



**Department of Community and Human Services
Behavioral Health and Recovery Division**

401 Fifth Avenue, Suite 400
Seattle, WA 98104

Phone: 206-263-9100

206-296-0583 (Reception)

206-205-1634 (Clinical Services)

King County Behavioral Health Advisory Board (BHAB)

June 4, 2026- 12:00 pm – 4:00 pm

Board Members: *David Sullivan, Jasmeet Singh, Kevin Host, Kristina Sawyckyj, Lyscha Marcynyszyn, Mustafa Mohammed, Sabina Perry, Sarah McCauley*

Board Members not present: *Stacey Devenney, Dae Degrade*

Guests: *Kathleen Murphy, Sharon Turner, Rebecca Mendelsohn, Trevor Stuart, Mariann Colonna*

BHAB Board Meeting

The King County Behavioral Health Advisory Board meeting, including board members, staff, and the public, was called to order at 12:00 pm.

Welcome & Introductions

Jasmeet Singh welcomed everyone and reviewed the agenda.

- Community members and guests introduced themselves.
- Public Comment Sign-up: None.

Business of the Board

Approval of the Minutes for May 7, 2026

The board approved the May 7, 2026, meeting minutes.

Prepared By: Rebecca Mendelsohn

Approved: 7/2/2026

Attested by: Kathleen Murphy, Board Liaison

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Co-Chair Announcements

Jasmeet informed members they will be voting on the Federal Block Grant spending plan in July and a quorum is needed. Board agreed to keep July meeting date as Thursday, July 2nd.

Public Comment

No Public Comment.

Ice Breaker: Story Behind the Work (Kathleen Murphy)

Kathleen introduced the ice breaker activity for the BHAB 2026 Retreat. Members got into pairs and spent time engaging in a relationship-building activity. Key themes and values/strengths that were mentioned include:

Themes:

- Urgent need to increase access to services/resources
- Desire to make pieces of the system work together better
- The powerful influence of personal recovery journeys and lived experience
- Commitment to family and community
- Shared commitment to using time, energy, experience to supporting the BHAB
- Commitment to quality treatment
- Wanting to build more community for people with lived experience
- Turning challenging experiences into opportunities
- Desire to action plan around how BHAB's voice can more clearly influence policy/decision making

Board Strengths and Values:

- Empathy, dedication, and resilience
- Accountability
- Transparency
- Accessibility

Prepared By: Rebecca Mendelsohn

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- Individuality
- Collaboration
- Generosity

Membership and Recruitment (Kathleen Murphy and Kevin Host)

Kathleen and Kevin shared an overview of BHAB's legal authorities and requirements for membership. Kathleen also shared BHAB's current membership composition, highlighting representation the Board still needs. There are 8 open positions, and representation is still needed from Districts 3, 6, and 7, as well as from the East Crisis Response Zone. There is also an open position for tribal representation.

Kathleen shared existing recruitment resources including the BHRD webpage and recruitment flyer.

The Board also discussed member recruitment strategies. Ideas included:

- Tabling at relevant community events (NAMI walk, Alzheimer's walk, etc.)
- Engage behavioral health tribal leadership at upcoming BHRD quarterly meeting and tribal community events
- Engage BIPOC led nonprofits

The Board also discussed onboarding and what else could be helpful for new Board members. Newer members suggested getting the welcome packet sooner after completing interview process would be helpful. Members who suggested it could be helpful to share a visual of how community members may move through the crisis system, including names of organizations that make up the system.

2026 Goals and Priorities (Jasmeet Singh)

Jasmeet shared emerging priorities that came from Board brainstorming at the 12/4/25 meeting, as well as the three main goals identified. Jasmeet also shared the measures of success the Board developed for each goal.

Goal 1: Become a high functioning board.

- Some members would like to do the new onboarding process (interest in building out orientation to include 101 Board specific info and 102 to include behavioral health system information)
- Interest in developing a Board member mentorship process
- Open discussion around creating committees/workgroups

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Goal 2: Improving community engagement

- Leverage County social media presence to spread awareness
- Explore possibility of BHAB dedicated social media

Goal 3: Increase Knowledge of Behavioral Health System

- Would be helpful to build knowledge around the crisis system at a higher level
- Consider incorporating system information into Board orientation

Group Discussion “Improving Community Engagement” (Sharon Turner)

Sharon led the group in a discussion around “what is one small activity or event BHAB could focus on for 2026/2027?”

- Consider listening sessions to hear from the public around a particular topic
 - Important to create intentional opportunities for community input
 - Informal but semi-structured to hear what is important to others and better understand how people are experiencing the behavioral health system
 - Engage County staff to participate so the right people with information are in the room
- Individual Board member work: engage social circles to help educate others on the crisis system and understand others’ perspectives

Jasmeet Singh requested a motion to adjourn the meeting. The motion was approved and the meeting was adjourned at 3:53 pm.