



**COMMUNITY OF HOPE COALITION**

Facilitator: Miranda Sahagun Barraza

Recorder:

Date: February 6, 2024

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 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 type="checkbox"/>	Ruvine Jimenez, League of Voters	<input 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 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 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, BFHD
<input type="checkbox"/>	Julie Chacon, BFHD	<input type="checkbox"/>	Meghann Barker
<input type="checkbox"/>	Kaylee Wade	<input type="checkbox"/>	Jessica Sagdal
<input type="checkbox"/>	Sadie Salisbury	<input type="checkbox"/>	Julie Sisemore (DSHS/DDA)
<input type="checkbox"/>	Marinella Chvatal, Catholic Charities	<input type="checkbox"/>	Brian Delano, Greater Health Now
<input type="checkbox"/>	Briseida Chavez, ESD123	<input checked="" type="checkbox"/>	Tanya, Pasco Prevention Network
<input checked="" type="checkbox"/>	Lisa Brouwer-Thompson, Guest	<input checked="" type="checkbox"/>	Robin Henle

Agenda Item:	Lead:	Brief summary including action(s) taken:	Closed
		<ul style="list-style-type: none"> <li>Happy February!! 42 days till spring!</li> </ul>	<input type="checkbox"/>
Mindfulness Exercise		<a href="https://youtu.be/x_VesNpmrrU?si=OTWctVKHTAOJtNAS">https://youtu.be/x_VesNpmrrU?si=OTWctVKHTAOJtNAS</a>	<input type="checkbox"/>
Black History Month		<p>As you all may know, February is Black History Month! I wanted to share some reading lists to celebrate and honor the contributions of black writers and the stories they tell throughout history for all ages! Enjoy!</p> <p><a href="#">Black History Month books for kids - Reviewed (usatoday.com)</a></p> <p><a href="#">32 books to read during Black history month - TODAY</a></p>	<input type="checkbox"/>



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		<p><a href="https://www.oprahdaily.com/25-books-by-black-authors-to-read-during-black-history-month-2024/">25 Books by Black Authors to Read During Black History Month 2024 (oprahdaily.com)</a></p>	
<p>HOPE Building Block: Relationships</p>		<div data-bbox="544 478 1279 886"> <p><b>The Four Building Blocks of HOPE</b></p> <p>Relationships with other children and with other adults through interpersonal activities.</p> <p>Safe, equitable, stable environments for living, playing, learning at home and in school.</p> <p>Social and civic engagement to develop a sense of belonging and connectedness.</p> <p>Emotional growth through playing and interacting with peers for self-awareness and self-regulation.</p> <p>Washington State Department of Health   10</p> </div> <div data-bbox="560 934 1209 997"> <p><b>Emotional Growth</b></p> </div> <div data-bbox="560 1102 1258 1249"> <p><b>The Four Building Blocks of HOPE</b></p> <p><b>Emotional Growth</b> through playing and interacting with peers for self-awareness and self-regulation.</p> </div> <div data-bbox="560 1333 1404 1680"> <p><small>Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:579-585</small></p> <p>The next couple of meetings we will be focusing on the building blocks of HOPE. This month it is emotional growth! This building block is about having opportunities for social and emotional development. Children need to develop social and emotional competencies which allow them to navigate adversity and challenges. This usually happens through unstructured play time but also with interactions with adults who can self-regulate and model appropriate reactions to challenging situations. We will be connecting this to how we promote opportunities for emotional growth in our agencies/organizations, and communities.</p> </div> <div data-bbox="544 1711 1404 1890"> <p><b>BREAKOUT GROUP QUESTIONS</b></p> <ol style="list-style-type: none"> <li><b>1. How does your agency/team improve or support access to emotional growth within your community?</b></li> <li><b>2. How does your organization/team promote or improve access to emotional growth for one another?</b></li> </ol> </div>	<p style="text-align: right;">□</p>



