Welcome

Toolbox: Webisode Fourteen

Interpersonal Effectiveness: FAST

YES
YOUTH EASTSIDE SERVICES

WHAT WE DO

Youth Eastside Services (YES) is the leading behavioral health service provider for children and youth, ages birth to 22, and their families in East King County.

MISSION

Youth Eastside Services (YES) is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.

SERVICES

YOUTH & FAMILY
MENTAL HEALTH COUNSELING

SUBSTANCE USE & CO-OCCURRING
DISORDER COUNSELING

COMMUNITY EDUCATION &
PREVENTION PROGRAMS

REACH OUT TO US

CURRENTLY NOT TAKING NEW CLIENTS

youtheastsideservices.org/virtual-services

CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

JOIN US ON SOCIAL MEDIA

YouthEastsideServices

youth_eastside_services

Youth Eastside Services

Youth Eastside Services

YES
YOUTH EASTSIDE SERVICES

REACH OUT TO SOMEONE ELSE

KING COUNTY CRISIS LINE (24/7)

1-866-427-4747 or 206-461-3222

TEEN LINK (6-10pm nightly)

1-866-TEENLINK or 1-866-833-6546 or teenlink.org

CRISIS TEXT LINE (24/7)

Text HOME to 741741

YES
YOUTH EASTSIDE SERVICES

DELANEY KNOTTNERUS

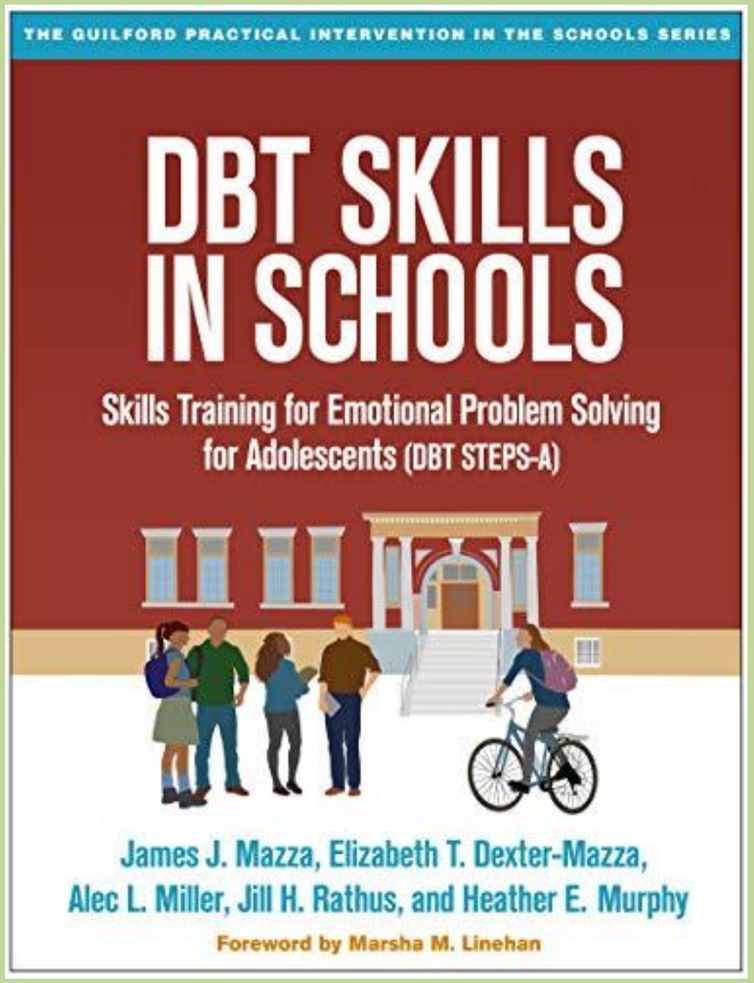
School Based Behavioral
Health Coordinator
LSWAIC, SUDP, MHP

