

Youth and Family Coalition		
<b>3.8.2021</b>	<b>4:00 p.m. – 6:00 p.m.</b>	<b>Virtual</b>
Meeting called by:	Tri Lead Kate Foster	
Note taker:	Maria Arreola	
Attendees:	Mary Jo Durborrow, Ryan O’Donnell, Starleen, Maharaj-Lewis, Wa’Lynn Sheridian, Kate Foster, Marissa Collins, Lisa Moulds, Sondra Archuleta, Nora Karena, Megal Boyle, Salina Bass, Lisa Helsen, Michelle Osborne, Rachael Zakopyko, Dawn Scott, Kathryn Defilippo, Jason McGill, Amber Bryant, Sarah Shaffer, Tonya Bieche, Val Jones, David Roehn, Angela Fraser-Powell, Kim Sauter, Kenny Alfred, Kate Meset, Jerri Clark, Rebecca Snearly, Alina Rae, Jay Rose, Adair Jewell, Lucy Rose	

**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.

- Rachel announced her last meeting as the North Sound YFC Tri-Lead representation. Chris Cochran has accepted the position as Rachel began to end her position. Acknowledgment was made to Rachel for her active valuable leadership for the North Sound YFC. The coalition welcomed Chris as the new North Sound YFC Tri-Lead.
- Val spoke of the Equity and Inclusion project launch on March 6<sup>th</sup>. The journey has started with a wonderful group of young individuals.
- Val provided an invitation to the Whatcom Youth Behavioral Health Stakeholders gathering on March 18<sup>th</sup> from 3:00 – 5:00. Coalition was advised to send interest to Maria or Val. They will provide the invitation link.
- Mary Jo informed the Coalition of the Applied Behavioral Analysis Therapy will be available in Skagit and Whatcom counties. The plan of services to be available at the end of March.
- Kim provided information on a forum this Friday, March 12<sup>th</sup> from 12:00 – 2:00. Kim Batts. Kim is a colleague of Dr. Ross Green. Mr. Green has a positive parenting method called collaborative and pro-active problem solving.

<b>Presentation – Behavioral Health Supports in Schools: Continuum of Services; Chris Cochran</b>	
4:15-4:45	
ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )	

Chris has worked in the behavioral health system for about 10 years. He has worked for Options High School for 7 years. He currently is the Mental Health Coordinator for Bellingham School District.

— History of School Counseling:

- 1890's social reform, first documented child abuse case. Animal welfare laws used as a hallmark case
- 1914-1918 vocational guidance, physiological assessments
- 1958 National Defense Act.
- 1980s crime rates on the rise. Individuals being diagnosed with PTSD
- 1990s increased understanding of the brain and trauma. Trauma Informed work began.

— Staff:

- Bellingham School Districts have 23 schools. There are over 12,000 students and families. A total of 35 school counselors are established on site. There are 3 Prevention Specialists, 1 mental health school psychologist, 1 behavioral health specialist, family resource specialist and resource officer.

— Continuum Preventative Response:

- Multidisciplinary approach involves community resources and partners. 60 to 70% of work done is victim advocacy.
- Mobile Response Team – MRT is activated when there is a staff or student death. MRT is staffed with volunteers. They go into the school to debrief and help school staff and students deal with grief. The goal is to help the school go back to what they do best. Bellingham has the oldest MRT in Washington state. Another goal is to have all counties be supported in the time of need.
- BPS Threat Assessment Team is to gather information for safety when a threat is made. What is the risk of the threat? What can we do to help the student with the underlying issues? To help stabilize the youth and be successful in school. The threat can be indirect or conditional. This is modeled from Kaiser Oregon. Whatcom county has been using this model for several years. It has allowed consistency through all schools.
- Compass Mobile Crisis Outreach Team is an alternative route to dispatch MCOT to meet with youth. A plan is developed and followed through. Schools are contacted to help support youth when they go back to school.
- Incident Command System is used for natural disasters. School district works with law enforcement and emergency response teams.
- Whatcom county Mobile Response team for all 7 districts

— Stages of Response Used:

- Initial Response is for law enforcement information stage. There is one resource officer for 23 schools.
- MRT is the central role to stabilize the school along with Treehouse to support parents and students.
- Mental Health focus on grief and loss
- Initial Response
  - Law Enforcement
  - BPS Safety/Admin
- Information

- Law Enforcement
  - Safety/District Admin, MRT
- School Stabilization
  - MRT
  - District Admin
  - Our Treehouse
- MH/Grief/Loss
  - Our Treehouse
  - District MH
  - Local MH Providers
  - Community Partners
- Ongoing MH Support
  - Our Treehouse
  - Local mental health providers
- Multi-Tier Systems of Support (MTSS):
  - Tier 1 is universal
  - Tier 2 is targeted increase
  - Tier 3 is individualized
- Do school counselors have regular meetings to share? Sharing best practices with other school districts.
  - There are no regular scheduled meetings for debrief. A new level of collaboration is at MRT meetings.
- Do officers come into the situation armed?
  - The resource officer is in full gear when in the schools.
- What external partnerships look like? What services are available for rising risk students or family members that are struggling?
  - Community partners are growing in the community. They develop as conversations take place and resources rise from those conversations with organizations.
  - A goal for rising risk students is to nurture and care for the students before a crisis.
- Multi-Tiered System of Support. This model has been written into legislation.
  - Tier 1: Universal all students receive supports
  - Tier 2: Targeted increased support/services
  - Tier 3 individualized
- What is the response for students thinking of suicide?
  - Response when concerns are shared. A school teacher will screen the child to ask if there is a history, plan and a method for the plan and do they have access to those means? The parents would be contacted. If an imminent risk is found then MCOT will be contacted.
  - M.A.D.H.O.P.E., NAMI and other organizations will speak to students about prevention and signs of suicide. Highschool health and psychology classes cover suicide and prevention.
- Do you have in place that a student can be connected with a trusted adult?
  - Several ways have been created for teachers to be connected with a student to build a rapport.
  - Teachers focus on students that show the most need. A relational component is factored in to honor students.
- How are overworked teachers being taken care of?

- Teachers are known to easily invest their time and efforts to care for students that won't overwhelm them. This is a natural ability for teachers. They can work this in their schedule during the day.

<b>Legislative Update</b>	
5:20 – 5:45	Agenda Topic
ACTION: Action/Decision (X) Discussion ( ) For Information Only ( )	
<ul style="list-style-type: none"> <li>○ Kate presented bills of interest related to youth and family behavioral health</li> <li>○ HB 1477 which is 988 response number for suicide prevention and crisis, was voiced for advocacy.</li> <li>○ Mental Health advanced directive work HB5370 to ensure families individuals and agencies have access to the tool to assist in completing the forms.</li> <li>○ NAMI website has an interactive page to show legislative bills status and overview.</li> <li>○ It was suggested to have a legislative workshop in the future.</li> <li>○ DDA of WA has done training for individuals covering legislative advocacy.</li> </ul>	
<b>Conclusion/Outcomes</b>	
Informational legislative bills to monitor	

<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>	
Committee will complete the online evaluation	

**Next meeting is - Monday, April 12, 2021 from 4:00 pm – 6:00 pm**