYF Strategic Plan

DCYF is seeking input on their new 5 year strategic plan. The framework intends to marry funding to service needs, strengthen services available to families, and disrupt racial inequity and disproportionality in DCYF systems (including CPS, Juvenile Justice, Developmental Disabilities and Foster Care). You can read the strategic plan at this link

[\[https://www.dcyf.wa.gov/sites/default/files/pubs/COMM_0058.pdf\]](https://www.dcyf.wa.gov/sites/default/files/pubs/COMM_0058.pdf) and provide survey input here [\[https://www.surveymonkey.com/r/SQKBGLP\]](https://www.surveymonkey.com/r/SQKBGLP).

Children & Youth Behavioral Health Work Group: meeting notice

The next meeting of the state's CYBHWG will meet on Friday, June 4 from 9-noon. This year the work of the FYSPRTs will be connected to the state workgroup via a Youth and Young Adult Continuum of Care (YYACC) subgroup.

Contact [\[cmhbwg@hca.wa.gov\]](mailto:cmhbwg@hca.wa.gov) to be added to the calendar distribution list.

Community announcement for youth-led prevention work

King County "You Can" Good Stuff Box Contest - Youth 12-17 - Enter to Win!

Details

You Can is a campaign focused on YOU... YOUR goals and YOUR dreams. What makes YOU happy and healthy. It's about taking care of YOURSELF, and not letting anything get in the way of YOUR dreams. <https://www.youcanwa.org/>

The YOU CAN contest puts "good stuff" in your hands just for sharing with us what you are focused on and what helps YOU be at your best! We will even mail your box to you. (Quantities limited, first come first served).

Box contents: Panda Planner, pen, lipbalm, sunglasses, art supply, snack and Teen Link resource booklet

Eligibility:

This contest is for King County, Washington youth between 12-17 years old. Limited quantities, first come first served.

Positive and complete submissions only.

Youth (age 12-17) Enter Here to Win: <https://www.surveymonkey.com/r/HXHND3F>



Help is here!

We all feel the stress at this time and YOU CAN get through this! Here are some resources and ideas for caring for you and your families during shelter in place.

Family Supports

King County COVID 19 website <https://www.kingcounty.gov/depts/health/covid-19.aspx>

Washington's Mental Health Referral Service for Children and Teens 833-303-5437

PAVE Events during COVID-19 wapave.org

Guided Pathways-Support for Youth & Families <http://www.guidedpathways.org>

DadsMOVE www.dadsmove.org

NCTSN https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf

Document with a list of self-care ideas

Youth Support

Teenlink | 1-866-833-6546 | <https://www.teenlink.org>

YouthLine Chat Text 'teen2teen' to 839863 Call 1(877)968-8491 www.oregonyouthline.org

Children's Crisis Outreach Response | 206-461-3222

Crisis Connections | 206-461-3222

National Suicide Prevention Lifeline | 1-800-273-8255

Disaster Distress Helpline | 1-800-985-5990

TrevorSpace- LGBTQ support | 1-866-488-7386 | www.trevorspace.org

Free things to do at home during COVID

Free fitness videos www.ymca360.org	Staying Active https://aha-nflplay60.discoveryeducation.com
Virtual Experiences https://www.boeingfutureu.com/	Science fun https://www.pacificsciencecenter.org/events-programs/curiosity-at-home
Lunch Doodles https://www.kennedy-center.org/education/mo-willems	Seahawks Mindfulness Challenge https://www.seahawks.com/wegotthis/seahawks-challenge

King County COVID 19 resources

[COMMUNITY AND SCHOOL RESOURCES IN KC revised 4-23-2020](#)

[King County Behavioral Health COVID 19 Resources for Families and Children](#)

Other resource helpful resources

<https://childrengrieve.org/about-us/news/208-covid-19>

Webinars and booklet for supporting children during times of loss and change. See below for booklet:

<https://indd.adobe.com/view/924b5436-fca0-4a15-901a-9233134766e4>

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Boiler Plate:

The [King County Family and Youth Council](#) (FYSPRT) meets on the 4th Tuesday of the month, from 5:30-7:30. Please see our website of location information. Dinner provided. All are welcome. Become a change agent in your community and help us identify and address barriers and opportunities to improve the resilience and recovery of children and youth with severe emotional or behavioral health challenges.

Helpful #s: Trouble accessing a King County resource? Client Services 206-263-8997

Washington's Mental Health Referral Service for Children and Teens 833-303-5437 | FYSPRT Questions: 206-263-8934.