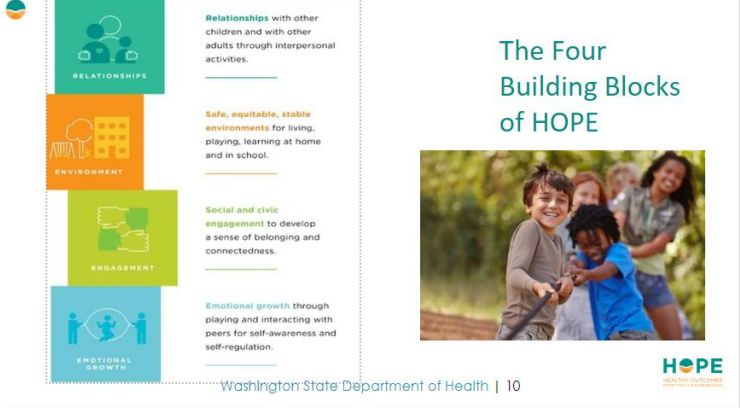





**COMMUNITY OF HOPE COALITION**  
 Facilitator: Miranda Sahagun Barraza  
 Recorder:  
 Date: March 5, 2024  
 Time: 3:30-4:30 PM  
 Location: VIRTUAL

Agenda Item:	Lead:	Brief summary including action(s) taken:	Closed
		<ul style="list-style-type: none"> <li>Happy March! 5 days to daylight saving! 1 less hour of sleep but more sun!</li> </ul>	<input type="checkbox"/>
Mindfulness Exercise		<a href="https://youtu.be/evU81WkWZrU?si=bMNpuaidV0PBZZBq">https://youtu.be/evU81WkWZrU?si=bMNpuaidV0PBZZBq</a>	<input type="checkbox"/>
HOPE Building Block: Relationships		 <p>Washington State Department of Health   10</p>  <p>Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:579-585</p> <p>31 Section (Text Bolded)   Subsection (Text Unbolded) <b>HOPE</b></p> <p>We are now onto the last building block! This month we focus on the environment! We will dive into how to make safe, equitable, stable environments for kids and ourselves! It's important for us to see the way the environment interacts with the experiences we encounter and how it helps build HOPE and promote PCEs.</p> <p>I encourage giving this a read as it connects closely, also A YouTube video breaking down the reading:  <a href="https://youtu.be/MWJbgXZ3oiU?si=yDLWXblBrHuNgOaE">https://youtu.be/MWJbgXZ3oiU?si=yDLWXblBrHuNgOaE</a></p>	<input type="checkbox"/>



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[Place Matters: The Environment We Create Shapes the Foundations of Healthy Development - Center on the Developing Child at Harvard University](#)

Word cloud activity responses:




Standing Agenda Items:		
Category:	Lead:	Summary including action(s) taken:
ScreenAgers		<ul style="list-style-type: none"> <li>• Southgate Elementary will be showing their 4<sup>th</sup> and 5<sup>th</sup> graders and parents of these individuals on March 7<sup>th</sup>.</li> <li>• I have talked to Brittany with Prosser Thrive; she will be bringing it up for the summer movie series!</li> </ul>



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**Resources and Trainings:**

Month:	Event
DOH	 <p>English: <a href="https://www.surveymonkey.com/r/MYKJ69K">https://www.surveymonkey.com/r/MYKJ69K</a>      Spanish: <a href="https://www.surveymonkey.com/r/9M3MW93%20">https://www.surveymonkey.com/r/9M3MW93%20</a></p>



