

Youth and Family Coalition		
10.12.2020	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, Mary Jo Durborow, Tonya Bieche, Wa'Lynn Sheridan, Kate Foster, Lucy Rose, Val Jones, Rachel Zakopyko, Marissa Collins, Alina Rae, Mallari Marley, Marissa Collins, Kate Naseth	

Announcements and Updates
<p>Land Acknowledgement</p> <p>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.</p> <ul style="list-style-type: none"> <li>— WDRC Peaceful Poetry Contest is accepting submission until October 30<sup>th</sup> for youth (18 and younger) who live in Whatcom County <a href="https://www.whatcomdrc.org/youth-peace-poetry-contest">https://www.whatcomdrc.org/youth-peace-poetry-contest</a></li> <li>— Job Corps accepting applications for young adults 16-24, low income at risk individuals.</li> <li>— M.A.D.H.O.P.E currently has a Trusted Adult art Contest going on until October 30<sup>th</sup>. Open to adults 14-24</li> </ul>

Presentation – Youth Mental Health First Aid with Megan Boyle and Ryan O'Donnell	
4:15-5:15	
ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )	
Overview: Mary Jo introduced Megan and Ryan who presented on Youth Mental Health First Aid. Presentation was a brief overview of an 8-hour training offered to providers.	
Discussion Points:	
<ul style="list-style-type: none"> <li>○ Training community members of youth mental health to bring awareness for supporting young individuals who struggle with mental health disorders.</li> </ul>	

- Approx. 25% of youth experience a mental health challenge
- Youth are more likely to be open and honest with peers. Supportive adults can help youth understand and openly talk about their mental health barrier.
- Early intervention and treatment lead to better outcomes.
- The median length of time it takes someone to receive treatment from the initial presentation of symptoms is 10 years before experiencing relief.
- Physical Changes:
  - Changes in hormones
  - Increase of height/weight
  - More focus on physical concerns/appearance
- Mental Changes
  - Using logic and reason in decision making
  - Leaning on peers to see what their values are
- Emotional Changes
  - Feel things more intensely
  - Can lead to risk taking and impulsive behavior
- Social Changes
  - Peer influence changes
  - Notice sexual identity
  - Learn to manage relationships including romantic relationships
- It is important to recognize typical behaviors versus behavioral health disorders
- If it impacts their ability to live, be around friends and be in a relationship this could be a flag of a behavioral health disorder
- The most important protective factor is feeling close to one adult
- ACEs Adverse Childhood Experiences. Many children demonstrate the ability to overcome the challenges of ACEs. The most common factor to overcome resilience is having at least one trusted relationship with an adult.
- Prevalence
  - Anxiety Disorders
  - Behavior Disorders
  - Mood Disorders
  - Substance Use Disorders
  - Overall Prevalence with severe impact
- Age of Onset
  - Anxiety – 11
  - Eating Disorders – 14
  - Substance Use Disorder – 20
  - Schizophrenia – 23
  - Bipolar – 25
  - Depression – 32
- Mental Health is a spectrum. Low level symptoms, moderate symptoms, and crisis. This training is a tool used to respond to youth that are in the stages of the spectrum.
- How to help – early intervention
  - Assess for risk

- Listen and offer reassurance
  - Don't make promises that you can't follow through with. A statement of "others do feel this way" knowing they are not alone.
- Validate
  - There experience is real. Symptoms they have are important. Be supportive.
- Help connect to community supports
- How to help in a crisis.
  - Be direct "Are you thinking of Suicide?"
  - Seek Professional Help
    - Care Crisis Line
    - Call 911 in an emergency
    - Reach out to a Mental Health Professional for support if individual is in service.
- With the virtual platform this training is being offered in a blended area. Individuals have a self-guided and virtual meeting combined.
- It was suggested to have this training in schools.

### Conclusion/Outcomes

- Brief overview of the Youth Mental Health First Aid training given in an 8-hour class time frame.

### Open Forum for Discussion, Questions, Comments, and Concerns

5:20 – 5:35

Agenda Topic

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

Lucy led conversation regarding of insights of what is working well and what needs improvement.

- Whatcom County lacks services for youth and children who have mental health disorders. There are no beds for children or youth. They must travel out of town for treatment.
- Adolescent unit at SMBH which is a step in the right direction to assist youth.
- Housing with family members is a limited option. Option is to separate families.
- Staff are underpaid.
- Looking at the factors of what is lacking and what is working, what can this group do to improve them?

### Conclusion/Outcomes

This will be a continued discussion. The group will continue to look of the power to improve what is lacking and shine insight of what is working.

### Youth Engagement & Incentive Planning

5:35 – 6:00

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

Overview: Discuss options of outreach

Discussion Points:

- Youth engagement in an accessible way. A survey can be created to be distributed to agencies.
- A monetary incentive for participation
- What will be the outcome of the group receiving feedback from surveys?

**Conclusion/Outcomes**

- Lucy will continue to modify the survey while connecting with group members.

**Evaluations**

15min

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

Overview: Link was sent to the committee

Discussion Points:

- Evaluations link sent to committee

**Conclusion/Outcomes**

- Committee will complete the online evaluation

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