

Youth and Family Coalition

8.10.2020

4:00 p.m. – 6:00 p.m.

Virtual

Meeting called by:

Rachael

Note taker:

Maria Arreola

Attendees:

Danielle Humphreys, Megan Boyle, Ryan O'Donnell, Tiffany Wheeler-Thompson, Desiree Bungay, Lisa Helen, Starleen Maharaj-Lewis, Salina Bass, Lisset Reyes, Mary Jo Durborow, Tonya Bieche, Kenny Alfred, Alina Denimco, Kate Naeseth, Amy Murphy, Wa'Lynn Sheridan, Paul Davis, Kate Foster, Lucy Rose, Val Jones

Announcements and Updates

Rachel opened the meeting and introduced Lucy Rose to the group. Lucy has joined as the North Sound YFC Youth Tri Lead. She is a Psychology student at Western Washington University with lived experience. Introductions were made and ice breaker questions were asked.

- One piece of advice they would give their 15-year-old self (7-year-old if 15 or younger), or
- One person they trust and why, or
- One thing they can do today that they could not do a year ago

Presentation – M.A.D. H.O.P.E. Youth Suicide Prevention

4:15-5:15

ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview: Making A Difference Helping Other People Everywhere - Youth Suicide Prevention. Daniel Humphreys gave a presentation training that is offered to youth.

Danielle is a Youth Suicide and Mental Wellbeing Specialist. She is a trainer and program manager and understands the protective factors associated with increasing wellbeing in the lives of youth.

Discussion Points:

The group was created in Bellingham after a string of youth suicides in a short time span. The topics presented are what youth are taught in the training.

- o Holding on to a tangible object can help a youth overcome a difficult time. The object can remind them of a hobby or a meaningful moment in life. Attendees were asked to share their object.

- The Peer Educator Program is to reach middle and high school students. This is a way to give a youth voice in trainings. The program is a tool to break the stigma associated with suicide. Resources are provided to youth. The program offers a connection with a trusted adult.
- Some questions are asked during the training are below
 - You know someone that has thought about suicide
 - You know someone who has attempted suicide
 - You know someone who has died by suicide
- A short video was shown. The video explained that everyone is fighting their own battles. Behind the everyday activities everyone has some sort of battle they are facing.
- In 2018 Whatcom county had 24% of youth that considered killing themselves and 38% self-identified as depressed.
- What keeps youth from talking about suicide and getting help? Attendees were asked this question and some responses are
 - Stigma
 - Fear
 - Not having a trusted adult to turn to
 - Lack of resources
 - Being labeled
 - Laughed at
 - Feeling hopeless, disconnected
 - Talking about feelings is being vulnerable and could result in rejection
- Stigma effects mental health system for individuals seeking services
- Words matter. Voicing empathy can change a conversation.
 - Committed suicide vs died by suicide
 - Cheer up vs I can tell you are in a lot of pain
 - You will get better vs have you considered seeking professional help.
- Why people die by suicide are feeling like a burden, not being afraid of one's own death, feeling like they do not belong. Youth have a huge need of belonging. Bullying has a huge factor of acceptance.
- People want to stay alive they want to end the pain. Individuals walk the line to stay alive and how to deal with the pain.
- A video of Kevin Hines was shown. Individuals who attempted suicide and survived. It was highlighted the thoughts and emotions the individuals had of the day.

- Risk factors
 - Depression mental illness
 - Drug and alcohol use
 - Prior attempts
 - Bullying
 - Exposure to suicide
 - Family history of suicide
 - Clusters of suicide
 - Homes with access to guns/firearms
- Warning signs
 - Giving away personal items
 - Low self esteem
 - No hope for the future
 - Change in personality, behavior, sleep patterns, eating habits
 - Evidence of self-harm or prior attempts
- Social media warning signs
 - Have unusual tone
 - Photos images dark in color
 - Joke about distress
 - Texts that end in pill or crying face emoji
 - Tik Tok comment about pasta or shampoo/conditioner
- The power of protective factors
 - Who helps you feel supportive? Who helps you in a bad situation?
 - Family connectedness
 - School connectedness
 - Healthy adult to talk to
 - Supportive peers
 - Access to MH and SUD services
 - Healthy self esteem
 - Skills in problem solving and conflict resolution
- Connection prevents suicide. The need to belong is so powerful that it can prevent suicide
- It is important to practice empathy. Youth are taught to do so in such situations that need another for support.
- Youth are asked to ask the question out loud
 - Are you thinking about killing yourself? Are you thinking about suicide?
- Youth are advised to tell friends don't keep a deadly secret to tell a trusted adult.
- Resources and videos will be sent to the group as time restraints. Danielle's contact information was given to attendees for further information and resources if needed.

Conclusion/Outcomes

- Informative presentation that is offered to youth in our communities. Attendees were given the opportunity to complete a free online QPR suicide prevention training that includes a certificate of completion.

WISE Data (Paul Davis)

5:25 – 5:40

Paul Davis

ACTION: Action/Decision () Discussion () For Information Only (x)

Overview: Rachel introduced Paul from HCA. Paul reviewed the WISE outcome data from Quarter 2.

Conclusion/Outcomes

- WISE has the most complex needs. WISE is an alternative means for youth to divert them from hospitals.
 - Demographic and geographic characteristics data showed services among gender, age group, race/ethnicity/ region and total population
 - Workforce is a highlight to be a focus on
 - School based behavioral health services are high in potential referrals following mental health outpatient, foster care, crisis services. Substance Use Disorder referrals can improve with referrals.
 - Child and Adolescent needs and strengths tool CANS data reviewed. WISE is focused on increasing the strengths of youth.
 - Are you reaching out to a different population virtually rather than face to face for WISE?
 - There are connections with working parents
 - It is difficult to reach youth
 - The link to the data report was given to attendees and Val will send out attendees.

5 Year Strategic Plan Goal Review

5:40 – 5:55

Val Jones

ACTION: Action/Decision (X) Discussion () For Information Only ()

Overview:

Discussion Points:

- Slight revision language in goal 4.
- Goal 3 is being worked on and moving pieces to incorporate training of cultural humility.
- The plan will go out to attendees. A vote will take place during the next meeting. If vote moves forward the plan will be sent to the state.

Conclusion/Outcomes

- Informed attendees of the changes in goals 3 and 4. Vote to take place during the next meeting.

Evaluations	
15min	
ACTION: Action/Decision () Discussion () For Information Only (x)	
Overview: Val sent the committee the link to the evaluations	
Discussion Points:	
<ul style="list-style-type: none">• Evaluations link sent to committee	
Conclusion/Outcomes	
<ul style="list-style-type: none">• Committee will complete the online evaluation	

Next meeting is - Monday, September 14, 2020 from 4:00 pm – 6:00 pm