



COMMUNITY OF HOPE COALITION

Facilitator: Miranda Sahagun Barraza

Recorder:

Date: November 7, 2023

Time: 3:30-4:30 PM

Location: VIRTUAL

Attendance:

<input type="checkbox"/>	Carla Prock, BFHD	<input type="checkbox"/>	Courtney Armstrong, Behavioral Health Committee Chair
<input type="checkbox"/>	Kristi Sharpe – Key Connections Kennewick	<input type="checkbox"/>	Zachary Shileika, TC Futures
<input checked="" type="checkbox"/>	Daisy Parra-Padilla, BFHD	<input checked="" 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 type="checkbox"/>	Honor Crawford, BFHD	<input 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 type="checkbox"/>	Eunice Aguilar, BFHD	<input checked="" type="checkbox"/>	Monique Castillo, Catholic Charities
<input type="checkbox"/>	Chuck Feth	<input type="checkbox"/>	Trish Longhorn
<input checked="" type="checkbox"/>	Lucelia Rodriguez, PSD	<input checked="" type="checkbox"/>	Kellie Musick, ESD 123
<input checked="" type="checkbox"/>	Miranda Sahagun Barraza, BFHD	<input checked="" type="checkbox"/>	Alma Pena, BFD
<input checked="" type="checkbox"/>	Julie Chacon, BFD	<input type="checkbox"/>	Meghann Barker
<input type="checkbox"/>	Kaylee Wade	<input type="checkbox"/>	Jessica Sagdal
<input type="checkbox"/>	Sadie Salisbury	<input checked="" type="checkbox"/>	Julie Sisemore (DSHS/DDA)
<input checked="" type="checkbox"/>	Marinella Chvatal, Catholic Charities	<input type="checkbox"/>	

Agenda Item:	Lead:	Brief summary including action(s) taken:	Closed
		<ul style="list-style-type: none"> Welcome back! Happy November National Native American Heritage Month Native-Land.ca Our home on native land Use the link to learn about the land you reside on and what work the tribes continue to do to dismantle colonialism 	<input type="checkbox"/>
Mindfulness Exercise		https://youtu.be/Jholcb8Gz0M?si=tkv0lgZFLw9O_dUg	<input type="checkbox"/>
Strong Start	Elena, DOH	Universal Developmental Screening — A Strong Start for Children Washington State Department of Health Free and secure data system where parents, legal guardians, and health care providers can enter and access screening information in one place. Developmental screenings help make sure any delay is	<input type="checkbox"/>



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		<p>found as early as possible and help parents and caregivers get the support, they need to help their child thrive.</p>	
<p>National survey of children's health</p>		<p>National Survey of Children's Health (NSCH) MCHB (hrs.gov)</p> <p>U.S. census bureau is conducting the survey on the behalf of the U.S. Department of Health and Human Services. Provides data on how children are doing state to state and overall, as a whole country. Allows for better understanding of the things that impact children's lives and important questions to ask.</p>	<p><input type="checkbox"/></p>
<p>HOPE Mindfulness</p>		<div style="display: flex; align-items: flex-start;"> <div style="background-color: #008080; color: white; padding: 10px; writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 1.2em;"> What are ACEs? </div> <div style="margin-left: 20px;"> </div> </div> <p>With the HOPE framework, we touch on how important PCEs are to overcoming ACEs. ACEs are abuse, neglect, household challenges, and other adversities like community violence, refugee or wartime experiences, witnessing or experiencing acts of terrorism. I wanted to take the time to acknowledge that it is important for us to take care of ourselves in such scary times. These adverse experiences effect not only children but adults!</p>	<p><input type="checkbox"/></p>