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	<p>Vietnamese: <a href="https://www.surveymonkey.com/r/CP2H37B">https://www.surveymonkey.com/r/CP2H37B</a>          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></p> <p><b>Responses are due by March 15!</b></p> <p><b>Adolescent and Young Adult Health at DOH wants to hear from youth-serving health care providers around the state.</b></p> <p>DOH’s Adolescent and Young Adult Health launched a Mini Needs Assessment to learn more about the state of adolescent health from the perspectives of young people and their health care providers. The findings will help guide public health programs, inform public health policy, and ensure health care meets the needs of Washington’s young people.</p> <p>We want to hear from medical and behavioral health providers working in Washington and serving teens and young adults. The topics we want to know more about include adolescent well-visits, behavioral health care, confidential care, youth-friendly care, and billing and reimbursement for adolescent health care. We have three ways youth-serving providers can share with us:</p> <p><b>Take an <a href="#">anonymous online survey</a>:</b> The survey has mostly open-ended questions and should take participants about 20 minutes to complete.</p> <ul style="list-style-type: none"> <li>• <b>Participate in one of our virtual listening sessions on April 9<sup>th</sup>, 2024. The first is scheduled at 7:00a.m. and the second at 12p.m.:</b> DOH staff will share feedback from youth engagement activities, then listen to providers’ thoughts and feedback on challenges in adolescent health, and their ideas and recommendations for solutions. <a href="#">Use this zoom registration link to register.</a></li> <li>• <b>Participate in a key informant interview</b> with DOH staff to share their thoughts, ideas, and recommendations on the above topics. Providers can email us <a href="mailto:adolescenthealthunit@doh.wa.gov">adolescenthealthunit@doh.wa.gov</a> to schedule an appointment.</li> </ul> <p>Learn more at <a href="#">Adolescent and Young Adult Health Needs Assessment   WaPortal.org</a>. For questions, contact Alexis Bates, Adolescent Health Consultant at <a href="mailto:alexis.bates@doh.wa.gov">alexis.bates@doh.wa.gov</a> or 360-688-3064.</p>
<p><i>Training Opportunities</i></p>	<p>There is a conference coming up that focuses on community awareness, education, and resources on the first episode of psychosis. The event is held virtually over two days on April 30<sup>th</sup> and May 1<sup>st</sup> from 8:30-12:30 each day. ITS COMPLETELY FREE. Here’s the link to register: <a href="https://bit.ly/PC-IL24">https://bit.ly/PC-IL24</a></p>



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## Psychosis CARE Virtual Conference Interest List

Thank you for your interest in the 2024 Psychosis CARE virtual conference!

Psychosis refers to a cluster of symptoms that impact an individual's perception of reality and interferes with their daily functioning. These experiences are more common than many people realize. Each year, it is estimated that more than 2,000 youth and young adults in Washington experience a first episode of psychosis. The longer psychosis goes untreated, the more severe and chronic a person's symptoms may become.

This event will focus on *community awareness, resources, and education* as it relates to first episode psychosis. The event will be held virtually over two days, on April 30th and May 1st, 2024 from 8:30am to 12:30pm each day. **The conference is free to attend!**

Please complete the fields below to stay up-to-date about this upcoming event, including details on how to register as soon as they become available.

Beyond Baby's Highchair: Improving Infant & Toddler Nutrition Security, March 20, 10-11 a.m. **Attendees will hear from the University of Nevada- Las Vegas, about the Early Nurturing Care for Food Security (EARN-FS) for children 0-3 initiative, that is part of the West Las Vegas Promise Neighborhood initiative. Additionally, the University of Nebraska Extension staff and the Apostle Group will present on their community engagement initiatives to develop and co-create nutrition education materials to support families of various cultural and ethnic backgrounds in the United States.** [https://naccho.zoom.us/webinar/register/WN\\_3Y-ehqL2Q6W72V\\_toag7ew#/registration](https://naccho.zoom.us/webinar/register/WN_3Y-ehqL2Q6W72V_toag7ew#/registration)

Brazelton Touchpoints: [Events from March 12 – June 11 – Brazelton Touchpoints](#)  
 They have quite a few interesting topics being covered for training opportunities!  
 3/6 Beyond trauma-informed care: a developmental relational framework for engaging adults and children in healing and resilience  
 3/12 The how of child and family engagement  
 3/12 Learning to advocate for children and families.

