

Port Angeles Healthy Youth Coalition

Thursday, September 21st, 2023 Meeting Highlights

In attendance: AJ Teel (PAHS), Christine Matte (Serenity House), Tuesday Mattix (Joyce HYC), Mel Melmed (Community Member), Michelle Olson (PASD), Kerri Morrison & Keeoma Messenger (Healthy Transitions), Kennedy (United Way), Jane Semones (EDGE), Shanna VanProyen (Rise PNW), Shelly Zollman (PW, OPHCC, PAEF), Amanda Sanders (Coordinator), Jody Jacobsen (Juvenile Court)



Key Highlights:

- Describe and celebrate the successes of PAHYC diverse prevention projects
- Collaborate on future prevention activities

<p>Welcome</p>	<p>Introductions Best 2 things about your summer!</p>
<p>Coalition Updates</p>	<p>Action plan and Budget – Approved</p> <ul style="list-style-type: none"> - Umbrella Budget – PAHYC budget for 130k was approved by HCA with an added ‘wishlist’ amount of \$21,450K for training, speakers, community events, Nurse Family Practitioner Program, and youth activities. - Shout-out to Jane and Keeoma as they covered the back to school event and collected 40+ Community Youth Wellness and Health surveys. - Summer Coalition Coordinator training completed - Guiding Good Choices, CLI, CADAC mid-year Texas, Core Competencies, CADAC Bootcamp Strategic Planning <p>2023 Community Wellness Survey – shout to Jane and Keeoma: They collected 40 Community Prevention Survey during that event! To date, we have had 56 total responses, 215 responses needed. Amanda shared some statistics (70% white females w/ college education).</p> <p>We can request more links, the survey is going to every other year: Please forward the email to your contact lists in an attempt to get a more diverse representation of what our community members think is going on with youth mental health and substance prevention.</p> <p>Amanda asked for help with FB – she is struggling in this area. Tuesday and Shelly are both willing to help out!! Amanda will get the survey posted on the FB page</p>

	<p>Mel suggested Joyce Daze, other local events, get the word out about the coalition. Family Fall Fest is this weekend. Crabfest is next weekend.</p> <p>Please send it to people that you know, pass it forward. Deadline for 215 survey's is in November.</p>
<p>Project Updates</p>	<ul style="list-style-type: none"> - <u>PAHS Prevention Club</u> – AJ Teel: In the process of teaching in the health classes, Prevention Ed piece each semester (MH, SUD Awareness, recruit for support groups). Groups start in October, PW Club will start then as well. Talked to Michelle Dower about doing a Social Norms training to help teach students how to influence other students with positive behaviors (leadership classes/clubs). Things are going well so far, have had some discipline issues already (i.e. Dab pens), some struggling with MH. Caseload is not supposed to start until October. Mr. Lunt is the new principal, that seems to be going great (he used to be assistant principal). - <u>Seaview Leadership Club</u>- The club will be going to the 2023 WA Prevention Summit. Crescent United Coaliton, Tuesday's group, is also going. The kids learn about prevention, how to put together a community project, then get to go to Great Wolf Lodge if they complete their prevention project. It was approved in the budget. Amanda also applied for a scholarship and was awarded the registration and 4-rooms for a savings of approximately \$3000. The Seaview Leadership club is hoping to do 3 family nights during the school year. the club is writing their own grant to cover the costs of those nights. <p><u>Hoping to bring EDGE to Seaview and Lincoln</u> – Amanda is working with Jane and Shana to bring EDGEthese student groups. EDGE is a life skills class that the Federal Gov't supports. EDGE is a Positive Youth Development Curriculum, 8 sessions, getting to know yourself, how to effectively communicate, healthy relationships, boundaries and health decisions. These life skills classes have had a great reception in the community including being taught at Upward Bound. Jane Semones, EDGE Director, stated that they just received a third grant. The program is no-cost and includes 15-17 lessons taught over 8 sessions for 1 hour, free, offers pizza and incentives (75% completion). Frugals \$15 gift cards. They bring the classes, teachers, incentives, and the FUN – all FREE!</p>

	<p>Education committee - An education committee needs to be formed to talk about capacity building within our community – it would be great to include the school on this committee.</p> <p>Question: Is Amanda doing the work with Seaview as Coordinator or parent? Since a prevention club at Seaview is in the Action Plan, there is some time spent as a coordinator but any extra time is volunteered as a parent. The work time spent with Lincoln is as a coordinator. Neither Seaview or Lincoln have a student assistant professional. Amanda would love to collaborate with someone to serve these two groups of deserving students.</p> <ul style="list-style-type: none"> - <u>2 Guiding Good Choices sessions being planned</u>: Amanda and Jody hope to do an in-person class starting the end of October. Colt and Tami will provide an online class. <p>UW is doing a new program for parents impacted by opioid use disorder. More to come on that –overall, the goal is to bring more parent sessions to our community.</p> <p><u>United Way October Resilience month (Kennedy)</u>: Keynote speaker on 10/3 over Zoom, Laura Vander – trauma exposure. Ian 10/12; resilience month kits starting 10/7th – promoting movement in addressing resilience. HB1835 – increasing FAFSA and WASA completion rates to increase financial aid access. Also supports CSW work for HS letters. Kennedy might be able to do a workshop for this group. PAHYC membership is part of their role within the United Way so she will be at our meetings moving forward. Mel highly recommends attending the two events mentioned, Laura and Ian are leading experts in trauma exposure. Resilience bags are a big hit, be sure to get yours!</p>
<p>What's Next?</p>	<p>Planning for upcoming prevention activities.</p> <ul style="list-style-type: none"> - Rise Life Skills - The principal at Seaview and Lincoln HS gave permission for this to proceed. Classes for Seaview will begin October 13th. Lincoln HS is in a planning phase. - <u>“Friday Night Lights”</u> – Shana: Friday night events, movies, free, safe place to hang out. Older Teens there to mentor. Could it be a program that addresses one of the risk factors identified on the survey? No, it must be an evidence-based program. Good strategy to promote community involvement and support but the program falls outside of the coalition. Coalition can be part of

	<p>that to build connections but does not meet EBP strategy/requirements.</p> <ul style="list-style-type: none"> - <u>Rural Development Institute (RDI)</u> – Amanda, Shelly and Jody are all participating. They are talking about a youth cohort, which should be exciting. - 2023 WA Prevention Summit – Oct 23rd to 25th - Med Take Back – Oct 28th, working with Josh Ley to coordinate.
Pluses & Wishes	<p>Healthy Transitions is helping with “Shop with a Hero”, hoping to serve 150 families, looking for \$15-25K. Online auction at the Heritage Center to raise funds, open to donations. Walmart gift cards are very helpful. Typically \$100/youth but shooting for \$150/youth. Will also do the National Depression screening at Elwha Food & Fuel in October.</p> <p>United Way just kicked off its yearly campaign – Seahawks watch party, promoting employee giving campaign.</p> <p>Tuesday is excited about the Friday Night Lights event – would love to get something going in Joyce. Must have a program or an Environmental Strategy connected to it – 50% of her job is to build community and bring awareness to prevention efforts going on.</p> <p>PAEF is talking with Skill-mation out of Port Townsend looking at an active internship program. Planning on launching at Seaview and Lincoln. Mentoring is on the action plan.</p>
Adjourn!	Thank you for joining us!

Next Meeting: October 19th, 2023 from 3:30-5:00
In Person at Juvenile Services OR Zoom Meeting ID: 879 4726 1415, passcode 097566

PAHYC Website: www.pahealthyouth.org