



Justice for Girls
COALITION OF WASHINGTON STATE

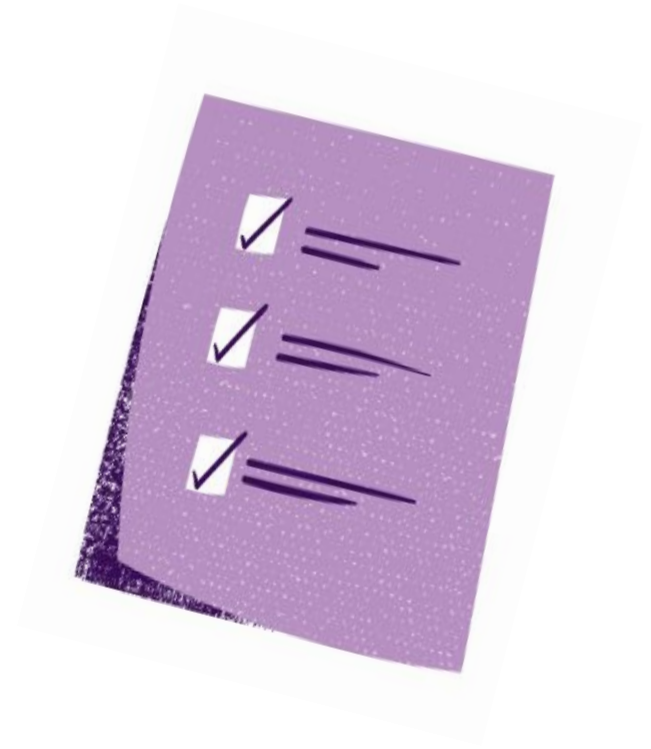
Youth-Centered Strategies for Hope, Healing, and Health

Presented by Tristan Eddy, Program Director - teddy@jfgcoalition.org
and Sara Khan, H3C Youth Leader

www.jfgcoalition.org

Overview

- ◆ Grounding
- ◆ JFG Background
- ◆ H3C Program Overview
- ◆ H3C Report
- ◆ How to Stay Engaged



Tristan Eddy (she/her) is interested in how systems and policies affect the healthy development of girls*, especially at the intersections of race, gender identity and socioeconomic status. As Program Director, Tristan advances the Coalition's mission by developing programs that give girls and gender-expansive youth in Washington state a platform to voice their experiences and influence policies that impact their lives.

Tristan holds a B.A. in Comparative Sociology from the University of Puget Sound and an M.A. in International Studies from the University of San Francisco. Outside of work, she is a cardio kickboxing instructor, avid hiker and dog enthusiast.



Tristan Eddy
Program Director
Justice for Girls Coalition

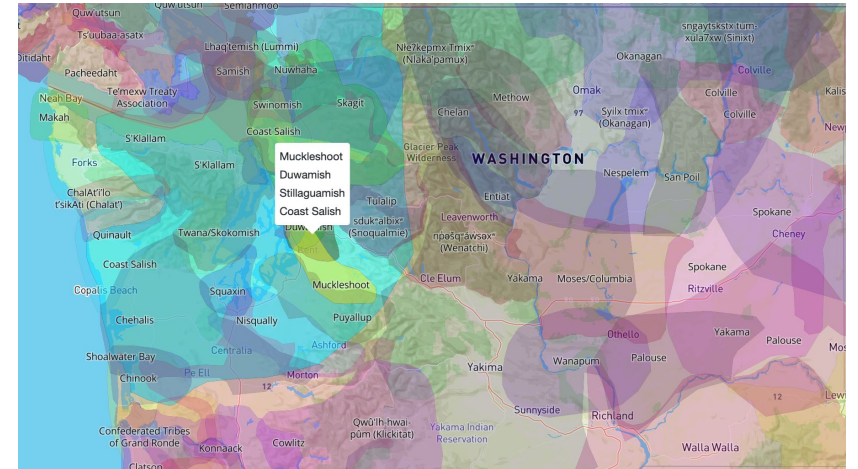
Sara Khan (she/her) pronounced sār-uh, is a student at West Valley High School in Yakima, WA. Sara is a part of Synergy club, Teen Empowerment Network, and Ecology club at her school. These activities have helped her stay involved with current day events within her own community and understand the importance of various kinds of conversations. Her passion in advocating for mental health, human rights, environmental issues, etc continue to influence her daily life and choices. To give an idea, she received the STEM Rising Star award this summer in recognition for her work in trying to bridge the gender gap in STEM fields. She understands the importance of teaching & learning, listening, and spreading awareness in our day and age. Sara is striving to continue to do her part in advocating for what she believes in!



