



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
12 attendees		APRIL SHOWERS BRING MAY FLOWERS!!	<input type="checkbox"/>
Mindfulness Exercise		https://youtu.be/-V3OU_NF4qs?si=IY2Qr_tuFLjrBmyN	<input type="checkbox"/>
Children's Resilience Month	Becky from CRI	<p>Rebeckah Turner is the director of community engagement for the community resilience initiative. www.criresilient.org Slides attached to the email!</p> <div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>Relationships with other children and with other adults through interpersonal activities.</p> <hr style="width: 50px; margin-left: 0;"/> </div> </div> <div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>Safe, equitable, stable environments for living, playing, learning at home and in school.</p> <hr style="width: 50px; margin-left: 0;"/> </div> </div> <div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>Social and civic engagement to develop a sense of belonging and connectedness.</p> <hr style="width: 50px; margin-left: 0;"/> </div> </div> <div style="display: flex; align-items: flex-start;">  <div style="margin-left: 10px;"> <p>Emotional growth through playing and interacting with peers for self-awareness and self-regulation.</p> <hr style="width: 50px; margin-left: 0;"/> </div> </div> </div> <p>It's important we think about everything Becky presented on and realize how well they correlate with the work we are doing with HOPE</p> <ul style="list-style-type: none"> - Becky mentioned self-regulation being so important for the ongoing process of building resilience. This connects to our emotional growth building block and allows us to be self-aware so we can model this behavior for our kiddos - Becky mentioned lots of ways we can engage and grow resiliency in nature and this relates not only to our environment-building block but also our relationship-building block as these are things we can do with people we care about and can help with growing 	<input type="checkbox"/>



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		<p>resilience. These activities are a good way to help children figure out what works for them when it comes to self-care.</p> <ul style="list-style-type: none"> - Becky also talked about engaging with the community as a form of building resilience and being able to help educate what resilience is and that is our engagement block and the work we are doing in our everyday work. 	
HYS Data	Pernell, BFHD	Presented on Mental health, ACES, hopefulness, support systems, and suicide.	<input type="checkbox"/>
State of Our Youth Symposium		<p>State of Our Youth Symposium</p> <p>When: May 23rd, 2024 Where: Three Rivers Convention Center Time: 8-11 am Agenda: Data Walk, an Opportunity to have a facilitated discussion with other professionals, hear from a two-part panel, and best practices</p> 	
National Child Abuse Prevention Month		<p>It's important we remember the part HOPE plays when addressing Child Abuse Prevention Month and how important resilience plays a part.</p> <p>According to the Centers for Disease Control and Prevention (CDC), in the last year, 1 in 7 U.S. children experienced child abuse and neglect. These CSN and partner resources can help guide the work of states and jurisdictions in creating and implementing child abuse and neglect prevention interventions:</p> <ul style="list-style-type: none"> • Navigating Child Abuse Prevention Resources and Interventions Webinar Recording CSN • Child Maltreatment Prevention Resource Guide CSN • Pediatric Education and Advocacy Kit (PEAK): Child Abuse Emergency Medical Services for Children Innovation and Improvement Center • Get Your Teach On Prevent Child Abuse America • Physical Punishment: Attitudes, Behaviors, and Norms Associated with Its Use Across the US Prevent Child Abuse America • 	



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		Fast Facts: Preventing Child Abuse & Neglect Violence Prevention Injury Center CDC	
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Standing Agenda Items:		
Category:	Lead:	Summary including action(s) taken:
ScreenAgers		<ul style="list-style-type: none"> • Southgate Elementary – April 18th screening only to their families and 4th/5th graders • Highlands Middle School – May 14th screening and inviting other middle schools • Hearing back from ScreenAgers this week on the films translation



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Resources and Trainings:

