

Snohomish County



Children's Wellness Coalition

## Snohomish County Children's Wellness Coalition

**January 19, 2018**

9:00 to 10:30



### **In Attendance:**

Michelle Barnes, Suzie Black, Kelly Christensen, Mary Cline-Stively, Shannon Cunningham, Jen Garcia, Lindsey Greene, Laurie Hardie, Tamra Hill, Rachel Kittle, Rhidonah Ladner-Neal, Lyn Lauzon, Sue McCarthy, Nicole McMurray, Laura Mote, Joe Neigel, Sadie Nelson, Lisa Odom, Liza Patchen-Short, Heather Perry, Sarah Pulliam, Desmond Pullen, Gretchen Saari, Amy Schilder, 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.**

- Amy Schilder shared information about Northwest Hearts United Equine Facilitation, in Snohomish Skagit and Whatcom Counties. She shared fliers of their 2018 schedule.
- Jen Garcia shared about sensory Sunday Feb. Jan 21 and free admission night from 5:30-9 on January 19 at Imagine Children's Museum.
- Michelle Barnes from Homage Senior Services talked about the foster grandparent scheme.
- Sadie Nelson shared information about the NEAR Collaborative's ACEs January quarterly, January 24.
- Sue Starr from Snohomish Health District talked about organizing a new monthly group for people who are leading groups in shelters.
- Laurie Hardie announced that Lutheran Community Services is expanding services to respite and long and short term care.

Liza Patchen-Short presented information on **The Wellness Fair Saturday May 5** and asked anyone interested to contact her to get on the list.

### **Liza Patchen-Short announced the list of who was awarded to go to the Core training:**

1. Catholic Community Services –Everett and Marysville Recovery Centers for Youth **Trainer:** Daniel (DJ) Rivera
2. Catholic Community Services-Children's Mental Health - **Trainer:** Shannan Engel
3. ChildStrive -**Trainers:** Sarah Pulliam, Trish Dauer and Mary Cline Stively
4. Cocoon House –**Trainers:** Shira Hasson –Schiff and Sarah Ciraci
5. Compass Health –Children's Intensive Services (WISe)-**Trainers:** Megan Boyle and Morgan White
6. Coordinated Care of Washington –**Trainers:** Lindsey Greene and Heather Perry
7. Darrington School District-**Trainer:** Tracy Franke
8. Domestic Violence Services-**Trainer:** Dale Todd
9. DSHS –Community Service Offices and Snohomish County LPA- **Trainers:** Anne Cervantes and Katie Levin
10. Edmonds School District-Lynnwood High School **Trainer:** Kelly Christensen
11. Edmonds School District Nurses-**Trainers:** Mara Marano-Bianco and one more
12. EmberHope Youthville-**Trainer:** Nathan Ray
13. Everett Community College –ELC Early Learning Center -**Trainers:** Tamra Hill and Kristina Saunsaucie
14. Everett Public Schools ECEAP-**Trainers:** Monica Kachmarik

15. Granite Falls School District ECEAP Program- **Trainer:** Brittany McGinnis
16. Homage Senior Services -TBD
17. Housing Hope-Tomorrow's Hope Child Development Center-**Trainer:** Timothy Jackson
18. Imagine Children's Museum –Visitor Services and Education - **Trainers:** Jen Garcia and Rhidonah Ladner-Neal
19. Institute for Family Development-All Clinical Teams - **Trainer:** Kaitlin Davis
20. Interfaith Association of Northwest Washington –Family Shelter Staff **Trainer:** Adele Gavin
21. Leadership Launch-**Trainer:** Rachel Kittle
22. Lutheran Community Services Northwest -All Family Support Centers -**Trainers** (Peggy Ray, Osbaldo Hernandez Sahagun, Katherine Jordan , and 2 more)
23. Monroe School District –Secondary Counselors-**Trainers:** Adrienne Williams, Lorena Lee and Jill Vandemoortele
24. North Counties' Family Services-**Trainers:** Wyonne Perrault and Marree Perrault
25. North Snohomish County Early Head Start-**Trainer:** Lindsey Wilson
26. Quil Ceda Tulalip Elementary School –**Trainer** Christy Anana
27. SeaMar Community Health Center-Maternity Support Services - **Trainer:** Cecilia Saldana
28. Snohomish County Human Services Behavioral Health Contract Managers-Amanda Franke, Cleo Harris and Jon Waters
29. Snohomish Health District –Prevention Services Division -**Trainers:** Sadie Nelson and Sue Starr
30. United Healthcare Community and State - **Trainer:** Suzanne Black
31. Volunteers of America-Dispute Resolution Center **Trainers:** Sue McCarthy and Barbara Menzel
32. Volunteers of America-Sky Valley –to include Boys and Girls Club-**Trainers:** Calei Vaughn and Ruth Shapovalov

