



Whatcom Prevention Coalition

Whatcom Prevention Coalition Meeting Notes
October 5, 2017

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| Kathryn DeFilippo | Communities in Schools |
| Alyss Pavitt | Whatcom County Health Department |
| Janae Hodge | Building Healthy Communities, WFCN/Geneva Elementary School |
| Jeff McKenna | Bellingham High School MAD HOPE |
| Joe Fuller | Whatcom County Health Dept |
| Kathie Peterson | Squalicum High School Health Alliance |
| Kristi Slette | WFCN |
| Kristin Danielson | Whatcom Family & Community Network |
| Linda Saucedo | Brigid Collins |
| Lisa Moulds | Whatcom Prevention Coalition |
| Madeline Reed | Unity Care |
| Kate Foster | 4-H Youth Development/WSU Ext. Strengthening Families/Parents Matter |
| Riley O'Leary | MAD HOPE WFCN |
| Bob Wicks | Northwest Behavioral Health Care Services |
| Colleen Haggerty | Our TreeHouse |
| Emily Machin-Mayes | Whatcom Dispute Resolution Center |
| Meghan Lever | Sehome High School |
| Rachelle Mills | Western Washington University, WA Campus Compact |
| Stephanie Lewis | Whatcom County Juvenile Court/Community Links |
| Shari Walsh | Shuksan Middle School |
| Morgan Wright | WFCN, WWU Human Services |
| Rebecca Hargraves | Whatcom Dispute Resolution Center |
| Dan Reese | Northwest Youth Services |
| Vivian Chalardoontornvatee | WFCN, VISTA |
| Rosa Sanchez | Communities in Schools |
| Alan Alatres-Bargias | Whatcom Community College |
| Leah Wainman | Northsound ACH |
| Sophi Kno | Unity Care |
| Hazel Haggan | NAMI |
| Amber Hughen-Coiro | Windward High School/We Are Active Club |
| Christina Coiro | Parent |
| Jackie Sloan | Whatcom Community College |
| Sophia Kno | Unity Care Northwest |

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| Daniel Soloff | Whatcom Dispute Resolution Center |
| Amy Kawaski | Counselor |

I. Welcome

II. Discussion Topics

- a. The 2017 **Bellingham Community Survey** is open now until October 31, 2017 for people who live and or work in Bellingham. The data from this survey is used to see the views and habits of adults and parents in our community. Aggregate data from Bellingham, Ferndale, & Mt. Baker will be used for Whatcom County.
- b. Additionally, the **Whatcom Prevention Coalition Assessment Tool** is now open and due for grant reporting. Please complete and return to Joe Fuller reporting and to evaluate coalition functioning and progress.
- c. Starting this month, we will be having a new part of the meeting that highlights some of the work and experiences of coalition members; it is called “**Bright Spot**”. People can sign up to be the monthly bright spot highlight. Our Bright Spot for October is from Emily Machin-Mayes at WDRC. Emily shared about having worked with 200 7th graders in Ferndale. It is remarkable to see how much young people have to say about their experiences, and then have it validated by peers. The 7th graders shared about things like anxiety, communicating with parents, constructively get through conflict, anger and drama.
- d. We discussed the WPC meeting topics that were identified at the August Retreat as topics to prioritize in the coming year. These topics included:
 - restorative practices
 - trauma-informed practices
 - youth engagement in clubs and in WPC
 - cultural competency in prevention work
 - social/emotional learning

We will continue to discuss and bring forth important topics such as substance abuse, marijuana, traffic safety, activities of the Prevention Clubs, etc, but want to also bring additional interest and capacity building to the coalition.

III. Updates

- a. **Youth Suicide Prevention** – The goals are to assist the growth of MAD Hope program and integrate it into 7 school districts. The Youth Suicide Sustainability Workgroup has been working on this. Recently the WCHD has come back full-swing into MAD Hope, which is good to have the more concrete support of WCHD on this public health issue. We are looking for volunteers, please let Riley know. The question was presented as to whether or not we are working on gun safety and gun violence in conjunction with this because of the prevalence of gun suicide, or whether gun ranges have been contacted and are being partnered with. At this point, we are mainly working with schools, but are open to working with larger community. Contact Riley with any questions, volunteers or leads at RileyOLeary@wfcn.org.