Month:	Event
DOH	<p>Adolescent and Young Adult Health at DOH wants to hear from youth-serving health care providers around the state.</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>Take an anonymous online survey: The survey has mostly open-ended questions and should take participants about 20 minutes to complete.</p> <ul style="list-style-type: none"> • Participate in one of our virtual listing sessions on April 9th, 2024. The first is scheduled at 7:00a.m. and the second at 12p.m.: 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. Use this zoom registration link to register. • Participate in a key informant interview with DOH staff to share their thoughts, ideas, and recommendations on the above topics. Providers can email us adolescenthealthunit@doh.wa.gov to schedule an appointment. <p>Learn more at Adolescent and Young Adult Health Needs Assessment WaPortal.org. For questions, contact Alexis Bates, Adolescent Health Consultant at alexis.bates@doh.wa.gov or 360-688-3064.</p>
Training Opportunities	<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 30th and May 1st from 8:30-12:30 each day. ITS COMPLETELY FREE. Here’s the link to register: https://registration.socio.events/e/pc2024</p>



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Registration is Open!

Good afternoon,

We are excited to announce that registration is now open for the Psychosis CARE Virtual Conference, dedicated to **C**ommunity **A**wareness, **R**esources, and **E**ducation on psychosis.

Event Details:

Dates: April 30th & May 1st, 2024

Time: 8:30 am - 12:30 pm (both days)

About the Conference:

The Psychosis CARE Virtual Conference aims to provide valuable insights into psychosis through engaging speakers, insightful breakout sessions, and more. This event is an opportunity to deepen your understanding, connect with professionals, and contribute to the community's awareness of resources and education surrounding psychosis.

Key Highlights:

Expert Speakers: Renowned professionals in the field will share their expertise and insights.

Breakout Sessions: Engage in interactive sessions to explore specific topics in-depth.

Networking Opportunities: Connect with like-minded individuals, professionals, and organizations.



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Spring 2024 Upcoming Training Events

Sponsored by Washington State Health Care Authority and Washington State University Extension

REGISTER SOON - SEATING IS LIMITED

- 25-27 MAR** **Strengthening Families Program 10-14**
LOCATION: Pasco, Washington
For training information and registration...
- 11-13 APR** **Strengthening Families Program 10-14**
LOCATION: Yakima, Washington
For training information and registration...
- 23-25 APR** **Guiding Good Choices**
LOCATION: Pasco, Washington
For training information and registration...
- 26-28 JUN** **Guiding Good Choices**
LOCATION: Pasco, Washington
For training information and registration...

MORE INFORMATION AnaMaria Diaz Martinez, Associate Professor
Human & Family Development Specialist
Washington State University Extension
a.martinez@wsu.edu

New! Understanding Adverse Childhood Experiences: Virtual 101 Training, April 22, 10-11:30 a.m. This team-based training will focus on providing fundamental education about ACEs and addressing risk and protective factors associated with ACEs in their communities. During this training, jurisdictions will consider their agency's current ACEs prevention efforts and where they want to head, as well as learn more about the Adverse Childhood Experiences Capacity Assessment Tool (ACECAT) and other ASTHO tools available to help enhance their ACEs prevention capacity. For the training to be most beneficial, we ask that at least 2 participants from a health agency team be present. If this is something you and your team may be interested in, or if you have any questions, please reach out to us at sbh@astho.org.