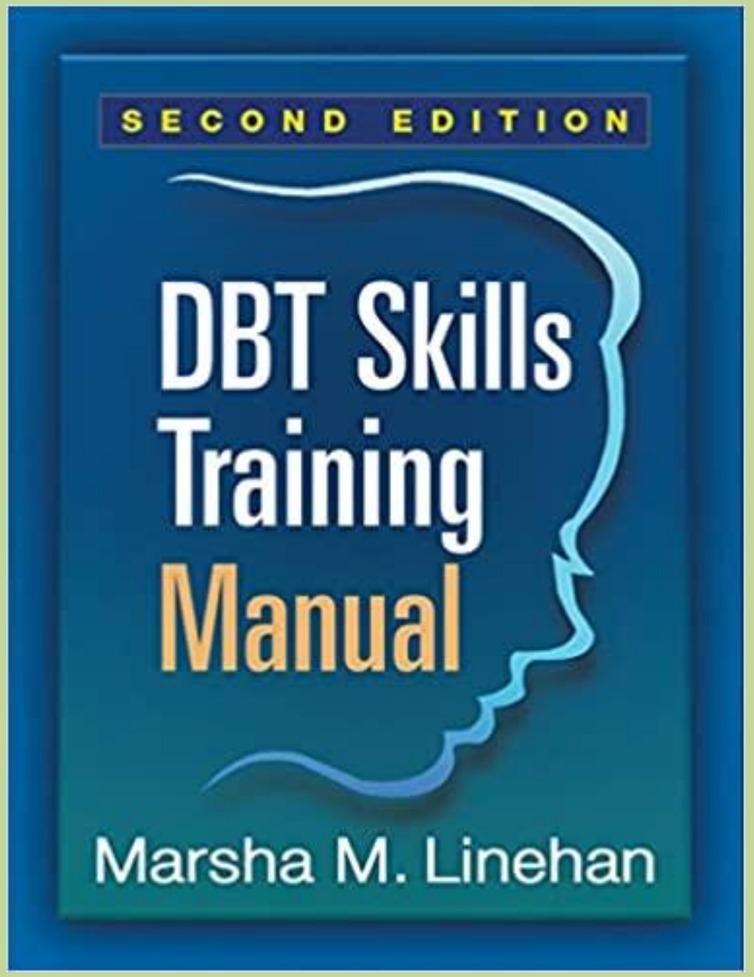
CAILYN GRIFFITH

Behavioral Health Support
Specialist
LMHCA, SUDPT, MHP

YES
YOUTH EASTSIDE SERVICES

The Materials



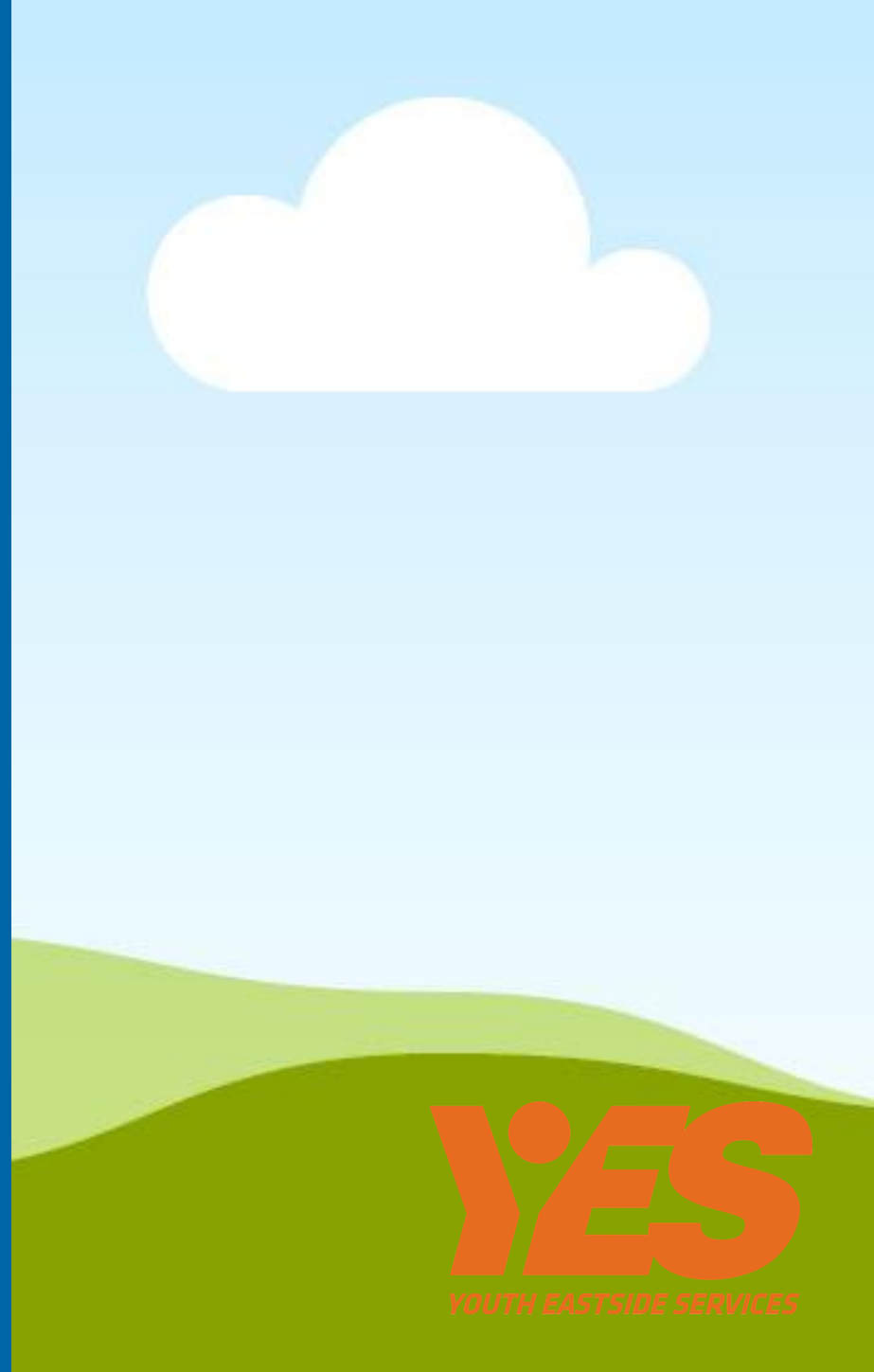


YES
YOUTH EASTSIDE SERVICES

Today's Agenda

- Mindfulness
- Interpersonal Effectiveness Goals
- FAST
- At Home Practice
- Q&A

