

Facilitator: Carla Prock/Annie Goodwin

Recorder: Annie Goodwin

Date: May 2, 2023

Time: 3:30-5

Location: VIRTUAL

# Attendance:

| $\boxtimes$ | Carla Prock, BFHD                         |             | Courtney Armstrong, Behavioral Health Committee Chair |
|-------------|---|-------------|---|
| $\boxtimes$ |   |             | Zachary Shileika, TC Futures                          |
| $\boxtimes$ | Daisy Parra-Padilla, BFHD                 | $\boxtimes$ | Vanessa Mccollum, KSD                                 |
|             | Makenna Richards, BFHD/NFP                |             | Amanda Plumlee, GHN                                   |
|             | Laverne McGrath, Think about Thinking     | $\boxtimes$ | Joyce Newsom, PFP/2-1-1 mobility outreach coordinator |
|             | Ruvine Jimenez, League of Voters          |             | Breanna Zavacar, Benton City CPWI                     |
| $\boxtimes$ | Honor Crawford, BFHD                      | $\boxtimes$ | Annie Goodwin, BFHD                                   |
| $\boxtimes$ | Diana Henning, Kadlec Health Ages         | $\boxtimes$ | Mariana SARC Victim advocate                          |
| $\boxtimes$ | Lorena Rios, Southridge student assistant |             |   |

| Old Business/Parking Lot: |   |  |        |   |             |
|---------------------------|---|--|--------|---|-------------|
| Agenda Item:              | da Item: Lead: Due Brief summary including action | Brief summary including action(s) taken: | Closed |   |             |
|                           |   | Assigned:                                | Date:  | ,,  |             |
| Charter                   | Carla   |  |        | Sorry for the delay, will be posted to      |             |
|                           |   |  |        | website this week.                          |             |
| State of our Youth        | Carla   |  |        | Postpone conference                         | $\boxtimes$ |
|                           |   |  |        | Has been updated with current information.  |             |
| Website                   |   |  |        | https://www.bfhd.wa.gov/programs_services/c |             |
|                           |   |  |        | oalitions committees/community of hope      |             |

| New Business       |             |   |
|--------------------|-------------|---|
| Agenda Item:       | Lead:       | Brief summary including action(s) taken:  |
|                    | Carla/Annie | •   |
| Intro's            |             |   |
| HOPE framework     | Carla       | Presentation with exercise  |
| with Public Health |             | Emotional Growth – Kristi – do not underestimate teaching self regulation.  |
| Focus              |             | Managing emotions provides success  |
|                    |             | Zach – youth 16-24, GED, homeless, parent, foster system,   |
|                    |             | Provide holistic environment – Falls under Engagement and Environment   |
|                    |             | Joyce – 211 – Safe equitable stable environment – lifeline to social services and direct service for SNAP and Transportation. |
|                    |             | Vanessa – All her work fits! Relationships, safe, stable schools, connected and   |
|                    |             | belong, SEL work is large focus.  |
|                    |             | Daisy – Youth cannabis program – relationships large focus of youth summit to   |
|                    |             | connect with others doing the same work.  |
|                    |             | Diana – CATCH – nutrition and physical activity – sports, being part of a team with   |
|                    |             | another adult.  |



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|                | Mariana – SARC – Emotional growth,   |  |
|----------------|--|--|
|                | Kristie exercise List of concerns you have of youth that are important to you What gives you hope of those concerns  |  |
|                | Positive Life experiences have a strong effect on health Even with serious concerns – Hope is there I am concerned about loss of Hope, but I am hopeful of the number of agencies providing assistance to kids. We must be on the same page discussing and focusing on Hope to move the community towards reliance and |  |
|                | Concerning to hear how challenging young children are being described by agencies, hopeful of the supports from the state leg session.   |  |
|                | Concern as programs develop strategic plans youth and other voices are not part of plan, hopeful to integrate youth and others we do not hear their voices into strategic plans.   |  |
|                | Concerned at the data gathered from CHNA youth experiences challenges at home and considered suicide, but super hopeful to see community support for the youth.  |  |
|                | Receive calls to 211 re transportation, hear very hard stories, 3 signs of HOPE – we have educated transit company, met with State DOT are looking at state level increase equitable access, national trend zero fare transit programs. To allow public to access services.  |  |
| HOPE and Earth | Four Building Blocks of HOPE with Earth Day focus  |  |
| Day            | <b>Relationships</b> – Playing outside, going for a hike, or having a snow ball fight can strengthen relationships with peers or parents by experiencing the outdoors together.  |  |
|                | <b>Environment</b> – Healthy environments to live, learn, play, and breathe support lifelong physical health and mental health for children.   |  |
|                | Engagement – Spending time volunteering for local efforts to clean up communities by picking up trash, cleaning out local rivers, or advocating on large scale changes, can help children and youth to connect to their communities and know that they belong.   |  |



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| <b>Emotional Growth</b> – Exposure to green spaces and to nature in general promotes emotional growth. When children and youth advocate for the protection of national parks, forests, and our oceans, they learn about their own assumptions and cultural values. These efforts help show children how to value our planet, and |
|--|
| maintain these spaces for future generations.  |

| Standing Agenda Items: |       |   |  |
|------------------------|-------|---|--|
| Category:              | Lead: | Brief summary including action(s) taken:  |  |
| DOH HOPE CoP           |       | Presentation to framework with Public Health focus                                  |  |
| Report from Our        |       | Had evening public film viewing   |  |
| Kids our Business      |       | Next day was seminar at HIVE  |  |
| Spokane                |       | HOPE proclamation week  |  |
|                        |       | <ul> <li>Spokane QAL data presented</li> </ul>                                      |  |
|                        |       | With data correlation to ACE's  |  |
|                        |       | o Dr. Wendy Ellis – keynote   |  |
|                        |       | General HOPE presentation   |  |
|                        |       | Workshop with Dr. Ellis   |  |
| Montana Institute      |       | AM – Media focus  |  |
| Positive Community     |       | PM – Community focus  |  |
| Norms                  |       | HYS data – with COVID influence – data fluke phenomenon? How to use to the positive |  |

| Member Updates: |       |  |  |
|-----------------|-------|--|--|
| Agency:         | Lead: | Brief summary including action(s) taken:   |  |
| 211             | Joyce | <ul> <li>Invite a friend next month meeting</li> <li>Equity work – Campaign on Basic Food enrollments</li> </ul> |  |

| Upcom | ning Events: |  |
|-------|--------------|--|
| Date: |              | Event  |
| •     | May 6-7      | Kids Dig Rigs at GESA stadium  |
|       |              | Cinco de Mayo – Down town Pasco  |
| •     | May 18       | <ul> <li>Richland Public Library in Richland at 3:30 I will be doing a HOPE presentation on the</li> </ul> |
|       |              | Building Blocks and spreading the word   |



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| • May 20 | <ul> <li>PFLAG walk and roll</li> </ul>                             |  |
|----------|---|--|
|          | <ul> <li>Seattle Childrens Health and Safety (Kennewick)</li> </ul> |  |
| • June   | CPWI Key leader conference  |  |
|          | •   |  |