



Know your Rights

AGENDA



What is
OBHA?

The Rights of
the Youth

What is Self
Advocacy?

Questions
and
Resources



THE RIGHTS OF THE YOUTH



WHAT ARE YOUR BEHAVIORAL HEALTH RIGHTS?

You have the right to be safe

You have the right to reasonable accommodation

You have the right to see and correct your records

You have the right to fair and confidential services

You have the right to initiate or refuse services if you are over the age of 13

You have the right to Choose your provider



YOUR RIGHT TO PRIVACY

Privacy Means;

- Choosing who has access to your records
- Who your therapist can speak to and what they are able to share
- Your provider must act to protect your Personal Health Information from intentional or accidental disclosure

Privacy Does Not Mean;

- Your provider does not have to make mandatory reports, in the event you or someone you know is at risk.
- In Washington State all licensed counselor and associates must immediately report abuse or neglect of a child if the counselor has reasonable cause to believe that an incident has occurred.

How to Choose a Therapist

- Need:
 - What do you need?
 - Research what kind of provider addresses this need.
- Comfort:
 - What are your boundaries?
 - Do you feel comfortable with your therapist?
 - Do you feel safe?
- Vibes:
 - It's okay if you don't have a specific reason
 - It's enough to say that they just don't have the right 'vibe'



Youth Bill of Rights

► Drafted over several years with input from more than 2000 individuals between the ages of 7 to 24

► Adopted by King County in January of this year (2025)

► Your Rights are as follows:

- Basic Needs and Wellbeing
- Health
- Education and Learning
- Equity and Social Justice
- Safety and Security
- Community and Belonging
- Environment
- Transportation
- Youth Voice
- Recreation and Sports

► What would you add to your Bill of Rights?

- right.
- A. Every young individual has access to mental health support, mental health resources, and mental health services that are affordable, responsive, and address their unique challenges.
 - B. Every young individual has respect, autonomy, and meaningful involvement in decisions about their body.
 - C. Every young individual has resources, services, and aid to combat drug and alcohol abuse.
 - D. Every young individual has affordable and easily accessible health care.
 - E. Every young individual has the power to make decisions about their reproductive health.
- III. **EDUCATION & LEARNING** – We the children and youth of King County uphold education as a pathway to progress, economic stability, and development.
- A. Every young individual receives a quality education in a supportive learning environment where they feel emotionally, mentally, and physically able.
 - B. Every young individual receives unbiased education that expands their knowledge, trade, and skills, and that addresses individual learning needs.
 - C. Every young individual is supported by their community in building their educational goals.
 - D. Every young individual receives training that prepares them for the next stages of life.
- IV. **EQUITY & SOCIAL JUSTICE** – We the children and youth of King County believe that equity and social justice are essential for a better world, and by upholding these rights, we create a brighter future for all.
- A. Every young individual who experiences any form of discrimination is validated and taken seriously.
 - B. Every young individual has resources that address language barriers, and/or situations that limit their ability to communicate or understand circumstances.
- V. **SAFETY & SECURITY** – We the children and youth of King County assert that all young people should feel safe and protected at home, at school, and in their communities.
- A. Every young individual has safe communities that are free from violence.
 - B. Every young individual has a learning environment that is physically and emotionally safe, free from violence, judgement, and inequity.
 - C. Every young individual has safe spaces shielded from gun violence and resources if they are impacted by gun violence.
 - D. Every young individual safely travels routes, roads, and sidewalks within their communities.
- VI. **COMMUNITY & BELONGING** – We the children and youth of King County champion the importance of a sense of community and belonging, and creating nurturing spaces for connection, contribution, and collaboration.
- A. Every young individual has community supports and uplifting environments to rely on in times of need.
 - B. Every young individual is surrounded by supportive communities and systems that protect and sustain their identities.
 - C. Every young individual has spaces where they safely gather, celebrate, and collaborate with other youth.
 - D. Every young individual is protected from bullying in any form and feels safe and heard when bullying is reported.
- VII. **ENVIRONMENT** – We the children and youth of King County recognize the urgent need to protect our planet for future generations.
- A. Every young individual engages in solutions to climate change and global warming.
 - B. Every young individual enjoys the natural environment and keeps it preserved for future generations.
 - C. Every young individual breathes clear air void of carbon emissions and pollution.
 - D. Every young individual enjoys clean streets, sidewalks, and highways free of garbage and dangerous waste.
- VIII. **TRANSPORTATION** – We the children and youth of King County maintain that public and private transportation is necessary for young people to attend school, build community, and explore the world around them.
- A. Every young individual has adequate access to affordable public transportation.
 - B. Every young individual walks well-maintained and accessible sidewalks,
 - C. Every young individual has options for an affordable personal mode of transportation and able to travel when and where they need to in a timely manner.
- IX. **YOUTH VOICE** – We the children and youth of King County uphold the right of youth to actively participate in civic life and contribute to decision-making

Filing a CHINS Petition: Child in Need of Services

What?

- A CHINS petition is a legal document filed in Juvenile Court to request temporary placement of a child outside of the home. Usually due to conflict or issues that require intervention.
- The petition must propose a suitable placement for the child.
- The goal is to maintain parental involvement while addressing the issues at hand.

Who?

- A Parent, legal guardian or the child themselves may file a CHINS petition with the court.
- OR a Child Protective Service Agent or Representative can file a Petition.
- The Petition must demonstrate that out of home placement is necessary for the safety of the child or family.

How?

- The person filing the petition must fill out the CHINS form and submit it to their local Juvenile Court or County Clerks Office.
- It is recommended before filing the person filing the petition contact the County Court for information on their process.

WHAT IS SELF-ADVOCACY

ELEVATING YOUR VOICE





SELF ADVOCACY: SPEAKING UP

Self Advocacy is the radical act of speaking up for yourself and your needs:

- Know your rights
- Understand yourself
- Set goals and establish a plan
- Communicate your needs
- Be confident

Its okay to not know, trust in what your body is telling you:

- Communicate what you feel
- Do not accept poor treatment
- No. Is a full sentence
- Consent is important, specifically in a therapeutic setting



SETTING BOUNDARIES IN A THERAPEUTIC SETTING

Communicate your expectations: you don't need to know everything

Identify your needs: why are you here?

Avoid apologizing: it's okay to feel how you feel.

Identify your limits: if you're not ready to answer it's okay to say no

List your priorities: what is important to you?

Find the therapist that works for you

RESOURCES

- OBHA: 360-292-5038 OR info@obhadvocacy.org
- [Team Child](#)
- NAMI: 1-800-950-6264
- 988
- Text START to 741-741 to connect with a counselor 24/7
- Psychology Today
- [The Trevor Project](#)
- [Teen Link](#)

Q & A:

- What did you learn?
- How do you feel?
- What resources do you think would be helpful?
- What didn't make sense?



THANK YOU

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