Week 13 of 16 Week Series
July 15th 2021



Your Toolbox:

Mindfulness

- Thinking Dialectically
- Wise Mind
- Observe
- Describe
- Participate
- Nonjudgmentally
- One-Mindfully
- Effectively

Distress Tolerance

- ACCEPTS
- TIPP
- Self-Soothe
- IMPROVE
- Pros & Cons
- Radical Acceptance

Emotion Regulation

- Functions of Emotions
- Describing Emotions
- Check the Facts
- Opposite Action
- ABC PLEASE
- The Wave Skill

Interpersonal Effectiveness

- GIVE
- FAST

YOUTH EASTSIDE SERVICES

Mindfulness

Let's Practice

YOUTH EASTSIDE SERVICES

Interpersonal Effectiveness Goals

1) Meeting your Objectives

2) Maintaining and Improving your Relationships

3) Maintaining and Increasing your Self-Respect

YOUTH EASTSIDE SERVICES

Goals of 'Self-Respect Effectiveness'

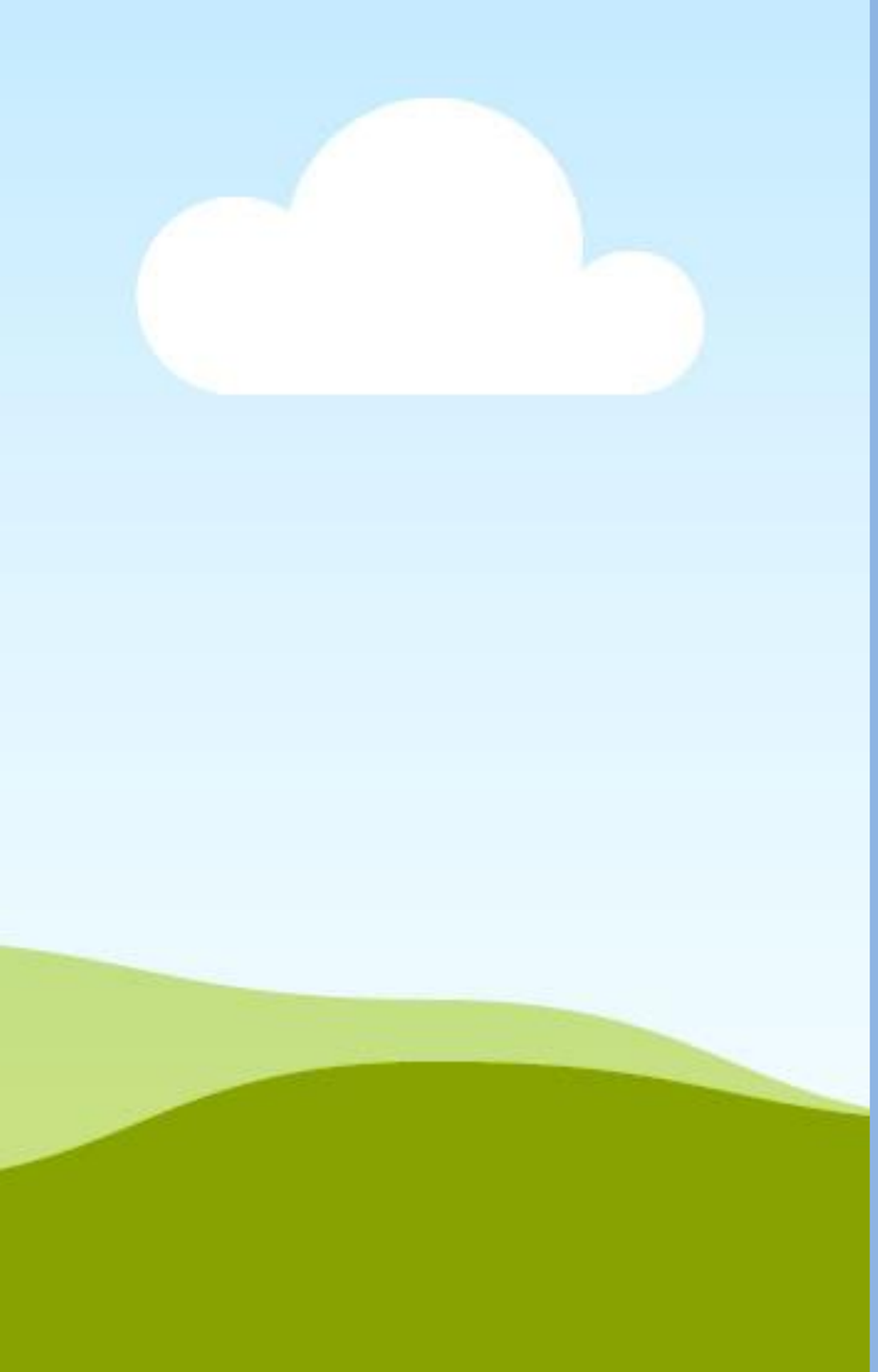
- *Building and maintaining your self-respect during and after an interaction with someone else*
- *Sticking to your beliefs and values – for example: giving up your beliefs for approval, or acting helpless when you are not, can hurt your self-respect*

YOUTH EASTSIDE SERVICES

Even at times when your OBJECTIVE is your highest priority – you will need to use GIVE and FAST to also maintain your relationship and self-respect.

