



# North Sound Youth & Family Coalition

## Regional Meeting Agenda ☼☼☼ November 13, 2023

### 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:

- A food delivery card for everyone who completes post-meeting surveys
- Gift cards and stipends
- 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

2<sup>nd</sup> Monday of Every Month  
4-6 PM (except holidays)

### Virtual Meeting

Register via Zoom:

<https://us02web.zoom.us/meeting/register/tZ0tde6hqT8pGtLGwOSpXEIWhETbo66pRw1Q>

### AGENDA

- **Opening & Land Acknowledgement (4:00-4:05)**
- **Introductions and Announcements (4:05-4:15)**
- **Self-Care Through the Dark of the Year – Cam Callahan (4:15-4:45)**
- **School Clubs Updates – Val Jones (4:45-5:00)**
- **Break (5:00-5:05)**
- **LINC Northwest – Andrew Klesick (5:05-6:00)**

Contact us to arrange reasonable accommodations or interpretation services at least one week prior to each meeting: [maria\\_arreola@nsbhaso.org](mailto:maria_arreola@nsbhaso.org) or 360.416.7013

[www.northsoundyfc.com](http://www.northsoundyfc.com)



# North Sound Youth & Family Coalition

## Working Assumptions: Community Agreements

- There is room in the circle for all diverse perspectives, cultures and ways and expressions of life
- We strive to hold a space that is more than welcoming; created with each member in mind.
- We respond to people with care, respect, compassion, and understanding
- We treat people the way they want to be treated.
- We are happy to make whatever accommodations are necessary so that everyone can fully participate. We are responsive when people share their accessibility needs with us.
- We are committed to honoring and using stated gender pronouns. We ask for and use each other's gender pronouns, we accept that a person may change pronouns, and state our own pronouns as we are able.
- We create unbiased and nonjudgmental safe space for corrections with the spirit of true mutual respect, connection and understanding. We expect and lean into discomfort, and we know that we are in a positive, safe and brave antiracist space.
- We encourage self-care; if we need to step away and come back later, that is okay, because we know that we are valued here.
- We do our best to walk with empathy and respect for other peoples passions
- We don't make assumptions about what others have lived through. We respect each other's life experiences, understanding that our experience might affect the way we hear and understand one another's stories. We are respectful of what others hold dear.
- We let go of preconceived notions and listen with open mind and heart We allow space for awkward silence, self-expression, self-reflection, differing perspectives, dialogue, and healing.
- We accept that our shared work is part of a process in which we may not experience closure. It is ongoing and never ending, leaving space for others to carry forward
- We gotta keep that rock 'n roll in our souls :)