

Mental Health & Wellbeing Charter

Updated October 23, 2017

MISSION/STATEMENT OF PURPOSE

The Mental Health & Wellbeing collaborative supports prevention and intervention for all Eastside children and youth by connecting resources and services in a manner culturally responsive to all forms of diversity, for the purpose of ensuring school and lifetime success.

GUIDING PRINCIPLES

The collaborative's work is intentionally based on these principles:

- Emphasis on cultural responsiveness and culturally relevant care.
- Basis in trauma-informed care.
- Recognition that achieving good mental health and wellbeing may require addressing multiple facets of the whole child.
- Involvement of families and other support systems for children/youth.
- Inclusion of children/youth voices that are representative of the diversity in the community.
- Understanding of vulnerability as something that affects a wide range of groups including but not limited to the following: the LGBTQ community, children, and youth with disabilities, children, and youth from all economic situations, refugees, and homeless youth.
- Recognition, as well, that vulnerability can be composed of a complex and intersecting set of factors that can shift over time and which may not necessarily be identified through traditional means.
- Acknowledgement that mental health might sometimes be best supported by providing treatment to individuals and families, and at other times by addressing environmental factors that create significant, negative impacts on groups within the community.

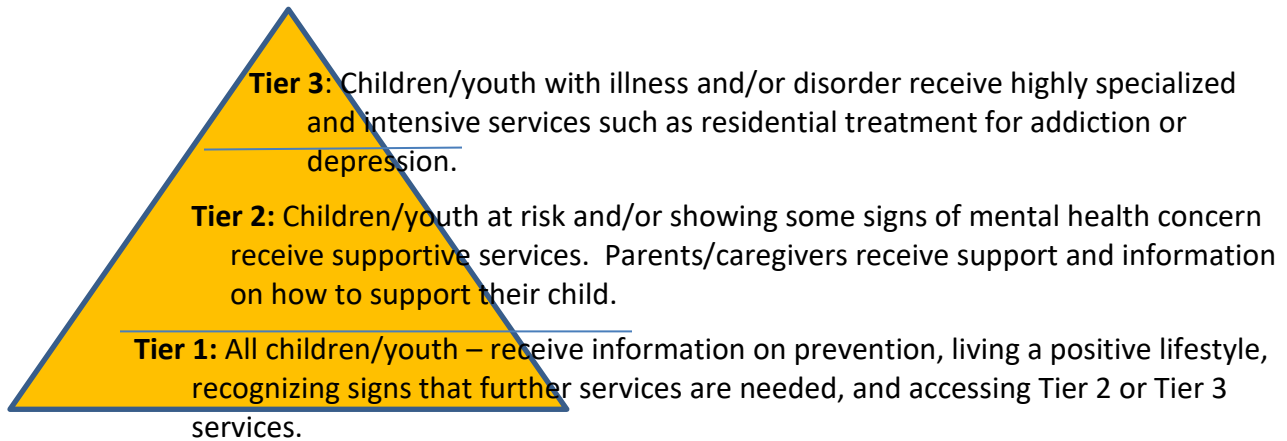
COLLABORATIVE GOALS

- Create a positive, supportive, and inclusive environment that surrounds all Eastside children/youth at home, at school, online, and throughout the community. Build this environment through strategies such as providing education, promoting acceptance, using a strengths-based perspective, and working to eliminate stigma.
- Take actions which are responsive to unique children/youth needs in our community including developing affinity groups, creating avenues for community building, and facilitating entrance steps into mental health care.

We envision a community where every child is happy, healthy, and successful.

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- Facilitate partner organizations working together to create a well-coordinated and responsive system to address all mental health concerns (including but not limited to substance abuse, self-harm, anxiety, and depression) and to provide compassionate care and treatment for children/youth using a tiered approach: **Develop a community-wide system of tiered prevention/intervention/treatment:**



WORK IN PROGRESS

The Mental Health & Wellbeing Collaborative is currently in the diagnosis phase after selecting the following two scoping questions:

1. How can schools and communities better support the mental health and wellbeing of every student?
2. How can we improve access to, and awareness of, resources and support available to children, their caregivers/families, and providers?