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		<p>Vanessa: Schools have their social emotional curriculum, and she is able to help with building that curriculum and access to SEL support with staff, families, etc.</p> <p>Robin: Richland schools at the elementary level, Character strong with K-5 students, some middle schools as well. Support teams in the building, some really focus on self-regulation and coping, realizing the emotions they are going through in their body.</p> <p>Lisa: ESD123 new department Art expression, PreK-12 to allow expression through art to identify emotions and complement those feelings. It has become a new sense of language where there is no language barrier for nonverbal children and language difference between people.</p> <p>Joyce: 211 allows for training opportunities! To feel happy in your work is important so being able to go to conferences, and cross train if you would like to help with self-development and feel more comfortable in their position.</p>	
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Standing Agenda Items:		
Category:	Lead:	Summary including action(s) taken:



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**Resources and Trainings:**

Month:	Event
<p>Three Rivers Therapy Parent and Children Groups</p>	<div style="text-align: center;"> <h2 style="margin: 0;">Three Rivers Therapy Parent and Children Groups</h2> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 30%;">  </div> <div style="width: 65%;"> <p>Our kids group offers interactive therapeutic activities in a group setting to support social and emotional learning. In addition, your child will identify healthy coping skills and develop age-appropriate mental health goals. Each week your child will engage in fun activities that allow them to explore their thoughts and feelings in a safe and healthy way. Our topics include- Celebrating differences, finding good role models, learning self-advocacy, creating healthy friendships &amp; boundaries, and discovering unique abilities.</p> </div> </div> <div style="margin-top: 20px;"> <p>Teen Group (13+) - Monday 4pm - 5pm        4-6 year's old - 1st Tuesday of the month 4:30pm - 5:30pm        7-9 year's old - Wednesday 4:30pm - 5:30pm        10-12 year's old - Thursday 4:30pm - 5:30pm</p> </div> <div style="text-align: center; margin-top: 20px;">  </div> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;"> <p>Are you a parent or caregiver looking for some support in parenting? Raising a child/teen in 2024 can be challenging, exhausting, and at times feel defeating, in our parent/caregiver support group you will get a chance to talk in a safe space about your struggles and learn strategies and techniques to make navigating parenting easier.</p> <p><b>PARENTING TOPICS INCLUDE-</b></p> <ul style="list-style-type: none"> <li>• ADHD</li> <li>• SUICIDE PREVENTION &amp; SELF HARM</li> <li>• DEPRESSION</li> <li>• SENSORY PROCESSING</li> </ul> <p>Please note- To register you must have a child participating in services at Three Rivers Therapy. If you don't have a child in services, you can also utilize our cash pay option.</p> <p style="text-align: center;"><b>ALL GROUPS START JANUARY 8TH, WE ACCEPT NEW PARENTS/CHILDREN AT ANY POINT IN THE QUARTER. CALL TO REGISTER 509-378-5553</b></p> </div> <div style="width: 50%; text-align: center;">  <p><b>FOR THE KIDS</b></p> <p><b>FOR THE PARENTS</b></p> <p>DAY/TIME: WEDNESDAY'S &amp; THURSDAY'S AT 4:30PM        LOCATION: THREE RIVERS THERAPY        10505 W. CLEARWATER AVE</p>  </div> </div>
<p>CDC Immunization Schedules</p>	<p>The CDC released new immunization schedules for both children and adults! Make sure you and the kiddos stay healthy and up to date on vaccines 😊  <a href="#">Birth-18 Years Immunization Schedule – Healthcare Providers   CDC</a></p>



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[Adult Immunization Schedule – Healthcare Providers | CDC](#)  
[Advisory Committee on Immunization Practices Recommended Immunization Schedule for Children and Adolescents Aged 18 Years or Younger – United States, 2024 | MMWR \(cdc.gov\)](#)  
 “The 2024 child and adolescent immunization schedule includes the addition of the respiratory syncytial virus (RSV) vaccine, respiratory syncytial virus monoclonal antibody, Mpox vaccine, 20-valent pneumococcal conjugate vaccine, and pentavalent meningococcal vaccine.”

While focusing on the emotional building block, we can connect this to helping our youth have a voice in healthcare and build that social and emotional learning! Encouraging our youth to have some involvement in their healthcare will prepare them for when they eventually see providers alone. Let’s empower their voices when it comes to healthcare consumption!

a regular time schedule. Then, allow your child to choose which items to eat and how much they eat — and enjoy your dining time together!

