



Snohomish County
Children's Wellness Coalition

December 15, 2017

9:00 to 10:30 a.m.



In Attendance:

Christy Anana, Mary Lynn Antush, Becky Balbach, Suzie Black, Kelly Christensen, Mary Cline-Stively, Maria Cortes, Shannon Cunningham, Jen Garcia, Lindsey Greene, Cleo Harris, Tamra Hill, Nancy Johnson, Lyn Lauzon, Sue McCarthy, Nicole McMurray, Barbara Menzel, Sadie Nelson, Lisa Odom, Liza Patchen-Short, Kari Pendray, Sarah Pulliam, Tim Reeves, Tina Roth, Faith Simonelli, Dennis Smith, Ramonda Sosa, Sue Starr, Joanne Swanson, Kayla Valy, Gina Veloni

Liza Patchen-Short welcomed everyone and introductions were made around the room.

Updates:

- Sue McCarthy recommends the Resilience Trumps ACEs game by the Children's Resilience Initiative.
- Joanne Swanson shared that Housing Hope is opening a new site in Twin Lakes and will be housing 38 homeless families starting December 23.
- Sue Starr talked about providing training for shelter staff.
- Sadie Nelson's role with SHD is to reengage the NEAR Collaborative for Action – she wants to speak with CWC members who may want to participate. The NEAR Collaborative for Action is separate but collaborative with the CWC, looking at multigenerational approaches and a life course perspective.
- Lisa Odom talked about a new hire in juvenile court for truancy – they are working with/training school districts to consider trauma in truancy boards – also brought up that the Snohomish School District is working to become trauma-informed.
- Lindsey Green talked about her role with Coordinated Care – brought up the Medicaid plan for foster youth and integrative managed care – if you have any questions, feel free to reach out to her. She talked about her work offering trauma training to organizations, and offered to get in touch with her if your organization is looking for trauma training.
- Ramonda Sosa works for Homage Senior Services, she discussed the foster grandparent program that builds volunteer connections with young people.
- Lyn Lauzon – the Everett School District is having a holiday meal for family members of Everett Public Schools students at Evergreen Middle School.
- Nancy Johnson - The Imagine Children's Museum is starting a program for kinship families and children with an incarcerated loved one in 2018. Introduced Jen Garcia who will be attending the CWC regularly.
- Jen Garcia brought up that the Children's Museum has a free sensory morning time once a month, sensory morning time with Santa will be Sunday December 17 from 9 a.m.-11 a.m.
- Christy Anana mentioned an event at Spark Hot Yoga in Marysville Saturday December 23, 6-8:30 p.m.

Update from November 30th Frameworking Meeting

- On November 30 a group met for a facilitated strategic planning meeting. The result was a strategic plan for the next 12-18 months for the CWC.
- Liza passed out Handouts #1, 2, and 3: draft application for C.A.R.E. designated site, draft C.A.R.E. Training MOU, Guiding Principles of Trauma Informed Care.

Building a Trauma Informed Community Training with Whatcom Family and Community Network 8 a.m. – 5 p.m. March 21, 22, and 23, 2018.

- Training will be sponsored by Snohomish County, aside from meals.
- The training will be experiential –also to include ACEs, NEAR science, resilience, focus on learning to train an agency and making the heart to head shift.. The trainers will focus on the needs of the group.
- The trainers will come to the January 19 meeting and share their plans, get to know people.

- There will be a maximum of 2 people from any given organization. For larger organizations, it's suggested that the process can begin at a department/division level.
- After attending the training, you will be asked to commit to train within your organization or another site within six months.
- The CWC will assume with positive intent that you will implement trauma-informed practice.
- You will be asked to form a TILT – Trauma Informed Leadership Team, including whomever is believed suitable within your organization.
- You will be asked to join a learning collaborative with about other organizations. The learning collaboratives will meet quarterly to collaborate and share as a learning community.
- An application and MOU are required to be considered .The MOU requires an executive sign off on the training.
- Organizations that sign on will be on the CWC website.
- There was discussion about limited capacity to follow-up/audit organizations. Implementation will not be policed – organizations are signing a commitment to the process. The organizations can be given best practices and a check-list, but the idea is that they will develop their own individual plan.

