

**North Sound Behavioral Health Administrative Services Organization
(North Sound BH-ASO)
Youth and Family Coalition (YFC)
North Sound BHO - Conference Room Whatcom
MEETING SUMMARY**

Youth and Family Coalition	
12.9.2019	4:00 p.m. – 6:00 p.m.
Meeting called by:	Angela Fraser-Powell
Note taker:	Maria Arreola
Attendees:	Kate Naeseth, Salina Bass, Rachel Zakopyko, Mary Jo Durbrow Lisa Helen, Lisset Reyes
Phone Attendees:	Ryan O'Donnell, Angelique Perez

Announcements and Updates
<ul style="list-style-type: none"> • Lisa from Juvenile Rehabilitation has interviewed for the WISE Liason position. • Lissette will be holding a volunteer core training for Skagit County.

Oasis Teen Shelter
15min
Justin Kruppe
ACTION: Action/Decision () Discussion (x) For Information Only ()
Overview: Presentation
<p>Discussion Points:</p> <ul style="list-style-type: none"> • Shelter has been open since 1997 founded and supported by the Skagit County Law Group • Low barrier shelter that operates for housing first. • Licensed for 9 youth. Youth must leave at 7:45 a.m. daily. • Outreach program is growing to reach youth around Skagit county. • Youth ages 18-24 would be referred to NW Youth Services. • All youth get referred to agencies of their choice. • Program is unique in ways to be open to all youth then focus on what is next for stable housing and treatment. • The shelter has a feel of a real home. • Youth get bus passes and alternative means for transportation. • Oasis point in this work is to offer the gift of time. This is the youth's time.

Festive Gathering of Minds: Presentations for 2020 / Reflections on 2019
15min
Angela Fraser-Powell

ACTION: Action/Decision () Discussion (x) For Information Only ()
Overview: Discussion about how to outreach to the community
Discussion Points: <ul style="list-style-type: none"> • Discussion took place regarding ideas of presentation topics for 2020
Conclusion/Outcomes
<ul style="list-style-type: none"> • Have informational presentations from each individual county. Presentations to inform the coalition of their children system of care, who the key staff are, and what resources are available for families. • DDA and behavioral health concerns how health systems treat co-occurring disorders. • With the changes in the system with the Managed Care Organizations, the coalition would like a better understanding of the MCO roles in the region. • P Flag presentation around gender identity and sexuality, how to find proper support systems or how to be a support system. • Mindfulness presentations scheduled a head of time and change the time after 5:00 so working families can participate. • Heidi Bliss foster care around trauma and ACEs and how to support teens who have ACEs. • How do we get families to come to the mindfulness presentations? How do we engage the WISE providers to push the mindullness training to get families from various locations? A suggestion is to make flyers and give to the key players in WISE programs and the County Coordinators. • What is it that we are trying to accomplish? Trainings? We need to make this more attractive to families. Arranging time to just focus on the trainings for working families to attend after 5:00 and possibly hold trainings on the weekends. Possibly having the meetings start at 5:30 to 7:30. A suggestion was given to hold a mindfulness presentation and then gather feedback from a captive audience.

Evaluations
15min
ACTION: Action/Decision () Discussion () For Information Only (x)
Overview: Evaluations completed and collected.
Discussion Points: <ul style="list-style-type: none"> • Evaluations completed and collected.
Conclusion/Outcomes
•

Next meeting is - Monday, January 13, 2019 from 4:00 pm – 6:00 pm