



MARCH OF 2024

SYNC NEWSLETTER



SALISH YOUTH NETWORK COLLABORATIVE

Serving youth with complex behavioral health needs
(Youth Mental Health & Substance Use Disorder needs)



BY PROVIDING:
RESOURCE REFERRALS
COORDINATING
NEW & EXISTING
SUPPORT PARTNERS
FACILITATION OF
MULTIDISCIPLINARY
TEAM MEETINGS

YOUTH EVENTS



MORE EVENTS AND DETAILS MAY BE FOUND ON THE SYNC WEBSITE

Forks, NOLS Library
Sat. March 16th 3-5pm
April 20th 3-5pm...
(3rd Saturdays)
Family Movie Matinee
English with Spanish Subtitles

Port Townsend @ The Nest
Fri. March 1st, 3-5pm
(Every Friday)
Ultraviolet Youth Meet Up
Gathering for neuro-spicy youth, ages 13-24

Bainbridge, KR Library
Fri. March 22nd, 6:30-9pm
Tween Fandom Lock-In
Crafts and Activities
(Grades 5th-8th only, & Register for a spot)



GRADUALLY, OVER A FEW DAYS...
MOVE BEDTIMES, MEALTIMES,
AND HOMEWORK TIME ACCORDINGLY.

WHAT HAS WORKED IN THE PAST?
A LITTLE EXTRA TIME TO READ BEFORE BED?
LIGHTS OUT RIGHT AWAY?
A WHITE NOISE MACHINE?



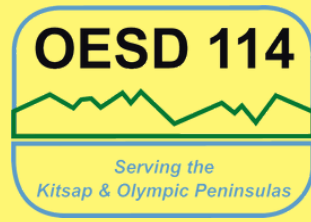
TIPS FOR ADJUSTING TO TIME CHANGE

MARCH 10TH
CLOCKS "SPRING FORWARD"
ONE HOUR AT 2AM

Partner Spotlights



OESD114.ORG



**OLYMPIC EDUCATIONAL
SERVICE DISTRICT (OESD 114)**

STUDENT ASSISTANCE PROGRAM

KMHS.ORG



**SALISH REGIONAL CRISIS LINE
1-888-910-0416 OR TEXT 988**

**YOUTH MOBILE CRISIS
OUTREACH TEAM**

- **WHAT:** Student Assistance Professionals complete a behavioral health screening to identify student needs and provide follow up services. Services may include a psycho educational support group such as Intervention, Coping Skills, Affected Others, Grief and Loss or Recovery Support, and/or a referral to a community-based resource when treatment services are warranted.
- **WHO:** Student Assistance Programs (SAP) are offered across Clallam, Jefferson and Kitsap Counties to serve students impacted by behavioral health issues and are delivered by OESD 114 staff.
- **WHEN:** Services are primarily provided during the school day, however, before and after school appointments are available.
- **WHERE:** SAP Services are provided onsite in many middle and high schools.
- **HOW:** Referrals can be made by building administrators, school staff, parents, peers or by the student.

- **WHAT:** YMCOT through Kitsap Mental Health Services provides 24-hour crisis response regardless of insurance coverage.
- **WHO:** A Youth Mobile Outreach Team (YMCOT) consists of a Mental Health Professional/ Mental Health Care Provider and a Certified Peer that responds to the crisis call for a youth in need.
- **WHEN:** YMCOT responds when individuals are experiencing an acute behavioral health crisis.
- **WHERE:** YMCOT meets individuals where they are at in the community, responding as mobile frontline teams across Kitsap County.
- **HOW:** YMCOT referrals can be initiated by individuals in crisis, concerned citizens, law enforcement, family members and professional providers. The team builds rapport to actively engage youths in need of stabilization and safety planning for up to 2 weeks.

1-800-585-8477



SYNC-sbhaso@kitsap.gov

www.sync.salishbehavioralhealth.org

SYNC IS NOT A CRISIS RESPONSE PROGRAM. SALISH REGIONAL CRISIS LINE: 1-888-910-0416
NATIONAL SUICIDE PREVENTION LINE: 988