



CIVIC COCKTAIL RESOURCE GUIDE

MIND MATTERS

Navigating Mental Health
Solutions in Our Community

SEATTLECITYCLUB.ORG





DESCRIPTION

Step into the forefront of mental health advocacy with Seattle CityClub's upcoming Civic Cocktail program on May 1st as we recognize Mental Health Awareness Month. Join us for an enlightening evening as we explore crucial questions surrounding mental health and its impact on our communities. In the first segment, explore new city, regional, and state responses to the mental health crisis, including initiatives like Seattle CARE and legislative policies. Transitioning to the second segment, our discussion will focus on mental health treatment, education, and prevention, with a spotlight on youth, BIPOC, and marginalized communities. Be part of the conversation, gain insights from community leaders and experts, and discover proactive steps to support mental health care both at home and in our communities. Don't miss this opportunity to engage, learn, and advocate for positive change.

ABOUT CIVIC COCKTAIL

Civic Cocktail connects elected and community leaders with the public for lively conversations about important issues facing our region.



ABOUT SEATTLE CITYCLUB

Seattle CityClub was founded in 1981 as a nonpartisan, civics-focused nonprofit providing a platform for insightful and educational conversations that include a diverse range of perspectives.

  @seattlecityclub

ABOUT THE COLLECTIVE

The Collective is a brand new urban basecamp for the mind, body and soul. A vibrant, members-only community in the heart of South Lake Union that merges dynamic space, active Members, neat programs and craveable food + beverage offerings.



SPEAKERS

Segment 1: Mental health and government/regional response

- **Amy Smith**, Acting Chief, City of Seattle CARE Department
- **Lauren Davis**, WA State Representative, 32nd District
- **Tom Kozaczynski**, Chief Advancement Officer, Compass Health
- Moderator, **Will James**, Host of Lost Patients podcast on mental health, KUOW and Seattle Times

Segment 2: Mental health treatment, education and prevention

- **Ashley McGirt-Adair**, Therapist/CEO, Therapy Fund Foundation/McGirt Counseling
- **Richard Taylor Jr.**, Mental Health Expert, Speaker, Author
- **Mia Klick**, Native and Strong Lifeline Coordinator, Volunteers of America, Western WA
- Moderator, **Marcus Green**, Publisher, South Seattle Emerald



Amy Smith
City of Seattle

Dr. Amy Smith is the Acting Chief of Seattle's new third public safety department, called CARE (Community Assisted Response & Engagement). The department has three divisions: emergency call takers and dispatchers in the 911 Center; community-focused public safety responders including behavioral health professionals; and violence intervention specialists.

Amy was first hired as Deputy Director at the beginning of 2023 and was responsible for the design and launch of the new Dual Dispatch pilot program and administrative functions for Seattle 911. She holds advanced degrees in ethical leadership, administration, and organizational learning, most recently completing a doctorate at Vanderbilt University where she honed skills in data science and behavioral research. She has spent twenty years in leadership at human service organizations in Washington, Oregon, Pennsylvania, and Ohio, consistently driving positive change to ensure more people are availed of services and interventions that work. She has been valued for her aptitude in community-driven design, cross-team collaboration across a wide range of stakeholder groups, and demonstrated belief in the inviolable sanctity of every life.



Ashley McGirt-Adair

Therapy Fund Foundation/McGirt Counseling

Ashley McGirt is the founder and CEO of the Therapy Fund Foundation. She is a psychotherapist, Tedx international speaker, and author who has been featured in Forbes, MSNBC, HuffPost, & more. Ashley currently serves as the NAACP state area conference health chair. Ashley has received a Masters of Social Work from the University of Washington. She also holds a Bachelor of Science in Psychology. Ashley currently owns and operates her own private practice. In her private practice she focuses primarily on racial trauma, depression, and anxiety. Ashley actively works toward de-stigmatizing mental illness, and reducing high rates of recidivism in American prisons, in an attempt to create a more socially just society for all.

Ashley offers presentations, workshops, group facilitation, and consultation specializing in racial trauma, mental health, crisis response, social justice and racial equity. Ashley strives to help others find happiness and healing within themselves through unpacking their baggage, resting, reflecting, and restoring themselves to be who they were intended to be on this earth.