The Interpersonal Effectiveness skills are not mutually exclusive, and you can use all of them in every one of your interactions

YES
YOUTH EASTSIDE SERVICES



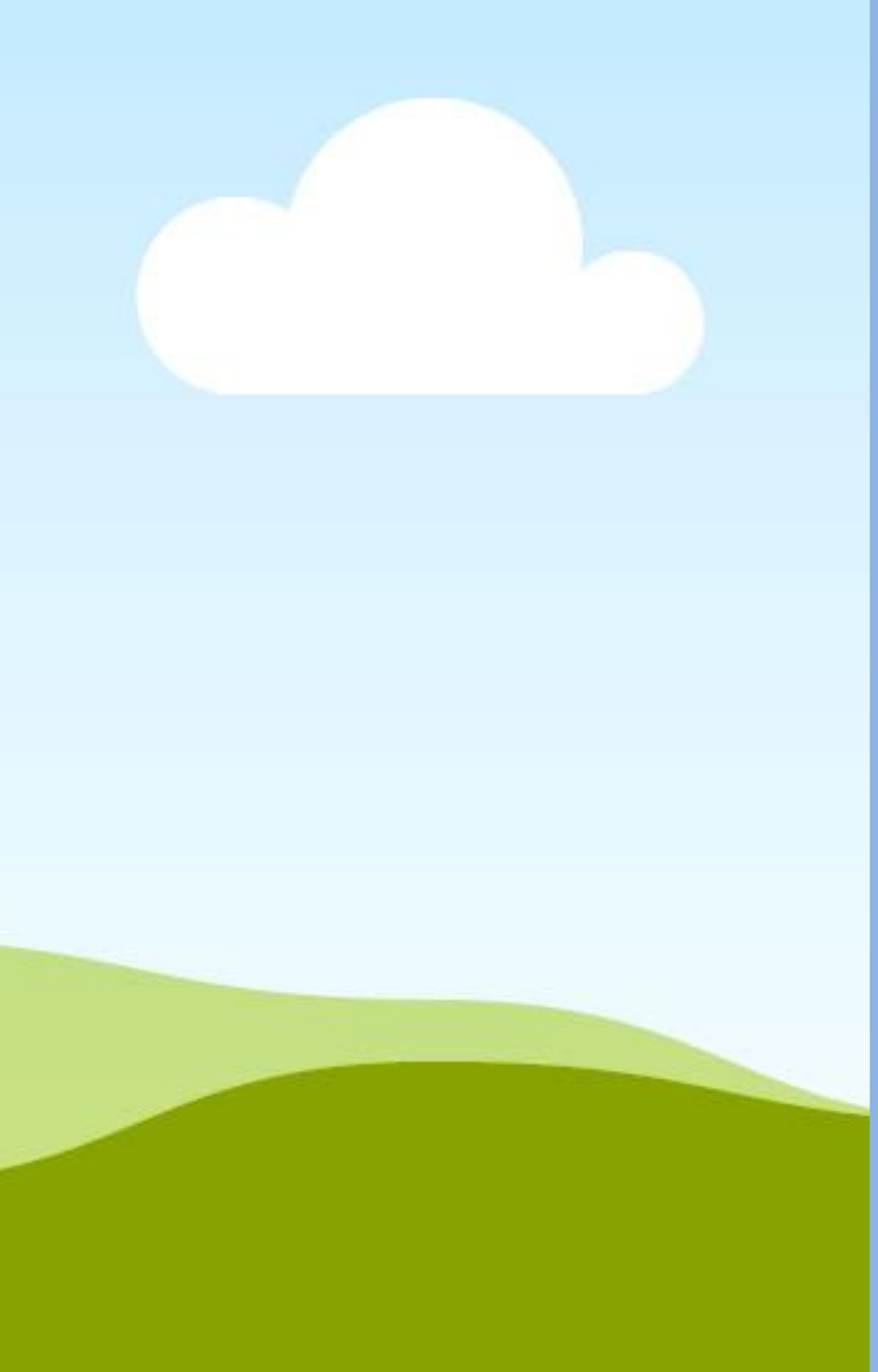
Self-Reflection

Think of some examples from your own life in which you compromised your values, beliefs, or self respect during an interaction with someone

Some common examples:

- Feeling so angry you screamed and yelled at someone
- Bullying someone else
- Pressuring someone to do something they didn't want to
- Lying

