

Whatcom Prevention Coalition
Meeting Minutes
Nov. 2, 2017
St. Luke's Educational Center Conf. Rm D.

In attendance: Emily Maichen-Mayes; Page, NWYS; Alia Marshall, Nooksack Valley HS; Stephanie Lewis, Juvenile Court; Jill Reid, Boys & Girls Club, Jacklyn Tabone, WCC; Kristi Slette, WFCN; Riley O'Leary, WPC Suicide Prev; Doug Dahl, BPD; Lisa Moulds, WPC; Kelly Giles; Shuksan MS, BSD; Julia Burns, WWU Community-Campus Coalition; Jeff McKenna, Bham HS.

Emily and Lisa, Co-Facilitators

Welcome.

Folks out at the WA State Prevention Coalition in Yakima.

Joe Fuller, Katherine DeFillippo, and Jeff McKenna helped plan the meeting.

Check In: Month of Thanksgiving—One thing you'd like to give gratitude to today. Name, Affiliation, Reason you Come and One think you are grateful for

Alia: New to WPC. At NVSD—650 students. Has worked in treatment in the past. Why kids want to be engaged in the club. "Because doing drugs is wrong!"

Page: Loves her family/wife and her job. Working to build predictable long term sustainability in position, but still has 26 hours a week.

Jaci: WCC. Thankful for parents and roommates.

Kelly, Shuksan MS P/I. Excited to be in that great school. Opportunity to do a job that he loves. Been in adult treatment field, but loves the youth energy and an upstream prevention position he is now in.

Stephanie: Office setting is challenging and impacting joy. Nominated for Peace Builder Award!

Jill: Outreach and development for B&G Club. 6 FT staff people. Doesn't get out of the office much. Happy about the 21st Century Grant in MBSD. Grateful the community agency collaborative. Imagine if we did not have the organizations, volunteers and opportunities in THIS community. So grateful for the contributions.

Emily: WDRC, Got to go to the Middle Childhood Summit at Daybreak Star Cultural Center in Seattle, beautiful space/art. Feeling grateful to see where things are connected and coming together. How many people that care and are working for good in this community.

Lisa: WPC. Grateful for another day—for life. For my father!

Kristi: WFCN, Grateful for all the people and relationships in my life—personal and professional. I love you!

Riley: WPC. Grateful for my day job.

Doug Dahl: BPD, Target Zero. Love my job. Talked to my daughter on the phone. So happy that I have 2 adult children who are functional and contributing to the world and who still love their parents.

Julia: WWU. Campus Community Coalition. Thankful for the kindness of strangers. The trust we can have in those we don't know to help. Was in a bike accident recently and many people gathered around to support, love and help.

Celebrating the Peace Builder Awards hosted by WDRC. Promote a more collaborative community—building unity. Stephanie Lewis has been awarded a Peace Builder Award for her work with Community Links. Many people wrote in on her behalf! Cultivating relationships. Integrating community assets and community needs.

Stephanie acknowledged that what makes Community Links work is the willingness of community partners.

Doug Dahl: Distracted Driving Law Presentation. Setting Us Straight.

Traffic poetry/Haiku

You don't have to be
a dumb ass to drive like that
but it no doubt helps.

Remember that every data point is a person—a life impacted. A life lost.

Inexperienced drivers: 16 to 25 is about 15% of driving population, but is 59% of the fatalities.

The three main reasons for driving infractions/accidents/fatalities

- Impairment
- Speeding
- Distraction

Kids are not dying from inexperience, but choice around distractions.

Driving under the influence of marijuana is an area where we are currently loosing. We've done well

Fatalities from a single drug is on the increase, but the biggest increase is poly-drug use, which is usually alcohol and another drug, which is typically marijuana.

Distracted driving fatalities 2008 to 2016:

77% Distracted driving not evident

23% Distracted driving evident

However it is hard to test/scan for distracted driving.

Kids are willing to text and drive and ride with someone who is texting.

i-phone July 2007—Same month as WA state passed a distracted driving law.

NOW:

You can't have your phone in your hand while driving at all.