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	<p>Events</p> <p>Kadlec Community Health Classes: https://www.eventbrite.com/o/kadlec-community-healthkadlec-neurological-resource-center-439943195</p>
<p>Environment Building Block</p>	<p>A place to play: working towards fairness of place for all children Check out the recording of our recent webinar on how play and a family’s access to safe green spaces, like parks and playgrounds, support early development. Our panel of experts — including the CEO of KABOOM!, a policymaker from Atlanta, and more — talked about how access to safe, stimulating, and joyful play space is not equally distributed. They also shared examples of community-led solutions to address gaps in play space equity.</p>
<p>Emotional Building Block</p>	<p>Building Babies Brains Through Play Mini masterclass with UNICEF Canada on the importance of playing with young children</p>
<p>Social Media and Youth</p>	<p>Study finds screen time affects parent-child talk. A study published in JAMA Pediatrics found that children between ages 18 months and 36 months who spent more time looking at screens were less likely to hear adult words or engage in conversation with their parents. Researchers noted that the largest decreases were seen at 36 months, in which just one additional minute of screen time was associated with 6.6 fewer adult words, 4.9 fewer child vocalizations and 1.1 fewer turns in conversation.</p> <hr/> <p>How Teens and Parents Approach Screen Time Time away from phones: More teens (72%) find that being without their smartphone can make them feel peaceful, rather than anxious (which 44% also reported). Explore this feeling with teens (and adults!). <i>What contributes to the feeling of peacefulness, and how can you keep that up? What contributes to the anxious feelings, and is that something worth trying to change?</i></p> <p>Smartphone checking is common among parents of younger teens and decreases a bit as teens get older. This is appropriate, as teens develop more responsibility and self-management skills. We recommend that these checks be coupled with open-minded questions: <i>I noticed one of your chat groups is super active and sends lots of messages. How do you keep up with that? How is it going with [app name] that you are trying out – what’s your opinion?</i></p>



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	<p>Parent phone use really matters: Almost half the teens (46%) reported that their parent gets distracted with a phone when they're trying to talk to them. We hear this more and more from teens. Looking at a phone signals unavailability, which might squash opportunities for teens to connect with parents about their struggles or goals. Keeping this in mind, the Center is working on new resources for parents to get more tech balance.</p>
<p><i>Strong Start</i></p>	<p>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.</p> <p>Universal Developmental Screening — A Strong Start for Children Washington State Department of Health</p> <ul style="list-style-type: none"> • Strong Start UDS Promotional Materials available! Looking for Strong Start rack cards and posters to share and display? Contact Elena and the UDS team will mail or drop off materials at your chosen location. Rack cards are English language on one side, and Spanish on the reverse. Rack cards are 4x9. These are great for passing out to families and displaying with other rack cards. Posters are available in English and are 11X17. Great for hanging in waiting rooms, appointment rooms, and more! If you would like to preview the materials, we can send a pdf of the items to you through email. Virtual copies of both items can also be sent to you to share with partners virtually. Please send how many rack cards and/or posters you would like to receive and your mailing address to Elena, UDS Education and Outreach Consultant at elena.mierau@doh.wa.gov. If there is a deadline that you need the materials by, please include that date as well.
<p><i>HelpMeGrowWA</i></p>	<p>Online hub where families, providers, and parents can find all the essential resources they have come to rely on for health, food, basic needs, child development, parenting, pregnancy, and childbirth. This site merges the ParentHelp123.org and Help Me Grow Washington websites while retaining our widely used ParentHelp123 Resource Finder search tool. You can learn more about key improvements below.</p> <p>We launched ParentHelp123.org to meet families' needs for an online benefits screening and application tool, a unique tool for our state at the time. As our services have deepened and evolved, and the landscape and online capabilities for benefit applications have changed, it was time to explore ways we could make the pathway to our support easier. This launch celebrates our most comprehensive site update yet to better serve Washington families.</p> <p>Please help us continue to connect families to essential services by updating the links on your websites and materials from parenthelp123.org to www.helpmegrowwa.org. The direct link to the ParentHelp123 Resource Finder is https://resources.helpmegrowwa.org.</p>



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<p><i>Mental Health</i></p>	<p><u>More attention needed for boys' mental health, experts say</u> Depression may not be easily recognizable in teenage boys, and many members of this population may not get the mental health care they need, experts say. Boys may be less likely to show the emotional and physical changes that are often found in girls, and a study published in the journal Pediatrics indicated that young male patients' antidepressant prescriptions declined abruptly at the start of the COVID-19 pandemic and did not rebound. Pediatrician Dr. Kao-Ping Chua said this may be because young male patients largely stopped connecting with the health care system as a whole at that time</p>
	<p><u>Sharing</u></p>
<p><i>Youth mental Health First Aid – Lutheran Community Services</i></p>	<p>Lutheran Community Services is offering sessions for youth mental health first aid and one adult mental health session as well! Training are <u>offered both virtual and in person</u> (kennewick). Dates start on April and go to December! Its all free!</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 lives 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 or email Info@MentalHealthFirstAid.org