Sara Khan
GAIN Member and Youth
Leader for the H3 Collective

Land Acknowledgment

We want to acknowledge with gratitude that we are on the traditional land of the Duwamish and Yakama Tribes. Washington's colonial history, the theft of land and suppression of cultural ways, are the fundamental causes of disparities in wealth and health witnessed in the Indigenous communities here and across the U.S. today.



<https://native-land.ca>

<https://realrentduwamish.org>

<https://nativegov.org/beyond-land-acknowledgment-a-guide>

Definition of 'girl'

**“Girl” refers to gender expansive youth (cis girls, trans girls, non-binary youth, gender non-conforming youth, gender queer youth, and any girl-identified youth)*

Norms

- ❖ Listen and Be Present
- ❖ Ask Questions Along the Way!
 - ▶ But there will also be an opportunity for questions at the end
- ❖ Literacy Check/ “*Lit Check*”
 - ▶ Language Accessibility



Mental Health Check-in

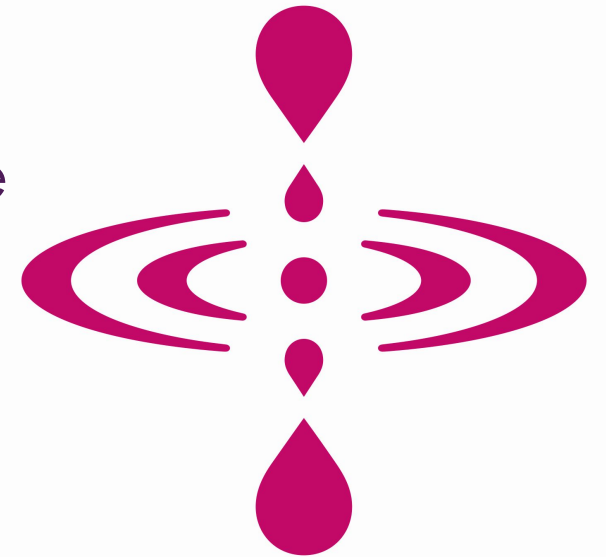
❖ How is your mental health today on a scale of 1-5?

(1 being poor and 5 being great)



Grounding Exercise - Focused Breath

- ❖ Take a minute to pause and check in with yourself
- ❖ Adjust to a comfortable position
- ❖ Breathe deeply and bring awareness to what you're feeling, sensing, thinking
- ❖ Focus first on your breath
- ❖ Expand your awareness outward to your surroundings



**To consider: How did this exercise go for you? Was it helpful?
What are you feeling and thinking? Did your number change?**

JFG Introduction & Background

Who Are We?

- ❖ JFG is a non-profit organization with members across WA

What Do We Do?

- ❖ JFG seeks to improve the status of girls* in WA state, address the underlying conditions that perpetuate the adversity they face, and pave pathways for a better future
- ❖ We engage in advocacy and training to promote practices, programs, and legislative policies tailored for girls facing adversity

Why Girls?

- ❖ Visible gender and gender identity affect girls' treatment in systems
- ❖ We need to address the racialized, gender-biased pathways pushing girls out of school and into court involvement



Girl-centered race equity practices are approaches that build on a girl's **inherent** power and meet her needs by addressing the context of female adolescent development, implicit bias and trauma.

Girl-centered race equity practices promote shared power and combat victimization, helplessness and internalized oppression.

GAIN

The Girls Advocacy & Impact Network (GAIN) equips girls with the tools they need in order to amplify their collective voices and effectively influence the policies that directly impact them. Through girl-centered discussions informed by WA state data, we address the root causes of poverty, violence, racism, and sexism and engage girls as drivers of change in the systems that affect their lives. In this process, **girls learn to actualize their inherent power, realize their self-worth, and confidently pursue opportunities that influence their development.***

**“Girls” refers to gender expansive youth (cis girls, trans girls, non-binary youth, gender non-conforming youth, gender queer youth, and any girl-identified youth).*

