

**Port Angeles Healthy Youth Coalition**  
**April 21, 2022 Meeting Highlights**

**In attendance (alphabetical):** Megan Contendo, Melanie Greer, Shawnda Hicks, Jody Jacobsen, Josh Ley, Jill McCormick, Mel Melmed, Keeoma Messenger, Christina Michael, Sal Michaels, Jen Mobley, Amanda Sanders, Jane Semones

**Key Highlights:** Opportunity offerings, Nurse Family Partnership, Strategic Plan community presentations

**Welcome:**  
**Introductions**

Reviewed proposed “**Zoom Meeting Guidelines,**” no changes were made this time.

Reviewed the **Coalition, Mission, Vision, and Purpose,** and the newly added Prevention “Recap” Foundations slide highlighting the universality of prevention and its long-term impacts.

Read **Meeting Agenda and Objectives,** a change announced by the Coordinator is the likelihood that we will not have time to navigate the new website together.

**Introductions** included sharing project/program updates,

Jane Semones, Health Program Manager, Obria continues to enjoy providing services at Clallam County Juvenile Family Services, and will soon be launching at Heron Middle School in Jefferson County.

Jody Jacobsen, Director, Clallam County Juvenile and Family Services announced Guiding Good Choices, she is facilitating with colleague, Ky Bower starting the first Thursday in May.

Melanie Greer, 4-H Coordinator has no new announcements this week.

Jen Mobley, Youth and Young Adult Advocate with Healthy Transitions, first meeting with PAHYC and is excited to be here.

Shawnda Hicks, Family Navigator and Program Coordinator for PAVE Washington. Triple P class is launching in Port Angeles and the next Strengthening Families Locally meeting is on Thursday the 28th at 1 PM.

	<p>Sal Michaels, Student Assistance Professional at Stevens Middle School. Started in January. The main focus is on supporting students' mental health, substance use, or being impacted by substance use. Individual and group education. The caseload of 40-60 students, with over 120 student self-referrals.</p> <p>Amanda Sanders, Lutheran Community Services.</p> <p>Josh Ley, Clallam County Sheriff's Office, Target Zero Manager, to eliminate major traffic fatalities. The first step is putting on a certification course for child safety car seats - civilians, law enforcement, and public safety for injury prevention. Med Take Back Day is coming up on April 30th in partnership with Port Angeles Healthy Youth Coalition.</p> <p>Keeoma Messenger, She/her, Youth, young adult advocate with Healthy Transitions at Elwha Social Services. mom/peer counselor in training.</p> <p>Jill McCormick, Director of Family Health Information Center at PAVE Washington.</p> <p>Mel Melmed, Handle With Care, is growing momentum with interest to grow the program across Clallam and Jefferson County.</p> <p>Megan Contendo, she/her, Nurse Family Partnership Program with Jefferson Public Health in Clallam County.</p> <p>Christina Michael, First Step Family Support Center, Clinical Director of the Parent Child Assistance Program (P-CAP).</p> <p><b>Student Assistance Professional Update – N/A</b></p>
<p><b>Project Updates</b></p>	<p>Scheduled programming includes,</p> <ul style="list-style-type: none"> <li>● <b>#SafeStoragePA</b> with Med Take Back Day on Saturday, April 30th from 10a to 2p in partnership with Clallam County Sheriff's Office and Target Zero, with Josh Ley. Shawnda Hicks and Jesse Charles helped put together “#SafeStoragePA” Starts With One printed postcards. The cards have a QR code to the PAHYC Lockbag pre-survey and prompts the Coordinator to provide that person with the Lockbag. <i>If you're interested in sharing these in the community, let Rachel know.</i></li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Guiding Good Choices Workshop</b> on Thursdays, May 5th - June 2nd from 6p to 8p will be held at Stevens Middle School for parents/caregivers of graduating 6<sup>th</sup> graders preparing for transition into middle school and adolescence. A dinner will also be provided. <i>If you're interested in sharing, download the flyer from the PAHYC homepage.</i></li> <li>● <b>Strategic Plan Community Presentations</b> from now until July, virtual or in-person</li> </ul> <p>Programming to be scheduled includes,</p> <ul style="list-style-type: none"> <li>● <b>Vape Town Hall Event for Parents</b> is a need, if someone is interested in planning this event, please get in touch.</li> <li>● <b>Port Angeles Purchase Surveys</b> are a positive, community rewards program for local businesses. If you're interested in supporting these surveys, please get in touch.</li> <li>● <b>SPORT Prevention Plus Wellness Training</b> is an opportunity to become a facilitator in this one-time implementation EBP program.</li> </ul> <p>These are just what we were approved to spend money on in our budget, but do not limit us to these activities.</p>
<p><b>Upcoming Meetings</b></p>	<p>Scheduled meetings include,</p> <ul style="list-style-type: none"> <li>● <b>April Lunch Planning Workgroup</b> on Tuesday, April 26 from 12p - 12:45p on Zoom</li> <li>● <b>May Community Coalition Meeting</b> on Thursday, May 19 from 3:30p - 4:30p on Zoom</li> <li>● <b>May Lunch Planning Workgroup</b> on Tuesday, May 24 from 12p - 12:45p on Zoom</li> <li>● <b>Annual Coalition Member Appreciation Picnic on Thursday, June 16<sup>th</sup>.</b> Rachel will be sending out an anonymous survey for folks to share their meeting preferences as we transition to a hybrid approach.</li> <li>● <b>June Lunch Planning Workgroup</b> on Tuesday, June 21 from 12p - 12:45p. This is envisioned as a member appreciation gathering and with an “open space” meeting concept. Details are to be determined.</li> <li>● <b>No meetings in July</b></li> </ul>