YOUTH EASTSIDE SERVICES



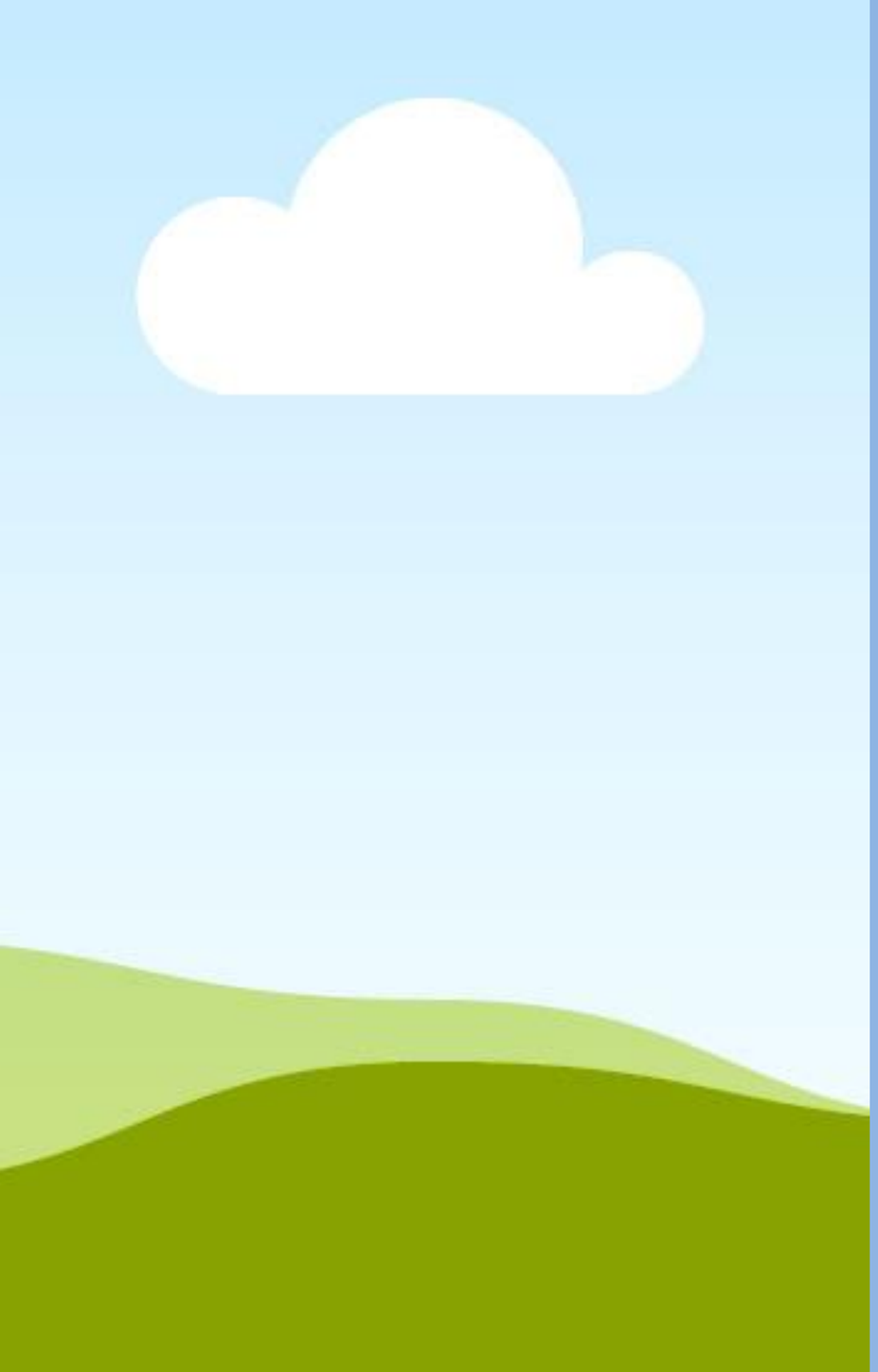
Self-Reflection

What about examples when you have decided to focus on maintaining your own self-respect over the relationship or objective?

Some common examples:

- Quitting a job you feel burnt out from
- Deciding to end a relationship
- Declining peer pressure

YOUTH EASTSIDE SERVICES



FAST

The mneumonic for the skills to use for building and maintaining your self-respect in relationships

YOUTH EASTSIDE SERVICES

F: (Be) FAIR

What is fair to you? Are you always doing what the other person wants? What is fair to the other person? If you were in the other person's shoes, what would you want done? If you always do what you want, you may feel worse about yourself, and if you always do what the other person wants, you may also feel worse about yourself.

