

KC3 Family Fun Night

July 23, 2024

KC3 Monthly Meeting



Timeline	Agenda items
5:30pm	Welcome! Attendees Sign-in
5:30-6:15pm	BBQ ~ Enjoy food throughout this event!
6:15-6:30pm	Community Input & Concerns + Announcements
6:30-7:20pm	Family Fun and Games!
7:20pm	Raffle for Door Prizes!
7:30pm	Wrapping up event, thank you for joining!



Meeting Notes



King County Family, Youth, & System Partner Round Table (FYSPRT)

King County Community Collaborative- KC3

Voices of Change and Empowerment

July 23, 2024

Date: _____

Time: 5:30pm-7:30 pm

Attendance

Mtg ID	Description	Start	End	Duration	# Members
		5:30pm	7:30pm		17
Name (Original Name)		User Email		Total Duration (Minutes)	
Pattie Marshall		Pmarshall@guidedpathways.org			
LeChez Bowser		Lbowser@guidedpathways.org			
Aviva Palencia		Asgpalencia18@gmail.com			
Beau Helper		Beauh3lper@gmail.com			
Connie Gonzales		Cgonzales@guidedpathways.org			
Candace Hunsucker (+1 kid)		Candace.hunsucker@chpw.org			
Adriana Mora (+2 kids)		Adrianamora253@gmail.com			
Michael Ittner		Melodyhittner@gmail.com			
Sharon Ittner		Sharonittner@gmail.com			
Sawyer Henslee		SawyerHenslee@iclad			
Breylin Kalavli		Kbreykin@yahoo.com			
Noir Goldberg		Ngoldberg@guidedpathways.org			
Melissa Butler		MissyButler@live.com			
Cole Devlin		ColeMichaelDevlin@gmail.com			

Meeting Support:

Facilitator: LeChez Bowser

Note Taker: LeChez Bowser

Activity: Pattie Marshall

1. Welcome, Land Acknowledgement, and Comfort Agreement Review

This meeting was an in-person event at Tukwila Park, acting as a Family Fun Night and BBQ for the community. Regularly attending KC3 members were encouraged to invite any youth and families they know or work with.

2. Introductions: Invite you to share your name and what brings you to KC3/FYSPRT

Attending community members used our sign-in sheet, where they also received a raffle ticket to be entered for a chance to win door prizes.

3. Community Sharing Announcements, Updates, and or Resource: All are welcome to share

The contract for KC3 will be moving to public bid after July 2024.

GPS will no longer be the convenors for KC3 moving forward.

Resources for GPS were shared at this event, including ways people can stay involved and volunteer.

4. Community Input and Concerns: Open space to add items to agenda

The community has been asking questions about what KC3 will look like moving forward, and we will keep the community updated as information is shared with us. It is assumed that next month's meeting will take place on Zoom as it traditionally has been.

5. Presentations: -0-

6. KC3 Goals: Workplan

Recruitment/Workgroups/Subcommittees
2024 Planning
Encouraging participation and extended invitations to increase community efforts.

7. KC3 engagement Activity Fun Time!

This event was focused on family fun, building/strengthening connections with community, and encouraging new enrollment. This meeting saw some of the highest attendance numbers we have seen in a while, with many new faces that we hope to see at KC3 meetings moving forward!

The event featured a BBQ, offering a variety of foods to be enjoyed from hotdogs to snow cones, along with pizza and veggies (to name a few options). Games were featured throughout the park for people to play, like hopscotch, hula hoop, basketball, and cornhole.

The event ended with a raffle for prizes, giving a total of 5 prizes to community members based on a random drawing from raffle tickets attendees received for signing in.

Swag was also offered at this event, so everyone had the option to leave with something!

Next Meeting: August 27, 2024

King County Community Collaborative- KC3
Voices of Change and Empowerment
August 27th, 2024



KC3 Reset Visioning Conversation

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: LaTonya-Setting the stage.

Sara-Welcome everyone

Jackie-Update

LaTonya Jackie- draft Survey

Open the conversation & feedback

LaTonya- Next steps?

Next Meeting September 24th,2024



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

Lease 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

King County Community Collaborative- KC3
Voices of Change and Empowerment
August 27th, 2024



Meeting Minutes

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Welcome & Introductions: LaTonya-Setting the stage.

The meeting commenced with LaTonya Rogers setting the agenda to cover updates, a needs assessment survey, and future meeting planning sharing the comfort agreement and vision and mission statement.