Learn more about [healthy eating habits](#).

### Giving Your Child a Voice in Their Healthcare

You can prepare your child to become an informed and confident healthcare consumer. Starting at an early age, allow your child to make simple decisions about their care. For example, let them decide which arm they prefer to get their shot in, or whether they'd like to sit on your lap or in their own chair. Before your visit, encourage your child to ask any questions they have. Help them create a list and review it just before the appointment. And when their provider asks questions, allow your child to answer rather than responding yourself.

Once your child is around age 13, you can expect they'll have part of their medical visit with you in the room, and part of it alone. Soon, they'll be on their own for the entire appointment — both the interview and the physical exam. So encourage them to bring up any concerns, big or small. Remind them that there are no questions that their healthcare provider hasn't heard or answered before. A few days before their appointment, remind them to think about their upcoming visit and write down any questions they have.

When it's time for the big [transition](#) and your child will lead their own care, equip them with essential information. Help them create a list of their major illnesses, injuries and surgeries from infancy to the present.

Be sure they have their up-to-date immunization record, a list of their current medications and a brief family health history. They'll also need their health insurance information, plus contact information for their doctors and dentist. Be sure your teen knows how to access their health information online with their own password. They can keep their information updated and make their own appointments. Stress the importance of asking questions and taking notes. Everyone needs to be empowered to take charge of their own healthcare!

*February is teen dating violence awareness month*

February is Teen Dating Violence Awareness Month, I wanted to provide some resources on what teen dating violence looks like and hotlines accessible. I also wanted to provide some resources to what healthy relationships look like that can be shared with anyone including youth for educational purposes.  
[Teen Dating Violence Awareness and Prevention | Info on Teen Dating Violence \(teendvmonth.org\)](#)  
[Learn about Relationships - One Love Foundation \(joinonelove.org\)](#)  
[Healthy relationships for young adults | love is respect](#)  
[Services - Support, Advocacy & Resource Center \(supportadvocacyresourcecenter.org\)](#)



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*Strong Start*

Just a reminder that Strong Start is available! This screening allows patients and providers to take a closer look at how a child is developing. Developmental screenings help make sure any delay is found as early as possible to help parents and caregivers get the support they need to help their child thrive. [Universal Developmental Screening — A Strong Start for Children | Washington State Department of Health](#)



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DOH

Washington State Department of **HEALTH**

# Discovery Survey

**Have an impact**

- REFLECT**  
Think about what families in your community need
- SHARE**  
Tell us know which needs you think are most important
- INFORM**  
Your opinions will help guide future maternal and child health programs

The Washington State Department of Health wants to hear from you about the health of children, parents and caregivers, and families in the state. The information we gather helps us identify priorities which guide the work we do. Your input will help us learn about the needs of families in your community.

<https://www.surveymonkey.com/r/WADOHDiscovery>

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

English: <https://www.surveymonkey.com/r/MYKJ69K>  
Spanish: <https://www.surveymonkey.com/r/9M3MW93%20>  
Vietnamese: <https://www.surveymonkey.com/r/CP2H37B>



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	<p>Korean: <a href="https://www.surveymonkey.com/r/CH6CF3R">https://www.surveymonkey.com/r/CH6CF3R</a>          Russian: <a href="https://www.surveymonkey.com/r/H2JDZTQ">https://www.surveymonkey.com/r/H2JDZTQ</a>          Ukrainian: <a href="https://www.surveymonkey.com/r/HDN73H7">https://www.surveymonkey.com/r/HDN73H7</a>          Arabic: <a href="https://www.surveymonkey.com/r/C65KY7C">https://www.surveymonkey.com/r/C65KY7C</a>          Punjabi: <a href="https://www.surveymonkey.com/r/8F9XV2S">https://www.surveymonkey.com/r/8F9XV2S</a>          Khmer: <a href="https://www.surveymonkey.com/r/THTKCBM">https://www.surveymonkey.com/r/THTKCBM</a>          Somali: <a href="https://www.surveymonkey.com/r/CTPGW37">https://www.surveymonkey.com/r/CTPGW37</a>          Tagalog: <a href="https://www.surveymonkey.com/r/8JXH5MB">https://www.surveymonkey.com/r/8JXH5MB</a>  <b>Responses are due by March 15!</b></p>
<p><i>Heart Health Awareness Month</i></p>	<p>February is Heart Health Awareness Month! I am providing some resources on heart health education,. the National Heart, Lung, and Blood Institute has some amazing resources for social media posts and great fact sheets! I highly recommend you check them out! let's wear red to raise awareness of cardiovascular disease!</p> <p><a href="#">American Heart Month   NHLBI, NIH</a></p> <p><a href="#">American Heart Association   To be a relentless force for a world of longer, healthier lives</a></p> <p><a href="#">American Heart Month 2024 Toolkits   cdc.gov</a></p>





