



COMMUNITY OF HOPE COALITION

Facilitator: Annie Goodwin

Recorder:

Date: September 5, 2023

Time: 3:30-5:00 PM

Location: VIRTUAL

Attendance:

<input type="checkbox"/>	Carla Prock, BFHD	<input checked="" type="checkbox"/>	Courtney Armstrong, Behavioral Health Committee Chair
<input checked="" type="checkbox"/>	Kristi Sharpe – Key Connections Kennewick	<input type="checkbox"/>	Zachary Shileika, TC Futures
<input checked="" type="checkbox"/>	Daisy Parra-Padilla, BFHD	<input type="checkbox"/>	Vanessa Mccollum, KSD
<input type="checkbox"/>	Makenna Richards, BFHD/NFP	<input type="checkbox"/>	Amanda Plumlee, GHN
<input type="checkbox"/>	Laverne McGrath, Think about Thinking	<input checked="" type="checkbox"/>	Joyce Newsom, PFP/2-1-1 mobility outreach coordinator
<input checked="" type="checkbox"/>	Ruvine Jimenez, League of Voters	<input checked="" type="checkbox"/>	Breanna Zavicar, Benton City CPWI
<input checked="" type="checkbox"/>	Honor Crawford, BFHD	<input checked="" type="checkbox"/>	Annie Goodwin, BFHD
<input type="checkbox"/>	Diana Henning, Kadlec Health Ages	<input type="checkbox"/>	Mariana Gamino, SARC Victim advocate
<input type="checkbox"/>	Lorena Rios, Southridge student assistant	<input checked="" type="checkbox"/>	Jacob R. Campbell, Pasco School District
<input checked="" type="checkbox"/>	Yajaira Lemus, BFHD	<input type="checkbox"/>	Daphne Gallegos, BFHD
<input checked="" type="checkbox"/>	Eunice Aguilar, BFHD	<input checked="" type="checkbox"/>	Monique Castillo
<input checked="" type="checkbox"/>	Chuck Feth	<input checked="" type="checkbox"/>	Trish Longhorn
<input checked="" type="checkbox"/>	Lucelia Rodriguez, PSD	<input checked="" type="checkbox"/>	Kelly Musick, ESD 123

Agenda Item:	Lead:	Brief summary including action(s) taken:	Closed
31 attendees		<ul style="list-style-type: none"> Welcome back! Hope you all had a wonderful summer Molly Wright: How every child can thrive by five TED Talk. The importance of the first five years explained by 7-year-old Molly. Learn how “peek-a-boo” can change the world. (6 minutes) https://youtu.be/aISXCw0Pi94 New Child and Adolescent Health Coordinator – Miranda Sahagun Barraza starts tomorrow. 	
Share Links for HOPE training		<ul style="list-style-type: none"> Virtual Learning Hub Tufts Hope (positiveexperience.org) 	<input checked="" type="checkbox"/>
Alphabet soup		ACEs = Adverse Childhood Experiences PCEs = Positive Childhood Experiences PACEs = Positive and Adverse Childhood Experiences HOPE = Healthy Outcomes from Positive Experiences	<input checked="" type="checkbox"/>
Social Media and Youth Mental Health		ACTION – for next meeting – bring back one idea from the call to action that could be in a tool kit have done by end of summer for next school year Selfies, Social, And Screens: Navigating Virtual Spaces For Youth	<input type="checkbox"/>