Jackie-Update.

Jackie provided some context to where and what King Co. BHRD plans for KC3.

LaTonya Jackie- draft Survey.

The Survey was share and open for feedback and any edits. Everyone agreed it was ready to be set out.

Tri-leads agreed to share the survey with there distribution list to insure it was sent to those who may not be on the current KC3 distribution list. Tri-leads brought up a

need to work on updating the list. It was suggested to put this as a task on the next tri-lead meeting agenda.

Open the conversation & feedback

- Karen talked about Serving on Groups workshop. There was discussion to have Karen provide a workshop for KC3. Tri-leads will discuss more the details at their monthly meeting and bring it back members.*
- There was discussion about the King County leg forum and if KC3 should participate. This would be brought back to the next meeting in Sept to see if any volunteers would be interested.*

LaTonya- Next steps?

Next step for KC3 to bring the finding from Survey back to the September meeting.

Next Meeting September 24th, 2024



King County Community Collaborative- KC3

Voices of Change and Empowerment

Comfort Agreement

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King County Community Collaborative KC3
Voices of Change and Empowerment
Regional FYSPRT

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Sharing Resources and information for Families

King County Family, Youth, & System Partner Round Table (FYSPRT)

King County Community Collaborative- KC3

Meeting Agenda

Date: Sept 24, 2024

Time: 5:30pm-7:30 pm

Location: Virtual on Zoom

2024 Zoom Registration Link

<https://wscsupport-org.zoom.us/j/86593952491?pwd=6SFBENxAlFiZ7iXHaRa1wsCbYDHce8.1>

Meeting Support:

Facilitator: Jenn

Note Taker: Candace

Activity: Kim

Voices of Change and Empowerment



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1. Welcome, Land Acknowledgement, and Comfort Agreement Review

2. Introductions: Invite you to share your name and what brings you to KC3/FYSPRT

- If this is your first time, we would love to get to know you, please feel encouraged to share- you can use chat or voice- we are glad you are here! A

3. Community Sharing Announcements, Updates, and or Resource:

- All are welcome to share

4. Community Input and Concerns: Open space to add items to agenda

- This is a safe space to share your experiences with the System of Care, ask questions, and have your voice heard!

5. KC3 Survey presentation

- **KC3 future**
- **Next meeting Oct 28,2024**

Thank you for attending. Be safe, stay well.

KC3 Meeting Comfort Agreements

Stay on task

Listen carefully

No side conversations

Let your voice be heard

Cell phones on silent

Provide space to hear about immediate concerns

Safe learning environment

Seek common ground and action

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Identify areas of continued debate and defer to another day

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Ask questions and check out your assumptions and thinking

Observe time frames

Meeting summary for King County Community Collaborative (KC3) FYSPRT (09/24/2024)

Quick recap

The meeting covered various topics including community input, mental health services for youth and families, and organizational restructuring. Participants discussed upcoming events, training opportunities, and the need for improved access to psychiatric services for Spanish-speaking families. The team also addressed administrative matters such as survey distribution, website updates, and scheduling future meetings.

Next steps

- All attendees to complete and share the KC3 survey with colleagues and community members.
- Kim Runge to create a new Gmail account for KC3 communications with a "Contact Us" feature.
- Claudia, Miranda, and Lillian to prepare a short presentation about Kin services for the next meeting.
- LaTonya to send out the bridging to harm harmony flyer to all attendees.
- Sarah to email Candace regarding community contacts for immigration status expertise.
- LaTonya to coordinate with HCA about their attendance at the October KC3 meeting.
- Trial leads to discuss and decide on topics for HCA to address at the October meeting.
- LaTonya to send an email to reschedule the October 14th tri-lead meeting due to Indigenous Peoples' Day.
- Kim Runge to send meeting minutes to all tri-leads and LaTonya.
- LaTonya to follow up with Cole regarding access to the KC3 Facebook page.
- All attendees to consider joining the suicide awareness walk team on October 13th.
- KC3 to prepare information for a table at the King County Behavioral Health Legislative Forum on December 4th.
- Kim Runge and Candace to review and share survey results at the next KC3 meeting.

Summary

Reality TV Success and Commute Relief Discussion

LaTonya mentioned Phaedra Parks' success on reality TV shows and acknowledged Larry's comment about her. Kim B shared her relief at not having to commute anymore due to traffic. Melody had difficulty recalling details from the parent caregiver weekend but referred to Peggy Delane's summary. The meeting faced technical issues with the closed captioning feature, leading to an abrupt end.