Being fair means finding balance

YOUTH EASTSIDE SERVICES

Me:
My values
My priorities
My self-respect
My objective

Them

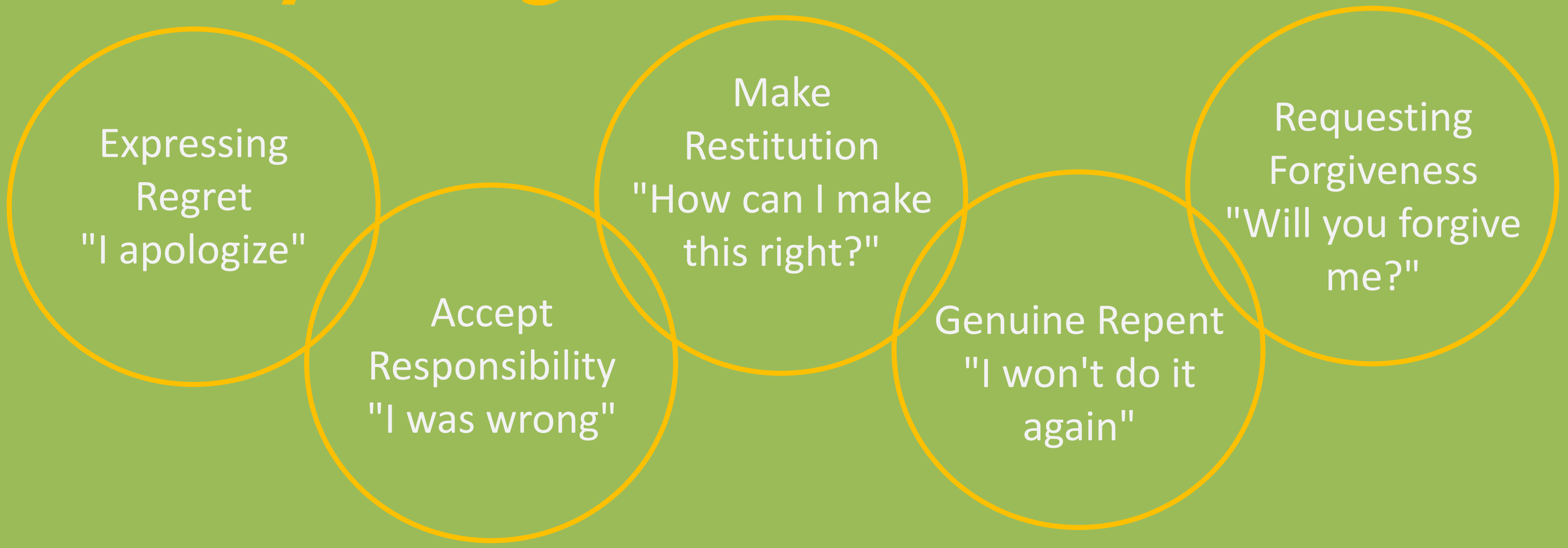
Me

Them
Their values
Their priorities
Their self-respect
Their objective

Both Me and Them

YOUTH EASTSIDE SERVICES

A: Apologies



What is the point or objective in apologizing?

YES
YOUTH EASTSIDE SERVICES

Over-apologizing can imply that you did something egregiously wrong or made a huge mistake that you "should" feel bad about and keeps you from moving forward.

When you over-apologize, it can further frustrate other people.

Sometimes people over-apologize because they want the other person to tell them it's okay for whatever they did wrong, or because they are trying to decrease guilt. This can make you feel worse over time, as you perceive that only the other person can allow you to move on

YOUTH EASTSIDE SERVICES

Sally is in the lunchroom talking to Billy about their chemistry project. Sally's partner, Mike, walks in and sees them talking, rolls his eyes at Sally, and walks out. Sally runs after Mike and starts apologizing for talking to Billy.

- What is Sally's objective in apologizing?
  - However, what do Sally's apologies imply to Billy?
- Who and what is being validated by Sally apologizing?
- How do you think Sally feels about this situation?
  - About herself? About Mike?
- How do you think Mike feels about this situation?
  - About his relationship with Sally? About Billy?