As part of the diagnosis phase, we are gathering data on how students seek information about mental health and mental health services through a survey administered in Bellevue School District high school health classes. We will also be gathering parallel information about parents/caregivers, as well as engaging in system mapping. The mobilization phase is planned for this summer to prepare for a campaign during the 2017-2018 school year.

DATA

- Survey of Bellevue School District high school health classes regarding stigma and how students seek information about mental health and mental health services.
- Healthy Youth Survey
- Additional relevant data points to be determined utilizing existing resources and gap analysis as we refine our focus.

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COLLABORATIVE AGREEMENTS

- Be present; attendance
- Stay informed and engaged when we cannot be here
- Share your voice; it's so critical
- Ask questions
- Commit to goals
- Stay engaged through ambiguity
- Be open and committed to systems change and doing things differently
- Voices represent the community
- Everyone has their own story (sharing and listening)
- Connect the dots; find commonalities
- Expect non-closure

ROLES AND RESPONSIBILITIES

Partner Leads: Meet monthly with the facilitator to plan agenda. Be content experts in the work. Lead discussions at meetings.

- David Downing, Youth Eastside Services, davidd@YouthEastsideServices.org
- Megan Kennedy, University of Washington and Eastside Pathways Board, – mkenedy37@gmail.com
- Holly Pankratz, Westminster Chapel, hollyp@westminster.org

Facilitator: Participates in leading meetings, plans agenda with Partner Leads, takes notes (or assigns to another collaborative member), sends out meeting notices and agendas, tracks attendance.

- Erika Flesher, eflesher@swissnet.us

Members: Consistently participate in workgroup meetings through bringing ideas and community perspectives. Take on action items to support campaigns.

[Names and contact information given on the last page]

DECISION MAKING

Decisions will be made by consensus using options (or types of “votes”) at the point of decision-making:

- **Support** the proposal – Agree this is the right thing to do and willing to implement/participate in next steps.

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- **Accept** the proposal – Unsure or disagree this is the right thing to do, but will not stand in the way of adoption, and willing to implement/participate in next steps.
- **Disagree** with the proposal – Disagree this is the right thing to do and unable or unwilling to implement/participate in next steps.
- **Refuse** the proposal – Such a high level of disagreement that adoption of the proposal puts the ongoing participation in the Collaborative and/or Eastside Pathways Partnership at risk.

MEETING SCHEDULE

The collaborative is divided into two groups:

- The Strategy Team is a closed group that meets alternating months, usually on the third Tuesday, 11 a.m. – 12:30 p.m.
- The General Collaborative meets alternating months on the first Tuesday, 8:30-10am.

Location: Youth Eastside Services

MEMBERS

Name	Organization	Email
Megan Kennedy – <i>Lead Partner</i>	UW, Eastside Pathways	mkennedy37@gmail.com
Holly Pankratz – <i>Lead Partner</i>	Westminster Chapel	hollyp@westminster.org
David Downing – <i>Lead Partner</i>	Youth Eastside Services	davidd@YouthEastsideServices.org
Erika Flesher – <i>Facilitator</i>	Highland parent	eflesher@swissnet.us
Strategy Team		
Jess Garcia	Bellevue PTSA Council	jessjean@hotmail.com
Judy Buckmaster	Bellevue School District	BuckmasJ@bsd405.org
Alex O’Reilly	City of Bellevue	aOReilly@bellevuewa.gov
Sherryl Grey	International Community Health Services	sherrylg@ichs.com
Matthew Gillingham	Lake Washington School District	mgillingham@lwsd.org
Victoria Wada	Seattle Children’s Hospital	victoria.wada@seattlechildrens.org
Sarah Butcher	SEL for Washington	psbutcher@comcast.net

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General Team		
Melissa King	Athletes for Kids	melissaking@athletesforkids.org
Marnie Maraldo	Eastside Human Services Forum	marnie@eastsideforum.org
Cathy Habib	Eastside Pathways	cathy.l.habib@gmail.com
Kelly Jones	Eastside Pathways	kelly@eastsidepathways.org
Stephanie Cherrington	Eastside Pathways	stephanie@eastsidepathways.org
Jennifer Karls	SEL for Washington	jenniferwkarls@gmail.com
Theresa Winther	Sound Mental Health	TheresaW@smh.org

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