

Youth and Family Coalition		
9.14.2020	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, Lisa Helen, Starleen Maharaj-Lewis, Salina Bass, Mary Jo Durborow, Tonya Bieche, Kenny Alfred, Wa'Lynn Sheridan, Kate Foster, Lucy Rose, Val Jones, Rachel Zakopyko, Rhonda Lefton, Jen Cole, Chris Cochran, Katy Wicks, Marissa Collins, Alina Rae, Trina Hall	

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"> - Upcoming Whatcom County Youth Behavioral Health meeting is Thursday, September 17th from 3:00 – 5:00. - WDRC Youth program has two free youth workshops. Understanding Conflict for Kids (ages 7-11) on September 17th. Youth Poetry workshop (ages 5+) on September 22nd. Registration links were shared with the group.

Presentation – Health Impacts of COVID-19	
4:15-5:15	
ACTION: Action/Decision () Discussion (x) For Information Only ()	

Overview: Rachael introduced Dr. Tona McGuire. Tona is a Clinical Psychologist working primarily with children and families. She serves on committees that plan for the impact of disasters on the regional and state healthcare systems. Dr. McGuire is one of the Leads for Washington State Department of Health's Behavioral Health Strike Team.

Discussion Points:

- Financial, mental health and social structure impacts on families, individuals and communities.
- Common responses to disaster in adults and children
 - Emotional
 - Cognitive
 - Physical
 - Behavioral
 - Spiritual

- Resilience Exploration
 - Internal Strengths
 - Problem solving
 - Self-Awareness
 - Empathy
 - Self Efficacy
 - Goals and Aspirations
 - External Resources
 - What has worked well for you in the past?
 - Who can you reach out to?
 - What resources are still needed?
- Changes in children can be expected. Parents to demonstrate patience and explore creative ways in learning new ventures in life. These can be learning to cook together or helping a neighbor. It is important to give praise to the child in their learning habits from home. A simple acknowledgement of praise will help the child boost their confidence and courage to continue doing well learning from home.
- Ways to assist children and teens to set goals for themselves and to encourage them to express their thoughts and feelings. Parents to help guide the child through the coping skills of stress.
- Parents to recognize selfcare practices.
- Family communication should be gauged on the levels of difficulty of the conversation. Giving space to the conversation and gauging the difficulty at the moment can relieve the topic from further escalation.
- The possible pandemic forecast was reviewed. Currently the forecast is heading in Scenario 2 the Fall peak. This wave will be expected to have a significant impact on economic and social aspects.

Conclusion/Outcomes

- Information presentation to the community to help understand the impacts and build resiliency during this time.

Discuss and Vote to Update Five Year Strategic Plan Goals 4 & 5

5:25 – 5:40

Agenda Topic

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

Val reviewed the revisions that were made to the strategic plan. Amendments were made to goals 4 and 5. Attendees were given the opportunity

Conclusion/Outcomes

Vote occurred to adopt revisions to the strategic plan. All in favor. Val will submit the plan to the state.

Task Assignment and Next Steps

5:40 – 5:55

Rachel

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

Overview: Discuss options of outreach

Discussion Points:

- It was asked of attendees to consider reaching out to individuals who would like to be a part of the coalition.
- It was suggested to have a written document explaining the coalition and what the role of the individual would take part of. Val will work together with the Tri Leads to create a document.

Conclusion/Outcomes

- Collectively announced outreach to individuals that potentially will be interested in participating in the coalition.

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, October 12, 2020 from 4:00 pm – 6:00 pm