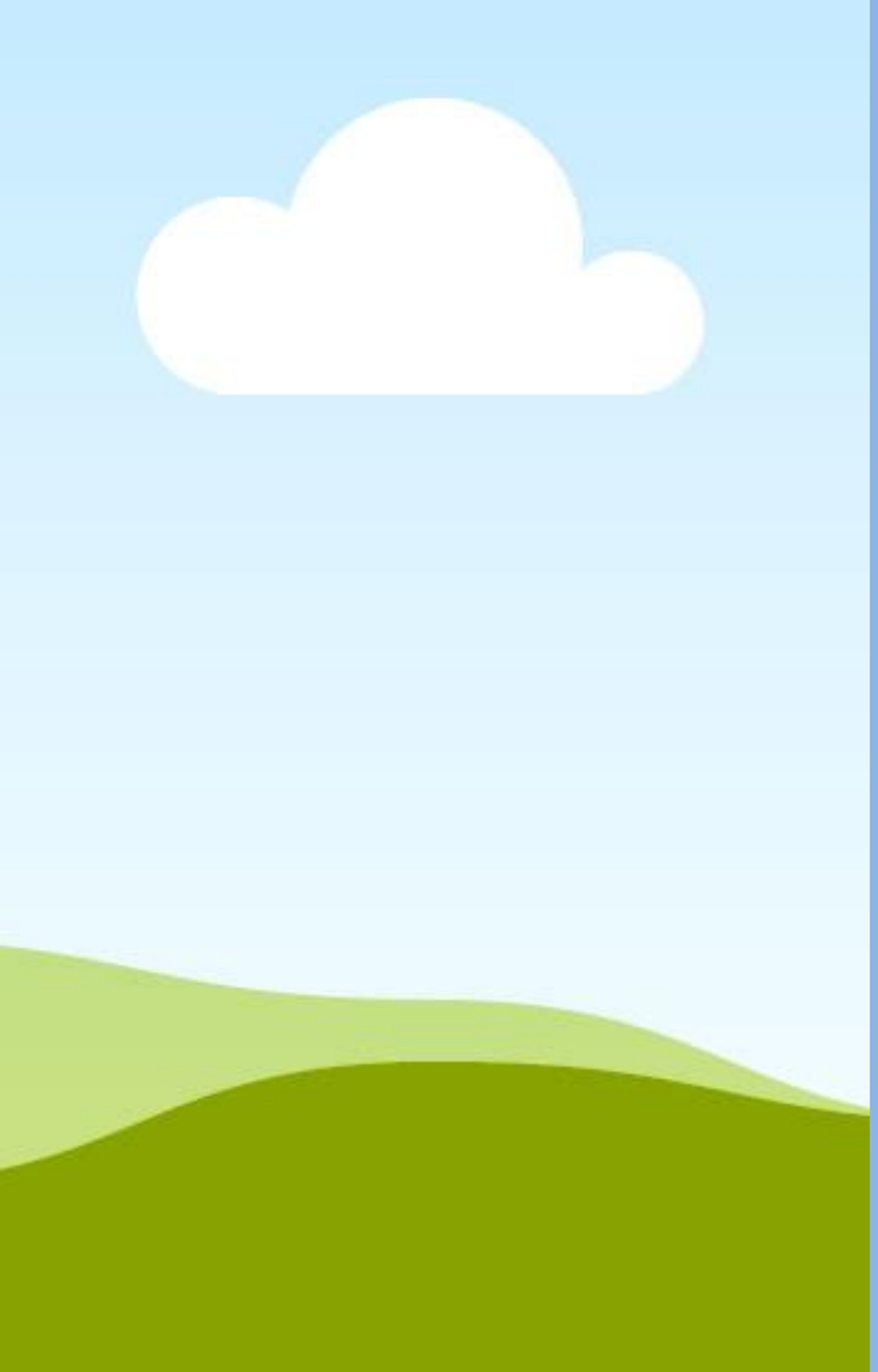
YES
YOUTH EASTSIDE SERVICES

S: STICK TO VALUES

Think about what your values are regarding your life:

- Acceptance
- Accuracy
- Achievement
- Adventure
- Attractiveness
- Authority
- Autonomy
- Beauty
- Caring
- Challenge
- Change
- Comfort
- Commitment
- Compassion
- Contribution
- Cooperation
- Courtesy
- Creativity
- Dependability
- Duty
- Ecology
- Excitement
- Faithfulness
- Fame
- Family
- Fitness
- Flexibility
- Forgiveness
- Friendship
- Fun
- Generosity
- Genuineness
- God's Will
- Growth
- Health
- Helpfulness
- Honesty
- Hope
- Humility
- Humor
- Independence
- Industry
- Inner Peace
- Intimacy
- Justice
- Knowledge
- Leisure
- Loved
- Loving
- Mastery
- Mindfulness
- Moderation
- Monogamy
- Non-Conformity
- Nurturance
- Openness
- Order
- Passion
- Pleasure
- Popularity
- Power
- Purpose
- Rationality
- Realism
- Responsibility
- Risk
- Romance
- Safety
- Self-Acceptance
- Self-Control
- Self-Esteem
- Self-Knowledge
- Service
- Sexuality
- Simplicity
- Solitude
- Spirituality
- Stability
- Tolerance
- Tradition
- Virtue
- Wealth
- World Peace

YES
YOUTH EASTSIDE SERVICES



Sticking to Values

What makes it difficult to stick to your values?

When your beliefs go against the beliefs of the group, you might struggle with being the one on the "outside"

