North Sound Youth & Family Coalition

Regional Meeting Agenda ⌘⌘⌘ June, 22, 2026

Our Values:

We value youth and families who seek behavioral health services.
We support youth and families by:

- Advocating for positive, safe, and brave antiracist and inclusive spaces
- Curating, developing, and sharing culturally and linguistically accessible resources
- Providing reasonable accommodations so that everyone can participate

We value youth self-determination.
We support youth by creating a culture that supports basic psychological needs for:

- Autonomy
- Connectedness
- Competency

We value the work that youth and families do to advance an equitable and inclusive system of care in the North Sound region.
We support youth and families with equitable and appropriate compensation for their contributions by offering:

- Acceptable compensation for time contributed
- Free admission to activities and events
- Mileage and travel reimbursement

We value caring collaboration between youth and adults.
We support adult/youth partnership by:

- Centering and prioritizing youth perspectives and opinions
- Acknowledging and advocating for youth empowerment in our shared work
- Being transparent and specific about youth and adult roles, expectations, and contributions
- Holding ourselves mutually accountable to each other
- Sharing leadership and decision making

4th Monday of Every Month
4-5 PM (except holidays)

This is a Virtual Meeting

Via Zoom. The meeting link will be sent out to identified attendees prior to the scheduled meeting.

AGENDA

- **Opening & Land Acknowledgement**
- **Introductions and Announcements**
- **Tri-lead job descriptions and**
- **Work being done at the North Sound ASO on YFC**
- **Plan for restructuring and community engagement**
- **Priorities from the group?**
- **Gift card P and P and guidance on tracking and usage coming soon**
- **Legislative tracking and engagement focus**

Contact us to arrange reasonable accommodations or interpretation services at least one week prior to each meeting: maria_arreola@nsbhaso.org or 360.416.7013

www.northsoundyfc.com

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Group Meeting Agreements

Respect:

- Emphasis on the principles of care, respect, compassion, and understanding in responding to people
- Importance of treating individuals the way they want to be treated and being responsive to accessibility needs
- A commitment to honoring and using stated gender pronouns, along with the acceptance that pronouns may change
- Creation of an unbiased and nonjudgmental safe space for corrections, fostering true mutual respect, connection, and understanding.

"I" Statements:

- Individual expression of own thoughts, feelings, or beliefs in a way that takes ownership of their perspective.
- Encourages others in the group to actively listen and understand different viewpoints.
- Taking personal responsibility and engagement with the stated values regarding gender pronoun usage.

Confidentiality – Leave Stories, Take Learnings:

- Encourages individuals to share their experiences, insights, or narratives while also gaining knowledge and lessons from those shared by others.
- Promotes diversity and inclusion when engaging in shared learning from each other's stories.
- Reciprocal exchange of stories and learnings within a community or group

Share Space – One Voice, All Ears:

- Fostering an environment that encourages open communication, mutual respect, and inclusivity
- By not making assumptions about others' experiences and respecting diverse life stories, individuals feel more comfortable sharing their own perspectives without fear of judgment.
- Letting go of preconceived notions and actively listening with an open mind and heart creates an environment that is receptive to various viewpoints and experiences

Acknowledge Impact:

- Acknowledgment that shared work is part of an ongoing and never-ending process implies an understanding that the impact of the work may not result in immediate closure
- Encouraging open-minded listening, allowing space for self-expression, and promoting self-care recognize the impact of creating an environment where individuals feel heard and supported
- stablishing a safe and antiracist space acknowledges the impact of creating an environment that actively opposes racism and fosters mutual respect and understanding.
- Making accommodations for full participation and being responsive to accessibility needs demonstrates acknowledgment of the impact of ensuring that everyone is included and able to engage fully.

Different Perspectives:

- "Room in the circle for all diverse perspectives, cultures, and ways and expressions of life" explicitly communicates a commitment to inclusivity and welcoming a variety of viewpoints.
- Embracing the intention to create an environment that recognizes and accommodates the unique perspectives of each individual.
- Responding to people with care, respect, compassion, and understanding acknowledges the diversity of perspectives and experiences among individuals
- The commitment to lean in with empathy and respect for other people's passions reflects an understanding that individuals have varied interests, values, and perspectives that should be acknowledged and respected.