

Youth and Family Coalition		
10.10.2022	4:00 p.m. – 6:00 p.m.	Virtual
Meeting called by:	Cameron Callahan	
Note taker:	Maria Arreola	
Tri-Leads:	Cameron Callahan – Youth Tri-Lead Caleb Lewis – Youth Tri-Lead Kate Foster – Family Tri-Lead Starleen Maharaj-Lewis – System Tri-Lead	
Attendees:	Val Jones, Rachel Zakopyko, Violet Loomis, Malia Williams, Liz Wilhem, Stephanie Grant, Ryan O'Donnell,	

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>

Check Ins, Intros, Updates, and Announcements	
4:00 – 4:15	
ACTION: Action/Decision () Discussion (x) For Information Only ()	
<ul style="list-style-type: none"> – YFC has an Outreach Committee meeting on October 24th. Information is on the website. Home My Site (northsoundyfc.com) – Winner for the monthly survey is Amy! Congratulations. 	

Listening Forum	
4:15-6:00	Agenda Topic
ACTION: Action/Decision (X) Discussion () For Information Only ()	

- Cameron opened the listening forum.
- One goal is to increase access to high quality behavioral health supports through school districts by engaging in family driven youth guided process to identify training needs and opportunities to expand behavioral health engagement opportunities.
 - Endorse trainings for professionals that youth and families think are important
 - Professionals are staff that youth regularly interact with
 - Have a trusted adult relationship with
 - Are there any training programs that you would like to see in schools for professionals?
 - Trauma Informed Training
 - Healthy relationships, boundaries, and communication
 - Triple P
 - Youth Mental Health First Aid
 - Trusted Adult Series through Whatcom Community Network
 - Trusted Adult Series that is given by youth. To have a youth perspective
 - Promoting behavioral health clubs in schools
 - Clubs are community centered and are based on evidence based practices and toolkits supporting mental wellbeing, strengthening families.
 - Caleb referenced experience at an outside school club. The club did everything together such as tech time, outings which was meaningful to impact to community building and support system.
 - Youth need places where they can go to have solid support systems.
 - Violet attended a Queer Straight Alliance forum in school that built a sense of community and built friendships.
 - Important for youth to have their own separate space to explore mental health. Parents should be informed
 - Survey to parents on club/class content
 - Learning how to communicate with my parents
 - Strengthening Families Program 10-14 training
 - Inclusivity
 - Coping Skills
 - Learning to deal with depression
 - Stigma on around mental health
 - Peer Center Outreach in Bellingham Schools. Tackle mental health related issues. This club has collaborated with Whatcom County DVSAS to address Domestic Violence Awareness.

- Baker One Voice
- Natural High Club - Ferndale
- What do you think is most important to a mental health club?
- Mental health clubs are starting to incorporate substance use abuse in prevention and awareness
- Clubs should be fun, welcoming, and to be able to tackle mental health topics being discussed.
- Youth are not going to want to talk about mental health topics all the time during the club sessions.
- How do you get youth, teachers and parents interested in the clubs?
 - Mental health topics can be sensitive to parents and schools. This can be a barrier in creating interest.
 - Gas vouchers
 - Buss passes
 - Gift cards for parents i.e. picking child up from the club
 - Offering a space for parents to have similar conversations. Welcoming parents into some conversations
 - Have an advocate attend the club as support
 - Having a physical place to meet
- What do you think the goals and topics should be covered?
 - Inclusivity
 - Coping Skills
 - Learning to cope on bad mental health days
 - Learning to deal with depression
 - Stigma on around mental health
 - Strengthening Families program 10-14 years of age. Teaches parents how to listen to youth and vice versus and family connection skills
 - Community building and have a safe place to go
 - The topics should be based on what the school or community needs at the time
- What do you think you would need to get a new club started? How could YFC assist?
 - Funds
 - Snacks
 - Need an adult advocate/trusted adult and at least three members
 - Funds for incentives are not allowed in school clubs
 - Buss passes are accepted as an incentive
 - Poster and announcements

- Booth at club fair
- Table games that are fun to do
- Clubs are allowed to do fundraisers
- What is a good idea to get more youth and families involved in YFC?
 - Partnerships with clubs
 - Physical gathering
 - Promoting – visual and attractive posters
 - Having a quarterly meeting for youth only. Have adults listen and learn.
 - Attend clubs to ask them what they need for support
 - Having breakout rooms for different age groups. Have the group answer questions and come back to the group.
 - What would be the most appealing way to meet with the large region we cover?
 - County based gathering in person and rotate

Conclusion/Outcomes

Next meeting is – November 14, 2022, from 4:00 pm – 6:00 pm