



working together to create safer spaces

An Overview of  
**Monthly Meeting | August 13th, 2024**  
Uniting Stories: Marysville-Tulalip Coalition

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**Done in Meeting**

- Reviewed status of implementation of programs.
- Discussed recruitment for leadership positions, sector representatives, and new membership.
- Community partner check-in and upcoming events.
- Update on Social Media efforts was given. Moving forward with the presented marketing and media plan (included [HERE](#)).
- Began discussion and planning of aligning efforts throughout the community for youth suicide prevention
- Presentation from Snohomish County Youth Suicide Prevention Taskforc

### **Coalition Leadership**

**We continue to search for individuals to step into the roles of chair and co-chair within the coalition. We will be working with the social media coordinator to increase recruitment efforts for these two roles.**

**If you are interested in stepping into a leadership role within the coalition please let me know. We have so many incredible community leaders in our midst so if there is someone you have in mind who you imagine would thrive in a leadership role, please have a conversation with them to let them know, or let me know.**

### **Sector Representatives**

To increase consistent engagement within the community we are developing a more formal role of “Sector Representative” within the Coalition. Please look through the list of [“sectors”](#) and contact Ryan Ciganek if you would like to step into the role of Sector Representative for the sector of the community that you can represent within the coalition. If you have any ideas of others who might be a good fit for this role, please let Ryan know.

Community Sectors are listed below:

- Parents
- Youth
- Business
- Local/State/Tribal Government
- Law Enforcement
- Education
- Healthcare
- Youth Serving Organizations
- Religious/Fraternal Organizations
- Civic/Volunteer Organizations
- Media
- Substance Abuse Organizations

### **Work Groups/Subcommittees**

Please take a look at these groups and join one that suits your interests and strengths. You can see the list/sign on to a group [HERE](#):

- Social Media/Website
- Policy Review
- Recruitment
- Botvin Life Skills
- Action Plan/Budget
- You Can Media Campaign
- Key Leader Event/Outreach
- What’s Happening in Prevention
- Prevention Education Event

## **Community Check-in & Upcoming Events**

### **Marysville Parks, Culture, and Recreation:**

- [City of Marysville Events](#)

### **Marysville Food Bank**

- **Toy Store**
  - Marysville Food Bank Toy Store is in need of volunteers as well as donations to support countless families within our community as we near the holiday season. For more info on how to get involved check out:
  - [www.marysvillefoodbank.org/toy-store](http://www.marysvillefoodbank.org/toy-store)

### **Tulalip Education Division:**

- Tons of great activities for youth within the Marysville School District. Check out their [Facebook!](#)

### **Library:**

- **There are so many wonderful events coming up at Sno-Isle Library. Click [HERE](#) for more info!**

### **Catholic Community Services:**

- In school presentations throughout Marysville School District secondary schools, ongoing through school year

### **Mentorship Program:**

- If you are interested in getting involved as an awesome mentor to Marysville youth, or know someone who might be interested, please contact Larisa Koenig at [larisa\\_koenig@msd25.org](mailto:larisa_koenig@msd25.org)
- Check out more info and get involved with this incredible program [HERE!](#)

## **Upcoming Coalition Meeting Dates**

**Sept 10th, 2024** | 8:15AM | Marysville Community Center  
**October 1st, 2024** | 8:15AM | Hibulb Cultural Center

## **Event Flyers and Attachments**

Please feel free to share and distribute the following flyers in support of upcoming community events.



KAREN I. FRYBERG

**TULALIP HEALTH CLINIC**



**2024**

**NEW DATE!**

# Annual Health Fair

**Friday, August 30**  
Tulalip Gathering Hall  
7512 Totem Beach Road

**9AM - 3PM**

Health Information Booths



Fun Run/Walk



Screenings



Blood Bus



Raffle



For information regarding the health fair, please contact:

**Cyena Fryberg**  
360.716.5688

[cyenafryberg@tulaliptribes-nsn.gov](mailto:cyenafryberg@tulaliptribes-nsn.gov)



# Virtual Youth Mental Health First Aid



## What is the purpose of this class?

Youth Mental Health First Aid will improve your knowledge of mental health and substance use problems, and will teach you how to connect youth with care when needed.

## Why is the class being offered?

Anyone can make a difference in the life of an adolescent struggling with mental health or substance use issues.

We aim to provide tools and education to help people recognize signs of mental health challenges, and to support and respond to youth in distress.

Learn a 5-step action plan to help a young person cope with mental health or substance use problems.

**Be aware and informed.**

## Who should attend?

This class is open to adults who regularly interact with adolescents 12 to 18.

## Where is this class located?

This class is being offered virtually.

The virtual class is a free two-part series. The series includes a self-guided course and a live instructor led-course.

The date you sign up for is the date of the live instructor-led course.

## What is the cost to attend?

In partnership with Valley Cities, classes are **free**. Funded by King County MIDD Behavioral Health Sales Tax-Supporting Behavioral Health and Recovery.

## LEARN MORE OR REGISTER

Online: [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes)

By phone: Seattle Children's Classes Registration, 206-987-9878

**Be the difference in the life of an adolescent.**



Updated 10/19/23



# ONLINE Parent Support Group



Are you the parent of a youth or adolescent who may be living with Emotional/ Behavioral problems or Mental Illness?

Come join our monthly Parent Support Group from the comfort of your own home with Zoom (details below). If your youth has rages, ADHD behaviors, is defiant, or is self-harming, **YOU ARE NOT ALONE!** Families share acceptance and seemingly hidden mental health care and **RESOURCES**. This group is a safe, **CONFIDENTIAL** place to vent and support each other as you walk the 24/7 challenge of rearing and loving a youth with an illness you cannot fix. We are all walking a similar walk, and sharing our struggles helps to make it more bearable.

**WHEN: 1st Tuesday of each month**

**TIME: 7:00pm- 8:30pm**

**LINK: <https://zoom.us/meeting/register/tJMqdOuogjorH9CyhSK5v4XeRDHorrtS0AnZ>**

**Please email questions to [namisnohomishteam@gmail.com](mailto:namisnohomishteam@gmail.com)**

There are only 12 spaces available for each support group meeting. There are no reservations available. Participants are granted access to the meeting on a first come, first served basis. The meeting will be locked once we have reached maximum capacity, and no more participants will be admitted. This limit is in place to allow facilitators a comfortable amount of time to address all participants. For this reason, participants are encouraged to try logging on 10 minutes early to enter the waiting room and test connection & equipment. If you do not make it into the meeting one month we encourage you to try again the following month.



COVID 19 has changed our society and increased our need for **EMOTIONAL SUPPORT** and **SELF-CARE**. We provide an opportunity to share **UNDERSTANDING** and **CARE FOR OURSELVES** amid society challenges!! For our youth and adolescents, mental health issues get ignored. The **STIGMA** in society so isolates families trying to care for their youth in the throes of these disorders with very few resources.

Our adolescents have few appropriate friends and we parents become isolated. Society wants to just blame the parents!! Only 20% of our challenged adolescents are ever identified and fewer still receive treatment. **TREATMENT WORKS!!** Fight for your youth to be tested for an IEP. Social/Emotional problems are one of the **13 FEDERAL** categories for **SPECIAL EDUCATION!!**

**You didn't CAUSE it, you can't (easily) CONTROL it  
You can't CURE it, You must learn to COPE with it.**

**~ David Karp M.D.**