

nnnnnnnnnsazYouth and Family Coalition

4.12.2021

4:00 p.m. – 6:00 p.m.

Virtual

Meeting called by:

Tri Lead Kate Foster

Note taker:

Maria Arreola

Attendees:

Mary Jo Durborrow, Starleen, Maharaj-Lewis, Kate Foster, Marissa Collins, Lisa Moulds, Sondra Archuleta, Megan Boyle, Salina Bass, Dawn Scott, Tonya Bieche, Val Jones, David Roehn, Kenny Alfred, Rebecca Snearly, Julia Rowland, Kaleb Maharaj-Lewis, Kristi Slette, Israel Arreola, Kim Baker, Joe Valentine, J Peters, Kate Naseth, Kate Kilroy, Julie Butschli, Kim Bunch

Presenters: Seattle Children's Theater, Qui Qui, Josh, James, Mati

Introductions, 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.

— Val provided a brief overview of the North Sound Youth and Family Coalition

Presentation – Ghosted – Film Screening

4:20-5:20

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

- Kate introduced the Seattle Children's Theater staff who featured the Ghosted film screening.
- Show Description: Will a student's bout of anxiety allow others to create a safe space to talk about what they're going through and what's really going on? *Ghosted* is a candid glimpse of a single day in the life of four high school students as they learn to adapt to remote learning and struggle to connect with others while still social distancing. It's an up-close look at how they navigate their relationships and support each other while facing harsh realities and many unknowns.
- Clinical depression can be characterized by long periods of sadness, withdrawn from others, chemicals in the brain and may even have hopelessness about the future or thoughts of suicide.

- Suicide is the act of dying voluntarily or intentionally. Know the signs. Tell a trusted adult right away. There is always someone to turn to for support. This can be an uncomfortable conversation. Turning to a trusted adult or support will help ease the conversation.
- Anxiety is a feeling of everyday life. If the anxiety disrupts daily life this is a sign to seek extra support.
- It is important to recognize when we are not feeling okay. Recognize your stressors. Build a support network. Use a tool to recognize and name your stressors.
- Coping strategies that will work for you. Examples can range from reading a book, calling your support network, drawing, spending time with your pet, or writing.
- Check in with yourself. Mental health is common. Ask for help when you need it or ask for extra support.
- Disconnect from social media and connect with individuals in the community.
- Resources
 - Findyourwords.org
 - Suicide Prevention Lifeline (English) – Call 1 800-273-8255
 - Suicide Prevention Lifeline (Spanish) Call 1800-628-9454
 - Crisis Text Line – Text “Hello” to 741741
 - 24/7 confidential text line connects you with a Crisis Counselor who is there to listen and provide assistance when you encounter a crisis experience painful emotions or are just looking for support.
- Seattle Children’s Theater staff who showcased Ghosted were recognized by the group for offering a welcoming, calm and educational platform for parents and youth that attended.

Strength through Adversity

5:20 – 6:00

Agenda Topic

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

- The youth movement is flourishing in the communities over the years. This is a peaceful platform.
- What is working
 - Organized agenda. Agenda prep in advance
 - Organized facilitator with follow through
 - Participation through Zoom has allowed more individuals to participate.
 - Resource and presentations are around Whatcom county. Expanding presentations to other counties will help other individuals learn about their residing county.

- Having the elevator speech on the YFC website
- Social media has expanded to reach youth and to accommodate the change in communication during the pandemic.
- Moving Forward
 - Expanding outreach to other counties. Snohomish county is the largest in the region. San Juan is the smallest with the least resources.
 - What does outreach look like?
 - Dawn offered to connect with Parent Support Partners and parents to attend.
 - Knowing when to advocate at the state level.
 - Connect with resources in counties such as Brigid Collins.
 - Linkages
 - ESD – Schools in the region
 - Community HUB
 - Pathways HUB (Care Coordination Model)
 - Youthnet LGBTQ
 - Faith Youth Groups
 - Compass Health - Megan

Conclusion/Outcomes
Discussion to brainstorm what has been working and next steps.

Evaluations	
15min	
ACTION: Action/Decision () Discussion () For Information Only (x)	
Overview: Link was sent to the committee	
Discussion Points:	
<ul style="list-style-type: none"> • Evaluations link sent to committee 	
Conclusion/Outcomes	
Committee will complete the online evaluation	

Next meeting is - Monday, May10, 2021 from 4:00 pm – 6:00 pm