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## GO RED THE FIRST FRIDAY IN FEBRUARY

Cardiovascular disease is the No. 1 killer of women. For too long, heart disease and stroke have taken the lives of the women we love.

But we're not backing down because we have something better, stronger, more powerful - we have each other.

This American Heart Month, Go Red for Women is asking women everywhere to join us and the Nation of Lifesavers™. For your mother, your daughter, your friends, and for yourself. Because when women come together, we can motivate, educate, support, and help save each other.

Now is your chance. There are many ways you can help save a life, both big and small.

**LEARN HAND-ONLY CPR.** Too many women go without help when suffering a cardiac arrest because bystanders are often afraid to touch them.

**KNOW YOUR NUMBERS.** Invite a friend to join you in starting a routine to regularly monitor your blood pressure and help keep the silent killer at bay.

**JOIN RESEARCH GOES RED.™** Help more women be seen, counted and represented in cardiovascular research.

**MAKE WELL-BEING WORK FOR YOU.** Take a quiet moment alone to de-stress and practice self-care or reach out to a friend or mental health professional because we know your overall well-being is just as important as physical health.

**RAISE AWARENESS.** Wear red and make a donation at [WearRedDay.org](http://WearRedDay.org) to support women's health.

Your health is personal. It's your whole self, physically and mentally. It's part of your identity, what makes you, you. But no one should have to go it alone.

When we come together and Go Red, the more powerful we are against our greatest health threat. Because when women connect with each other, we can create a healthier, happier future for everyone.

Find ways you can be a lifesaver at [GoRedforWomen.org](http://GoRedforWomen.org).

[WearRedDay.org](http://WearRedDay.org)

2



#WearRedDay

Social Media

### [Is Internet Addiction Real? - Child Mind Institute](#)

This article from the Child Mind Institute talks about how many children and teenagers spend a concerning amount of time on social media, video games, and other activities on screens. It touches on how internet addiction is not a clinical mental health diagnosis, but mental health professionals report seeing an increasing number of teenagers who do exhibit a classic addictive pattern, where internet use has upended their lives and led to depression and even suicidality.

### [Mental health and social media among teens \(substack.com\)](#)

This article touches on the correlation between mental health crisis in teens and social media use in teens. Correlation doesn't always mean causation and although there is some evidence that social media is playing a role in teen mental health, the evidence is not definitive. We can continue to take steps to make social media a healthier place to support teens mental health.

### Sharing



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*Youth Mental Health First Aid Training in Spanish*

Youth mental health first aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human service workers, and other caring citizens how to help an adolescent (ages 12-18) who is experiencing a crisis. ESD123 and greater health now are providing a session in **Spanish February 24 from 8am-4pm** at Walla Walla center for children and families. Childcare and lunch provided!

*Youth mental Health First Aid – Lutheran*

Lutheran Community Services is offering sessions for youth mental health first aid and one adult mental health session as well! Training are **offered both virtual and in person** (kennewick). Dates start on April and go to December! **Its all free!**



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Community Services

**Mental Health FIRST AID**  
from the NATIONAL COUNCIL FOR MENTAL WELLBEING

## YOUTH MENTAL HEALTH FIRST AID

**WHY YOUTH MENTAL HEALTH FIRST AID?**

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**64.1%** of youth with major depression do not receive any mental health treatment. — Mental Health America

**5.13%** of youth report having a substance use or alcohol problem. — Mental Health America

**1 in 5** teens and young adults live with a mental health condition. — National Alliance for Mental Illness

**UPCOMING TRAINING**

**REGISTER FOR A CLASS**

VIRTUAL and IN-PERSON training available. Scan the code to check it out! Or click here to register!

