

**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	
2.10.2020	4:00 p.m. – 6:00 p.m. CR_Snohomish
Meeting called by:	Val Jones
Note taker:	Maria Arreola
Attendees:	Kate Naeseth, Tiffany Wheeler Thompson, Megan Boyle, Miranda Morris, Salina Bass, Rachel Zakopyko, Angelique Perez, Mary Jo Durbrow
Phone Attendees:	

Announcements and Updates
<ul style="list-style-type: none"> Val opened the meeting greeting new guests, committee members and community to the open Mindfulness event.

Introduction to Mindfulness
120 min Michael Kelberer
ACTION: Action/Decision () Discussion (x) For Information Only ()
Overview: Presentation
Discussion Points: <ul style="list-style-type: none"> Largest provider of retreats in the country Three Keys to Mindfulness: Willingness, Curiosity, Kindness Stress, Suffering, and habit change exercises Body Scan exercise Reducing suffering. Suffering is optional. Pain is what the world does to you. Suffering equals pain times resistance. Mindfulness doesn't make the pain go away it gives you the option. Habit Change Body scan and habit of breath are the two core practices of mindfulness

Evaluations
15min Val Jones
ACTION: Action/Decision () Discussion (x) For Information Only ()

Overview: Evaluations completed and collected.

Discussion Points:

- Evaluations completed and collected.

Conclusion/Outcomes

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Next meeting is - Monday, March 9, 2020 from 4:00 pm – 6:00 pm