



COMMUNITY OF HOPE COALITION

Facilitator: Miranda Sahagun Barraza

Recorder:

Date: December 5, 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 checked="" type="checkbox"/>	Kristi Sharpe – Key Connections Kennewick	<input checked="" 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 checked="" type="checkbox"/>	Kaylee Wade, 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 type="checkbox"/>	Breanna Zavicar, Benton City CPWI
<input 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 type="checkbox"/>	Jacob R. Campbell, Pasco School District (excused)
<input checked="" type="checkbox"/>	Yajaira Lemus, BFHD	<input type="checkbox"/>	Daphne Gallegos, BFHD
<input type="checkbox"/>	Eunice Aguilar, BFHD	<input type="checkbox"/>	Monique Castillo, Catholic Charities
<input type="checkbox"/>	Chuck Feth	<input type="checkbox"/>	Trish Longhorn
<input type="checkbox"/>	Lucelia Rodriguez, PSD	<input type="checkbox"/>	Kellie Musick, ESD 123
<input checked="" type="checkbox"/>	Miranda Sahagun Barraza, BFHD	<input checked="" type="checkbox"/>	Alma Pena, BFD
<input type="checkbox"/>	Julie Chacon, BFD	<input type="checkbox"/>	Meghann Barker
<input type="checkbox"/>	Sadie Salisbury	<input checked="" type="checkbox"/>	Jessica Sagdal
<input checked="" type="checkbox"/>	Marinella Chvatal, Catholic Charities	<input type="checkbox"/>	Julie Sisemore (DSHS/DDA)
<input checked="" type="checkbox"/>	Emilie Acosta	<input checked="" type="checkbox"/>	Michael Del Haro, Goodwill
<input checked="" type="checkbox"/>	Carmen Bowser	<input checked="" type="checkbox"/>	Suzanne Suyama

Agenda Item:	Lead:	Brief summary including action(s) taken:	Closed
15		<ul style="list-style-type: none"> Welcome back! Happy December Ice breaker 	<input type="checkbox"/>
Mindfulness Exercise		https://youtu.be/tXPUjKBXvpY?si=COIhrgr_dtWA8SCv	<input type="checkbox"/>
Fruit pouches		<p>Fruit pouches for kids recalled because of illnesses linked to lead AP News</p> <p>Investigation of Elevated Lead Levels: Cinnamon Applesauce Pouches (November 2023) FDA</p> <p>CDC and state and local partners are investigating reports of elevated blood lead levels in individuals with reported exposure to</p>	<input type="checkbox"/>



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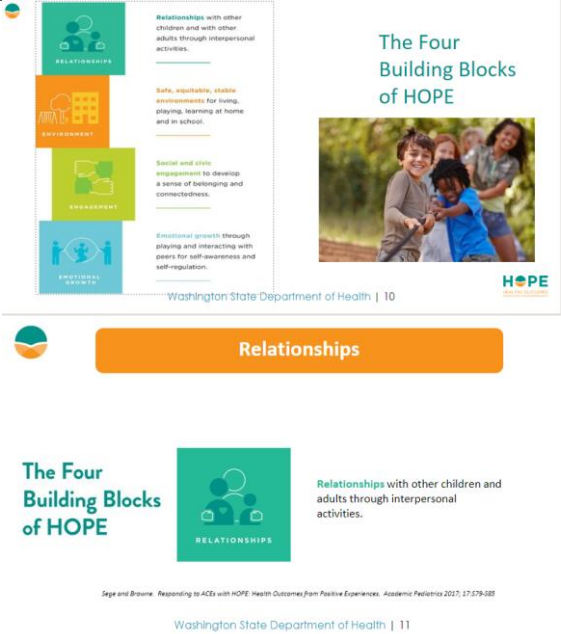
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		<p>apple cinnamon fruit puree pouches sold under WanaBana, Weis, and Schnucks cinnamon applesauce.</p> <p>Because these products have a long shelf life, consumers should go in and check their homes and discard them. Most children do not have obvious immediate symptoms of lead exposure.</p> <p>Product Recalls — Prevent Child Injury</p> <p>Also, with the month of December, remember to keep your child safe around toys! Safe Toy Checklist - Prevent Blindness</p>	
<p>Holiday tips for positive</p>		<p>10 Tips for the Holiday Season (positiveexperience.org)</p>	<p><input type="checkbox"/></p>
<p>HOPE Building Block: Relationships</p>		 <p>The next couple of meetings we will be focusing on the building blocks of HOPE. Starting off with relationships this meeting. Looking at positive childhood experiences, children and individuals can experience adverse experiences those positive experiences have a mitigating factor at overcoming the adversity. The building blocks give us the tools to create positive childhood experiences.</p> <p>Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels - PubMed (nih.gov)</p> <p>Relationship building block is how do children form relationships with other children and adults. It is shown that its so important for children</p>	<p><input type="checkbox"/></p>