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	<p>Back to School: Youth and technology Mental Health America (mhanational.org)</p> <p>Back to school tool kit – Mental Health America Our 2023 toolkit provides information, tips, and resources for young people, caregivers, and school personnel on how to protect youth mental health in a digital world. Virtual spaces are everywhere and have become a constant presence, offering social connectedness and the ease of instant communication. But the online world of selfies and social media also brings with it challenging situations that can have a negative impact on youth mental health.</p> <p>Sept – suicide awareness month –</p> <ul style="list-style-type: none"> • Kristi - CADCA resources – toolkits and handbooks “Operation Parent” website, handbooks, sessions for free, one for middle schools, another for high schools, great info https://www.operationparent.org/ not only suicide, but social media, anxiety, bullying, etc. • Courtney Armstrong – Kadlec mental health grant – Mental Health Promotion. Youth and parent education. Goal to encourage conversations around mental health. Messaging campaign, partnering with others, maybe a youth summit, adult education, Focus on bilingual education. State of our Youth? • Jacob <ul style="list-style-type: none"> • PSD – awareness campaign in classrooms • Is also an Adjunct at Heritage – involved in faculty day did presentation on suicide, emphasis on reservation. • Resource fair for youth needing support to return to school <p>As a CoHOPE – who should the target audience be? Students, parents,</p> <ul style="list-style-type: none"> • Daisy –Regional Youth Summit – would like workshop on mental health as part of the summit. Includes students from 9 counties. State of our Youth – for leaders in community. Has been on hold until we had HYS data to present. • Joyce Could we focus on parent group sooner than spring? Nice to have unified message for the household. 	
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		<ul style="list-style-type: none"> • Lucilla – PSD Intern with Dr. Smith community resource fair – will be evening session on Oct 17th, The time will either be 6-8pm or 7-8pm. <p>Resources: To learn about how to support a person in crisis, please see the following information and resources:</p> <ul style="list-style-type: none"> • 988 Suicide & Crisis Lifeline • Suicide Among People with Disabilities Care Provider Bulletin • National Alliance on Mental Illness <p>Link to Surgeon General Report Social Media and Youth Mental Health (hhs.gov)</p> <p>Mental health wallet card – available to in English and Spanish lists available resources in the community Cameron Fordmeier Chair of Youth Suicide Prevention Coalition cameronf@gcbh.org Greater Columbia Behavioral Health - (509) 737-2475</p>	
<p>Montana Summer Institute</p>		<p>Paradox of the Positive: Preventing Harm by Promoting Health</p> <p>The Hope and the Concern Paradox. The good things are happening, we just need to look for them.</p> <p>Photographer – Banners of people faces, with a quote that meant something to them and also their story. What have you learned of the power of the positive? Had a slide show that was very powerful. The photos were raw and real – not enhanced and perfect. To see that beauty is more than skin deep.</p> <p>The common thread that brings these prevention champions together for MSI is their interest in adopting an approach of uncovering and growing the good in individuals, families, schools, workplaces, communities, environments, and systems as a proven strategy toward reducing harm.</p> <p>Those of us who work as health and safety professionals can sometimes become so focused on the dangers and problems we are trying to decrease that we forget this core truth. The Science of the Positive reverses the problem-centered frame, and focuses on growing the healthy, positive, protective factors that already exist in our</p>	<p style="text-align: right;">☒</p>



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		communities. When we start to look at the world through this positive, hopeful lens, it has a profound impact on the questions we ask, the data we collect, and the way we address health and safety issues. Art and the Science of the Positive Are Meant to Be Shared PACEsConnection	
Bringing HOPE to the classroom		Bring HOPE to the Classroom Tufts Hope (positiveexperience.org)	☒

Standing Agenda Items:		
Category:	Lead:	Summary including action(s) taken:
YCCTP Positive Community Norms	Yajaira	Media plan for campaign in the region, posters, billboards, flyers. Focus on Youth tobacco and cannabis prevention with positive messaging. Waiting for the HYS data



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Resources and Trainings:

Month:	Event
	<ul style="list-style-type: none"> • Serve and return interactions shape brain architecture. Education, videos, handouts and more from the Harvard Center for the Developing Child. https://developingchild.harvard.edu/science/key-concepts/serve-and-return/
	<ul style="list-style-type: none"> • CoE-IHS Webinar: Partnering with Schools to Improve Youth Mental Health, Sept. 26, 8-9 a.m. https://thenationalcouncil-org.zoom.us/webinar/register/WN_n2hFJMWBQbuNHZ71fBj-Hw?mkt_tok=NzczLU1KRi0zNzkAAAGNvFuwap20tMHZXdImSr-RxTs7dUQq2Cp5lowpz6COskkIiSjhxGHiFukWN3lz2YsN3w7-LFO95PW7tNNP3vg_xTgUAjaLtw2gzmQ3A1lHiQ#/registration
	<ul style="list-style-type: none"> • Safe Spaces: How Digital Environments Can Serve Youth September 12, 2023 1 PM ET/10 AM PT • Technology plays a large role in our lives, especially the lives of youth, teens, and young adults. Accepting this new reality and the importance of the digital world allows us to figure out how it can be a positive in our lives and even benefit our mental health. For many youth and young people, online communities can provide safe, inclusive, affirming environments, where they can be themselves and connect with others who are similar to them. Register and access the recording at: https://mhanational.org/events/safe-spaces-how-digital-environments-can-serve-youth
	<ul style="list-style-type: none"> • I Don't Know How to Navigate My Child's Use of Technology September 20, 2023 1 PM ET/10 AM PT <ul style="list-style-type: none"> ○ Living in the digital world can be overwhelming. Between the constant use of technology and new and emerging platforms of social media to keep up with, we can be left feeling stressed. This is especially true when it comes to youth utilizing these platforms. For parents, keeping kids safe is a number one priority, and online safety needs to be at the front of our minds. This webinar will focus on providing parents with information about how youth are utilizing online spaces, what social media addictions can look like, and what adults can do to monitor safety online. We will hear from experts, parents, and young adults throughout this panel-style discussion on their experiences with youth technology use. Register and access the recording at: https://mhanational.org/events/i-dont-know-how-navigate-my-childs-use-technology
	<ul style="list-style-type: none"> • Surgeon General Issues New Advisory About Effects Social Media Use Has on Youth Mental Health • Social Media and Mental Health • The Four Building Blocks of HOPE • BAM! Has Mental Health Classroom Resources for Teachers