Setting the Stage



Youth Listening Sessions, October 2021

Our 15 youth leaders hosted and co-facilitated a listening session with 40 of their peers. Each youth leader invited their peers to come discuss questions that the youth leaders had developed to better understand the following aspects of their mental health:

- ❖ Access to Services
- ❖ Experiences Getting Support
- ❖ Barriers, Fears and Stigma
- ❖ Role of Schools
- ❖ Youth-Defined Non-Clinical Supports
- ❖ Impacts of Family/Culture and Race



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Building Process



H3C: Policy Planning (Access, Barriers, Family/Culture, Defining MH) ☆ ↻ ☁

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	A	B	C	D	E
A1	What do we want (Goals)?				
1	What do we want (Goals)?	Who can give it to us (Audience/Power holders)?	What do they need to hear (messages)?	Who do they need to hear it from (messengers)?	How can we get them to hear it (Delivery)?
2	-mental health services that are culturally competent are available	-representative (state, US, district, school, hospitals,)	- what's in it for them, how will make them look good, financial welfare, facts/data/statistics (upstream prevention saves money long-term!)	-BIPOC youth	-media
3	-mental health policy culturally responsive	- community based organizations	- explaining the mission behind our work and relating it to there's, honest dialogue, allowing the to hear from the youth they serve	-community organizations that support BIPOC youth	-taking it to the streets (protest)
4	-allowing youth to access culturally competent services without full permission of parents while regarding confidentiality	- community leaders (religious, ethnic, racial groups)	-dialogue with youth in said community about what they want and how their communities can best support them	-experts (doctors, researchers, activists, scientists, mathematicians)	-legislative meetings
5	- allowing families and communities to learn about the culturally competent mental health resources in their area	- companies	-how they will profit, how it can help their company image, facts/data/statistics, how it can positively impact their workforce	-BIPOC adults who support cause and can speak to mental health matters from their youth (lived experience)	-campaigns (letter writing, petitions, etc.)
6	- having family options to access mental health services especially in communities that face stigma around it				-testifying
7	- having financially accessible, affordable, and even free options for families and youth to access				-going out into our own communities
8					
9					
10					

☰ 1.ACCESS ▾ 2.BARRIERS ▾ 3.FAMILY, CULTURE, RACE ▾ 4.DEFINING MENTAL HEALTH & SERVICES ▾

H3C Homework: Policy Tactics and Outcomes Planning

With assistance from your adult mentor, for each issue area listed below please select ONE tactic and ONE outcome you want to prioritize.

 justiceforgirls.wa@gmail.com (not shared) [Switch account](#) 

* Required

Your Name *

Your answer

Which advocacy TACTIC do you want to prioritize for ACCESS? *

Choose ▾

Which OUTCOME do you want to prioritize for ACCESS? *

Overview of Policy Recommendations

Access to Quality Care

Barrier -Lack of diversity among mental health professionals

Policy Solution-
Increase the number of therapists, counselors and other supportive adults that reflect the race, culture and community experiences of youth

Barrier - High cost of quality services

Policy Solution-
Increase youth access to and knowledge of mental health insurance and benefits

Barrier- Limited uptake of virtual services

Policy Solution-
Ensure youth can access confidential care without parent consent or notification

Policy Solution-
Lower the cost of mental health services for youth and their families

Policy Solution-
Ensure youth have in-person and telehealth options to meet their needs and preferences for mental health services



Overview of Policy Recommendations

Scope of Available Mental Health Services

Barrier – Culture as a healing intervention

Barrier – Over-reliance on clinical mental health modalities

Expand what public and private youth-serving systems consider within the scope of mental health services to include promotion of racial and ethnic affinity practices, rituals and civic engagement for youth from historically marginalized communities

Build the capacity of youth peer leaders to provide culturally responsive and gender-affirming peer support, mental health education and wellness promotion



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Overview of Policy Recommendations

Family, Race, & Culture

Barrier – Stigma and lack of community and family awareness

Barrier– Unmet mental health needs of family and household members

Barrier – Warranted mistrust of the mental health system

Policy Solution–
Create policies that ensure BIPOC youth and their families receive care and treatment, rather than surveillance and discipline, in response to their distress

Create and maintain “safe spaces” for all youth, particularly for girls, transgender youth and youth with immigration status concerns.

