

Whatcom Prevention Coalition Meeting Notes
September 7, 2017

I. Welcome and Introductions

Name	Organization
Lisa Moulds	WPC
Bob Wicks	NW Behavioral Health Care Services
Kate Foster	Parents Matter/Strengthening Families
Megan Stephenson	Unity Care NW
Joe Fuller	Whatcom County Health Department
Vivian Chalardsoontornvatee	Whatcom Prevention Coalition
Kristi Slette	Whatcom Family and Community Network
Liz Stewart	Domestic Violence advocacy
Doug Dahl	WA Traffic and Safety commission
Amy Hockenberry	Bellingham Health Department
Terry Saunders	Ferndale School District
Linda Saucedo	Brigid Collins
Kim Sauter	NAMI Whatcom
Leah Wainman	North Sound ACH
Shannon McCune Dickerson	Animals as Natural Therapy
Janae Hodge	Bellingham School District/WFCN

II. Discussion Topics

-Strategic planning process for WPC will be sent out if you are interested in being a part of it

- E-Cig training in Whatcom County:
 - Increased usages among youth population and myths around e-cigarettes
 - Passed vaping ordinance last October: cannot vape where you cannot smoke
 - Training about 3 hours
 - High interest in training
 - Free training besides cost of kits
 - Regional lead in marijuana training
 - Alyssa Pavit
- WPC 2017-18 topics, training, and shared projects:
 - What do we want to do as a group? What do we want to do together?
 - FCC to utilize trauma informed approaches from SAMSHA

 - **Top 5 Meeting Topics:**
 1. Restorative practice
 2. Trauma informed practices
 3. Cultural competency
 4. Social emotional learning
 5. Youth engagement
 - More youth involvement with WPC meetings

 - **Top 5 Training Topics:**
 1. HOPE theory
 - Research from Dr. Snyder HOPE scale to measure how hopeful individuals, families, neighborhoods are. Based on attainable goals, pathway, and clarity of commitment. High HOPE shows ability to thrive and reach their potential. Higher SAT's scores, graduating rates with higher HOPE scores
 2. Research on different approaches to prevention
 3. How to teach and parent children with anxiety
 - Would be a great training for the community
 4. Cultural competency
 5. Youth voice, conflict resolution, technology and its impact on the brain (tied)
 - Community survey coming out this month, please fill out!
 - Free Middle Childhood Health and Wellness Summit:
 - Nov. 1st, Wednesday, Seattle, WA
 - 8:00AM-4:00PM

 - **Top 5 Shared Projects:**
 1. Social norming impact on positive parent norms
 - RealWhatcomFamilies.org flyers and booklets, getting them into schools and public places, data from Healthy Youth Survey and Community Adults Survey. Posts on WPC Facebook.

2. Community event with youth focused fun
 - Potential youth summit in the spring (May?)
3. Opiate abuse prevention strategies
 - Collaborate with all coalitions and work on prevention plan together
 - Whatcomhope.org print materials and videos on website for opioid abuse prevention
 - Safe storage (lock bags) and safe disposal throughout pharmacies in the county
 - State and national level: changing levels of opioid prescriptions
4. Sponsor popular events
 - Events such as Lynden Fair, Ski to Sea
 - Engagement with a fun activity such as a 3-on-3 tournament
 - String Band Jamboree teen booth: scavenger hunt, face paint glitter, write anonymous notes to others, community service opportunities during the event
5. Youth afterschool activities at Eliza Court trailers
 - Volunteering with WPC and youth
 - Policies we want agencies to meet as a coalition, submit our recommendations

III. Coalition Updates

- NAMI Stigma Stomp-October 7
 - 5K run/walk fundraiser
 - Volunteers needed! Tabling and registration (8:30AM-10AM)
- Naloxone Class October 6th
 - Free starter kits for community agencies

End of Meeting Announcements:

- Expand membership: invite new people or let us know who we might want to contact
- Youth-led support group through NAMI starting at WWU
- Squalicum Health Alliance corn maze visit
- Open enrollment starts November 1st

Next meeting: October 5th, 3-5PM

St. Lukes Education Center
3333 Squalicum Parkway, Bellingham, WA