- b. **Eliza Park After-School Program** – All the youth who live at Eliza Park attend Birchwood Elementary and Shuksan Middle School. This summer, the community center was renovated by Cornwall Church. There was a “Thank You and School Kick-off Event” on 9/19 to thank Cornwall Church and Bellingham Public School. At that event, Janae asked the young people what kind of activities they would like for a after-school program. The top things kids wanted included a reading club, writing and poetry club, arts and crafts club, homework club (this last one came more from parents). We are looking for donations of art supplies, books, etc. The question was posed, and it was suggested to partner with the Boys and Girls Club or Y. The space that would be used for an after-school program has historically mainly been used for birthday parties, lunches for kids and a book swap. We are looking for high school, college, service-learning type volunteers, especially as Janae will not be able to be at Eliza Park for every after-school session. If you have any questions, volunteers or leads, please contact Janae at Janae.Hodge@bellingshamschools.org.
- c. **Mt. Baker CPWI Coalition** - Whatcom County now has a third prevention coalition. The first Mt. Baker Coalition meeting was held in September and a second meeting is coming up in a couple weeks. Wa’Lynn Sheridan has been hired as the Coalition Coordinator. Having three coalitions means that not only have more coverage, but can learn and borrow from each other. Part of the grant includes hiring a Prevention Interventionist at Mt. Baker Schools
- d. **New School Prevention Interventionists** - Kelly Giles is the new PI at Shuksan Middle School. Also, Nooksack just hired a PI, Alia Marshall. For the first time in a long time, all 7 school districts have a drug and alcohol PI specialist! With us today are Kathy, Megan, and Jeff from Squalicum High School, Ferndale and Bellingham Public Schools. They shared some of the work the PIs do with our young people and for the schools. For prevention, some things include advising the health alliance, helping students earning money for their group, securing driving grants with State Farm and WA Safe Driving to do 5 projects, suicide prevention, healthy relationships, conflict resolution with WDRC, and working with the WPC. On intervention side, PIs are working to reduce use of marijuana, connect students to resources in community, and/or help those not seeking community services, connect people, and at times investigate in certain situations.
- e. **Cross-County Youth Marijuana Prevention** – Alyssa from WCHD is working specifically on youth marijuana prevention by working with 5 counties to develop shared strategies to work together. Some of these strategies focus on policy, city and environmental changes, reducing advertisements, and social norming. She is developing a regional network to hear what others are doing and how can work together.

IV. Upcoming Events

- a. **Friday, October 6 – Naloxone Class and Starter Kits for Community Agencies, Whatcom County Health Department, 10-11am .** To register contact: Cindy Hollinsworth chollins@co.whatcom.wa.us

- b. **Saturday, October 7 – NAMI Stigma Stomp.** Bloedel Donovan Park. Health Fair and Walk. 9am to noon. Please call Kim Sauter at the office with any questions you may have: 360.671.4950 <http://www.namiwhatcom.org/>
- c. **Creating Social Emotional Learning Opportunities in Elementary Age Programming** – October 20-12, 2017 9am-5pm WSU Ext. \$150 Clock Hours Available contact Michael Wallace mlwallace@wsu.edu 360.778.5813
- d. **Monday, October 23 – The Power of Connection: What Research on ACEs, Neurobiology, and Resilience Tells Us.** 5:30 to 8:30 p.m. at Garden Street United Methodist Church (1326 N Garden Street, Bellingham WA 98225). Presented by Kristi Slette, Lisa Moulds and Kristin Danielson. Register at: <https://www.surveymonkey.com/r/OctPower>
- e. **Red Ribbon Week** – 10/23-31 – Wear or display a red ribbon to show commitment to healthy drug free lifestyle.
- f. **Saturday, October 28 – Training in ACES Trauma-Informed Practice in Education.** Presented by Bellingham Technical College and WFCN. 9am-1pm. \$79.00. Earn clock hours or CEUs. Register w/ Registration@btc.edu. Co-Instructors: Kristi Slette, Executive Director, Whatcom Family and Community Network, and Sharece Steinkamp, Assistant Principal, Cordata Elementary School. For more info contact Kathryn Mathews: KMathews@btc.edu 360.752.8458
- g. **November 1 – Open Enrollment begins. Contact UnityCare Northwest for information.**
- h. **Saturday, November 4 – Training in ACES Trauma-Informed Practice in Healthcare.** Presented by Bellingham Technical College and WFCN. 9am-1pm. \$79.00. Earn clock hours or CEUs. Register w/ Registration@btc.edu. Co-Instructors: Kristi Slette, Executive Director, WFCN, Mullane Harrington, PeaceHealth and Jennifer Bergman, PeaceHealth. For more info contact Kathryn Mathews: KMathews@btc.edu 360.752.8458
- i. **November 3-4 – Washington State Prevention Summit Yakima** <http://preventionsummit.org/>
- j. **November 12 - 15 November 2017, Bowen Island, Canada – Art of Participatory Leadership** http://www.artofhosting.org/trainings/event-listing/?event_id=308
- k. **November 16 – Our Treehouse’s 3rd Annual Autumn Luncheon** from 11:30 AM- 1:00 PM at Shaunessy Hall at Sacred Heart Church (1110 14th Street, Bellingham, WA). Come enjoy a fabulous salmon luncheon expertly created by Kathryn Zuanich. Hear from speakers about Our TreeHouse's impact on the Whatcom County community. The lunch is free of charge; we will be making an Ask at the end of the program. Register at <https://www.trailblz.info/ourtreehouse/eventcomplete.aspx?eventid=5>
- l. **December 7 – Ken Gass Community Builder Awards** from 5:30-8:30pm at Bellingham Ferry Terminal (355 Harris Ave, Bellingham WA 98225).

**Next Meeting November 2nd from 3-5 pm St. Lukes Education Center
3333 Squalicum Parkway, Bellingham**