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		<p>Here are some suggestions for retraining our brains to more easily see protective factors, done by bringing the principles of HOPE into our practices of self-care. See below for some ideas on how to practice HOPE on a daily basis:</p> <div style="display: flex; align-items: center;"> <div style="margin-right: 20px;">  <p>Be mindful of the positive. <i>Kids playing? Adults holding hands? How people you encounter make the best of challenging situations?</i></p> </div> <div style="margin-right: 20px;">  <p>See and hear beauty. <i>Find time for nature. Read poetry. Listen to music.</i></p> </div> <div style="margin-right: 20px;">  <p>Daily practice. Keep a journal? Meditate? <i>Learning something new takes practice, repetition, and reflection.</i></p> </div> <div style="margin-right: 20px;">  <p>Share stories of HOPE and inspiration. <i>Have you seen or experienced something inspiring? Talk about it. Inspiring stories help all of us.</i></p> </div> <div style="font-size: 4em; margin-right: 20px;">}</div> <div style="text-align: center;">  <p>Practice HOPE</p> </div> </div> <p>Finding ways to focus on our awareness and being in the present moment while things we cannot control happen around us. This graphic is really helpful on honing in on all those parts of practicing HOPE on a daily basis.</p>	
Daylight saving and seasonal depression		<p>Ways To Ease Seasonal Depression (cprcare.com) Seasonal affective disorder (SAD) - Symptoms & causes - Mayo Clinic Seasonal Affective Disorder (SAD) Mental Health America (mhanational.org)] Seasonal Affective Disorder (SAD): More Than the Winter Blues (nih.gov)</p>	<input type="checkbox"/>

Standing Agenda Items:

Category:	Lead:	Summary including action(s) taken:
Screen Agers Screening		<p>Three-part movie series (45min) depicting a deep personal approach into family life and the struggles involved with social media, mental health, and substance use. Dr. Ruston who is the filmmaker and a primary physician focuses on these three topics to bring empowerment and solutions to parents and youth on how to navigate these challenges.</p> <p>Films are in 3 parts:</p> <ol style="list-style-type: none"> 1. Social Media 2. Mental Health 3. Substance Use <p>Subcommittee Updates:</p> <ul style="list-style-type: none"> • Kadlec will be buying the licensing for the films; they will be under the coalition so we will be helping with these collaborations and screenings. Locations will be schools or venues that are wanting and willing to host.



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		<ul style="list-style-type: none">• We plan on reaching out to schools who have already previewed the film before and are interested in a screening. This can help see how well of a turn out it is the first couple showing and pivoting from there.• If you are wanting to be a part of the subcommittee, you can feel free to reach out to Miranda (Miranda.sahagunbarraza@bfhd.wa.gov)
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Resources and Trainings:

Month:	Event
	Adverse Childhood Experiences Prevention Policy Toolkit
	Supporting Positive Mental Health in Early Childhood
	Home Essentials for Parenting Teens CDC
	Social media and mental health linked to rising e-cigarette use in American teens (news-medical.net)
<p>Department of Social and Health Services</p>	 <p>Diaper Related Payment (DRP) DSHS (wa.gov)</p>
<p>Brazelton Touchpoints Center</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>All workshops offer live Spanish translation and closed captioning.</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>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, November 13, and Wednesdays, November 8 & 15 at 6 PM ET / 3 PM PT.</p>



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<p><i>Mental Health America</i></p>	<p>Holding on for Others: Caregiving, Chronic Illness, and Self-care</p> <p>Living with a chronic health condition is taxing on one’s physical and mental health. Mental Health America and the National Pancreas Foundation have partnered to bring awareness, education, and resources to those with chronic health conditions such as pancreatitis. But the impacts of chronic health conditions, chronic pain, and other physical health conditions go far beyond those living with them. This November, for National Family Caregivers Month, we are talking about the mental health impacts on caregivers. November 9 @2p.m. ET</p> <p>I Don’t Know How to Handle Holiday Stress</p> <p>Holidays are often associated with joy and excitement, but they can be stressful, overwhelming, and challenging for parents and families. For many individuals, holidays bring up feelings of grief, isolation, disappointment, and sadness. The holiday season can quickly turn into increased stress and anxiety, and handling these emotions and navigating this period can be challenging for both parents and children. Parents, join us for this panel-style webinar, where we will discuss common challenges parents and caregivers face during the holidays, stress youth and teens encounter during the holidays, and tips for maintaining good mental health through the holiday season. November 14 @ 1 p.m. ET</p>
	<p>Sharing</p> <ul style="list-style-type: none"> • Marinella, Catholic Charities – Christmas Drive <ul style="list-style-type: none"> ○ Getting people to sponsor families or know of anyone that want to sponsor a family during the holiday season. Email Marinella (mchvatal@catholiccharitiescw.org) if interested! • Jacob, PSD <ul style="list-style-type: none"> ○ Mobile Distribution Event with 2nd harvest on Nov. 28th 11am-1pm ○ Having students in the district behavioral classes and student athletes collaborate on this. Location: Edgar Brown Stadium

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**PHS Bridges Program
A Mobile Food Market**



Edgar Brown Memorial Stadium Parking Lot
1811 W. Sylvester St., Pasco, WA 99301
Tuesday, November 28, 2023
11:00am - 1:00pm

We will be having about 60 volunteers from Pasco High School's Bridges Program and athletics helping to distribute food for our community. If you are a family in need, we welcome you to come through our mobile market. Please share this with anybody who might be in need. Thank you for supporting our goal to reach 500 families in our community.