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Free Food
Distribution

free food distribution

Eastgate Elementary School
 910 E 10th Ave., Kennewick, WA 99336
Thursday, April 11th
10:00AM - 12:00PM

Drive-Thru event up to 250 families while supplies last

Mobile Markets serve people facing hunger.
 No appointment or documentation required.

with generous support from:
 Hillspring Church and ASM After School Matters

SNAP-Ed
This meal was partially funded by USDA Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

For more information visit 2-harvest.org

free food distribution

LIFECHURCH7
 1110 Stevens Dr., Richland, WA 99354
Monday, April 22nd
11:00AM - 1:00PM

Drive-Thru event up to 250 families while supplies last

Mobile Markets serve people facing hunger.
 No appointment or documentation required.

SNAP-Ed
This meal was partially funded by USDA Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

For more information visit 2-harvest.org

DSHS Mobile
Truck

[Mobile Community Services Office | DSHS \(wa.gov\)](http://MobileCommunityServicesOffice|DSHS(wa.gov))



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Events

1 message

Edmondson, Stephanie (DSHS/ESA/CSD) <Stephanie.Edmondson2@dshs.wa.gov> Thu, Mar 28, 2024 at 10:53 AM

Hello,

My name is Stephanie Edmondson, I am currently scheduling events for the Department of Social and Health Services (DSHS) Region 1 Mobile Outreach Truck. The Mobile Outreach Trucks are smaller than the Mobile Community Services Office you may already be familiar with. Our trucks can fit in a standard size parking space and are fully equipped to operate on their own. I am including additional information about the Mobile Outreach Trucks below, please feel free to share this information with your partner agencies. I would love to work with you to get an event scheduled or register to attend an upcoming event.

*We also have the ability to set up inside an event without the truck, if needed.

Each Mobile Outreach Truck is staffed by experienced program specialists who are able to determine financial eligibility for the cash and food assistance programs. They process new applications, reviews and changes for active cases; they issue Electronic Benefits Transaction (EBT) Card and receive documents. The Mobile Outreach Truck specialists also determine eligibility for Medicare Savings Programs and Aged, Blind, or Disabled Medicaid.

Mobile Outreach Truck Goals:

- Improve participation in the Basic Food Program by providing services at locations where DSHS representatives do not usually have a presence, including services in rural and underserved areas, at senior centers, job fairs, health fairs, migrant worker camps, and community events which will provide broader community outreach.
- Strengthen Community Partnerships by expanding on existing community partnerships with social services organizations, state, local, and county agencies; and interested parties in the business community to create access points where people can apply for Basic Food, Cash and Child Care benefits.
- Operate as a response vehicle for disaster recovery events where the Disaster Supplement Nutrition Assistance Program may be activated. The Mobile CSOs will be used as a facility to accept applications in more severely impacted areas where power has not yet been restored. The Mobile CSOs may also be used as a support office to facilitate back-room processing of applications by staff working outside disaster areas.

Statewide Access

There are 6 Mobile Outreach Trucks located across Washington State. Each mobile office focuses on the unique needs of its geographical area, delivering services and outreach to under-served communities. They also provide a strategic opportunity to get support to working families in rural areas, our aging citizens and the homeless.

Full Service

Each vehicle is a fully functional Mobile Community Services Office, equipped with all the amenities found in any of the stationary Community Services Offices across the state. The Mobile Outreach Truck includes a wheelchair lift, four semi-private interview areas, a reception, and a sun shade for protection from the elements outside.

Community Focus

By partnering with public and private organizations in Washington communities, DSHS has multiplied the places where people can access DSHS services such as Basic Food. Community partnerships also allow for distribution of local information and resources at Mobile Outreach Truck events.