Policy Solution –
Reduce the impact of family/cultural stigma by investing in family engagement and community education on the mental health needs of young people

Policy Solution –
Ensure whole families and households receive adequate and culturally-responsive mental health care



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Overview of Policy Recommendations

School-Based Services

Barrier – Lack of sufficient school resources, staff and programs

Policy Solution – Increase staff capacity (administrative, programmatic, clinical and non-clinical) on school sites to meet the growing need of students, especially in those communities with poor healthcare access

Youth Engagement

Barrier – Youth are not engaged in co-creating the programs, interventions and community conditions that support their well-being

Policy Solution – Engage school-aged youth, especially those from marginalized communities, in community/school needs assessments, program development, implementation, and policymaking around mental health and well-being

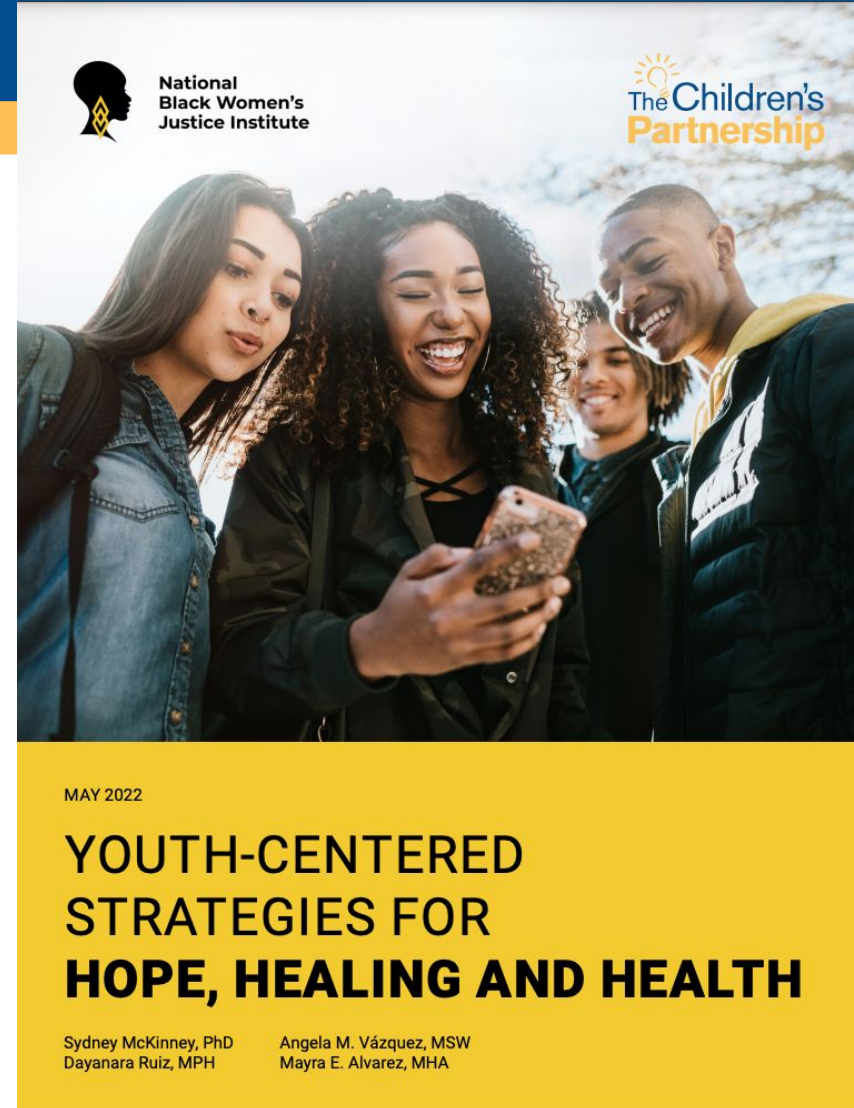


Report

<https://tinyurl.com/h3creport>



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Action Steps

1. Advocacy Capacity-Building

Invest resources in training, coaching or mentoring of youth in marginalized communities to increase the ability of community-based organizations or groups to lead, adapt, manage and implement youth mental health advocacy.

2. Community Organizing

Build and strengthen relationships between adult and youth leaders in communities to create youth-led advocacy plans to address their mental health needs.

3. Increase Knowledge

Co-create with youth leaders community feedback opportunities and public education campaigns to increase your and your community leaders' knowledge of the mental health needs and possible solutions of marginalized youth in your communities.