**Broad Visioning with the Group and Trainers, Kristi Slette and Geoff Morgan – About Building A Future CARE Community – We are Working to Create, to Collect Shared Language of Your Preferred Future**

- Those present were asked to pair into groups of two, to interview each other for 2 mins each. The interviewer was to ask the question: “Think about a time when someone recognized your potential. Tell the story, what happened? What did it feel like? What were you doing? How did it help you become who you are today?” The interviewer was asked to: Encourage your partner to tell his/her story, draw them out with your positive energy and excitement. After two minutes, the roles were swapped.
- Then, the groups of two moved into groups of four to interview each other in groups.
- The facilitators asked the whole group to share the themes and patterns they noticed:
  - They had high expectations
  - They believed in us
  - Many were teachers, and/or inspired us to become teachers
  - Respected authority figures
  - Validation
  - Pushing to strive with support
  - Saw in us something we didn't in ourselves
  - Saw us as individuals
  - Created a safe space/place to land
  - Often shifted our trajectory
  - Noticed our time of need
  - Gift of time
  - Time in a way that didn't feel obligatory
  - Authentic relationship
- In the same groups of four, those present were asked to share what they felt was most valuable about themselves and their capacities to contribute to a healthier, more resilient community.
  - Balance of authentic care for others and self
  - Connector with passion
  - Trustworthy
  - Able to think outside the box
  - Good listener

- Determination – and hardworking
  - Nonjudgmental; able to see past the behavior to the person
  - Listening and highlighting your strengths
  - Telling kids that they can do it, and that I am here to help
  - Following up, so you don't fall through the cracks
  - Being present, holding hope, staying balanced
  - Welcoming, giving safety, being stable and nurturing; acceptance
  - Seeing beauty in brokenness; seeing the possibility and potential in people/the community
  - Listening, validating, encouraging
  - Curiosity – bridge gaps by listening
  - Being passionate and enthusiastic
  - Ability to connect
  - Determined
  - Patience
  - Adaptability
  - Dedication to the work that we do
  - Discernment
  - “Little Engine that Could”
  - Empathy for others
  - Art – not afraid of the subtext and hard places
  - Love and acceptance for all
  - Listening and assuming good intent
  - The gift of time to help others. The skills and training to contribute.
  - The ability to see things in a big picture and be creative in using my skills and training
  - A writer with an online presence, using that platform to encourage topics and conversations
  - Likes working with people to give back and support others. Time and energy to create programs that bring people together.
  - Balanced – listening to understand
  - Listener and advisor
  - Advocate
  - Compassionate
- Next, those present were asked to break off into new groups of four and reflect on: if Snohomish County were truly trauma informed, what would that look like and feel like.
    - Less road rage
    - Housing for all
    - People talking with one another – interacting with neighbors
    - Access to evidence-based trauma therapy, drug and alcohol treatment, and decreased need for these over time
    - More support for families with young children
    - More attention to underserved peoples
    - Fewer people jailed – shift from punitive intervention to support before it is even needed
    - Crisis nursery
    - Parent-teen relationship support
    - Support in all ways to our schools
    - More quality equity inclusion diversity social justice
    - More physical activity
    - Looks like:
      - Funded
      - Informed
      - Equipped
      - Trauma informed policies
      - Restoration practices
      - Basic needs met
      - Non-judgmental
      - Broad understanding that someone's behavior doesn't define the person

