



working together to create safer spaces

An Overview of
Monthly Meeting | January 7th, 2025
Uniting Stories: Marysville-Tulalip Coalition

Done in Meeting

- Reviewed status of implementation of programs.
- Community partner check-in and upcoming events.
- Reviewed/celebrated accomplishments and implementations of 2024.
- Discussed changes to leadership team.
- Presented submitted draft of Strategic Plan.
- Request for identification of volunteers for partnership with Snohomish County Youth Suicide Prevention Taskforce for the You Are Not Alone event.

Recap of 2024: Listed below are some of Uniting Stories key accomplishments through the 2024 calendar year:

- Key Leader Presentations (Noon Rotary, Snohomish County Youth Rap)
- Botvin Life Skills Implemented at Heritage High School, Spring 2024
- You Can poster campaign expanded from Getchell High School to include all secondary schools in Marysville School District
- Partnered for a successful Community Wellness Carnival

- Partnered with Tulalip Education Division for October Youth Prevention Event
- Hosted 10 year remembrance event for Marysville-Tulalip Community
- Established a full coalition leadership team

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.

Coalition Leadership

Change in Leadership: In this month's meeting, Uniting Stories discussed a change to the leadership team effective immediately. Ryan Quiza has decided to step back from his role as Chair of the coalition. We are grateful for his time and service in the role and are excited to continue partnering with him as a member of the coalition. Thanks Ryan! We are excited that Todd Hobart has decided to step into the Chair role to continue on the great work of Uniting Stories. This leaves us with an opening in our leadership team of Co-Chair. If you have an interest in joining our leadership team, please reach out to unitingstoriescoalition@gmail.com.

Chair| **Todd Hobart**
Co-Chair| **Open**
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

Feb 4th, 2025 | 10:00AM | Hibulb Cultural Center
Mar 4th, 2025 | 10:00AM | Marysville Community 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 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
- 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.

MARYSVILLE LIBRARY

EVENTS



Aging in Place

TUE JAN. 14 | 3 PM

Learn tips for healthy aging and strategies for living independently in your home and community for as long as possible.

REGISTRATION REQUIRED.
Presented by Hospice of the Northwest.



Crystal Charm Bracelets

SAT JAN. 25 | 11 AM – 1 PM

Create a crystal charm bracelet in this hands-on class led by jewelry maker Santana Shopbell-Proehl.

REGISTRATION REQUIRED.
Funded by Friends of the Marysville Library.



Fantastic Friday: All About Braille

FRI JAN. 31 | 3 – 4:30 PM

Learn the history of braille and how it is used today, explore tactile reading, and create crafts with braille writing.

Presented by the Washington Talking Book & Braille Library.

MORE EVENTS AT YOUR LIBRARY

STORYTIMES & PLAY

Preschool Storytime

Mondays • 9:30 & 11 AM

*No programs Jan. 20.

Baby Storytime

Tuesdays • 9:30 & 11 AM

Toddler Storytime

Wednesdays • 9:30 & 11 AM

*No programs Jan. 1.

Stay and Play

Thursdays • 9:30 & 11 AM

Talk Time for
English Language Learners

Wednesdays • 5 PM

*No program Jan. 1.

Fantastic Fridays

Fridays • 3 PM

Community Connections:

Bringing Help to You

Tuesday, Jan. 7 • 3:30 PM

Sewing Felt Pillows

Tuesday, Jan. 7 • 5:30 – 7:30 PM

Hospice 101

Tuesday, Jan. 28 • 3 PM

Discover MORE EVENTS AND REGISTER ONLINE:



MARYSVILLE LIBRARY

6120 GROVE ST. | 360-658-5000

@marysvillelibrary

LEGEND: Registration Required Kids Tweens Teens Families Adults

*EVENTS SUBJECT TO CHANGE.

To request accommodations for an event, email accessibility@sno-isle.org or visit sno-isle.org.

SNO-ISLE LIBRARIES

sno-isle.org/events

The Marysville School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flyer and undertakes no responsibility to supervise these events. Permission to distribute this flyer should not be considered a recommendation or endorsement of the program by the district. In consideration of the privilege to distribute these materials, the Marysville School District shall be held harmless from any cause of action or claim arising out of the events or activities advertised in these materials; include all costs, attorney fees and judgments or awards.



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





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

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

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.