

| Youth and Family Coalition |   |         |
|----------------------------|---|---------|
| 12.9.2024                  | 3:00 p.m. – 5:00 p.m.   | Virtual |
| Meeting called by:         | Tri Lead Bobbie Racine  |         |
| Note taker:                | Maria Arreola   |         |
| Attendees:                 | Bobbie Racine, Sheryl Landstrom, Rick Deluga, Megan Axley, Gina Weintraub, Dawn Scott, Pat O’Maley-Lanphear, Gina Chirichella, Rachel Zakopyko, Ellen McGuire, Starleen Lewis, Kaleb Lewis, Sondra Archuleta, Val Jones |         |

**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.

| M.A.D Hope   |            |
|--|------------|
| 4:00 – 5:00  | Amy Dunham |
| ACTION: Action/Decision ( ) Discussion (x) For Information Only ( )  |            |
| <ul style="list-style-type: none"> <li>– Youth Suicide Prevention and Mental Well-Being Education Program</li> <li>– Free to all middle and high schools in Whatcom County</li> <li>– Established in 8 school districts</li> <li>– Also available to private schools</li> <li>– Staffing <ul style="list-style-type: none"> <li>– 2 full time staff members <ul style="list-style-type: none"> <li>▪ 1 Program Manager</li> <li>▪ 1 Program Coordinator</li> <li>▪ Volunteers</li> </ul> </li> </ul> </li> <li>– Curriculum <ul style="list-style-type: none"> <li>– 3 hours divided into several days</li> <li>– Focus is on prevention education</li> <li>– Program is provided by the school’s request</li> <li>– What is learned <ul style="list-style-type: none"> <li>▪ Better understand the protective factors, and be able to identify at least three that they can use.</li> <li>▪ Better understand when to be concerned about their own or peer’s mental health</li> <li>▪ Better understand warning signs of suicide</li> </ul> </li> </ul> </li> </ul> |            |

- Feel more confident in how to seek help for self or peer in crisis
  - Feel more confident with help seeking for self or peer in crisis
  - Increase of knowledge of resources available to support mental well-being.
  - Students fill out a Mental Well-Being plan through out the training. They will have a personalized plan of how to deal with stress and crises.
- Resources
    - Hope Research Center the University of Oklahoma-Tulsa  
<https://www.ou.edu/tulsa/hope>
    - The Science of the Positive and Positive Community Norms  
<https://www.montanainstitute.com>
    - Suicide Prevention Messaging  
<https://suicidepreventionmessaging.org/safety>
    - Reporting on Suicide <https://reportingonsuicide.org/>
    - Crisis Text Line. Text HELLO to 741741
    - Seize the Awkard [Seize the Awkward | Talk With A Friend About Mental Health](#)
    - The Trevor Project 1-888-488-7386
    - 7 cups [Free Online Therapist & Counseling | 7 Cups](#)
    - 988 Crisis and Suicide Lifeline
    - To Write Love on her Arms [To Write Love On Her Arms](#)
    - We're here for you 877-565-8860
    - Hope for the Day [Hope For The Day](#)
  - MAD Hope trainers have trained 1,447 youth in suicide prevention and mental wellbeing during the 2023-2024 academic year.
  - MAD Hope has been in 58 classrooms across 10 schools in Whatcom County.
  - Youth Suicide Prevention and Mental Well-Being Community Training
    - February 27, 2025 contact [managermadehope@wfcn.org](mailto:managermadehope@wfcn.org) or 360-738-1196

| National Federation of Families Conference   |       |
|--|-------|
| 5:20 – 5:30  | Kaleb |
| ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)  |       |
| Overview:  |       |
| <ul style="list-style-type: none"> <li>— Kaleb the North Sound YFC Youth Tri Lead spoke of the meaningfulness of attending the National Federation of Families Conference.</li> <li>— Took place November 6<sup>th</sup>, 2024 in Orlando Florida.</li> <li>— Kaleb learned about David Ambroz and Walter Higgs III who were much involved in the structure of innovative programs in communities.</li> <li>— Learning from the conference Kaleb set some goals to get youth more involved in behavioral health services.</li> </ul> |       |

## WA State's Child/Youth Behavioral Health Governance Structure

5:30 – 6:00

Kristen Royal and Quentesa Garraway

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

Overview:

Discussion Points:

- Children and Youth Behavioral Health Work group (CYBHWG)
  - Legislators and representatives from the child and youth serving agencies, health care providers, tribal and urban Indian organizations, the Statewide Family Youth System Partners Round Table as well as parents of children and youth who have received services.
  - Meetings are open to the public
  - Subgroups
    - Behavioral health integrations
    - Prenatal to Age Five Relational Health
    - School-based behavioral health and suicide prevention
    - Strategic Plan Advisory Group
    - Workforce and Rates
    - Youth and Young Adult Continuum of Care
      - Representatives from child and youth agencies, advocacy groups.
      - If the group can't move forward of the topic they can do move it on to the larger group Children and Youth Behavioral Health Work Group (CYBHWG)
  - Regional and Local Family Youth System Partner Round Table
    - Facilitated by family, youth, and system partner tri leads.
    - Representatives from community partners
    - 10 in Washington State
    - Embrace that youth and family can and should have an active role in how behavioral health systems serve them. With the goal of having impact in the communities and improving policies.
    - Culturally responsive.
    - Creates a workplan that address community needs. The needs might come from the Needs Assessment. The needs can come up during conversations in meetings.
    - They can identify any gaps and work together to brainstorm the needs.
    - If the regional FYSPRT can not address the need they can move this need to the state wide FYSPRT
- State wide FYSPRTs include regional Tri Leads, legislators, representatives from child and youth agencies and educators. Facilitated by Tri Leads.

- If the statewide FYSPRT can not address the need they can move it to the Youth and Young Adult Continuum of Care.

**Conclusion/Outcomes**

**Introductions and Announcements**

5:30 – 6:00

Val Jones

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

Overview:

Discussion Points:

— None

**Conclusion/Outcomes**

**Evaluations**

15min

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

Overview: Link was sent to the committee

Discussion Points:

– Evaluations link sent to committee

**Conclusion/Outcomes**

Committee will complete the online evaluation