



Mental Health & Wellbeing Charter

March 20, 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.
- 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:**

Tier 3: Children/youth with illness and/or disorder receive highly specialized and intensive services such as residential treatment for addiction or depression.

Tier 2: Children/youth at risk and/or showing some signs of mental health concern receive supportive services. Parents/caregivers receive support and information on how to support their child.

Tier 1: All children/youth – receive information on prevention, living a positive lifestyle, recognizing signs that further services are needed, and accessing Tier 2 or Tier 3 services.

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.

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

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.*
- Members' names and contact information is on the **last page of the charter**

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.
- **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 MH&W Collaborative is divided into two groups. The Strategy Team is a closed group that meets every other month, usually on the third Tuesday, 11-12:30pm. The General Collaborative meets alternating months on the first Tuesday, 8:30-10am. The usual meeting place is Youth Eastside Services.

Members:

Name	Organization	Email address
David Downing (Lead)	Youth Eastside Services	davidd@YouthEastsideServices.org
Megan Kennedy (Lead)	UW, Eastside Pathways	mkennedy37@gmail.com
Holly Pankratz (Lead)	Westminster Chapel	hollyp@westminster.org
Erika Flesher (Facilitator)	Highland parent	eflesher@swissnet.us
Judy Buckmaster (Strategy Team)	Bellevue School District	BuckmasJ@bsd405.org
Sarah Butcher (Strategy Team)	SEL for Washington	psbutcher@comcast.net
Jess Garcia (Strategy Team)	Bellevue PTSA Council	jessjean@hotmail.com
Matthew Gillingham (Strategy Team)	Lake Washington School District	mgillingham@lwsd.org
Sherryl Grey (Strategy Team)	International Community Health Services	sherrylg@ichs.com
Alex O'Reilly (Strategy Team)	City of Bellevue	aOReilly@bellevuewa.gov
Victoria Wada (Strategy Team)	Seattle Children's Hospital	victoria.wada@seattlechildrens.org
Cathy Habib	Eastside Pathways	cathy.l.habib@gmail.com
Stephanie Cherrington	Eastside Pathways	stephanie@eastsidepathways.org
Kelly Jones	Eastside Pathways	kelly@eastsidepathways.org
Jennifer Karls	SEL for Washington	jenniferwkarls@gmail.com
Melissa King	Athletes for Kids	melissaking@athletesforkids.org
Marnie Maraldo	Eastside Human Services Forum	marnie@eastsideforum.org
Theresa Winther	Sound Mental Health	TheresaW@smh.org