	<p>Planned meetings include,</p> <ul style="list-style-type: none"> <li>• <b>Epidemiological Outcomes Workgroup</b>  2021 Healthy Youth Survey Results  Data Dive Cafe Planning  Those interested include, Josh, Shawnda, Jill, Megan and Mel.  A Doodle poll will be sent out to find a shared meeting time.</li> <li>• <b>Youth Engagement Workgroup</b>  Proposal for Youth Listening Circles for 2022-2023 SY  Student Assistance Professional Support</li> </ul>
<p><b>Opportunity Offerings</b></p>	<p><u>Med Take Back Day</u> on Saturday, April 30th in-person at Clallam County Courthouse from 10 AM to 2 PM. Opportunity to hand out safe storage resources and information. Kids, family, pets are welcome.  One Day Event  Snacks Provided</p> <p><b>No one is available to support at this time.</b></p> <p><u>Family Meal Resources</u> opportunity to reach out to local food providers in our community to provide meals to Guiding Good Choices families (extra for leftovers would be a bonus!) We anticipate serving 12-15 parents/caregivers.  One Evening or Multiple  Businesses and Volunteers will receive public recognition.</p> <p><b>Amanda is available to help and will follow-up with Rachel. Rachel offered that in the past she’s had discount partnership with local restaurants, and offered if anyone is aware of a restaurant to partner with. No restaurants were suggested.</b></p> <p><u>Prevention Campaign Distribution</u>, we are in the process of printing prevention campaign materials from #OutofthePicture, Focus On, No Shame In Your Brain, Not A Moment Wasted, Rethinking College Drinking, Start Talking Now, and Starts With One. Opportunity to receive these resources for yourself and others.  Simple p/u and d/o  You get to select what materials are in the community</p> <p><b>Shawnda offered that the “Trevor Project” cards were all gone by the end of SquatchCon.</b></p>

	<p><u>PAHYC Website and Orientation Packet Review</u>, in one week, meet with two community members or colleagues unfamiliar with the PAHYC. Show them the website and orientation packet, and ask them a three-question questionnaire.</p> <p>One Week</p> <p>Free coffee and baked good with Rachel at Blackbird to review results</p> <p><b>No one is available to support at this time.</b></p>
<p><b>Program</b>  <b>Highlight:</b> <i>Nurse Family Partnership with First Step Family Supports and Jefferson Public Health</i></p>	<p>Megan Contento, RN (she/her) working for the Nurse Family Partnership program in Clallam County. The program is new to Clallam County but has been established in Washington for a long time.</p> <p>Megan is excited to be a part of the journey in bringing it here, and appreciates all the support. If anyone has questions or comments, please reach out to Megan.</p> <p>NFP is an evidence-based community health care program with over 40 years of evidence showing significant improvements in the health and lives of first time Moms and their children living in social and economic inequalities, and related adversities. Pairs a first-time Mom with a Nurse who is available from pregnancy until age two. The Nurse really does partner with the Mom, it is not preaching or education, it is walking alongside the family through this time in their life building confidence as new parents, and in some cases breaking generational cycles that lead to poorer life outcomes.</p> <p>The vision, is a future where all children are healthy and communities thrive and prosper and the cycle of poverty is broken. Pregnancy is a magic window for self-reflection and motivation to change things that seem insurmountable. The first pilot of this program was in the late 70s, the founder was inspired by his work in low-income day cares observing the impacts of parental suffering on the children. This led to a program focused on reaching the parent and child sooner in life, and the positive ripples that leads to.</p> <p>The key goals are to improve pregnancy outcomes, child health and development, and improve economic self-sufficiency. Through early screenings, engagement in preventative care, illicit motivation and support, nutrition, substance use and navigating the health care system and how to advocate. Ultimately support parents to be responsive, bonded and competent caregivers.</p>