4. Influencer Education

Share your youth-developed community knowledge with people who are influential in the policy arena about the unique mental health needs for BIPOC, girls, and LGBTQ+ youth in your community an issue or position, and about its broad or impassioned support.

5. Change Attitudes and Beliefs

Co-create with youth leaders culturally-responsive public education campaigns using youth and community knowledge to communicate the need for and benefits of proposed policies or programs in your community. It is important to highlight the impact that policies and issues have on youth and communities.

6. Increased Political Will and Support

Identify political leaders and policymakers who support youth-led policy mental health solutions, share your community-based knowledge and ensure youth leaders serve as key thought partners on mental health policy and program development and implementation.

Health and Mental Health Resources

Suicide Prevention - youmatter.suicidepreventionlifeline.org and suicideisdifferent.org for those supporting someone with thoughts of suicide

Youth Mental Health Education and Advocacy:

- [Evokate](#)
- [Inseperable.US](#)

Meditation

- [Headspace app](#): Residents of Los Angeles County can sign up to access Headspace Plus at no cost until Dec.31, 2020
- [Calm app](#): Premium access for some Kaiser Permanente members

Health and Mental Health Resources

Black Community

- [Loveland Foundation](#)
- [Therapy for Black Girls](#)
- [Inclusive Therapists](#)
- [Open Path Psychotherapy Collective](#)
- [Therapy for Black Men](#)
- [California Black Women's Health Project](#)

LatinX Community

- [Therapy for Latinx](#)
- [LatinX Therapy](#)
- [Inclusive Therapists](#)
- [Open Path Psychotherapy Collective](#)

Health and Mental Health Resources

Asian American and Pacific Islander (AA/PI) Community

- [National Asian American Pacific Islander Mental Health Association](#)
- [The Asian Mental Health Project](#)
- [South Asian Mental Health Initiative & Network](#)
- [South Asian Therapist](#)
- [Inclusive Therapists](#)
- [Open Path Psychotherapy Collective](#)

LGBTQ Community

- [National Queer and Trans Therapists of Color Network](#)
- [Open Path Psychotherapy Collective](#)
- [IMI.Guide](#)
- [LGBTQ Center Orange County](#)
- [Trans-Affirming Therapists Academy](#)
- [Trans Lifeline](#)

American Indian/Alaska Native Community

- [The National American Indian and Alaska Native MHTTC](#)
- [WeRNative](#)

Resources for Victims of Violence and Substance Abuse

She Safe, We Safe - byp100.org

Transformative movement campaign to put an end to the different forms of gender violence that Black women, girls, femmes and gender non-conforming people face everyday.

LGBTQ Support - <https://www.thetrevorproject.org>

Anti Cyber-Bullying - <https://ditchthelabel.org>

National Domestic Violence Hotline - thehotline.org



Health & Mental Health Resources

Culturally Responsive Support Networks

- Black Women's Blueprint: <https://www.blackwomensblueprint.org>
- Girls for Gender Equity (work with BIPOC girls and Gender Expansive youth): <https://www.ggenyc.org>
- National Organization of Asian Pacific Islanders Ending Sexual Violence: <https://napiesv.org>
- Esperanza United - National Latinx Institute on DV: <https://esperanzaunited.org/en>
- National Indigenous Women's Resource Center: <https://www.niwrc.org>
- National Network/La Red (LGBTGNC): <https://www.tnlr.org/en/24-hour-hotline>
- WeRNative (for Native youth by Native Youth): <https://www.wernative.org>

Expanded Learning Resources

- Audre Lorde Project Self and Community Care Tools
- People of Color & Mental Illness Photo Project - Normalizing Mental Health Photo Project
- "Protests and the Pandemic with Michele Norris" - Podcast for some inspiration and affirmation by former First Lady Michelle Obama on Spotify where she discusses mental health

Mental Health - Social Media

[instagram.com/Healingfromptsd](https://www.instagram.com/Healingfromptsd) PTSD Healing and Education, help in the healing journey

[instagram.com/Letstalk.mentalhealth](https://www.instagram.com/Letstalk.mentalhealth) Learn about self-care, mindset, and social dynamics

[instagram.com/Soyouwanttotalkabout](https://www.instagram.com/Soyouwanttotalkabout) Resources that provide information regarding social issues and what you need to know

