

Youth and Family Coalition		
11.13.2023	4:00 p.m. – 6:00 p.m.	Cam and Bobbie
Meeting called by:	Tri Lead Bobbie Racine	
Note taker:	Maria Arreola	
Attendees:	Bobbie Racine, Cam Callahan, Val Jones (In person) , Rachael Zakopyko, Christina Jackson, Christina Morton, Kari Crawsmith, Daniel Rivera, Ryan Brown (In Person), Maria Arreola (In Person), Kaylee (In Person),	

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>

Intros and Announcements	
4:00 – 4:15 p.m.	Cam or Bobbie
ACTION: Action/Decision () Discussion () For Information Only (X)	
<ul style="list-style-type: none"> – Introductions were made. – The Children Behavioral Health Workgroup that influences policies came out with their recommendations for this session. Val will send out the recommendations to the group. – Kyle is the monthly drawing winner. Congratulations Kyle. 	

Self Care through the Dark of the Year	
4:15-4:45	Cam
ACTION: Action/Decision (X) Discussion () For Information Only ()	
<ul style="list-style-type: none"> – Different aspects of wellness through the winter season. – 25% of WA residents experience the ‘Winter Blues’. – Living slow and taking a moment to breathe. In the Winter times things slow down. Taking more moments of rest will contribute to wellbeing. – When it is difficult to get on with the day focus on what is going good in your life. – Having a reframed mindset of focusing on the positive things will combat the ‘Winter Blues’. – Meditation, journaling, and doing things you love help think within yourself without being distracted of the fast motion in life. <ul style="list-style-type: none"> o Individuals took a moment to write down the things they love. 	

- Going for a walk, sharing a meal with a friend or scheduling moments to talk are ways to do things with friends and family. This is a good way to not isolate yourself.
 - Individuals shared what they like doing with family and friends.
- Winter is a time of dark weather is the best thing you can do is brighten your day with good company.
- Write down someone you'd like to connect with this winter.
- Physical wellness
 - Choose activities you love, make a plan that's achievable by you, and get others involved that motivate you.

Conclusion/Outcomes

School Club Updates

4:45 – 5:00

Val

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

Overview:

- Student club project workgroup have been working on being a liaison for schools that want to start a club.
- The group will be focusing on resources and outreach.
- Developing a website of youth resources.
- Progress is slow but a plan is in place of project ideas.

Conclusion/Outcomes

Update given on the progress of the School Club Workgroup.

LINC NW

5:05 – 6:00 p.m.

Ryan Brown

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

Overview:

- Ryan is the Executive Director of LINC NW
- Founded in 2016 as a response to the disconnection after the incident in a Marysville school. Support and service was offered during the beginning of the incident. The support started to fade and communities started to struggle.
- LINC NW was created as an ongoing resource for students and families.
- Mentoring relationships began to form.
- This is a family resource center focused.
- They offer parent skill classes, substance abuse prevention, rental and community space, domestic violence services, HOPE mentoring, Screenagers Growing Up in the Digital Age and offers a cold weather shelter.
- Community close to help families with good quality clothing.
- Volunteers are encouraged to sign up

- LINC NW The center at North Marysville
 - P.O. Box 70, North Lakewood, WA 98259
 - 360-386-5970
 - www.lincnw.org
 - www.thecenteratnorthmarysville.org

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 11, 2023, from 4:00 pm – 6:00 pm