Lauren Davis

Washington State House of Representatives

Lauren Davis represents the 32nd Legislative District in the Washington State House of Representatives, which includes Shoreline, Lynnwood, northwest Seattle, south Edmonds, Mountlake Terrace and Woodway. She was the founding Executive Director and is the current Strategy Director of the Washington Recovery Alliance. The WRA is a grassroots movement of individuals and families impacted by addiction and mental health challenges driving large-scale change in public policy and public understanding.

Prior to serving in public office, Lauren led efforts to pass 2016's Ricky's Law, named after her best friend, which created an unprecedented crisis treatment system for youth and adults with life-threatening addiction. She received her bachelor's degree in Ethnic Studies from Brown University and began her career teaching Head Start preschool at a transitional housing facility.



Mia Klick

Volunteers of America, Western WA

Mia Klick is the Native and Strong Lifeline Coordinator for Volunteers of America Western Washington and is a descendant of the Tulalip/Nuu-Chah-Nulth Tribes. Mia has worked with the organization in their Tribal programs since May of 2021, where she started as a Tribal Hub Navigator. Since that time, Mia has developed the Tribal Crisis Counselor curriculum specific to the Native and Strong Lifeline.

Mia has approximately 3 years of experience in suicide prevention and resource navigation. She has been a co-presenter in several presentations regarding Native American/Alaskan Native suicide prevention. Specifically, she has developed trainings for the Native Crisis Counselors as well as one for non-Natives serving Native communities and has shared them with our national partners as well as other Native American behavioral health organizations.



Richard Taylor

Mental Health Expert, Speaker, Author

Born and raised in Chicago, Illinois, Richard Taylor has created an impact over the past decade as a powerful leader and voice of impact for men, women, and children around the world. Richard Taylor is a graduate of Northern Illinois University and obtained his Bachelor of Arts degree in Corporate and Organizational Communication. Richard Taylor is the Founder of TaylorMade Empowerment, a parent company that oversees the Richard Taylor Jr. brand, publishing and several consulting ventures for corporate clients, a respected self-published author of 6 published books (selling over 30,000 copies), and hosts a Global Podcast.



Tom Kozaczynski
Compass Health

Tom Kozaczynski joined Compass Health in 2013. In his current role as chief advancement officer (CAO), Tom directs marketing and communications, oversees major foundation, corporate and individual giving, and drives the strategic growth of Compass Health's Development & Communications Department. He also supports community outreach to help destigmatize mental health issues, establish Compass Health as a thought leader, and promote strong relations with stakeholders.

As CAO, Tom has expanded Compass Health's fundraising initiatives, enabling the organization to launch its first ever capital campaign, It's Time: The Campaign for Compass Health – a \$14 million initiative to help fund Compass Health's Broadway Campus Redevelopment. Under Tom's leadership, Compass Health has established local partnerships to improve care and raise visibility around services via direct community outreach, including hosting its annual Building Communities of Hope Gala.

Civic Engagement Opportunities

Our region's civic health depends on each one of us getting involved in civic life. Here are some ways you can get engaged.

Donate

- Donate money directly to a local nonprofit that works on mental health issues.

Learn

- Find support and services for Mental Health
- WA State Dept of Health – [Mental and Emotional Support and Well-Being](#)
- [Learn how to help someone in a mental health crisis - See guide from Seattle Times](#), Seattle Times, Jan 2023
- [Resources in WA State from Kid's Mental Health Washington](#)

Volunteer

- [Seattle-Area Volunteer Opportunities for Teens, Tweens and Families](#), Parentmap.com

Advocate to your elected officials

- [Track Current Bills in the WA State Legislature](#) (Cascade/PBS)
- See Senate Bill 5660 – [Establishing Mental Health Directive](#)
- Contact your local, state and federal legislators:
- [WA State Legislators](#)
- [Federal Legislators](#) (Good list of contacts from the WA State Hospital Association)
- [Find your legislators](#) (local, state, federal) - WA Secretary of State Voting Portal
- [Find your district](#) (local, state, federal) - King County Elections



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resources related to mental
health >