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		<p>to build these relationships with caregiver and other kids as it helps with brain development and healthy brain connection. These relationships show them that people care and want to keep you safe and support you.</p> <p>Conducted breakout groups and some sharing happened:</p> <ul style="list-style-type: none"> • Suzanne’s group shared how creating and building relationships with clients is important specifically if they are vulnerable populations. And how active listening plays a big part of building these relationships. • Joyce shared how they don’t have to ask super personal questions and its not required for people to share, their comfortability being a priority. • Ruvine shared how they focus on connecting their clients with the right people, so they don’t need to jump through extra barriers. • Kristi shared how its so important to have discussions about relationships to youth, as they may have not thought about it. And they at times do not know they need to put in the effort to make these relationships to live a healthy life. • Michael shared how focusing on getting people connected to where they need to go, that development is very important and there is always room for growth. Catholic charities focusing on building relationships in community and be true to their selves. • Marinella shared how its important to meet coworkers and clients where they are at. As well as training on empathy to help with communication with their clients and coworkers. 	
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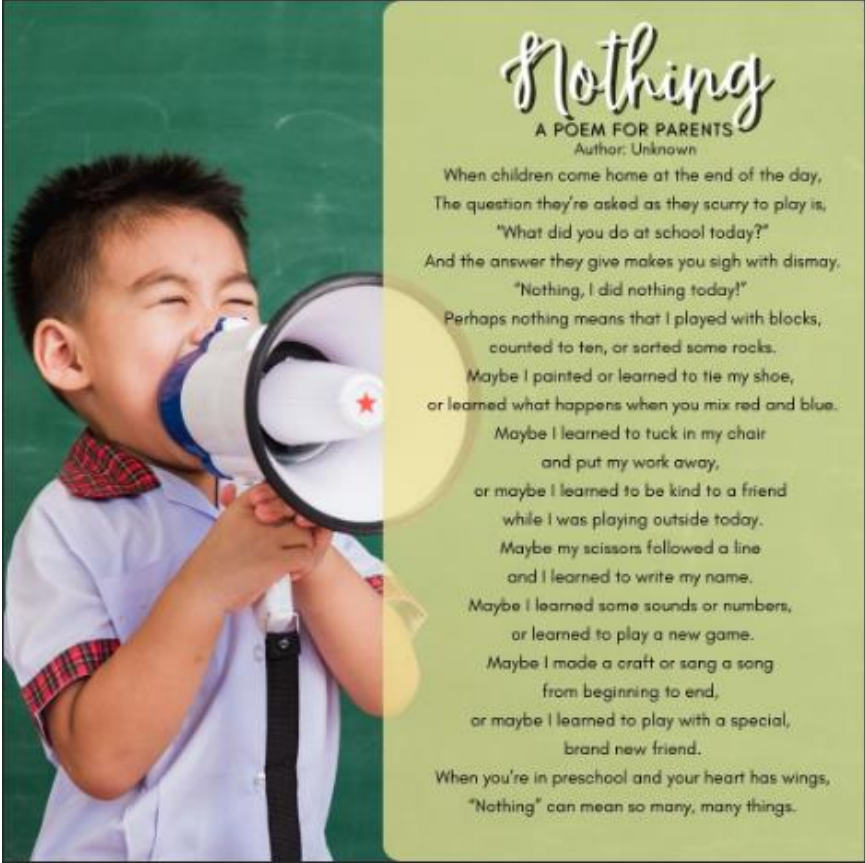
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<p>Poem for Parents</p>	 <p><i>Nothing</i> A POEM FOR PARENTS Author: Unknown</p> <p>When children come home at the end of the day, The question they're asked as they scurry to play is, "What did you do at school today?" And the answer they give makes you sigh with dismay, "Nothing, I did nothing today!"</p> <p>Perhaps nothing means that I played with blocks, counted to ten, or sorted some rocks. Maybe I painted or learned to tie my shoe, or learned what happens when you mix red and blue. Maybe I learned to tuck in my chair and put my work away, or maybe I learned to be kind to a friend while I was playing outside today. Maybe my scissors followed a line and I learned to write my name. Maybe I learned some sounds or numbers, or learned to play a new game. Maybe I made a craft or sang a song from beginning to end, or maybe I learned to play with a special, brand new friend. When you're in preschool and your heart has wings, "Nothing" can mean so many, many things.</p>	<p>□</p>
<p>The BFHD communication and I are working on a blog with this graphic and the building blocks of hope! I think this connects well with our relationship building block as we are here to provide a listening ear and facilitate these conversations that can lead to amazing relationship development.</p>		