YES
YOUTH EASTSIDE SERVICES

YOUTH EASTSIDE SERVICES

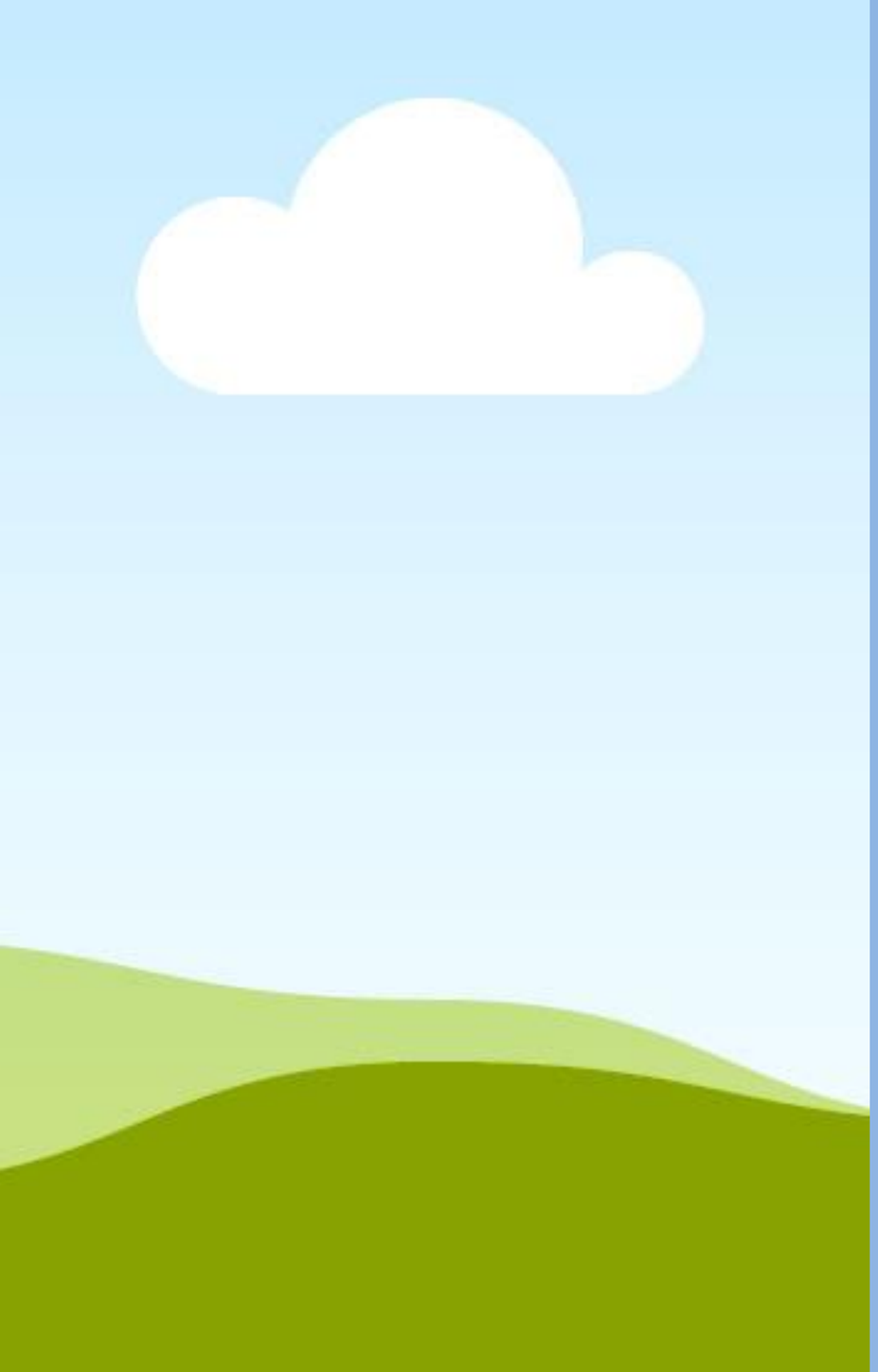
T: (Be) TRUTHFUL

What impact can lying have on your self-respect?

'Lying' is a rather judgemental label, what are ways in which we are not always completely honest?

- *'Resume building' for jobs (or other online profiles)*
- *Acting helpless, even if we know what to do*
- *Ghosting a potential relationship*
- *White lies designed to lessen potential hurt*
- *Lies of omission / leaving details out*

YES
YOUTH EASTSIDE SERVICES



Are FAST skills only needed when self-respect is our top priority in an interaction?

Are GIVE skills only needed when our relationship is our top priority in an interaction?

Just because we choose to *prioritize* our Objective, our Relationship, or our Self-Respect, does not mean we cannot attend to all three at once, if we are able to!

YES
YOUTH EASTSIDE SERVICES

At Home Practice:

Choose two situations during the week in which you used your FAST skills

- In what way are you trying to maintain your self-respect?
- What was the situation in which you chose to use your FAST skills, and how did you use them?
- What was the outcome?
- How did you feel after you used your skills?

Questions?
Comments?

YES
YOUTH EASTSIDE SERVICES

REACH OUT TO US

CURRENTLY NOT TAKING NEW CLIENTS

youtheastsideservices.org/virtual-services

CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

JOIN US ON SOCIAL MEDIA

YouthEastsideServices

youth_eastside_services

Youth Eastside Services

Youth Eastside Services

YES
YOUTH EASTSIDE SERVICES

REACH OUT TO SOMEONE ELSE

KING COUNTY CRISIS LINE (24/7)

1-866-427-4747 or 206-461-3222

TEEN LINK (6-10pm nightly)

1-866-TEENLINK or 1-866-833-6546 or teenlink.org

CRISIS TEXT LINE (24/7)

Text HOME to 741741

YES
YOUTH EASTSIDE SERVICES

thank you

YES
YOUTH EASTSIDE SERVICES