**Programa Bridges de PHS
Mercado de Alimentos Móvil**



Estacionamiento del Estadio Edgar Brown Memorial
1811 W. Sylvester St., Pasco, WA 99301
Martes, 28 de noviembre, 2023
11:00am - 1:00pm

Tendremos cerca de 60 voluntarios del Programa Bridges y Atletismo de la Escuela Pasco High ayudando a distribuir comida para nuestra comunidad. Si usted es una familia necesitada, le invitamos a pasar por nuestro mercado móvil. Por favor comparte esto con cualquier persona que pueda estar necesitada. Gracias por apoyar nuestra meta de llegar a 500 familias en nuestra comunidad.



- Food drive with 2nd harvest and Pasco Bridges, collections take place between Nov 7th-21st. they can be brought to the collection bin outside the bridge's classroom C-177 or in the office.



FOOD DRIVE

Canned Fish & Lean Meats

Healthy Soups & Stews

Dry or Canned Beans

Whole Grain Pasta, Rice & Cereal

Canned Fruits & Vegetables

Peanut Butter & other Nut Butters

PASCO bridges

BRING YOUR NON PERISHABLE FOOD DONATIONS

We are accepting donation to give to 2nd Harvest so they can feed families in need in our region. Donations can be brought the collection bin outside of the Bridges Classroom (C-177) or in the office. Collections takes place between Nov 7th - 21st.

Contact Dr. Campbell (jcambell@psds.org) or Ms. D (dhecker@psds.org) for questions.




CAMPAÑA DE RECOLECCIÓN DE ALIMENTOS

Lata de Pescado y Carnes Ligeras

Sopas Saludables y Guisos

Frijoles Secos o Enlatados

Pasta Integral, Arroz y Cereales

Frutas y Vegetales Enlatados

Mantequilla de Maní y otras Mantequillas de Nuez

PASCO bridges

TRAIGA SUS DONACIONES DE ALIMENTOS NO PERECEDEROS

Estamos aceptando donaciones para dar a 2nd Harvest para que puedan alimentar a las familias necesitadas en nuestra región. Las donaciones pueden ser traidas al contenedor de recogida fuera del salón de Bridges (C-177) o en la oficina. Las colectas tomaran lugar entre el 7 y 21 de noviembre.

Contact Dr. Campbell (jcambell@psds.org) or Ms. D (dhecker@psds.org) si tiene preguntas.



- Joyce, 211



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- Community support and lunch event, **Nov 15th @ Union Gospel Mission in Pasco 10:30-1:30**

COMMUNITY SUPPORT & LUNCH

Wednesday, November 15, 2023
10:30 a.m. - 1:30 p.m.

Union Gospel Mission | 221 S. 4th Ave. Pasco

Opportunity to meet with local agencies in one location, to discuss services available in our community.

- Showers and hair cuts available
- Lunch provided
- Hygiene and warming kits (while supplies last)
- Transportation to St. Vincent de Paul food and clothing closet from Union Gospel Mission
- Mobile medical unit
- Bus ticket to event - contact Carol at 509-619-2780 (if a ticket is needed)

For More Information, Contact:
Toni Lehman, CDBG/HOME Administrator
tlehman@ci.richland.wa.us | 509-942-7580

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- Particularly focuses on the Homeless population but no one will be denied. There will be showers, lunch, haircuts, hygiene and warming kits, transportation to the St. Vincent de Paul for food, mobile medical unit, as well as help with bus tickets to the event.
- There typically more food drives around the holidays for our families as there are so many families in need, **please encourage them to call 211 at these events**. They can check if they are eligible within 4 minutes and staff will fill out an application on their behalf to DSHS so there is a bit of help to with concerns around food resources.
- Kellie, ESD
 - ESD Council meeting – early support for infants and toddlers
 - Donuts in person!! First meeting was on the 27th of October, Next meeting will **December 1st from 9:30-11am ZOOM and in-person**

Next Coalition meeting will be held December 5, 2023