Standing Agenda Items:		
Category:	Lead:	Summary including action(s) taken:
<p>Screen Agers Screening</p>		<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



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		<p>Update:</p> <ul style="list-style-type: none">• We are planning to wait to show this film so it can be a follow up/apart of the State of our Youth event. This will allow time for the Healthy Youth Survey results and how we can integrate the two.
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Resources and Trainings:

Month:	Event
<p>Department of Social and Health Services</p>	 <p>Diaper Related Payment (DRP) DSHS (wa.gov)</p>
<p>Hidden in Plain Sight</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <h3>HIDDEN IN PLAIN SIGHT</h3>  <p>The teen years can be difficult. Indicators of teen drug use, mental health concerns, unhealthy relationships, human trafficking and other risk factors can be hidden in plain sight, but easy for parents and other adults to miss. Adults all learn differently just like youth! This presentation brings a unique opportunity to get involved with the presentation through this two part interactive event!</p> <p>Come and learn what is trending with youth today and how to start the conversations that can sometimes be difficult but are necessary.</p> <p>Must be 18+ to attend</p>  <p>A District Wide Event</p> </div> <div style="width: 48%; background-color: #4a4a8a; color: white; padding: 10px;"> <p>EVENT DETAILS HANDS ON</p> <p>Participants will walk through a mock teen bedroom and try to identify 70+ items, which can indicate problem or risky behaviors.</p> <p>PRESENTATION</p> <p>After walking through the teen room, attendees will participate in a presentation and discussion which will cover:</p> <ul style="list-style-type: none"> • Identification and discussion of items and how they may indicate problem or risky behaviors • Popular local youth trends and data • Tools to help navigate the teen years and discussion points for family conversations <p>RECURSOS</p> <p>Local resources will be available for all participants while supplies last.</p> <p>DATE: Wednesday 12/13/23 TIME: 6:00-8:00 PM LOCATION: Pasco High School Auditorium</p> <p>CHILDCARE PROVIDED.</p> <p>*Presentation will be available in English and Spanish</p> <p>Questions, Contact Jacob Campbell (jcampbell@psd1.org)</p> </div> </div> <div style="width: 48%;"> <h3>ESCONDIDO A PLENA VISTA</h3>  <p>La adolescencia puede ser difícil. Los indicadores de consumo de drogas entre adolescentes, problemas de salud mental, relaciones poco saludables, trata de personas y otros factores de riesgo pueden ocultarse a simple vista, pero es fácil que los padres y otros adultos los pasen por alto. ¡Todos los adultos aprenden de manera diferente al igual que los jóvenes! ¡Esta presentación brinda una oportunidad única para involucrarse con la presentación a través de este evento interactivo de dos partes!</p> <p>Venga y conozca las tendencias actuales de los jóvenes y cómo iniciar las conversaciones que a veces pueden ser difíciles pero necesarias.</p> <p>Debe tener 18+ años para asistir.</p>  <p>Un evento para todo el distrito</p> </div> <div style="width: 48%; background-color: #4a4a8a; color: white; padding: 10px;"> <p>Detalles del Evento PRÁCTICO</p> <p>Los participantes andarán por un dormitorio simulado de adolescente y tratarán de identificar 70+ artículos que pueden indicar problemas o comportamientos arriesgados.</p> <p>PRESENTACIÓN</p> <p>Después de caminar por el dormitorio, los asistentes participarán en una presentación y discusión que cubrirá:</p> <ul style="list-style-type: none"> • Identificación y discusión de elementos y cómo pueden indicar problemas o comportamientos riesgosos • Tendencias populares de la juventud local. • Herramientas para ayudar a navegar en la adolescencia y puntos de discusión para conversaciones familiares. <p>RECURSOS</p> <p>Los recursos locales estarán disponibles para todos los participantes.</p> <p>FECHA: Miércoles 13 de diciembre HORARIO: 6:00-8:00 PM LUGAR: Auditorios de Pasco High School</p> <p>CUIDADO DE NIÑOS PROPORCIONADA.</p> <p>*La presentación estará disponible en inglés y español</p> <p>¿Preguntas? Comuníquese con Jacob Campbell (jcampbell@psd1.org)</p> </div>
<p>Tierra Vida Rec Center</p>	<p>Art Workshop Free ART Workshop- the art of zentangling. <i>Zentangling is the art of creating repeated patterns that can help us to focus when we are struggling with overwhelming emotions.</i> Friday, Dec. 15th, 2023, 5-6 PM Tierra Vida Recreational Center, 3525 East A Street, Pasco, WA Drop-in event for first come first serve up to 30 youth!</p>



