### Youth Leadership & Development Action Team

**Meeting Minutes**

**January 21, 2020**  
**9:00 A.M. – 10:30 A.M.**  
**Terros Health Integrated Care Clinic**  
**3864 N 27th Ave, Phoenix, AZ 85017**

**Attendees Present:**

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<thead>
<tr>
<th>Name</th>
<th>Organization</th>
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<tr>
<td>Natalie Arreola</td>
<td>Dress for Success</td>
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<tr>
<td>Josette Bergeron</td>
<td>Goodwill</td>
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<tr>
<td>Barb Garden</td>
<td>Terros Health</td>
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<tr>
<td>Samantha Hansen</td>
<td>Boys &amp; Girls Club</td>
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<td>Jody McPhearson</td>
<td>Jody Speaks</td>
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<td>Avery Oliver</td>
<td>AZ Citizens Clean Elections Commission</td>
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**Attendees Present via Conference Line:**

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<tr>
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<tr>
<td>Dave Cummings</td>
<td>MIKID</td>
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<tr>
<td>Adam Ketcham</td>
<td>St. Mary’s Food Bank Alliance</td>
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<td>Ron Mack</td>
<td>Goodwill</td>
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<td>Joanne McCoy</td>
<td>Zip Code Project</td>
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<td>Ace Richmond</td>
<td>New Pathways for Youth</td>
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**OFY Backbone Staff Present:**

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<th>Name</th>
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<tr>
<td>Kendelle Brown</td>
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**Guest Present:**

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<tr>
<td>Eric Solomon</td>
<td>Maryvale Revitalization</td>
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<td>Emilie Karlin</td>
<td>Native American Connections</td>
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<tr>
<td>Martel Stevenson</td>
<td>OFY Intern</td>
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<td>Kimberly McWilliams</td>
<td>Terros Health</td>
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### I. Welcome and Introductions

- Jody welcomed the team and everyone introduced themselves.

### II. Terros Health Integrated Care Clinic

- Kimberly McWilliams with Terros Health gave a presentation on their different programs and services they offer.
  - Please see the attached presentation for information.
  - If you have any questions, you can reach Kimberly at Kimberly.McWilliams@terroshealth.org or reach out to their Children’s Department at 602-389-3660 or childrensdepartment@terroshealth.org
  - To speak with someone about Café 27 reach out to cafe27referrals@terroshealth.org

### III. Youth Leadership & Development Partner Application

- A follow-up item from the previous meeting, Jody asked the team if they had any additions to the ‘Type of program/initiative:’ section of the partner application.
  - Team suggested adding ‘housing’ and ‘health screening’ to this section.
- Kendelle introduced OFY’s Referral System and the EM Asset Map Survey to the team and showed them the Reengagement Center and Educational Momentum Partner maps.
  - The team agreed this is something they would like to create. Kendelle will send Felix the Asset Map Survey to send out with the meeting minutes to see if there’s any questions they would like to add for their team.
IV. **Youth Leadership & Development Vision & 2020 Priorities**

- Jody and Kendelle led the team through a brainstorming session to come up with the team’s 2020 Priorities.
- The team discussed various priorities and wanted to create a live Google Doc for the priority discussion so that people can add to it to be further discussed at the February meeting.
  - Below is the link to the “YLD 2020 Priority Ideas” document:
    - https://drive.google.com/file/d/19jwDTEOqka2KaA3Rg8kiUHSBfxN9d9z/view?usp=sharing
    - Please list ideas you have for the action team’s priorities for 2020 and at the February meeting the team will vote on which priorities to focus on.

- Natalie from Dress for Success noted that they now have a second mobile unit and are available to go to schools, homeless shelters, or partner locations, to give career readiness workshops and give youth professional clothing. She also shared that an issue they are having is that they are lacking jobs for youth.

V. **Education Objective**

- Jody reiterated the team’s Education Objective, which is to grow youth into productive citizens that use their knowledge, talents, and learned skills to sustain themselves. The team’s duty is to help the youth while pushing them to become leaders in areas of equality, equity, and harmony.
- The team set a goal that they should have at least 5 youth engaged in the action team’s work by June 2020. This engagement does not have to be them attending the monthly meetings but instead they can contribute ideas and be engaged in other ways.

