



working together to create safer spaces

An Overview of  
**Monthly Meeting | December 3rd, 2024**  
Uniting Stories: Marysville-Tulalip Coalition

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**Done in Meeting**

- Reviewed status of implementation of programs.
  - Coalition decided on stipend rate for Botvin Life Skills program instruction
- Community partner check-in and upcoming events.
- Request for identification of volunteers for partnership with Snohomish County Youth Suicide Prevention Taskforce for the You Are Not Alone event.
- Discussed selected dates for upcoming Coalition Strategic Planning Meeting

**Strategic Planning Team:** Uniting Stories is preparing to update our coalition's strategic plan that will center and guide our work over the next 5 years. As a team we will be reviewing data to help inform our plan that we will use to align future programming and activities. If you are interested in joining this team that will shape our next few years, please reach out to [unitingstoriescoalition@gmail.com](mailto:unitingstoriescoalition@gmail.com)

*Meeting Times:*

**Tuesday, December 17th, 9:00AM | MSD25 Service Center**

**Botvin Life Skills:** Uniting Stories is looking to build our base of instructors to implement the Botvin Life Skills program. Programs range in length from 7 sessions to up to 15 sessions, depending on which implementation is being offered. These sessions are planned to be implemented within a community setting. The coalition is offering a \$40 stipend per session. With any interest or questions please reach out to [unitingstoriescoalition@gmail.com](mailto:unitingstoriescoalition@gmail.com).

### **Coalition Leadership**

Chair| **Ryan Quiza**  
Co-Chair| **Todd Hobart**  
Secretary| **Amanda Phung**  
Social Media Liaison| **Jodi Runyon**  
Coalition Coordinator| **Ryan Ciganek**

### **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](#):

- Policy Review
- Recruitment
- Botvin Life Skills

- Strategic Plan
- Media Campaign
- Key Leader Event/Outreach
- You are Not Alone Event

### **Upcoming Coalition Meeting Dates**

**Jan 7th, 2025** | 10:00AM | Marysville Community Center  
**Feb 4th, 2024** | 10:00AM | Hibulb Cultural Center

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

#### **Catholic Community Services:**

- In school presentations about substance use treatment throughout Marysville School District secondary schools, ongoing through school year

#### **Library:**

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

#### **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)

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

- [City of Marysville Events](#)

#### **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](#)!

#### **Stilly Valley Health Connections:**

- Check out the exciting events and opportunities with Stilly Valley Health Connections [HERE](#)
- Stilly Valley Health will be offering a Strengthening Families course that will be begin in February, 2025. Check out the [event flyer](#) and [registration](#)!

#### **Tulalip Education Division:**

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

## **Event Flyers and Attachments**

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

eluna

## CAMP MARIPOSA Everett, WA

Transforming lives  
together.



### 2024 Camp Dates

#### Overnight

#### Youth Ages 9-12

April 12-14, 2024

May 31-June 2, 2024

August 26-28, 2024

October 18-20, 2024

December 6-8, 2024

#### Teen Day Camps

#### Ages 13-17

May 4, 2024

August 3, 2024

September 28, 2024

December 7-8, 2024  
(overnight camp)

#### Family Events

In addition to our camps we also offer six free family events throughout the year.

Past events:  
small boat sailing  
roller skating  
pumpkin patch  
trampoline park

Camp Mariposa Everett is a free therapeutic camp, run by Compass Health for youth ages 9-17 affected by substance use disorder in their families. Youth participate in fun, traditional camp activities as well as education and support sessions led by mental health professionals and trained adult mentors. In addition to our camps, we also have family events. Our family events strengthen our Camp Mariposa community by creating connections within the families. Everett is part of Eluna's Camp Mariposa network.

Camp Mariposa helps youth:

- Reduce feelings of isolation and guilt
- Connect with friends facing similar circumstances
- Learn that addiction not their fault
- Build confidence
- Learn critical life skills
- Have FUN!

For more information:

To refer a youth, become a mentor or learn about the program, please contact

Sheridan Haroian, Camp Mariposa Program Supervisor, at 425-349-8480 or email at

[campmariposa@compassh.org](mailto:campmariposa@compassh.org)





**MONDAYS**

**5:30 PM - 8 PM  
FIRST MEETING IS SEPT 9TH**

# VOLUNTEER AND DV ADVOCATE TRAINING

Domestic Violence Services of Snohomish County is excited to bring back it's Volunteer and Advocacy Training! By law all volunteers who would like to work directly with clients and children must complete a minimum 20 hours of Domestic Violence Advocacy Training. This training will begin September 9th, 2024, and be from 5:30 - 8 pm every Monday night.



## WE NEED HELP FOR:

- ✓ Support Line
- ✓ Support Group Assistance
- ✓ Shelter Maintenance
- ✓ Clerical/Office Help
- ✓ Special Events
- ✓ Working with Children

## QUESTIONS?

Contact  
**425.259.2827 x 1013**



**Lauren@dvs-snoco.org**



Visit our website  
**dvs-snoco.org**





# 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.**