

Youth and Family Coalition		
12.13.2021	4:00 p.m. – 6:00 p.m.	Virtual
Meeting called by:	Kate Foster	
Note taker:	Maria Arreola	
Attendees:	Linda Pacheco, Julia Rowlad, Jay Rose, Kaytlin Seldon, Elizabeth Ruth, Caileigh Robinson, Kat Lohman, Maverick Tang, Liz Wilhelm, Jaelyn Vallely, Megan Boyle, Kari Holley, Samantha Kiyota, Val Jones, Kate Foster, Caileigh Robinson	

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.

Presentation – Julia Rowland	
4:00 – 5:30	
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<ul style="list-style-type: none"> — Skagit Domestic Violence and Sexual Assault Services is a licensed dual domestic violence sexual assault program. Serves individuals of victims stalking, dating violence, child sexual abuse, sex trafficking and elder abuse. All family members and friends that have been assaulted or abused. They also serve all victims at all stages in their healing process — Service include <ul style="list-style-type: none"> ○ Crisis support and safety planning ○ 24 hour crisis line 888-336-9591 ○ Advocacy based counseling ○ Support groups ○ Emergency, confidential shelter — Office hours are Monday – Thursday 9:00 a.m. to 5:00 p.m. — Julie spoke about the following <ul style="list-style-type: none"> ○ Domestic violence 101: The Power and Control wheel ad the Cycle of Violence ○ Sexual Violence 101: The Continuum of Violence and Consent ○ Flags: Red, Green and Yellow ○ Disclosures by victims and survivors, what good support looks like 	

- Trauma and coping

Outreach	
5:30 – 5:45	
ACTION: Action/Decision (X) Discussion () For Information Only ()	
<ul style="list-style-type: none"> — The Outreach Committee met for the first time in November. — Goal#3 was worked on <ul style="list-style-type: none"> ○ To equitably increase Youth and Family involvement in YFC from all five counties in the North Sound region. — Committee discussed how to make individuals feel welcomed on a virtual platform — Action plan was reviewed for each task <ul style="list-style-type: none"> ○ Invite Health Care Authority Tribal Liaison to present at a meeting ○ Hold new membership sessions prior to each meeting ○ Seek funding for social media campaign — Next outreach meeting is Jan 14th from 4-5 — The Committee will meet every other month 	
Conclusion/Outcomes	
Update the members of the committee progress	

Self-Care Gifts Through the Holidays	
5:45 – 6:00	Agenda Topic
ACTION: Action/Decision (X) Discussion () For Information Only ()	
<ul style="list-style-type: none"> — Individuals shared self-care values to help during this holiday season 	
Conclusion/Outcomes	
Sharing of self care during the holiday	

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, January 10, 2022 from 4:00 pm – 6:00 pm