- One visible place for resources
  - Thoughtful agency placement
  - Shared social service space – mobile units for services
  - “Listening first” – taking time, increasing collaboration
  - Happier children
  - Increased compassion, willingness to see individual’s stories
  - Calling into work for mental or physical illness seen in the same light
  - Less dropout rates
  - Beauty
- Feels like
    - Success would be the headline
    - Understanding
    - Okay to ask for or offer help
    - Safe
    - Accepting
    - Hopeful
    - Optimistic
    - More valued
    - More cared for
    - More fulfilled
    - Open communication networks and encouraged support
    - Sense of community ownership
- Acts like
    - Connected
    - Collaboration
    - Empathy
    - No blame, also no “Not My Fault,” “Not my problem”
    - Approaching with curiosity rather than assumptions
    - Changes in human interaction
    - Changes in voice tone, eye contact
    - “How are you doing” is seen as a real question rather than “Hi” with expected response
    - More connected – agency, human, community
    - Supporting each other and problem solving
    - Encouraging creativity, giving students options for learning and succeeding

**Next steps.** *Kristi Slette and Geoff Morgan explained that in all of our answers is a framework for the work of the CWC. When thinking about what’s next, this is a great place to come back to.* Kristi Slette and Geoff Morgan passed out Handout #1, Four Stages or Areas of Change Process. This introduces what they will be doing with the CWC at the training in March.

**10 Minutes to Talk about the Learning Collaboratives – Kayla, Lyndsey, Heather**

- Handout #2, Draft CARE Community Plan/Draft TILT Report was handed out.
- It was presented that rather “learning collaboratives,” they be referred to as “CARE Communities.”
- There was a presentation a proposed timeline and what a CARE Community could look like.
- The TILT report would be a form of accountability.
- It was proposed to break groups up geographically. This will save people traveling long distances, and also ensure that a diversity of organizations is represented in each group.
- Kayla Valy, Lindsey Greene, Joe Neigel and Heather Perry will be facilitators. One more facilitator is needed. The facilitators are required to: organize quarterly meetings; meet in person after the quarterly meetings; expected time dedication of 1-2 hours/month.
- An email will go out to the group about the above.

**The training:**

- March 21, 22, 23, all day. Training will be 9-4 every day at Best Western in Everett.

- For lunch, you can order/bring your own, or a box lunch can be ordered at your expense.
- It was asked whether those who complete the training have to train a whole agency.
  - Some are just training a particular program/team.
- There was a question about the extent of training of the training that each person has to do in an agency.
  - Roughly six hours, 2-3 hours is core training – you will get slides for a 3 hour training that you can tailor to your organization.
  - It was emphasized that the TILT team is where a lot of work will be done.
- There was discussion of recruitment for the TILT team. It is encouraged to reach out and get a group of people together, including people who need encouragement.
- Potentially 19 hours CEUs, through the ESD.
- Part of the timeline, 6 months is the informal training. The next 6 months after that is focusing on the internal transformations. It's possible that at the training there will be discussion of TILT teams.

### **Resiliency Conference**

- The Resiliency Conference (February 28 – March 1) is full. Getting on the wait list is suggested.
- Liza asked for two people to be part of the CWC conference panel. Contact her if you are interested.
- Those who are registered will be contacted soon for a final RSVP.
- The goal is that participants attend both days.
- There will be a lunch on February 28 – the CWC is forming a panel so people can come and ask questions at the event. If anyone is interested, in being on the panel, get in touch with Liza Patchen-Short.

The Children's Wellness Coalition will be a meeting in February, but there will be no meeting in March.

Liza Patchen-Short thanked everyone for attending.

### **The meeting adjourned at 10:31a.m.**

The next meeting of the Children's Wellness Coalition will be held Friday, February 16, 9:00 to 10:30 a.m. at the Community Resource Center, 3900 Broadway, in Everett.

*Nicole McMurray, Sr. Secretary, Snohomish County Human Services*