**Social Media**

Talking about environments, Lets create an environment where everyone can accept and care for their body! This resource touches on how young people navigate social media and conflicting messages about their bodies. It gives tips on how adults can support and empower youth and create body acceptance.  
[HOW TO EMPOWER YOUNG PEOPLE IN THE AGE OF SOCIAL MEDIA: SUPPORTING BODY ACCEPTANCE & SELF-COMPASSION - Promising Futures \(futureswithoutviolence.org\)](#)

**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



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	<p>as early as possible to help parents and caregivers get the support, they need to help their child thrive.</p> <p><a href="#">Universal Developmental Screening — A Strong Start for Children   Washington State Department of Health</a></p>
	<p><b>Sharing</b></p>
211	<p>Joyce reminded us that Tax season is here! so if you need any services at all you can call 211 for assistance! They can help find a location where you can get FREE assistance. They also can help with food assistance</p>
<i>Greater Health Now</i>	<p>Brian shared a link for greater health now resources, including the sponsorship information for events and community-based projects.</p> <p><a href="https://greaterhealthnow.org/resources">https://greaterhealthnow.org/resources</a></p>
<i>Youth mental Health First Aid – Lutheran Community Services</i>	<p>Lutheran Community Services is offering sessions for youth mental health first aid and one adult mental health session as well! Training are <b>offered both virtual and in person</b> (kennewick). Dates start on April and go to December! <b>Its all free!</b></p>



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**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](http://MentalHealthFirstAid.org) or email [info@MentalHealthFirstAid.org](mailto:info@MentalHealthFirstAid.org).

Pasco School District

Pasco School District is hosting a day for students, families and employees to come out and have some fun! March 28<sup>th</sup> at 5:30-7:30 at Chiawana High School. We the health district will be one of the tables there giving out resources!



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<p>Youth Summit</p>	<p>As you all know the youth summit is this March 15, but they are need vendors!! They want to make sure to provide youth 11-18 years old with resources! The event would take place at the Red Lion in Pasco from 8am-2:30pm.</p>	





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Community support and lunch

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

Para Más Información contacte:  
 Toni Lehman, administradora de CDBG/HOME  
 tlehman@ci.richland.wa.us  
 509-942-7580



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Warming  
Station at  
Mid-  
Columbia  
Library

**WINTER**

**WARMING STATION**

MID-COLUMBIA LIBRARY  
1320 W Hopkins St  
Pasco, WA 99301  
1st, 2nd & 4th Friday of EVERY MONTH  
9:00am-1:00pm

**PEANUT BUTTER & JELLY MINISTRY**

Warm up with hot chocolate,  
coffee, & snacks

Warm winter needs  
Kindness & Love

For our Houseless Community

To Volunteer or Donate contact  
MOXIE MINISTRY  
afenley@moxieministry.com  
509-518-3243  
FACEBOOK: MOXIE MINISTRY



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Boys and  
Girls Club

**MULTICULTURAL  
FAMILY NIGHT**

Join us for an evening filled with culture and diversity!

- Food from around the world
- Cultural dances & performances
- Informational booths
- Games, raffles, and so much more!

At our Kennewick Clubhouse: 910 W 7th Pl.

Sponsored by:

**BOYS & GIRLS CLUBS**  
OF BENTON AND FRANKLIN  
COUNTIES

**KENNEWICK POLICE  
FOUNDATION**

**FRIDAY  
APRIL 26**  
6:15 - 8:30 PM

**MULTICULTURAL  
NOCHE FAMILIAR**

¡Acompáñanos para una noche llena de cultura y diversidad!

- Comida de todo el mundo
- Danzas y espectáculos culturales
- Puestos informativos
- Juegos, rifas y mucho más!

En nuestra casa club de Kennewick: 910 W 7th Pl.

Patrocinado por:

**BOYS & GIRLS CLUBS**  
OF BENTON AND FRANKLIN  
COUNTIES

**KENNEWICK POLICE  
FOUNDATION**

**VIERNES  
26 DE ABRIL**  
6:15 - 8:30 PM

Next Coalition meeting will be held April 2, 2024