VI. **Open Floor and Partner Announcements**

- Samantha shared that the Boys & Girls Club AZ Youth Force still has spots available for their Jiffy Lube internships. The internship is an 8 week/paid internship, their program will provide all materials needed and is open to 17 - 19 year olds.
  - Here is the link to apply: https://azyouthforce.org/apply/, please share this opportunity with your youth!
- Ace from New Pathways shared that their retreat is coming up where 20 new youth and mentors will be matched. Ace shared that they will begin recruiting for new youth and mentors for their next retreat in April.
  - Please reach out to Ace for further information at arichmond@NPFY.org or 480-231-3379
- Jody announced that the Airport ZIP Code Project Event will be hosted at the Robert L. Duffy Campus, 2550 E Jefferson St, Phoenix, AZ 85034, on Thursday, January 30th from 2:00 P.M.-6:00 P.M. The purpose of the event is to connect youth with community. They are connecting young adults and families to health and wellness resources, educational opportunities, occupations that are in demand, immediate job openings, family and children wellness services, and interactive breakout sessions. The event will include attendee swag bags, raffle prizes, music, entertainment, a kids’ zone, the resource fair and more.
  - Please click here to register.
- Josette with Goodwill shared that they are offering external trainings for partners.
  - Please reach out to Josette for further information at josette.bergeron@goodwillaz.org or (602)535-4148.
- Jody shared that the City of Phoenix’s Outstanding Young Man/Young Woman of the Year Program is now accepting applications.
  - Eligible students can apply through the online application form located at phoenix.gov/education before 5 p.m. Friday, Feb. 28, 2020
  - Please look at slide 9 for detailed information

VII. **Next Steps and Closing**

- Next meeting will be March 17th at the Goodwill Career Center at 6750 W. Peoria Ave, Peoria, AZ 85345
Youth Leadership & Development

Terros Health Integrated Care Clinic
January 21, 2020
3864 N 27th Ave, Phoenix, AZ 85017
Welcome & Introductions
Terros Health, a Leading Behavioral Health Care Provider in Arizona

• Founded in 1969 as a substance abuse recovery and crisis services provider.

• Through **GROWTH** and **INNOVATION**, built services around the behavioral health **needs of our patients and the community**.
Today Terros Health offers more than behavioral health!

- **A Whole Health Provider:**
  - Terros Health is closing the gap between behavioral health care and primary medical health care needs through the practice of multidisciplinary care and coordination.
Terros Health Model of Whole Health Integrated Health Care

• Whole Health, no wrong door approach to care. The idea that there are many doors to becoming a patient of Terros Health.

• No matter which door the patient enters, we assess and provide care for the whole person either directly or through care coordination.
Terros Health Children’s Services

• Considerations for youth programming
• Who is our target population?
• What do we need to offer that resonates with our youth and helps them develop the skills they need to be successful?
Population Health and Social Determinants of Health

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<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
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<td>Language</td>
<td>Access to healthy options</td>
<td>Support systems</td>
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<td>Safety</td>
<td>Early childhood education</td>
<td>Social integration</td>
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<td>Vocational training</td>
<td>Support systems</td>
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<td>Medical bills</td>
<td>Playgrounds</td>
<td>Higher education</td>
<td>Community engagement</td>
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<td>Support</td>
<td>Walkability</td>
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<td>Discrimination</td>
<td>Quality of care</td>
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**Health Outcomes**
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations
Trauma Informed Care Approach

• **Motivational Interviewing**
  We use motivational interviewing techniques to engage adolescents from the first contact throughout the recovery process. Through motivational interviewing, we give youth the chance to talk about their needs and their desire to change using an empathetic, non-judgmental approach.

• **The Seven Challenges**
  Terros Health incorporates the Seven Challenges® into its program curriculum. The Seven Challenges recognizes that the best way to reach youth is to find where they are in the recovery process; that is, typically in the early stage and resistant to change. Using these challenges, our program staff help establish mutual respect and trust with each adolescent as they work through their substance use and the underlying issues.
Trauma Informed Care Approach continued...