Disaster Recovery

The Mobile Outreach Trucks also respond to communities affected by disaster. These offices ensure people can access regular DSHS assistance programs such as Basic Food. They can get benefits replaced for food lost in the disaster and apply for any disaster benefits that may be activated.

Schedule an Event!

Priority scheduling will be given to community partners who agree to help publicize the event to connect as many people as possible to DSHS services. Examples include: food banks, housing authorities, libraries, job fairs, public health clinics, temporary labor centers, senior centers, county fairs, community events, areas with under-served populations, etc. Mobile Outreach Truck events are not limited to normal DSHS business hours.



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Stephanie Edmondson / Program Specialist 3 / Region 1 Mobile Outreach

Economic Services Administration

Washington State Department of Social and Health Services

509-564-4769

Stephanie.edmondson2@dshs.wa.gov

Transforming Lives



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<p><i>Boys and Girls Club</i></p>	
<p>211</p>	<p>Tax season is coming to an end, families that still need help can reach out to 211 and ask for free services when it comes to any assistance! They can help you find a location near you and get you help then and there.</p>
<p><i>Pasco Prevention</i></p>	<p>April 11th from 6-8pm Hidden in Plain Sight will be taking place at Chiawana High School. This is an event for 18+ individuals who are parents or working with youth. Childcare will be provided. Flier attached.</p>



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HIDDEN IN PLAIN SIGHT



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 is designed to empower parents and caregivers with effective communication strategies, build trust, and navigate challenging conversations about substance use, vaping, mental health, and other risk factors.

Come and learn what is trending with youth today and how to start the conversations that can sometimes be difficult but are necessary.

Must be 18+ to attend



A District
Wide Event

EVENT DETAILS

Hands on

Participants will walk through a mock teen bedroom and try to identify 70+ items, which can indicate problem or risky behaviors.

Presentation

After walking through the teen room, attendees will participate in a presentation and discussion which will cover:

- 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

RESOURCES

Local resources will be available for all participants while supplies last.

DATE: Thursday April 11

TIME: 6:00-8:00 PM

LOCATION: Chiawana High School Auditorium

CHILDCARE PROVIDED.

*Presentation will be available in English and Spanish

Questions-Contact Tanya Logston

(pasconetwork@gmail.com)



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ESCONDIDO A PLENA VISTA



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!

Venga y conozca las tendencias actuales de los jóvenes y cómo iniciar las conversaciones que a veces pueden ser difíciles pero necesarias.

Debe tener 18+ años para asistir.



Detalles del Evento PRÁCTICO.

Los participantes andarán por un dormitorio simulado de adolescente y tratarán de identificar 70+ artículos que pueden indicar problemas o comportamientos arriesgados.

PRESENTACIÓN

Después de caminar por el dormitorio, los asistentes participarán en una presentación y discusión que cubrirá:

- 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

RECURSOS

Los recursos locales estarán disponibles para todos los participantes.

FECHA: Jueves 11 de Abril
HORARIO: 6:00-8:00 PM
LUGAR: Auditorios de Chiawana High School

CUIDADO DE NIÑOS PROPORCIONADA.

*La presentación estará disponible en inglés y español

¿Preguntas? Comuníquese con Tanya

Logston(pasconetwork@gmail.com)

Pasco Prevention is also holding their Key Leader Event! April 25th on 8-9:30am. Flier attached



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Pasco Prevention Network Invites you to the annual Key Leader Event

Morning MOMENTUM

April 25, 2024
8am-9:30
ESD123-3924 W. Court St
Cascade Room

Igniting Community Change

Join us for breakfast as we share current data, celebrate our successes in the community, and network with others. Get involved in the youth substance use prevention and mental health efforts.

RSVP:
Call/text: 509-380-2476
email: pasconetwork@gmail.com
or scan the QR code

Next Coalition meeting will be held May 6th, 2024