

Youth and Family Coalition		
4.11.2022	4:00 p.m. – 6:00 p.m.	Virtual
Meeting called by:	Tri Lead Kate Foster	
Note taker:	Maria Arreola	
Attendees:	Pat O'Maley-Lanphear, Joe Niegel, Laura Mote, Kate Foster, Kate Seldon, Anja Keyes, Rachel Zakopyko, Mallari Marley, Salina Bass, Samantha Kiyota, Dawn Scott, Ryan O'Donnell, Starleen Maharaj-Lewis, Dawn Scott, Ryan O'Donnell, Dennis Smith, Kaleb Lewis, Sandra Archuleta, Maranda Heckler, Stephanie Grant, Megan Boyle	

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>

Snohomish County Children's Wellness Coalition	
4:00 – 5:00	
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<p>Snohomish County Children's Wellness Coalition: Laura Mote, Joe Neigel, Dennis Smith and Anja Keyes</p> <p style="text-align: center;">https://snocochildrenswellnesscoalition.com/</p> <ul style="list-style-type: none"> — Children's coalition was established in 2015 composed of Snohomish County employees. Collaboration with community providers, social services providers, education staff, health department and Snohomish County began conversations forming the coalition. — Initial goal was to engage the community to ensure all youth in Snohomish County to be equipped with reliance. They have gone well beyond this goal. — Coalition has the support from the county. The coalition makes decisions, but the county enacts the decision. — Snohomish County has one of the highest youth suicide rates in the nation — Research of other models in the country, the coalition determined to move forward into trauma informed practices in schools. Snohomish County supported the scope of practices to be implemented in schools. 	

- Coalition partnered with the Department of Health. A survey was created and sent out to the school districts. Based on the survey results they seen what was happening in the schools.
- Estimated 10 schools a year have entered in a contract with an organization that implements trauma informed practices in the schools.
- The goal is to have every school district and school in Snohomish County be a trauma informed school.
- Evidence based practices.
- The goal is population change and support rather than one on one. Large events that support a large population
- The first Resiliency Conference was held at Tulalip Casino and Resort. The attendance was over 500 individuals. The conference focused on the school perspective.
- Annual Family fair is where families come together with community resources. Range from workshops, dental vans, haircuts, family photos and family fun activities are included. The annual fair has not occurred since 2019 due to COVID.
- The greatest achievement of the coalition is developing a strong trusting relationship with agencies. The ability to share ideas and speak to the community using a common language.
- Trainings are provided
 - Secondary Traumatic Stress
 - Youth Mental Health First Aid
 - Suicide Prevention
 - Suicide Prevention Task Force
- CARE (Compassion, Appreciation, Resilience & Empowerment) long term goal to implement trauma informed practices and policies. Principal based embodying the work.
 - Guiding Principles
 - Peer Support
 - Safety
 - Empowerment, Voice and Choice
 - Collaboration and Mutuality
 - Cultural, Historical, Gender Issues
 - Culture competency
 - Resiliency
 - There are 47 organizations that are CARE champions
 - A group of staff are trained. The staff begin to train the organization on trauma informed practices. The Trauma Informed Leadership Team (TILT) is developed. The team is what drives the practices to systematize it into the organizations mission, vision and values. Training is based on evidence not on speculation.
 - Trauma 101
 - Restorative Practice
 - Equity
 - A yearlong learning collaborative to continue to support the care champions.
 - A common language and understanding are used so everyone knows what trauma informed care is and what it means.
 - The model is annually refined based on the needs of the organizations.

<ul style="list-style-type: none"> ○ Not looking for experts but for champions that are willing to learn and teach and talk about what is needed. ○ Not only to train organizational staff but staff that has interaction with family and youth in the office. Train everyone from to the security guard.

WISe Data Update	
5:00 – 5:15	Agenda Topic
ACTION: Action/Decision (X) Discussion () For Information Only ()	
<ul style="list-style-type: none"> ○ Tabled until June or July when more research has been collected. 	
Conclusion/Outcomes	
Tabled agenda topic	

North Sound Behavioral Health Advisory Board	
5:15 – 5:30	
ACTION: Action/Decision () Discussion () For Information Only (x)	
Overview: North Sound Behavioral Health Advisory Board	
<ul style="list-style-type: none"> — Pat O’Maley-Lanphear, Chair provided a brief overview of the Board — Board supports the mission of the North Sound BH-ASO “To Empower Individuals and Families to Improve Their Health and Well-Being” — Individuals are appointed from their respected counties Whatcom, Snohomish, Island, San Juan and Skagit. — North Sound Behavioral Health Advisory Board represents the North Sound region of Whatcom, Skagit, Island, San Juan and Snohomish Counties. — Members give voice to the Board of Directors, the five Managed Care Organizations and the North Sound BH-ASO on how to improve access to behavioral health services in need of treatment or recovery, involvement of planning of new programs, comments on budgets and policies. 	

Discussion Points:

- Board encourages members to educate themselves about the changes in the behavioral health services needs and emerging practices. Board has funds to support participation to state conferences and seminars.
- Board is active every year in visiting the state legislature to ask for support of their legislative priorities.
- Meetings are the first Tuesday of every month from 1-3. Meetings are held virtually. Pre-Meeting Trainings are held prior to the Full Board meeting from 12:10 – 12:50. Training topics are chosen at the start of the year. They are optional to attend.
- We encourage individuals to take the step in a leadership role for their counties. Voices are needed to help shape the North Sound Behavioral Health system. Terms are for 3 years.
- If you are interested in serving on the Board, please contact Maria Arreola at maria_arreola@nsbhaso.org

Conclusion/Outcomes

Interested in serving contact Maria Arreola at maria_arreola@nsbhaso.org

Introductions Updates, and Announcements

5:35 – 5:45

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

Discussion Points: None were made.

Conclusion/Outcomes

No announcements or updates given.

Land Acknowledging/Repairing/Wording

5:45-6:00

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

Overview: Discuss the points in determining a land acknowledgement

Discussion Points:

- Discussion of to further proceed as much is to be learned at this point.
- Committee should be reaching out to tribal partners to participate in the meetings.

Conclusion/Outcomes

The learning of the Tribal communities will be on going. At this point land acknowledgement will be tabled.

Evaluations	
5:45-6:00	
ACTION: Action/Decision (<input type="checkbox"/>) Discussion (<input type="checkbox"/>) For Information Only (<input checked="" type="checkbox"/>)	
Overview: Link was sent to the committee	
Discussion Points: — Link was not working. Maria to work on sending a new link.	
Conclusion/Outcomes	
Committee will complete the online evaluation	

Next Meeting is May 9th, 2022, from 4:00 – 6:00