



working together to create safer spaces

An Overview of  
**Monthly Meeting | September 10th, 2024**  
Uniting Stories: Marysville-Tulalip Coalition

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**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 [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](#)
- **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](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](mailto: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.

PRESENTED BY DVS OF SNOHOMISH COUNTY &  
EVERETT RECOVERY CAFE

THURSDAY 17 OCTOBER, 2024

# SURVIVORS' OPEN MIC NIGHT

**PURPOSE**

AN OPPORTUNITY FOR SURVIVORS OF ABUSE  
& SEXUAL ASSAULT TO SHARE THEIR POETRY,  
SPOKEN WORD, MUSIC, OR VISUAL ART PIECES  
IN A SAFE & WELCOMING ENVIRONMENT

\*For the emotional safety of attendees, we ask that participants refrain  
from graphic depictions/imagery of physical & sexual violence\*

**WHERE**

**RECOVERY CAFE**  
1212 CALIFORNIA ST, EVERETT, WA 98201  
6:30-8:00PM

CONTACT LIZ@DVS-SNOCO.ORG WITH ANY  
QUESTIONS

If you have concerns about what is happening in  
your relationship, call our confidential support line:  
425-252-2873

 Domestic Violence Services  
of Snohomish County  
Intimate-Partner Violence Centered

 Recovery Café  
— Everett —



**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.**