

Youth and Family Coalition		
9.13.2021	4:00 p.m. – 6:00 p.m.	Virtual
Meeting called by:	Tri Lead Caleigh Robinson	
Note taker:	Maria Arreola	
Attendees:	Starleen Maharaj-Lewis, Kate Foster, Megan Boyle, Dawn Scott, Val Jones, Kaleb Maharaj-Lewis, Lizeth Vizcaino, Kari Holley, Ryan O'Donnell, Kat Lohman, Jay Rose, Dean Snider, Natalie Gustafson, Caileigh Robinson, Johanna Bergan, Eleven Vexler, Linda Pacheco, Lisa Moulds, Angela Fraiser-Powell, Tonya Bieche	

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 – Youth Outreach that Works	
4:20-5:20	
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<p>Jay introduced Johanna Bergan, Executive Director of Youth MOVE National</p> <ul style="list-style-type: none"> • https://youthmovenational.org/wp-content/uploads/2019/05/A_Guide_To_Youth_Recruitment_Final.pdf <p>— Johanna advocates for youth with lived experience in the mental health system.</p> <ul style="list-style-type: none"> ○ Promotes and encourages the inclusion of youth voice in policy change ○ Making youth systems work better. ○ At the age of 19 Johanna was involved in a system of youth council to develop a children’s mental health system. Johanna kept coming back into work as the adults telling her she had potential. ○ Youth and advisory roles have led to where is at now. 	

- During the process of youth engagement points of feeling not moving forward can arise.
- Working on approach of youth engagement is to look at what the end results would be.
- Helping communities to tap into individuals that have the “yes outlook”
- The first step in the youth engagement is that everyone has a responsibility to do. Everyone gets a role in this process.
 - No one person will successfully outreach and engage youth members.
 - If one individual builds a relationship with the youth, the youth will gravitate toward that one individual and not the group as a whole.
 - Everyone is actively creating bonds with the youth
 - Make sure there is at least someone that is engaging with youth members.
 - Engage all personal and professional networks
 - The role of outreach and engagement includes all things
 - Define the roles of individuals in the group
 - Outreach to the community is an outreach of a continuum of a relationship
 - Start by inviting, supporting in attending, value, gratitude and follow up.
 - After the invitation is made. How do you get the youth to stay until the end or continue to come to the meetings? How can they feel effective?
 - How would they know they are appreciated during the meeting? How will the youth know their voice and input is valued?
 - After meetings do the youth understand the role they have. How do we practice gratitude?
 - Involving youth in the language of promoting the group to the public.
 - When inviting youth to the group, have as many voices as possible.
 - as possible.
- How do we invite them back?
 - Phase them in
- Work those networks
 - All voices to send out invitations
 - Build referral pathways
 - Your role may not be community outreach but professional as you may be connected more to counselors and educators.
 - Who knows about our work? Can more people know? How?
 - How easy is it for them to encourage to come? Can we make it easier?
 - Let the energy of the youth drive the support to come back to the meetings.
 - Let your networks use the invitation to motivate the youth to attend the meetings.
- It’s all about the experience
 - Before stages of the invitations, mind mapping and community outreach.
 - During the meeting. It is meaningful, purposeful and engaging or is it opposite
 - After the meeting. How do we re invite youth back?
- What is your approach in inviting youth?
 - It is hard to acknowledge strategies and skills virtually

- The parking lot conversations in person were meaningful. Conversations over Zoom are difficult
- In a future state a practice of acknowledgement, whatever replaces the in-face acknowledgement.
- Not having it forced or scripted
- What is welcoming is asking the youth after the meeting if they had any ideas from the meeting
- Acknowledge youth at the start of the meeting. Have a get to know you question

— Val spoke of a Youth Outreach committee will be formed. The committee will develop a plan of youth engagement.

Strengths Needs and Assessment Update – Behavioral Health Workforce

5:20 – 5:45

Agenda Topic

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

- Caleb spoke on what the committee has accomplished
 - Currently collecting survey responses that were sent to the public
 - Surveys were sent in English and Spanish
 - Currently 10 surveys have been submitted
 - Goal is to have 100 by the end of September
 - Getting feedback from youth and families is the goal of the project
 - Reports are also being reviewed to help figure out what schools need to make connection with behavioral health services
- Lizeth, North Sound Behavioral Health OMBUDS spoke on the barriers the youth and families are facing when they try to start services
 - OMBUDS has created an agency list that is updated monthly. The list contains waitlist timeframes and if agencies are accepting new clients. This list is available to the public
 - SeaMar locations in the Snohomish county are not accepting new clients. All other locations but two are accepting new clients but have a waitlist of 1 week to 2 months.
 - Agencies are experiencing being understaffed
 - Substance Use Disorder programs have telehealth services but have long wait times
 - Currently Lake Whatcom Center has no accessor
 - Catholic Community Services has locations in Skagit, Snohomish and Whatcom counties. Locations are accepting clients on case by case basis. Individuals are encouraged to check in on a weekly basis for availability
 - Sunrise Services locations are not taking mental health clients but are accepting substance use disorder cases
 - Agencies that have been contacted are booked through November
 - Agencies are prioritizing clients with suicide and hospital released patients

- Everett agencies are referring individuals to the Behavioral Health Urgent Care for immediate help. This is not a Medicaid funded care but is first come first serve

Conclusion/Outcomes

Information on the barriers to access of care and community survey

Update Goal 2

5:20 – 6:00

Agenda Topic

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

Nurture a Culture of Intersectional, Antiracist Social Equity

— At a Glance

- Strengths and Needs Assessment
 - Reach out for community feedback
- Evaluations
 - Demographic data collected during meetings
 - Tri-Leads review monthly data
- Outreach Goal
 - Discuss in October/Adopt the Goal
 - Update website/intro video, online workshops, adult/youth collaboration
- Outreach Committee
 - Starts in November
 - Responsible for defining membership
 - Must include plans to reach out to communities

— Benchmarks were reviewed

— Definitions were reviewed

— Action Plan was reviewed. These plans are to reach the benchmarks

- Identify regional demographics
- Develop membership applications and request demographic information. Outreach Committee can determine the process/ideas
- Include historically marginalized communities in Strengths and Needs Assessment

— Barrier or disconnect of schools receiving surveys to distribute to students and families.

- Attend school board meetings to connect with school staff
- Parent Advisory councils in school districts can be a resource

— Youth leaders have been vocal when something traumatic occurs. Group needs to recognize and find these youth leaders to define their perspectives before a traumatic event occurs in the communities

— Val asked the group to adopt Goal #2 Nurture a Culture of Intersectional, Antiracist Social Equity. Members all in Favor. Goal #2 was adopted.

Conclusion/Outcomes

Discussion of the change in Goal #2 to adopt in the Workplan

Narrative Team Effectiveness	
5:20 – 6:00	Agenda Topic
ACTION: Action/Decision (X) Discussion () For Information Only ()	
<p>Kate led discussion into the team effectiveness</p> <ul style="list-style-type: none"> ▪ Accessibility outside of meetings for those who were not able to attend. <ul style="list-style-type: none"> • Minutes posted to website • Zoom recording posted to website outside of meetings • How to use social media to ask questions or concerns after meetings? • Can there be a text of a daily/weekly question instead of a survey? 	
Conclusion/Outcomes	
Discussion of the progress of the team	

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, October 11, 2021, from 4:00 pm – 6:00 pm