**WHO SHOULD TAKE IT**

- TEACHERS
- SCHOOL STAFF
- COACHES
- CAMP COUNSELORS
- YOUTH GROUP LEADERS
- PARENTS
- PEOPLE WHO WORK WITH YOUTH

**WHAT IT COVERS**

- Common signs and symptoms of mental illness in this age group, including:
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with a child or adolescent in crisis
- How to connect the person with help
- New:** Expanded content on trauma, addiction and self-care and the impact of social media and bullying

The course will teach you how to apply the **ALGEE** action plan:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

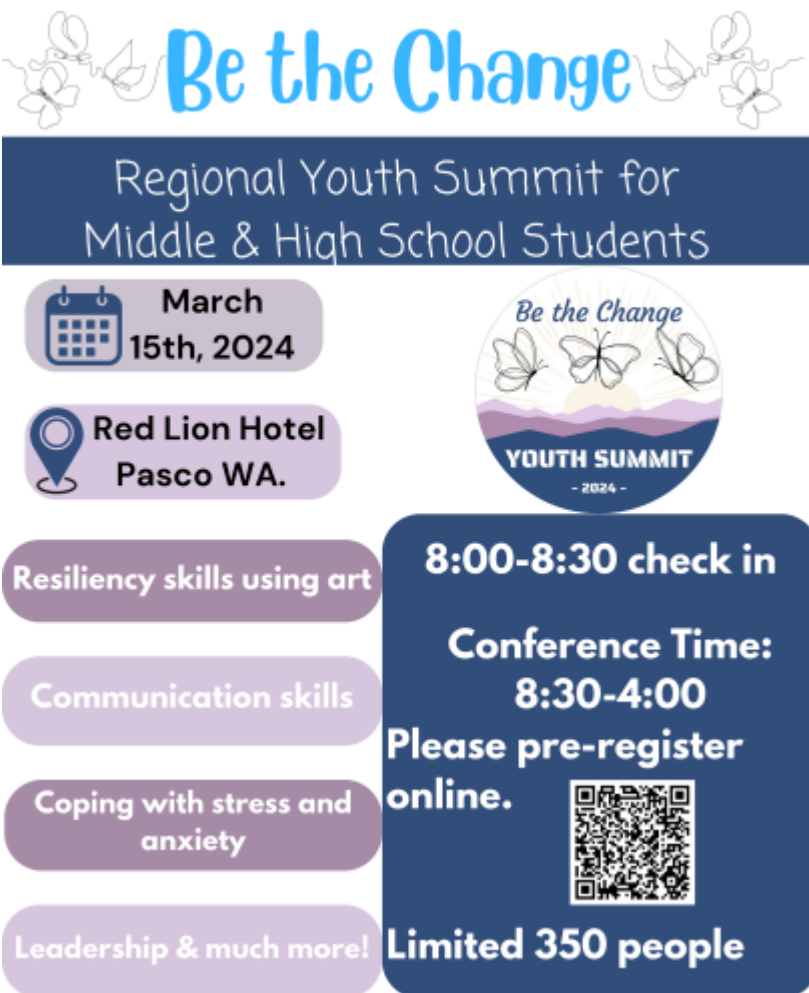

To find a course or contact an instructor in your area, visit [MentalHealthFirstAid.org](https://MentalHealthFirstAid.org) or email [info@MentalHealthFirstAid.org](mailto:info@MentalHealthFirstAid.org).

Southeastern Regional Youth Summit

**CALLING ALL YOUTH AND COUNSELORS!!** The regional youth summit for middle and high school students is **open for registration!!** The Southeastern WA prevention network is hosting their youth summit **March 15<sup>th</sup> 2024**. This is a one-day event where youth will be empowered to share their vision about their health, their community, and the future!



