

Youth and Family Coalition		
11.8.2021	4:00 p.m. – 6:00 p.m.	Virtual
Meeting called by:	Kate Foster	
Note taker:	Maria Arreola	
Attendees:	Rachel Zakopyko, Joe Neigel, Kate Foster, Mallari Marley, Rebecca Snearly, Linda Pacheco, Stephanie Grant, Caileigh Robinson, Dawn Scott, Julia Rowland, Megan Boyle, Jen Chong jewel, Mike Sidwell, Sondra Archuleta, Eleven Vexler, Salina Bass, Starleen Maharaj-Lewis, Tonya Bieche, Ari Wright Adair, Jerri Clark, Val Jones	

Introductions, 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>

Presentation – Joe Neigel, Monroe School District	
4:00 – 5:00	
ACTION: Action/Decision () Discussion (x) For Information Only ()	
DOH Youth Behavioral Health Situation Impact Report Joe is Monroe is director of prevention services, Monroe coalition. — Monroe was identified as one of the high-risk areas	

— Community Prevention and Wellness Initiative

- 100 communities, over 100 schools all 9 school districts and 39 counties are involved in the initiative.
- Community based model to deliver effective prevention strategies.
- Data informed to identify vulnerabilities in communities and respond to root social problems and emotional causes of problem behaviors.
- The Coalition is a formal arrangement for cooperation and collaboration between groups and sectors within our community.
- Strategic plan addresses science-based root causes rather than symptoms
- Fund multi-tiered evidence-based programs, strategies, and personnel to improve outcomes for youth.
- Focus on community risk factors, family risk factors, school risk factors and peer/individual factors.
- Integration with the School District
 - School Board Commitment #2 Equitable Access “We provide ALL students with the time, support and instruction needed to meet high standards. We believe in meeting every student at every level to help them achieve new heights.
 - Goal: Systematically address the behavioral health needs of students in Monroe School District to increase their readiness to learn.
 - Domains of non-academic support that produce academic gains
 - Substance Abuse
 - Bullying and Bystander Behavior
 - Mental Health
 - Trauma – Informed Practices
 - Suicide Prevention
 - Strengths Based Education
- Monroe School District Comprehensive School Counseling and Behavioral Health Program
 - Long Term Consequences – What is the problem
 - Delayed Graduation
 - Drop out
 - Incarceration
 - Behavioral Health Problems – Why?
 - Substance Abuse
 - Depression
 - Suicide
 - Bullying
- Intervening Variables – Why here?
 - Exposure to trauma
 - Poor self-regulation skills
 - Family conflict and poor family management skills
- Local Conditions and Contributing Factors – But Why Here?
 - Multi barriers to accessing existing resources
 - Compassion fatigue burnout
- Strategies and Implementation – What are we doing about it?

- Evaluation – How will we know we determine success?
- Monroe has the highest rate of youth to turn to a trusted adult for help.
- 2nd lowest suicide attempts since 2006
- Lowest rate of alcohol use ever recorded
- 6th year of RX use decline
- 2nd lowest rate ever recorded of marijuana use
- <https://monroecommunitycoalition.org/>

Intros and Updates

5:05 – 5:20

Agenda Topic

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

- A survey was sent for ideas of postings on the Instagram page
- Starleen spoke of her transition to the Department of Health Adolescent Unit.

Conclusion/Outcomes

Open platform to share any agency or individual updates

Recommendations from Strengths and Needs Leadership Group

5:20 – 5:45

Agenda Topic

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

- Survey is completed
- Data informed Recommendations came out from the results of the survey
- The team that met were Caileigh, Jay, Kaleb, Kate Linda and Starleen
- Two recommendations
 - Increase number of certified counselors
 - Increase access training
 - Offer more training online at various intervals
 - Advertise peer counseling training opportunities more broadly to attract a diverse peer workforce
 - Increase access to telehealth services for young people
 - Require Health Care Authority and Managed Care Organization to partner with schools on Medicaid funded telehealth
- Feedback was to send both to statewide fysprt
 - Increase the number of certified peer counselors
 - Increase access to telehealth services for young people

- Regional recommendations
 - Training providers on topics important to youth and families
 - Increase the number of behavioral health clubs in schools
- Goal 4 to increase access to high quality behavioral health supports through school districts by engaging in a family driven youth guided process to identify training needs and expand engagement opportunities
- Benchmarks
 - YFC to provide or endorse at least 6 trainings per year for system partners that align well with needs identified by youth and family partners.
 - YFC to promote efforts of new mental health and SUD prevention clubs at schools. Have at least 2 student run clubs in each county in the North Sound region.

Conclusion/Outcomes
Information given to the group regarding Goal 4.

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, December 13, 2021, from 4:00 pm – 6:00 pm