Community Meeting: Sharing Experiences and Fall Activities

In the community meeting led by LaTonya and Melody, participants were welcomed and encouraged to share their backgrounds and roles. A comfort agreement was discussed to ensure a safe and productive learning environment. Melody acknowledged the land on which the meeting took place, honoring the original inhabitants and their sacrifices. Participants shared their favorite fall activities, including enjoying sweaters, popcorn, Halloween, pumpkin patches, and trick-or-treating. The conversation ended with an emphasis on community and the importance of sharing experiences.

Discussing Meeting Agenda and Survey Results

LaTonya and Melody discussed the upcoming meeting's agenda, emphasizing accommodating diverse learning styles. Kim Runge shared a survey about Wise implementation. Melody mentioned a survey on crisis services. Megan announced a Child Welfare Reform Bill's House passage and discussed challenges with DCYF and DDA services for dual-enrolled individuals. Kim B brought up plans for behavioral health system listening sessions.

Addressing Mental Health Access and Trauma

Melody discussed the challenges faced by Spanish-speaking families in accessing intensive psychiatric services, residential and inpatient beds, and crisis response. Candace and LaTonya agreed that these issues have persisted for years but noted some progress with new initiatives such as mobile crisis teams and the expansion of services like partial hospitalization. They also emphasized the importance of involving the Department of Children, Youth and Families and reforming CPS involvement to reduce trauma and stigma. Karen clarified the role of Wscc, a statewide family-led nonprofit, and introduced a contract with Rainbow Makers to conduct 10 serving on groups trainings across the state. The training, based on a national curriculum, focuses on group decision-making, conflict management, and sharing personal experiences to drive change.

Training, Peer Support, and Program Accessibility

The meeting was a helpful tool for someone who missed it. Karen and Melody expressed excitement about connecting and training. Annette Jones from Jones Community Solutions discussed training and peer support. LaTonya suggested revisiting topics for more input and announced her new peer support role, introducing "Bridging to Harm Harmony" for young men's mentoring. She highlighted the need for

support programs, especially in South King County. Megan and Karen clarified the area's definition. LaTonya shared concerns about program accessibility and resources from the National Council of Mental Wellbeing. Melody introduced "Thriving Together" but details were limited.

Developing Kids Mental Health Program in King County

Sara announced the development of 'Kids Mental Health, King County', providing care coordination and multidisciplinary teams for youth and families experiencing behavioral health crises. The program is recruiting teams and partnering with Seattle Children's Hospital and developing a website resource hub. Kim B discussed a successful wraparound approach used in Pierce County. The team discussed including Medicaid recipients, the role of multidisciplinary meetings, focusing initially on youth in hospitals before expanding, and the need for housing support for homeless families. They also mentioned collaborating with other counties.

Community Group Reorganization and Survey Discussion

LaTonya and Kim Runge discussed the reorganization of Kc. 3, a community group, and the need for community input. They developed a survey to gather specific information and encouraged participation. LaTonya emphasized the importance of learning from past experiences and involving more families in their meetings. Claudia clarified the merger of their organization with Children's Home Society and the need to incorporate feedback from all members. LaTonya proposed a presentation about services at the next meeting and Kim B offered to share a link for more information in Washington State. Upcoming events, including the Federation of Families Conference and the Nami Conference, were also discussed. LaTonya expressed gratitude for the team's efforts and support during her absence.

Impressive Youth Achievements and Upcoming Events

The team discussed the impressive achievements of a 15-year-old girl, who is a youth trial lead and a published author, and her potential future accomplishments, including possibly becoming a Senator or President. The girl was also noted for her advocacy work, particularly in her school. The team also mentioned a free virtual race equity and social justice conference hosted by the University of Washington and Harbor View Medical Center. LaTonya shared information about an upcoming King County legislative day and a suicide awareness walk in Seattle. The team plans to share the results of a survey at their next meeting on October 22nd and considers inviting representatives from HCA.

Upcoming Visit, Training Day, and System Updates

LaTonya confirmed an upcoming visit on October 20th and proposed discussing potential topics at the tri-lead meeting on the 14th. The team agreed to schedule a training day around a holiday by sending participants an email to choose a date. Kim was tasked with sending meeting minutes. LaTonya faced account access issues

which the team aimed to resolve. The team discussed creating a new email system and Dropbox, and adding a contact us feature to their website.

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