Two parts of the new law:

- 1) e-DUI:** Driving under the influence of electronics—it is an infraction, not a crime.
 - Talking on the phone is about equivalent to being at a .08 blood alcohol level.
 - Texting 4 to 8X more dangerous than being at a .08 blood alcohol level.
 - Watching a movie is ALWAYS a ticket. Can't do that!
 - You are allowed "minimum use of the finger." Hit send. Activate phone. Shut off.
 - No "tuck n talk"
 - People always look at how to circumvent the law, but that is backwards to how we should think
 - Driving should be a primary activity.
 - Kids see driving as a secondary activity. And that is NOT a healthy outlook.
- 2) Dangerously Distracted Law:** Anything you are doing while you are driving that causes or contributes to an accident can get you a ticket.
 - Okay to drink a coffee in general, but not if it spills and causes you an accident.

Headphones are technically legal, but that is still not a great idea. Don't if you don't have to!

There are a couple resources available:

Grants from WA State Traffic Safety Commission/State Farm Insurance Company: \$500 Distracted or Impaired Driving Grants are available. Non-competitive grant. If you meet the requirements you can get the grant!

Doug owns and loans out:

- beer goggles
- a game board with racing lights

Stephanie demonstrated the beer goggles for the group. Impressive!

Q: What do we have to do to get kids to be the ones to keep their parents accountable to the distracted driving law?

A: Start talking to kids early to shift the cultural norms—just like we did with seat belts and smoking.

Comment: We are still catching up with social norms on marijuana and technology to even know the messages.

Since marijuana has been legal the crash rates have increased significantly. 20% of drivers use marijuana—doesn't mean that all are impaired. Only 10 % of WA residents say they are users.

Q: Did the de-privatization of alcohol show up in crash statistics?

A: No, not like the legalization of marijuana did.

America has different social norms and cultural attitudes. Driving attitudes here are very individual, but yet driving is one of the most collective activities we do!

You would never see a jacked up truck in Europe or other parts of the world, you'd never be allowed to have a car whose safety requirements have been altered.

Traffic fatalities are the number one cause of death for males age 16 to 25. Suicide is second for young males.

Trauma Informed Approaches:

During the retreat the WPC identified several training topics. Our purpose to gather is to be better together. One of the top issues people wanted to discuss was trauma informed approach.

Ferndale Community Coalition is also looking at Trauma Informed Care.

What does TIC mean? We are all at different places.

4 Rs of Trauma: From the SAMHSA article, which was sent out by the WPC notice.

See SAMHSA article pages 9 & 10

- Realization
- Recognize signs of trauma
- Responds by applying principles
- Resist re-traumatization

Small group discussions—4 groups of 3.

First: Ask yourself—What do you mean by trauma informed?

Then as a group, answer the 4 questions from the agenda.

Focus for Large Group Share Out on question #3:How are you or your agency responding to trauma?

Groups have 15 minutes to gather, talk and prepare to report.

Next month we hope to hear from Shuksan Middle School about their intentional Trauma Informed work.

Group 1:

With love, empathy, compassion and a lot of mentoring and coaching.

Use a lot of transparency—prepare kids for what is coming in paperwork, inform about boundaries and limits about provision. Safety planning.
Self-regulation and ability to think through what is needed safety, love or understanding

Group 2:

In schools it is hit and miss about who is informed. Some at high levels and some needing more. The idea of it is floating thickly, but application of practice is not as intentional as it could be.

Group 3:

Do meaningful/Share stories in own terms/Think about the supports and resources/ Curiosity/Validating

Group 4:

Not all agencies have a team approach. It is more individual as far as what training. We do tell kids what to expect/boundaries/awareness of consequences/
Blind spots in education: What are they? How is it shared to new staff?
Go back and talk to teachers about what they know.

Brigid Collins has a great example of moving to a trauma informed care system.

TIC starts with a mindset shift—not as a toolbox of practical applications. The practical applications do come, but the understanding of trauma, self-reflection on your own relationship to trauma and self-regulation is critical before putting actions into practice. Trauma-Informed Practice/Application and whole system change are also on-going conversations to continue.

Importantly, in Whatcom County, we wish to uphold an Abundance framework that supports building possibility, resilience and hope.

Announcement: Events coming up!

Doug showed the distracted driving video from Squalicum high school.

Adjournment at 5:03

Gratitude Shared—Sayings of Inspiration

Bright spots: Vote for VISTA Middle School on the Red Ribbon Challenge help them win \$1,000 for their club!