

Youth and Family Coalition

9.12.2022

4:00 p.m. – 6:00 p.m.

Virtual

Meeting called by: Tri Lead Starleen

Note taker: Maria Arreola

Attendees:

Sue Starr, Christine Starr, Salina Bass, Val Jones, Angela Fraser-Powell, Tonya Bieche, Rachel Zakopyko, Eleven Vexler, Heather Huntington, Ryan O' Donnell, Jerri Clark, Starleen Maharaj-Lewis, Dawn Scott, Caleb Lewis, Kate Foster, Sondra Archuleta, Elizabeth Ruth, Megan Drake, Megan Boyle, Liz Wilhelm, Beth United District 304, Christine Valdez

Introductions, Announcements and Updates

Land Acknowledgement

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.

Suicide Prevention in Schools

4:00 – 5:00

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

Starleen introduced the presenters.

- Christine Valdez is the Behavioral Health Advocate at NW ESD. Christine has worked has worked for the Skagit County Department of Health and LaConner School District. Christine has a wealth of knowledge in prevention and intervention services.
- Eleven Vexer is a Licensed Social Worker who currently works for the NW ESD. Eleven has provided mental health therapy to youth and adults for over 25 years.
- Resources individuals can call if they are in emotional distress. Including thoughts of suicide and/or mental health/substance use crisis. Staff are trained professional to answer calls.
 - - 988 is a free confidential 25/7/365 resource connecting those experiencing a mental health, substance use, or suicidal crisis to trained crisis counselors. 988 is available in Spanish and interpretation services in over 250 languages. This number is available call and text and chat.
 - Crisis Text Line [Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling](#)
 - Text HOME to 741741 free 24/7 confidential
 - Trevor Project for young LGBTQ [We're here for you Now - The Trevor Project](#)
 - Text START to 678-678

- Real live voice call 1-866-488-7368
- Teen Link [Teen Link > Crisis Connections](#)
 - Operated by teens for teens
 - 1.866.833.6546 Call or Text
 - Answered by professional trained youth volunteers
- Wernative for Native American youth [Home - We R Native](#)
 - No matters now <https://nowmattersnow.org>
 - Mobile outreach calling the crisis line they will come to home school and do an assessment
 - You can always contact PCP or go to nearest emergency room
 - Don't drive to your nearest provider/treatment until you know what insurance they accept
 - If you are seeing a therapist, call them or the crisis line
- Suicide prevention/intervention programs in area
 - QPR Institute
 - USA Youth Mental Health First Aid
 - Sources of Strength
- New state mandates on suicide prevention
 - Staff suicide prevention training
 - Lifelines, signs of suicide and QPR in schools
- Future ongoing needs in schools
 - More SAPs and therapist in schools
 - More trainings offered to staff
 - Increase focus on social emotional and learning of trauma informed practices.

Introductions, Updates, and Announcements

5:05-5:20

Agenda Topic

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

- Val created the listening forum flyer that will be posted on the YFC website
- North Sound BH-ASO has awarded a contract to Compass Health that will establish Youth Crisis teams to serve in three of the five counties
- Maria highlighted an opportunity to the committee to collaborate with the North Sound Behavioral Health Advisory Board for the community contest

Conclusion/Outcomes

Sharing of events from agencies and counties

Narrative Team Effectiveness Check In

5:20 – 5:30

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

Overview:

- Presentations have become very informative.
- The committee has been able to grow in the past few years. Representation from the region is being well established.

- Presentations are being more focused on youth. Youth are able to ask questions and learn.
- Meetings can be geared to be more fun and attractive.
- Jamboards and whiteboards can be used more often
- Suggestion to have music or pet days
- It was suggested to have a youth give a presentation
- Our meetings can be adult focused. Needs to be more fun and attractive.
- Jamboards and whiteboards can be used to make it more fun
- Bringing in music and pets
- Committee would like to see a youth give a presentation

Conclusion/Outcomes

YFC Charter and Website Updates

5:30 – 6:00

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

Overview: Review the charger and website

Discussion Points:

- Val showed the redesign of the YFC website. Website will be going live next week.
- The charter and goals were reviewed.

Conclusion/Outcomes

Committee was shown the new YFC website

Evaluations

15min

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

Overview: Link was sent to the committee

Discussion Points:

- Evaluations link sent to committee

Conclusion/Outcomes

Committee will complete the online evaluation

Next meeting is – October 10, 2022, from 4:00 pm – 6:00 pm