[instagram.com/Thirstyforartofficial](https://www.instagram.com/Thirstyforartofficial) Information on using Art as therapy for inner healing as well as info for future Art Therapists

[instagram.com/Artofselflove](https://www.instagram.com/Artofselflove) Therapeutic art meditation

[instagram.com/Ayanatherapy](https://www.instagram.com/Ayanatherapy) Focused on diversity and intersectionality

[instagram.com/BlackGirlsBreathing](https://www.instagram.com/BlackGirlsBreathing) Make healing more accessible for black womxn, breathwork sessions

[instagram.com/BlackZen](https://www.instagram.com/BlackZen) Different perspectives on wellness as well as a podcast available in their link

[instagram.com/latinxtherapy](https://www.instagram.com/latinxtherapy) Demystifying mental health stigmas in Latinx communities

[instagram.com/wocsistercollective](https://www.instagram.com/wocsistercollective) The vision is to create community, connection, plus collaboration with BIWOC women through circles, events, workshops, healing and empowerment.

[instagram.com/BlackGirlsInOm](https://www.instagram.com/BlackGirlsInOm) Guided meditation

[instagram.com/DiveinWell](https://www.instagram.com/DiveinWell) Creating Space, community, conversations and change

[instagram.com/openpathpsychotherapy](https://www.instagram.com/openpathpsychotherapy) Lower-fee therapy, non-profit

[instagram.com/LiberateMeditation](https://www.instagram.com/LiberateMeditation) Meditation opportunities live on Instagram

[instagram.com/SistaAfya](https://www.instagram.com/SistaAfya) Low cost community mental wellness services; resources:

www.sistaafya.com/resources-information

[instagram.com/TherapyforBlackGirls](https://www.instagram.com/TherapyforBlackGirls) Mental Health Resources and can help you find resources or you can listen to their

Mental Health Resources - social media

[@Browngirltherapy](#) First and largest mental health community for children of migrants

[@decolonizingtherapy](#) Psychologist, ancestral trauma worker, community organizer

[@drmarielbuque](#) A healing collective led by Dr. Mariel Buquè

[@dr.thema](#) Psychologist, minister, author

[@thisisyolandarenteria](#) Therapist. Focuses on explaining why your human actions and reactions make sense

Healing Justice Accounts

[@irresistible_movements](#)

[@endoftheworldpc](#)

[@adreinnemareebrown](#)

[@napministry](#)

[@jaiyajohn](#)

[@yungpueblo](#)

JFG's 2022 Legislative Priorities

Improve and expand prevention, diversion and discharge services for girls* involved in- or at risk of becoming involved in WA state public systems including child welfare, housing, behavioral health and/or juvenile justice.

- **Family Reconciliation Services/Prevention**
- **System Coordination**
- **Diversion Services**
- **Exiting In-Patient Care**
- **Legal Options for Non-Dependent Minors**
- **Survivor's Justice Act:** Survivor-led bill to reduce sentences for victims of DV (2023)

Promote safe and inclusive school communities for girls and expand youth development funding for girl-centered, racially equitable programming.

- **School Equity:** Add equity, diversity, inclusion, and anti-racism to existing cultural competency training for school and district staff.
- **Trauma Informed Learning:** Create policies that support students and provide resources to help them heal from their trauma, rather than being punished for their reactive behavioral responses when triggered.
- **Youth Development:** Create more granting opportunities to support youth development programs (like GAIN!)

Address the mental health crisis (particularly for BIPOC youth) using a girl-centered racial equity lens.

- **Expand Mental Health Services:**
 - Increase youth mobile crisis centers
 - Expand tele-mental health services
 - Increase counselor to student ratio
 - Strengthen MH resources in BIPOC communities
- **Mental Health 'Sick Days' (Bill):** Includes Mental Health as an approved reason for excused student absences.

Opportunities for Engagement

- ★ **Beyond Pink Annual Summit: “Centering Mental Health and Wellbeing of Girls*”**
Wednesday, November 16th - 9a AM session; 1p PM session

tinyurl.com/beyondpink8
- ★ **Receive action alerts from JFG during Legislative Session -**
Email us: justiceforgirls.wa@gmail.com

Questions?





*"I am no longer accepting the things I cannot change.
I am changing the things I cannot accept."
– Angela Davis*

THANK YOU!

Tristan Eddy
Program Director

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