- ***Application deadline is January 9th. People who want to go through the training should send an application to Liza Patchen-Short. A CWC team will be meeting in January to make selections. Those selected will hear via email in January.***
- ***There was a question about relevant books that might be read ahead of the training. Liza Patchen-Short can send out a list.***

Feedback on MOU and Application

- Liza Patchen-Short asked those present to look over the MOU and application. Feedback that came up:
 - The MOU could directly involve the guiding principles – a signature to support those ideas.
 - The question came up whether there is enough on the application to be able to make a decision if there is a flood of applications?
 - Could ask agencies why they feel they should be in the first round.
 - Could ask agencies to give an example of their commitment.
 - There could be an intake rating – this could also show a cultural shift over time.
 - Could be worth pointing out that this is Phase 1 in the MOU/application.
 - There was discussion about agencies surveying their customers to get ongoing feedback, perhaps as a suggestion but not in the MOU.
 - There was suggestion to ask agencies where they are in terms of internal support/concern that organizations might not have support to keep doing deep work after the training. There was hope that the training and learning collaboratives would help address this.
 - The importance of self-care and practicing within the organization and not just with customers was presented. Liza Patchen-Short confirmed that this is a topic the training will address.
 - There were concerns presented that this could become a box-ticking exercise.
 - There was discussion of how to address staff turnover and leadership changes in organizations – is this one off or annual? Will there be refresher trainings? There won't be ongoing follow-up. The hope is that the TILT groups will help keep the practice fresh.
 - The importance of executive sign-off and submitting the application with a signed MOU were reinforced by group feedback.
 - It was brought up that the CWC should think about what kind of sponsorship it needs – legislative, from mayors, agencies, etc.

- ***Liza Patchen-Short will email out the updated MOU, application, and Guiding Principles.***

C.A.R.E. Designation Sticker

- Liza Patchen-Short presented the draft of the C.A.R.E sticker. It is designed to go on the front door of a business and show the Community C.A.R.E. Designation. There was feedback that it needs to be more vibrant and with an easier to read font. Also that a transparent background would be better than white.

Live Healthy 2020 Accelerator Event

- LiveHealthy2020 *Community Health Accelerators* are groups formed to “accelerate” solutions for high priority health issues in Snohomish County. Based on the collective impact model that community-wide problems can only be solved when all sectors work together, LiveHealthy2020 Accelerators convene leaders in Snohomish County businesses, nonprofits, government, education and other sectors. Each Accelerator is launched with a half-day live *Accelerator Event* designed to identify best practices and common barriers.
 - The event March 29th is about mental/emotional wellbeing, at ChildStrive from 8:30 a.m. –12:00 p.m.
 - The event will include businesses and other organizations that the CWC doesn’t always engage with.
- ***If you know of any people or organizations that should be at the accelerator event, contact Mary Cline-Stively, Liza Patchen-Short or Tina Roth. Also get in touch if you have any suggestions for speakers.***

What indicators do we want to know? How do we tell our story?

At the strategic planning day November 30, *Telling our Story with Data* was one of the main themes. Liza Patchen-Short asked those present for input on which indicators would be useful, what datasets exist, and who has expertise in this area.

- Christy Anana talked about data from her school, and the question doing the right thing with data you’re collecting. They send their data to some UW post-doc students who help them break it down.
 - There was discussion of searching for good national data/indicators.
 - The group discussed asking if the Whatcom Family Trust has indicators.
 - Tina Roth – LH 2020 is doing work in this area, has found there aren’t many historical measures on emotional health/resiliency. LH2020 is working on dashboard indicators with Kaiser Permanente. She also mentioned some research being done at the University of Washington and made the point that there are ways to gather and model data so that you don’t need to be measuring the same exact thing to understand the impact.
 - It was presented that a question on the application could be about which indicators would work within the organization, and which data are being collected already.
 - The National Trust on Wellbeing in Denver is working on developing indicators in this area.
 - Dennis brought up that some SAMHSA Communities have their own indicators, could look at their work.
 - Becky Balbach talked about Panorama, a survey in school districts to measure social/emotional learning, well-being, sense of belong. In her district, they are implementing Panorama and have learned some areas for growth.
 - Liza talked about how the CWC started off with building trauma informed schools in less than a year found 73% decrease in discipline referrals at one school.
- ***If you have any thoughts on indicators, email Liza or bring them to the next meeting.***
- ***Becky Balbach is going to see if Panorama has anything similar for agencies.***

Who is missing at the table?

- Smokey Point opened an adolescent behavioral health facility – maybe someone from there?
 - There was discussion of having families, teachers, etc., at the table.
 - [More] Chemical dependency professionals.
 - Refugee and immigrant services.
 - Libraries.
 - Boys and Girls Club.
 - Housing and Shelters.
- ***Liza Patchen-Short told everyone to feel free to invite people from the above list.***

Collaborative learning communities – call for volunteers

- Coalition members – to support learning collaborative, offer support, TA, Liza asked for volunteers.
- Would meet quarterly.

Resiliency Conference

- The Resiliency Conference (February 28 – March 1, Comcast Arena) is full..
- Liza Patchen-Short suggested anyone with interest who has not signed up to get on the wait list.
- The goal is that participants attend both days. There will be a lunch on February 28 – considering forming a panel from the CWC so people can come and ask questions at the event.

Liza Patchen-Short thanked everyone for attending.

The meeting ended at 10:28 a.m.

The next meeting of the Children's Wellness Coalition will be held Friday, January 19, 9:00 to 10:30 a.m. at the Community Resource Center, 3900 Broadway, in Everett.

Nicole McMurray, Sr. Secretary, Snohomish County Human Services