

An Overview of

Monthly Meeting | September 10th, 2024

Uniting Stories: Marysville-Tulalip Coalition

Done in Meeting

- Reviewed status of implementation of programs.
- Voted new leaders into chair and co-chair positions within the coalition.
- Community partner check-in and upcoming events.
- Decided as a coalition to partner with Youth Suicide Prevention Taskforce of Snohomish County on upcoming You Are Not Alone suicide prevention event and plan to implement event in north Snohomish County in the future.

Coalition Leadership

After the incredible efforts of our membership to encourage new leaders to step into the open roles within the coalition, I am so happy to announce that we were able to vote two long time coalition members into the positions of chair and co-chair. Below is the current makeup of our leadership team:

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
- Action Plan/Budget

- Media Campaign
- Key Leader Event/Outreach
- What's Happening in Prevention
- Prevention Education Event

Community Check-in & Upcoming Events

Catholic Community Services:

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

Library:

- There are so many wonderful events coming up at Sno-Isle Library. Click <u>HERE</u> 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

Marysville Parks, Culture, and Recreation:

- City of Marysville Events
- Free: Youth Mental Health First Aid training for community members. One day training offered on two separate days (10/17 or 10/18) at Marysville Community Center. Offered in partnership with Linc NW
 - Register Here:
 http://apm.activecommunities.com/marysvillewa/Activity_Search/10116

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!

Tulalip Education Division:

 Tons of great activities for youth within the Marysville School District. Check out their Facebook!

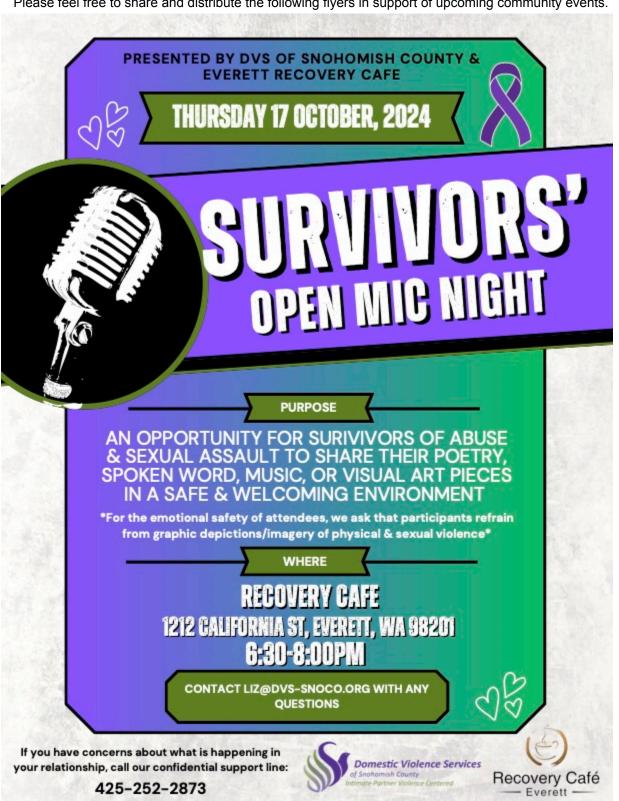
Upcoming Coalition Meeting Dates

Oct 1st, 2024 | 8:15AM | Hibulb Cultural Center

Nov 10th, 2024 | 8:15AM | Marysville Community Center

Event Flyers and Attachments

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







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 Assitance
- 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

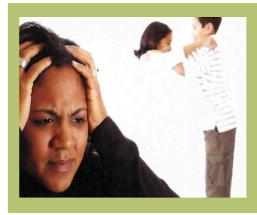
Be the difference in the life of an adolescent.











ONLINE Parent Support



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/regi

ster/tJMqdOuoqjorH9CyhSK5

v4XeRDHorrtS0AnZ

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, metal 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.