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	 <p><b>Be the Change</b></p> <p>Regional Youth Summit for Middle &amp; High School Students</p> <p><b>March 15th, 2024</b></p> <p><b>Red Lion Hotel Pasco WA.</b></p> <p>Resiliency skills using art</p> <p>Communication skills</p> <p>Coping with stress and anxiety</p> <p>Leadership &amp; much more!</p> <p><b>8:00-8:30 check in</b></p> <p><b>Conference Time: 8:30-4:00</b></p> <p><b>Please pre-register online.</b></p>  <p><b>Limited 350 people</b></p>
<p><i>High School Equivalency Program, American Indian Community Center</i></p>	<p>Tax season is around the corner!! Washington State Department of Revenue will be holding <u>a two-day</u> event <b>Feb. 9<sup>th</sup> 3pm-8pm and Feb. 10<sup>th</sup> 12pm-4pm</b> where they will be providing <b>Free</b> tax return services and providing a resources fair on the second day for individuals who attend! This will be at Heritage university in Toppenish!        Event calendar: <a href="#">Events</a>   <a href="#">Washington State Working Families Tax Credit</a></p>



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High School Equivalency Program (HEP),  
 American Indian Community Center (AICC)  
 presents:



## FREE tax service and Resource Fair

**Day one: FREE Tax Return**  
 2/9/24 3:00 p.m. to 8:00 p.m.

**Day two: FREE Tax Return and  
 Resource Fair**  
 2/10/24 12:00 p.m. to 4:00 p.m.

**You will need:**

- **W2 forms** (2023)
- **SSN or ITIN**
- **Bank account** (For direct deposit)
- **Email** (For working families tax credit application)

**You will need:**

- **W2 forms** (2023)
- **SSN or ITIN**
- **Bank Account** (For direct deposit)
- **Email** (For working families tax credit application)
- **Resource fair open** (Raffle & kid-friendly activities)



AICC, WFTC, and HEP will provide **FREE** tax return services and help with working families' tax credit applications by **APPOINTMENT ONLY**

At Heritage University (3240 Ford Rd. Toppenish, WA 98948).  
 Call us at (509) 865-0736 to schedule your appointment, limited space.

509-865-0736 3240 Fort Rd. Toppenish, WA 98948 reneria-lopez\_j@heritage.edu

El programa High School Equivalency  
 Program (HEP) y American Indian  
 Community Center (AICC) **presentan:**



## Servicio de impuestos GRATUITO y Feria de Recursos

**Día uno: Impuestos Gratuitos**  
 2/9/24 3:00 p.m. a 8:00 p.m.

**Día dos: Impuestos Gratuitos y  
 Feria de Recursos**  
 2/10/24 12:00 p.m. a 4:00 p.m.

**Usted Necesitará:**

- **Las formas W2** (2023)
- **SSN or ITIN**
- **Cuenta Bancaria** (para deposito directo)
- **Correo Electronico** (para el credito tributario de las familias)

**Usted necesitará:**

- **Las formas W2** (2023)
- **SSN o ITIN**
- **Cuenta Bancaria** (para deposito directo)
- **Feria de Recursos:** Rifa y actividades para niños



AICC, WFTC, y HEP brindará ayuda con la preparacion de impuestos federales y con la solicitud del credito tributario para las familias trabajadoras **GRATIS. SE ATENDERA CON CITA PREVIA.**

En la Universidad de Heritage (3240 Ford Rd. Toppenish, WA 98948).  
 Para agendar su cita llame al **(509) 865-0736, espacio limitado!**

509-865-0736 3240 Fort Rd. Toppenish, WA 98948 reneria-lopez\_j@heritage.edu



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	<p>Joyce: <b>211 can help with free tax preparation assistance weekly with a simple call!</b> They can tell you the location (Pasco, Richland, Kennewick), times, how to make the appointment, what paperwork to bring.</p>
<p><i>Dream it Be it</i></p>	<p>Girls from 9<sup>th</sup>-12<sup>th</sup> grade career support event with opportunities for scholarships! This takes place Saturday March 2 from 8:30-3:30 at CBC!</p> 
<p>Joyce</p>	<p><u>211</u>          Success with the grant for bus passes!! Key agencies working with clients using these transportation services.          Success in partnership with Benton-Franklin transit to lower bus fares from \$25 to \$10! And Seniors and youth ride free!</p>

**Next Coalition meeting will be held February 6, 2024**