

## Youth and Family Coalition

11.9.2020

4:00 p.m. – 6:00 p.m.

Virtual

Meeting called by: Tri Leads Rachel, Mary Jo and Lucy

Note taker: Maria Arreola

Attendees: Megan Boyle, Ryan O'Donnell, Desiree Bungay, Starleen Maharaj-Lewis, Salina Bass, Wa'Lynn Sheridan, Kate Foster, Val Jones, Alina Rae, Madeline Zielinski, Elizabeth Abbott, Dawn Scott, Chris Cochran, Tina Burnell, Jerri Clark, Kaleb Lewis

### Announcements and Updates

#### Land Acknowledgement

We acknowledge, with humility, that the land of the North Sound region today is the territory of People of the Salish Sea. Their presence is imbued in the waterways, shorelines, valleys, and mountains of the traditional homelands of the Coast Salish People, since time immemorial.

- Mary Jo announced a shift in work duties. This will be her last meeting as the North Sound YFC Tri-Lead. Mary Jo was acknowledged for her contribution in this committee. Mary Jo will continue to attend future meetings. Kate Foster will take on the role of the new Tri-Lead.

### Presentation – Breaking the Silence – NAMI Whatcom

4:15-5:15

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

#### Overview:

Lucy introduced Larissa and Kim.

- Larissa [Lari] is passionate about health and spirituality. She works as a mental health therapist/case manager.
- Kim Sauter is a volunteer and is NAMI Whatcom Executive Director. She loves to share her family's journey with mental illness in order to kindle hope in anyone who might be listening and be affected.

#### Discussion Points:

- Symptoms create the challenges not the diagnosis.
- Early intervention is to know the warning signs. Reach out and respond to individuals. Work with system partners and provide resources.

- Warning signs
  - Intensity “How severe are the symptoms?”
  - Duration “How long do they last?”
  - Level of Distress “How much do they impair daily functioning”
- What is seen at school can be different of what is seen at home.
- Common Warning Signs of Suicide. Take action early.
- Reach out and respond. Take action
  - Are you thinking about suicide?
  - Don’t leave them alone
  - Seek help immediately
- A child will seek help in a trusted adult. Once the awareness is brought to light, seek further help for the child in community resources, school staff, and professional help.
- Just starting the conversation gives the youth the platform to show them they are supported, and the support is there when they are ready.
- Empathy helps you understand. Sympathy is a choice to show the silver lining of a situation. Having difficult conversations, is natural to solve the problem and make it better.
- Talking with professionals to share concerns, ask for referrals and educate yourself.
- Resilience and well-being. Show the youth the ability to set goals, make friends, positive self-views.

### Conclusion/Outcomes

- Brief overview of tools and highlights to assist a child in need of support in a critical point of help.

### Needs Assessment and Annual Work Plan

5:20 – 5:35

Agenda Topic

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

- Val reviewed the Strengths and Needs Assessment for 2020.
- State Mental Health and SUD region highlights were reviewed.
- YFC Annual Plan and quarterly objectives were reviewed.
- Discussion took place on a welcome packet for youth and informational sheet to be given to interested individuals. It was suggested to have a short intro video. An avenue to explore is local heroes to speak on this platform. An avenue exploring is local heroes to speak on this platform or having presentations that youth can be more related too.
- Lucy spoke on barriers. What is keeping people from getting involved? The committee should brainstorm solutions to barriers. It is first to look at the issue then track on the solutions for involvement.
- Tri-Leads will meet to further discuss a flow to easily discuss further with attendees.

### Conclusion/Outcomes

Attendees were informed of the Annual Work Plan. Strategies of working on informational documents to be given to community.

<b>Open Forum for Discussion, Questions, Comments and Concerns</b>	
5:35 – 6:00	
ACTION: Action/Decision ( ) Discussion (X) For Information Only ( )	
Overview: Discuss options of outreach	
Discussion Points:	
<ul style="list-style-type: none"> <li>• Topic was unable to be discussed as time restraint.</li> </ul>	
<b>Conclusion/Outcomes</b>	

<b>Evaluations</b>	
15min	
ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)	
Overview: Link was sent to the committee	
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, December 14, 2020 from 4:00 pm – 6:00 pm**