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Create winter scenes using the art of zentangle and then watercolors.

Mental health around holiday

No matter what traditions you celebrate this winter, while the holidays can be a time of celebration and joy for many, it can also be a period of stress, sadness, and loneliness for others—sometimes can be particularly difficult for people living with mental health and substance use conditions. As we approach the holiday season, it is important to remember to take care of yourself and check on your loved ones.

[Supporting Your Mental Health During the Holiday Season | SAMHSA](#)
[Beat Back the Holiday Blues | NAMI: National Alliance on Mental Illness](#)

Strong Start

[Universal Developmental Screening — A Strong Start for Children | Washington State Department of Health](#)



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<p><i>HearMeWA</i></p>	<p>HearMeWA is recruiting youth for their youth advisory group. Their goal is to get guidance from youth on how to make the HearMeWA program as effective as possible when it comes to branding, marketing and advertising, and accountability.</p> <p>Youth will have the opportunity to:</p> <ul style="list-style-type: none"> • Be in conversations with their peers and make suggestions when it comes to the HearMeWA program in terms of its branding, marketing and advertising, scope of influence, accountability, recruitment, and program feedback. • Gain leadership opportunities to facilitate and conduct meetings, compose notes, and hold the group accountable to the groups’ purpose and the community agreements. • Become more conscious of and knowledgeable about community issues and the larger factors that affect their and others lives. • Provide a youth perspective to the HearMeWA Program. • Represent the HearMeWA Youth Advisory Group at events to create awareness about the program. <p><u>We are looking for youth who are between the ages of 12-25 and are living in Washington State.</u></p> <p>Youth who are motivated and committed to learning and addressing issues related to youth, have a vision for the future and are not afraid to voice their opinions in a respectful way are highly encouraged to apply.</p> <p><u>The deadline to submit an application is the end of the day, 1/1/2024.</u> Applications will be thoroughly reviewed, and <u>applicants can expect to hear about their submission by January 22nd.</u> After January 22nd, selected members will learn more about the group and its expectations, including: dates and times of meetings, roles and responsibilities, and more. Virtual meetings will occur quarterly on Tuesday evenings. We plan to hold the first meeting in February 20th, 2024</p> <p>Click this link for the youth application: https://www.research.net/r/youthadvisorygroupapplication</p> <p>Please share this information with youth who would be interested in participating and with your networks. If you have any questions, please email us at youthprogram@atg.wa.gov.</p>
<p><i>Center of Excellence</i></p>	<p>2023 December Newsletter (contentsharing.net)</p> <p>New year, new start: talking with teens about social media and mental health.</p> <p>Parents and caregivers play an important role in guiding how children and teens use social media. They will discuss four key concepts for talking with youth that can help drive them to make healthier choices: partnership, acceptance, compassion, and empowerment. December 6 from 4-5pm ET</p>
	<p><u>Sharing</u></p>



