

## Youth and Family Coalition

7.13.2020

4:00 p.m. – 6:00 p.m.

Virtual

Meeting called by: Mary Jo Durborow & Rachel Zakopyko

Note taker: Maria Arreola

Attendees: Megan Boyle, Ryan O'Donnell, Tiffany Wheeler-Thompson, Marissa Collins, Desiree Bungay, Lisa Helen, Starleen Maharaj-Lewis, Caleb Maharaj-Lewis, Salina Bass, Lisset Reyes, Brenna Murphy, Mary Jo Durborow, Tonya Bieche, Kenny Alfred, Alina Denimco, Erika Jenkins, Chelsea Jiminez, Emma Neller, JR Biglow, Sabrina Di Gennaro, Kate Naeseth, Amy Murphy, Wa'Lynn Sheridan, Paul Davis

### Announcements and Updates

Mary Jo welcomed all to the meeting. Attendees introduced themselves and commented on the ice breaker questions.

### Presentation – Community Prevention and Wellness Initiative

60 min

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

Overview: Presentation to educate community of agency services

Mary Jo introduced the presenters

- Erika Jenkins, State Opioid Grant Prevention Manager with Division Behavioral Health and Recovery at Health Care Authority
- Emma Neller
- Sabrina DiGennaro

Discussion Points:

- Continuum of Care
- Prevention can be broken down in subcategories
  - Universal focuses on the public
  - Selective focuses on individuals at risk of developing mental health and substance use disorder.
  - Indicated category focuses on high risk individuals
- Risk factors
  - Community
  - Family
  - School
  - Individual/Peer

- Protective Factor
- The organization helps communities initiate and build capacity to upstart a collation.
- Community Prevention and Wellness Initiative Fellowship Program
  - Capacity building and workforce development
  - Functions as a liaison between the collation community and state partners
  - Help recruit and retain membership on the collation
  - 14 fellows are around the state
- Collaboration between CPI and YFC.
  - The start of a collaboration is to have a beginning conversation. Learning and understanding the goals and functions of each organization.

### Conclusion/Outcomes

- Presenters opened platform for questions and comments. PowerPoint slides will be sent to attendees.

### Strategic and Annual Work Plan Progress Report

30 min

Val Jones

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

Overview: Requirement to report to the state

### Conclusion/Outcomes

- Quarter 1
  - Approved and distributed new flyer
  - Hosted 2 presentations, Mindfulness NW and PFLAG
- Quarter 2
  - Partnered with Youth Move to strategize around youth engagement
  - Hosted 3 presentations
    - Communities in Schools
    - Center for Discovery
    - NW Youth Services with YMCA Oasis Teen Shelter
  - Completed Respite Survey
  - Created Anti-Racism resource page on the website
  - Partnered with Whatcom Family Coalition and Community Coalition Network to survey child/youth behavioral health providers and note strengths
  - Reached out to Lummi Nation, Nooksack and NW Indian College
- Quarter 3
  - Will focus on cultural humility, prevention and community leadership development

15min	
ACTION: Action/Decision (X) Discussion ( ) For Information Only ( )	
Overview: Begin discussions in groups for outreach and recruitment strategies	
Discussion Points:	
<ul style="list-style-type: none"> <li>• Caleb reported on a the Be Strong program of all ages focusing on school bullying and suicide prevention. The group supports peers and meets to discuss ways of prevention and to be a listening ear and support for peers.</li> <li>• Chelsea reported on Job Corps staff have been notified about the North Sound YFC. Lisa mentioned in Seattle has a health center within the high school that is partially funded by Kaiser Permanente. Interventions is accessible within the school building. Students have access to an Intervention Specialist to connect students to outside resources. The Woolley Wellness center is open to students that offers preventative care</li> <li>• People don't seem interested in joining the coalition. Can we write up a role explaining the duties and responsibilities the youth will have in the coalition. Begin speaking to high schools for senior projects. Senior projects can be revolved around joining a coalition. Create opportunities to meet with peers to begin discussion. Seek out teachers to assign students and reach out to those students that maybe interested. College aged students can be established and seem more appealing to youth. Getting involved in clubs/organizations youth attend. Social media outreach to engage youth interest. Look at having a stipend for youth joining.</li> </ul>	
<b>Conclusion/Outcomes</b>	
<ul style="list-style-type: none"> <li>• Breakout rooms reported back of recruitment and outreach ideas</li> </ul>	

<b>Evaluations</b>	
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"> <li>• Evaluations link sent to committee</li> </ul>	
<b>Conclusion/Outcomes</b>	
<ul style="list-style-type: none"> <li>• Committee will complete the online evaluation</li> </ul>	

**Next meeting is - Monday, August 10, 2020 from 4:00 pm – 6:00 pm**