

**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 |                                                                                                                                                                                    |
|----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3.9.2020                   | 4:00 p.m. – 6:00 p.m. CR_Whatcom                                                                                                                                                   |
| Meeting called by:         | Val Jones                                                                                                                                                                          |
| Note taker:                | Lisa Hudspeth                                                                                                                                                                      |
| Attendees:                 | Val Jones, Lisa Hudspeth, Linden Jordan (Presenter), Mallori Marley, Marissa Collins, Paula Ann Parmenter                                                                          |
| Phone Attendees:           | Amber Bryant (DDA), Jen Cole, Chelsea Jimenez, Stephanie Grant, Salina Bass, Tiffany Bryant, Becky Hurst, Adair Brown, Nyka Osteen, Mary Jo Durborrow, Ryan O'Donnell, Karen Kelly |

| Announcements and Updates                                      |
|----------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• None noted</li> </ul> |

| Presentation: The Science of Gender                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |
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| 60 min                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Linden Jordan |
| ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |
| Overview: Presentation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |               |
| Discussion Points: <ul style="list-style-type: none"> <li>• Linden Jordan provided a brief introduction prior to presentation               <ul style="list-style-type: none"> <li>○ Sex and gender are not the same</li> <li>○ Briefly spoke to the recent Sex Education bill that passed</li> <li>○ Recommended BBC Series on You Tube: BBC Intersex</li> </ul> </li> <li>• Question: Are there now any guidelines from Public Health/American Medical Association (AMA) about what would be appropriate surgery (or not) for infants born intersex?               <ul style="list-style-type: none"> <li>○ Response: both AMA and APA have issued protocols; there are no absolutes (no laws that back up protocols/recommendations)</li> <li>○ Are there any recommendations that require parental consent?                   <ul style="list-style-type: none"> <li>▪ Response: All hospitals require parental consent</li> </ul> </li> </ul> </li> </ul> |               |

- New research being done around puberty blockers; first data has come out on first group started approx. 5 years. Very promising (participants are mirroring typical population numbers (i.e. 1.3% suicide rate vs. 41%)
- Brief discussion ensued regarding the upcoming census and it's lack of recognition of the many types of gender
- Discussion ensued regarding working with youth who are Transgender
  - Gender Clinic in Seattle is able to provide many different options/methods for paying
  - Lack of medical professionals (doctors) who are willing to work with transgender children/youth
  - There are many therapists who are willing to work with trans children/youth
    - Includes working on social transition
    - Works with schools (protocol from OSPI)
  - Puberty Blockers (GRNH)
    - Been used for decades for other purposes (i.e. young girls who menstruate at a very early age)
    - Placed under skin (last 12 -36 months); stops puberty
    - Reach a point where it will impact bone density – this is the balance
      - What is the average time/age an individual would be on puberty blockers?
      - Protocol says age 16 to start hormones (puberty blockers go away); although some doctors will do 15
- Recommendation to have presenter return

Action Items: North Sound BH-ASO to send out presentation

### Update on Whatcom County Chapter

15 min

Val Jones

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

#### Discussion Points:

- Decision for structure of Youth and Family Coalition was to start county specific chapters and then have regional meeting that is for tri leads
- Current group will be transitioned to Skagit Group (will continue to meet 2<sup>nd</sup> Monday of each month from 4:00 – 6:00 p.m.)
- There are supposed to be 3 leaders in each group: 1 system partner lead, 1 family member lead, and 1 youth lead
  - Skagit has system partner tri-lead, looking for a family member tri-lead and youth tri-lead
  - Whatcom needs all tri-leads

- It was noted that family members and youth will be compensated for their time
- If attendees know of family members or youth and that have/had experience with system, please pass on Val's name to them
- Position descriptions can be found on YFC website under position description (time commitment, expectations, etc.)
- Membership is supposed to be 51% youth and families – the more individuals can get the word out about presentations, the better
  - YFC can offer financial assistance with childcare and transportation (cash cards)
- Needs Identified
  - Whatcom County group forming around responding to community tragedies (example was provided of tragic death of a Bellingham principal recently)

### Conclusion/Outcomes

- Continue to spread word
- If individuals know of someone who would be interested in a tri-lead position, please pass on Val's name

### Spread the Word: Outreach Planning

60 min

Val Jones

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

Overview: Outreach Planning

Discussion Points:

- Brainstorm occurred of types of events that YFC could have tables at?
  - Bellingham: Children's Fair
  - Whatcom County Transition Fair (end of month/beginning of April) – could make sure ARC has some of the literature from YFC to have on hand
  - School Resource Fairs
    - Shuksan Middle School in Bellingham has one coming up (Val will follow-up with Mary Jo and Becky)
  - Concrete Resource Fair (March 19<sup>th</sup>)
    - Boys and Girls Club and Oasis there
    - It was noted there is a group that meets in Concrete
  - Mount Baker Family Event (March 31<sup>st</sup> – Kendall Elementary)
  - Recommendation to partner with Prevention Coalitions
- YFC needs to get a new banner

- Brainstorm occurred of meetings attend to pass out flyers to
  - Community Action Community Resource meeting in January
  - Would like to attend Opportunity Council community meeting
  - Working on attending different board meetings (i.e. Nami Skagit)
  - Crisis Oversight meetings
  - CRN: [jeff\\_judkins@oppc.org](mailto:jeff_judkins@oppc.org)
  - Val encouraged attendees to share information at meetings/events they attend; what online opportunities are there?
- Need to update flyer – include QFC code for link; up
- Drawing out Youth
  - Getting assistance from a national organization: Youth Move
  - Focus is on becoming an organization that allows for and shows value in youth leadership
  - Mary Jo will reach out to Evelyn Clark (HCA) to see recommendations  
[Evelyn.clark@hca.wa.gov](mailto:Evelyn.clark@hca.wa.gov)

| <b>Venue Shift for “Communities in Schools” Presentation in April</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 15 min                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Val Jones |
| ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |
| Overview: Presentation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |
| Discussion Points:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |
| <ul style="list-style-type: none"> <li>• There is a “glitch” around insurance and moving meeting to YMCA               <ul style="list-style-type: none"> <li>○ because of this issue, we will be back at North Sound BH-ASO office for upcoming meeting in April</li> </ul> </li> <li>• Karen – could create something to do online; better to do in person if possible               <ul style="list-style-type: none"> <li>○ Should it be moved into May?</li> <li>○ Should some of the time be focused on families the role within youth and family coalition. Training is very broad.</li> </ul> </li> <li>• Val will discuss with Rachel, then follow-up with Karen</li> </ul> |           |
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**Next meeting is - Monday, April 13, 2020 from 4:00 pm – 6:00 pm**