• *Dialectical Behavioral Therapy*

• 6-months of skills training offered to help develop Mindfulness, Emotion regulation, Distress Tolerance and Interpersonal Effectiveness. We offer both a comprehensive approach and DBT informed approached based on individual needs.
Youth SUD Programming

• Medication-assisted treatment (MAT) for youth with diagnosed opioid use disorder
• Intensive outpatient specialized adolescent substance use groups (nine hours a week),
• Individualized and family therapy sessions
• Individual living skills
• In-home services to assist in family communication and daily living skills
• Comprehensive case management
• Tutoring
• Peer mentoring
• Transportation
• Other services as needed
CAFE 27 stands for Children, Adolescents, and Families Empowered, and is a unique setting where youth can drop in at the café, use the computer learning center, work with college learning specialists, and receive primary care and behavioral health services. Café 27 has proven treatment approaches to help adolescents be successful in life by offering primary care, counseling, substance use treatment, trauma integrated care, medication-assisted treatment for opioid use, treatments for mental health and anxiety, while building healthy social supports.

Café 27 provides a safe, welcoming, and hopeful environment, where adolescents can connect with each other, with their family members, and with themselves on their recovery journeys. At Terros Health, we want youth to experience the hope and resilience of recovery, and the opportunities brought by well-being. Café 27 makes this possible by providing a wraparound care system, with comprehensive, youth and family-driven services. Café 27 will help save lives - and create promising futures.
Children Adolescents and Families
Empowered
Referring to Café 27

• Youth aged 12-17 with Substance Use Disorder
• All ACC plans are accepted in addition we offer a sliding fee scale
• Parent or guardian must be willing to participate in services

We will assess for the appropriate clinical level of care! Treatment intensity will vary and it tailored to the family needs.
Questions?

• cafe27referrals@terroshealth.org
• childrensdepartment@terroshealth.org
• Children’s Primary Office 602-389-3660
Youth Leadership & Development Application

- Help to serve as a way to help keep track of organizational information/services
- Track actual members versus guests
Youth Leadership & Development
Vision & 2020 Priorities
Education Objective
Open Floor & Partner Announcements
AIRPORT ZIPCODE YOUTH RESOURCE FAIR

AGES 16-24
NEED HELP
WITH YOUR SUCCESS?

Connecting young adults with education, job opportunities, health resources and more!

EVERYTHING IS FREE!

FILL YOUR TOOLBOX FOR SUCCESS
Meet with over 40 vendors for resources, EDUCATION, JOB LEADS, HEALTH, CAREER ASSISTANCE, VOTER REGISTRATION INFO, FINANCE & INVESTMENT INFO and MORE!

ENTERTAINMENT
Raffle Prizes
Giveaways
Food
Music
Swag Bags
Kid’s Zone

*REGISTER EARLY FOR EXTRA RAFFLE TICKETS*

Robert L. Duffy High School
2550 East Jefferson St.
Phoenix, AZ 85034

LIGHT RAIL STOP
24th Street and Jefferson

To Register go to teensfirst.org. Questions? email us at teensfirstaz@gmail.com
Outstanding Young Man/Young Woman of the Year Program Accepting Applications

- The City of Phoenix Youth and Education Office is now accepting applications for the 2020 Outstanding Young Man/Young Woman (OYMYW) of the Year awards.

- The OYMYW of the Year program recognizes and honors the outstanding achievements of young people, enhances the perception of youth and raises community awareness of the positive contributions of youth.

- This awards program is open to any students currently enrolled in high school in Phoenix or live within Phoenix city limits. Here’s how it works:
  - One young man and one young woman will be selected as winners from each city council district and receive an award of $500.
  - In addition, each district-level winner will be eligible for an additional $1,500 award if they are selected as the citywide winners.
  - Students interested in applying will need to write an essay, submit a recommendation letter and proof of legal residence in the United States. Finalists will be interviewed by members of the community. District award winners will be invited to a luncheon sponsored by Rotary 100, Arizona Public Service (APS), and Salt River Project (SRP) where the citywide award winners will be announced.
  - Eligible students can apply through the online application form located at phoenix.gov/education before 5 p.m. Friday, Feb. 28, 2020.

Closing

Next meeting: Feb. 18, 2020 @ 6750 W Peoria Ave, Peoria, AZ 85345
(3rd Tuesday of the Month)
Time: 9:00 am-10:30 am.
Location: If your organization can provide a space for our next meeting, please contact Felix Moran at Felix.moran@asu.edu or (623)800-2780