

SUMMER CONNECTIONS

Maximizing Scholar Learning and Engagement

Thursday, February 6 | 6-7:30 pm



FEDERAL WAY
PUBLIC SCHOOLS



"Empowering Our Community Through Mental Health Awareness"



Presented by: Jennifer & Vianey
Behavior Health Rural Case
Managers



Who We Are....

Consejo is a recognized treatment center that offers comprehensive health care. Since 1978, we have been serving children, youth, adults and seniors in the King, Pierce, Whatcom, and Thurston/Mason counties.

All services offered are free for people who have Medicaid (Apple Health) or people who do not have any health insurance.

We provide services that are bilingual and multicultural.



OUR SERVICES



**Mental Health
Services**



**Resource & Referral
Guidance**



**Substance Use
Services**



**Health and
Wellness Services**



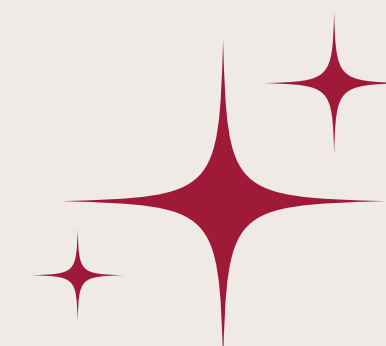
**Sexual Assault
Services**



**Domestic Violence
Services**



**Youth Violence
Prevention Services**



Consejo Locations

- Renton - Main Office
- South Park
- Lake City
- Bellevue
- Tacoma
- Graham
- Shelton
- Mount Vernon
- Belfair



Mental Health Services

Services are available in-person & over Zoom

Individual Therapy	Group Therapy	Family Therapy	Case Management
Care Team Coordination	Less Restrictive Alternatives (LRAs) for court orders	Psychiatry Evaluations & Medication Prescriptions	Behavioral Health Screenings

Consejo on Wheels

- Our Mobile Rural Clinic & Outreach Program, launched in August 2023
- We break down barriers like transportation, stigma, and language by offering bilingual, culturally sensitive care.
- Our innovative Decentralized Care Model breaks down barriers and brings care directly to you, wherever you feel most comfortable—be it at home, in schools, spiritual settings, or community centers.
- Our Services are Guided by the National Culturally & Linguistically Appropriate Services Standards (CLAS)
- Our services are accessible to all, regardless of age, gender, race, ethnicity, or immigration status.
- Locations: Vashon, Enumclaw, Maple Valley, Carnation, and more!



Health and Wellness

- Consejo's Health and Wellness services provide comprehensive adult care that promotes physical, mental, and emotional well-being.
- Preventive care, chronic disease & holistic management, specialized care and support services, behavioral health.
- The program is only for clients enrolled in a Consejo programs in King County





THRIVE TOGETHER YOUTH PROGRAM

- Behavioral health services for youth have historically decreased during the summer months due to lack of engagement, transportation issues, and access to services.
- Given the significant need for behavioral health services amongst youth in our community, the Thrive Together Youth program is a program to ensure access to care remains available for youth during the Summer
- The Thrive Together program keeps the youth engaged in behavioral health services through the right activities, strategies, and programs.
- The primary objective of the Thrive Together Program is for our King County Behavioral staff to provide psychotherapy/psychoeducation groups for our youth, which can address many youth issues such as social isolation, substance use, anxiety/depressive symptoms, trauma-related factors, and many more.



➤ What is therapy? ◀

- It is usually a regular meeting with a mental health professional, who will help examine the elements of one's life that are not working and the goals one has to change oneself and one's circumstances.
- The change learned through therapy can change thoughts, behaviors, reactions, and more.
- Sessions are usually 1 hour long.
- What is discussed within therapy is confidential.
- One can be in therapy for a few months or many years. It is all dependent on the individual's needs and goals.



Who needs therapy?

- Anyone can enjoy the benefits of therapy, whether they want to set life goals or build healthy relationships.
- You don't need a debilitating crisis to get support. If people are proactive about their health, they can prevent their concerns from becoming a bigger problem.



Anxiety



- Excessive worry for most days in a 6 month period or more.
- Worry in many situations not a specific situation (work, home life, etc.,).
- Difficulty controlling worry.
- Difficulty with concentrating.
- Excessive tiredness
- Irritability
- Physical reactions such as sweating, tremors, feeling weak, GI problems, breathing difficulties, & increased heart rate.
- Panic attacks
- Other types of anxiety include specific phobias, social anxiety, and panic attack disorder.



Depression



- In a sad mood or/and having a decreased interest or pleasure in all or almost all activities that you once enjoyed doing.
- Weight gain or loss as well as an increased/decreased appetite.
- Problems with sleeping; either too much or too little.
- Reduction or slowness in movement.
- Fatigue or loss of energy
- Feelings of being worthless or guilty
- Diminished ability to think or concentrate.
- Recurrent thoughts of death.

These symptoms affect everyday life as well as affect areas of work, school, family, and social life. These are symptoms that are lasting longer than two weeks and are present for almost all of those days or everyday .

HOW SEEKING BEHAVIORAL HEALTH TREATMENT CAN HELP...

- Manage your thoughts, your behavior, and anything related to what's causing your anxiety or depression
- Help identify and change any negative thoughts
- Slowly face your fears
- Coping strategies and tools to decrease the symptoms
- Healthier coping mechanisms
- Create a safe space to be able to talk/express your feelings



→ RESOURCES for Support ←



National Suicide Prevention Line: 1-800-273-TALK
(8255)

Crisis Connection: 866-427-4747

Teen Link

WA Telephone Crisis Clinic for Teens: 866-833-6546

Trevor Project for Youth (13-24): 1-866-488-7386

Consejo Counseling Referral & Services: 206-461-4880

Thank you!

Consejo Counseling Referral &
Services: 206-461-4880



Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey:

Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!

پست-نظرسنجی : رویداد به ما کمک می کند بهبود
یابیم!



Scan the QR code or, Visit:
www.fwps.org/FamilyAcademySurvey

Please make your way to your next breakout session

6:55-7:30 pm

WORKSHOPS

Pathways to Success:
Navigating the 2-Year and
Technical Application

Room B210

Access the School Counselor

Room B211



RESOURCE FAIR

Speak with representatives
from participating
organizations about summer
resources, childcare, and
more.

Commons