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	<p>Michael Del Haro – Employment connection center (ECC) manager</p> <ul style="list-style-type: none"> • Locations in Pasco, Hermiston, and College Place connected to Goodwill’s mission services. They take the funds donated and bring them back into the community. The ECC helps with the work source development category! 16+ in workforce development. <ul style="list-style-type: none"> ○ Overcome any barriers and offer wrap around services. ○ Help with developing digital and career skills. ○ Resume building, cover letters, mock interviews. ○ Google certificate, word/excel/etc. <p>Best way is through 1:1 appointment but they do have a computer lab that is open Monday – Friday. Can do events out in the community as well and tailor to the events.</p> <p>If you have any further questions email Michael (mdelharo@goodwillotc.org)</p>
	<p>Joyce –</p> <p>Diversity Diversity and Inclusion Council January 15, 2024 Drive up event in Martin Luther King Commemoration @ Gesa Stadium 10-12</p> <p>Hoping to support 2000 families with necessities like food and hygiene products. Families need these concrete resource to help stabilize these families, many are experiencing these insecurities in our communities</p> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div data-bbox="365 1119 833 1528" style="width: 45%;"> </div> <div data-bbox="868 1119 1356 1312" style="width: 45%;"> <p>January 15th, 2024 10am - 12pm</p> <p>Gesa Stadium (Home of the dust Devils) Parking Lot 600 Burden Blvd., Pasco</p> <p><i>FREE drive-thru and walkable resource distribution event.</i></p> </div> </div> <div style="display: flex; justify-content: center; margin-top: 10px;"> </div> <p>- 211 – Families can call to see if they are eligible for the food stamp program and get enrolled. They can check eligibility in 2-3 minutes!</p> <p>Daisy -</p>



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We're supporting LCSNW's

Holiday Lane

By collecting
New Holiday Gifts for Teen Boys

How can you help?

**Drop off
a donation!**

**TCD&IC Office Inside Fuse
723 The Parkway Suite 107
Richland, WA 99352
8 a.m. - 4p.m. M-F**



**Make a monetary
contribution!**

**Paypay!: @TCDIC
GooglePay:
Tricitiescouncil
Please specify "Holiday Lane"**

**Donations due by
December 15th!!**



WINTERFEST

Mon-Thu Dec 4-7 & Sat 9 - Condy Cone Scavenger Hunt
 Winners announced Dec 8 at 12pm on Facebook Live
 Grand Prize winner announced Dec 9 at Winterfest
 before tree lighting ceremony; must be present to win

Free Movies at Pasco's Fairchild Cinemas
Wed Dec 6 Doors Open: 6-7 PM The Grinch (2018)
Sat Dec 9 Doors Open: 9-10 AM Arthur Christmas
 Movies start every 10 minutes
 Each attendee gets 1 free mini popcorn

Sat Dec 9 3:00-7:00 PM
Peanuts Park Pasco 109 S 4th Ave
 Music | Kids' Games & Crafts
 Food Vendors | Activity Booths | Photo Ops
 Santa | Holiday Tree Lighting

SPONSORED BY






Posted on: December 1, 2023

Pasco Winterfest December 9th

Join us at the NEW location for Pasco Winterfest - Peanuts Park, 109 S 4th Ave, Pasco on Saturday, December 9th! Extended hours from 3-7pm for more holiday fun. Food and craft vendors, activity booths, kids crafts, photo ops with Santa, free face painting, and of course you can't miss out on the holiday tree lighting!

Sponsored by STCU, Apple Valley News Now, Fairchild Cinemas - Pasco, and City of Pasco Government - Parks and Recreation.

Marinella –



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	<p>Catholic charities are looking for sponsors for families that they serve! This would be with grocery gift cards, clothing, and toys. Email and contact Marinella (mchvatal@catholiccharitiescw.org) and she can connect you these families and their needs!</p> <p>Jessica – United way</p> <p>Jessica has 18 AmeriCorp members who need to fill their service time. If any nonprofits need volunteers, the members would love to come and make up some hours or help during a nonprofit! Let Jessica know and she can help facilitate that and they will be available until June. If interested, you can contact Jessica (Jsagdal@uwbfc.org)</p>

Next Coalition meeting will be held December 5, 2023