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	<ul style="list-style-type: none"> • Screen time at age 1 year and communication and problem-solving Developmental Delay at 2 and 4 years Screen Time at Age 1 Year and Communication and Problem-Solving Developmental Delay at 2 and 4 Years Child Development JAMA Pediatrics JAMA Network •
<p><i>Brazelton Touchpoints Center</i></p>	<p>The Brazelton Touchpoints Center (BTC) offers live, online workshops and multi-day courses for all professionals who work with young children and their families. Our trainings are led by BTC Staff Facilitators and National Facilitators, and provide certificates of attendance. Members of the BTC Learning Network receive a discount on all registration fees. (Click here for information on joining the BTC Learning Network.)</p> <p>Need to register a group? Group registration can now be done online!</p> <p><i>All workshops offer live Spanish translation and closed captioning.</i></p> <p>Questions? Contact us today!</p> <p>Beyond Trauma-Informed Care: A Developmental-Relational Framework For Engaging Adults And Children In Healing And Resilience</p> <ul style="list-style-type: none"> • This three-part webinar series will explore strengths-based foundational concepts and actionable strategies related to trauma, adaptation, healing, and resilience. Participants will learn to better understand and respond with empathy to behavior displayed by children and adults who have experienced trauma, while also supporting their development of a greater sense of trust and safety. The live, interactive workshop is on Tuesdays, November 7, 14 & 28 at 12:30 PM ET / 9:30 AM PT. <p>Family Connections:</p> <p>Mental Health and Relationship-Building Workshops for Staff and Families</p> <p>This three-part series provides knowledge, skills, and strategies for strengthening your partnerships with parents, understanding depression, and talking with children about difficult issues. This virtual workshop series based on the Family Connections model is for mental health consultants, family service professionals, and early childhood system or program leaders. The workshop is on Thursdays, October 19, 26 & November 2 at 2 PM ET / 11 AM PT.</p> <p>Supporting Everyone’s Mental Health</p> <p>Learn strategies you can use in your work and personal lives that honor everyone’s experiences, build resilience, and nurture self-care. As professionals working with young children and their families, we need to care for our own mental health while we tend to the mental health of the families with whom we work. The series meets weekly on Wednesdays, September 13, 20 & 27 at 1 PM ET / 10 AM PT.</p> <p>Addressing Behaviors that Challenge</p> <p>This course explores how to use a relationship-based care approach to understand and respond to child behaviors that providers find challenging. Participants learn to respond to children’s behavior by deeply reflecting upon their own reactions to children’s behavior, regulating their emotional reactions, and engaging families to mutually understand the reasons for their children’s behavior. The series meets on Mondays, October 30, November 6 & 13, and Wednesdays, November 1, 8 & 15 at 6 PM ET / 3 PM PT.</p>



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Sharing

Trish Longhorn - Advancement coordinator with Lutheran community works with Amy – here to listen and learn.

Kelli Musick – ESD early learning director – Early Intervention Services provider in our counties. Provide services in Benton, Franklin and Walla Walla counties.

Joyce – When is Courtney’s grant – now to end of 2024 – 2 yr cycle.

Youth suicide prevention coalition where does it fit? – check with Check with Cameron
Mental health wallet card – available to in English and Spanish lists available resources in the community

Plan meeting with BFHD and Kadlec to discuss options and State of our Youth prior to next coalition meeting – Courtney, Daisy, Yajaira, Miranda, Kelly H.

Wondered about informal survey of students about what they need or how they feel. Jacob said there will be a survey around belonging at Pasco High.

Rivine Jumenez –

Dear partners,

The [Student Potential Youth Advisory Council \(SPYAC\)](#) is an initiative launched last year that aims to gather, support, and center the voices of students with disabilities in Washington education policy and advocacy work. The program is a part of the [Investing in Student Potential coalition \(ISP\)](#), a statewide advocacy coalition that is committed to adjusting our systems to accommodate the complex and diverse needs of students in Washington public schools. We are searching for young people interested in disability rights, educational systems, state and/or local law-making processes, and tools for effective advocacy. The SPYAC will learn about advocacy, connect with other students, and share decision-making power with the broader ISP advocacy coalition. Our coalition also recognizes that a diversity of voices is a necessity for meaningful and inclusive work. We value representation as it relates to race, language, age, disability type, geography, school district size and resources, and more. [Young people can apply here](#). Visit the [SPYAC web page](#) for more info or other ways to apply.

Please share with people, groups, or others who may be interested. If you have any additional questions please reach out to eleonor@educationvoters.org for more information.

Jessica’s invite cannot be removed. You will need to manually delete the old one and accept the new one that comes from Miranda.

Happy Fall!

Next Coalition meeting will be held October 3, 2023