	<p>Moms also develop vision and goals for their future, and the Nurse supports or helps them to work towards those goals.</p> <p>NFP nurses are also trained in child development, pregnancy, motivational interviewing and the NFP model. There are many intended and unintended outcomes. Ongoing longitudinal studies reveal outcomes like a decrease in childhood injuries, language development, breast feeding, immunizations and parental job attainment.</p> <p>This program is time intensive, and offers a long period of time for relationship building, starting in the first 1000 days of life (in the womb). Nurse customizes sessions to the client to support their individual growth. The relationship is the primary tool, intended to be a healthy, consistent presence and voice of hope offering strength-based and affirming language.</p> <p>NFP has a large national and international reach, and is offered throughout Washington State. The new reach to Clallam is an outreach from Jefferson County in partnership with First Step Family Support Center offered to residents in Port Angeles to Blyn with a hope to expand to the west end.</p> <p>One NFP has capacity for 13 clients. Megan still has room for more clients. Eligibility is a first-time parent, enrolled before 28 weeks and income dependent. Meetings are every other week and weekly if needed, home visits or over the phone.</p> <p>Megan shared these links to learn more,  <a href="https://youtu.be/Z7O8fepirtI">https://youtu.be/Z7O8fepirtI</a>  <a href="https://vimeo.com/340775512">https://vimeo.com/340775512</a></p> <p>Megan’s contact is <a href="mailto:mcontento@co.jefferson.wa.us">mcontento@co.jefferson.wa.us</a>, (360) 301-1120</p>
<p><b>Breakouts:</b>  <i>Community Strategic Plan Presentations</i></p>	<p>“With rare exceptions, all of your most important achievements on this planet will come from working with others- or, in a word, partnership.” - Paul Farmer, MD, Ph.D.</p> <p><b>Challenge:</b> How do we get rid of the long Strategic Plan and replace it with several concise descriptions, examples or activities?</p> <p><b>Prompt:</b> Work in small groups, we're going to a "wise crowd" to get some diverse "outsider" expertise. One person volunteers to be the</p>

"client," and they turn the "consultants" in the group whose task it is to help clarify the challenge and to offer advice or recommendations.

*So, what is in our community presentations about the Strategic Plan?  
What is NOT in our presentations?*

In the interest of time, we skipped the breakout rooms and discussed these questions. First, Rachel shared a the 10<sup>th</sup> Grade trend data from the Healthy Youth Survey. There was agreement that this arrangement of data is helpful to share during our community presentations. Rachel agreed to share a sample presentation in the future for review.

Rachel shared that 10<sup>th</sup> grade is a commonly used benchmark for determining substance use trends. The data shared shows four main substances, alcohol, cannabis, tobacco (smoking) and vape. Alcohol is trending downward in Port Angeles along the WA state averages. Cannabis is less consistent but has stagnated in PA and across WA. Cigarette use and vaping are trending upward and are higher than WA state averages.

Questions arose regarding the 2021 data collected when students first returned to in-person learning. A decline in substance use and an increase in mental distress was self-reported by students across Washington. There are experts at the state level working to better understand the decline in substance use. It is suspected increased parental monitoring may have contributed.

Rachel shared that Dr. Kilmer's latest virtual Town Hall recording is on the PAHYC website for folks that are interested to re-watch it, he discusses the newest HYS data.

**Upcoming Discussion:**  
*Advisory Board Discussion*

At our coming Lunch Planning meeting we are discussing,

- Youth Concerns Port Angeles was launched in December 2021, Required Key Leader event(s)
- Intention: Identify areas of hope and concern, share resources, update each other on trends, activities, and discover possibilities for collaboration.
- Overarching Goal: Align supportive and preventative services for youth, and ensure the community safety net is intact to meet the needs of young people in Port Angeles.

Continue the discussion at the Lunch Planning Workgroup meeting this upcoming Tuesday the 26th from 12p - 12:45p

