

## Arlington Coalition for Healthy and Resilient Youth Meeting Notes for 1-30-25

### Attendees

Abby Reveles	Arlington Library
Ardis Schmiede	Stilly Valley Health Connections
Baile Linklater	Youth
Carson Raz	Youth
DJ Lockwood	Arlington Boys and Girls Club
Franklin Vincenzi	Youth
Jaime Robb	SnoCo Health Dept
Kailey Larson	Youth
Kerri Helgeson	Arlington Public Schools
Marlydann Dugger	Arlington Community Resource Center
Mary Levesque	Parent
Mayra Cruz	Youth
Mike Gilbert	Arlington Police Dept.
Parker Coffey	Arlington Boys and Girls Club
Rowan Hindle	Stillaguamish Tribe of Indians
Sarah Higginbotham	Stilly Valley Health Connections

### Welcome and Introductions

DJ started the meeting at 3:30pm and we each introduced ourselves. Kailey volunteered to read the vision, mission, guiding principles, focus areas, and meeting ground rules.

### Discussion and approval - Vision, Mission, Guiding Principles, Focus Areas

Mary brought our attention to Marlydann's comment about the vision statement. We discussed how to state this in a more positive way. The approved vision statement is

Our **vision** is a community where our youth are healthy, resilient, and informed of the impacts of substance misuse.

In reviewing the mission statement, the only suggestion was a grammatical correction. The approved mission statement is

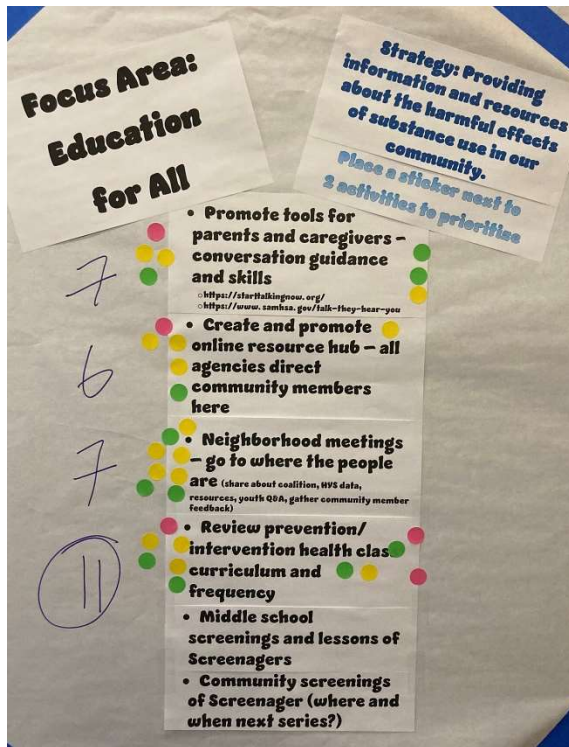
Our **mission** is to work collaboratively on youth substance misuse prevention and intervention by:

- Enhancing the current work of member organizations.
- Identifying and filling the gaps.
- Expanding our reach to all community members.

Honoring our meeting ground rule of staying on time we tabled the discussion and approval of the guiding principles and focus areas until the next meeting.

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### Strategies & Activities Walk – Posters & Discussion



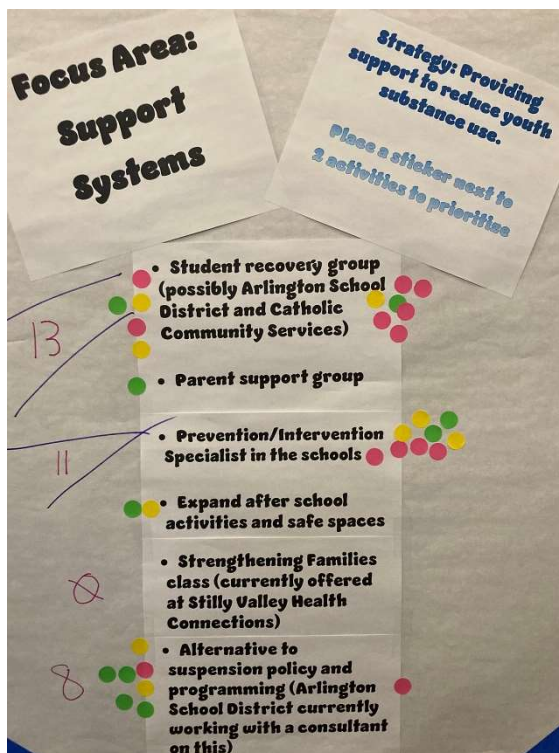
Kerri shared the school district has a curriculum committee that reviews and suggests changes. This is a long internal process. She extended an invitation for coalition members to join the committee if they are interested. And Kerri offered to update the coalition on what the committee is working on.

Jamie shared that the health department does present information on vaping and cannabis in schools and has done this in Arlington. They usually do one school a year.

The discussion moved on to neighborhood meetings and promoting tools for parents and caregivers.

We decided to combine the two for this strategy.

We will go to where people are to share and gather information from community members.



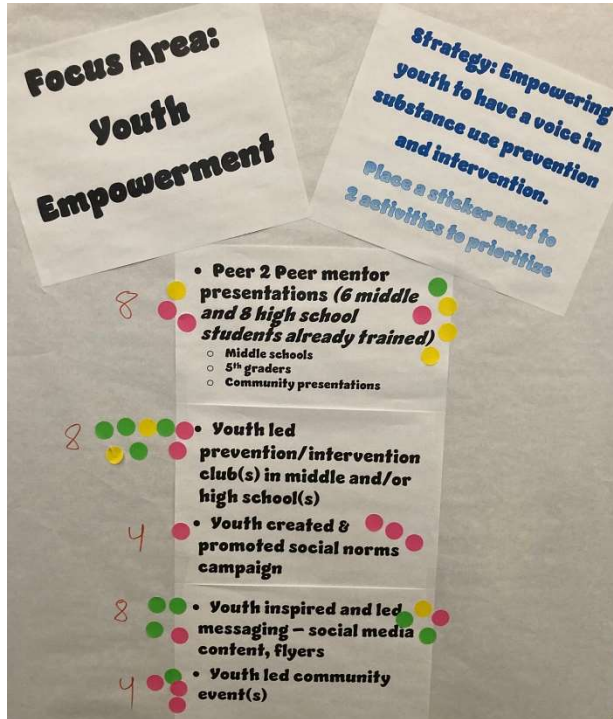
Kerri shared that at one time Arlington School District had a Prevention/Intervention Specialist, and the budget did not allow for the position to continue.

Sarah shared that Stilly Valley Health Connections, Arlington School District, and Catholic Community Services (CCS) met in November and discussed the possibility of partnering. CCS has a program that has the potential to provide a person in the school to facilitate student recovery groups and parent support groups.

Mayra suggested that there will be parents that will be concerned about this and how do we address these concerns. This is an opportunity for the work group to address.

We will work on how we can fund and implement this position and support groups.

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Kerri explained the Peer 2 Peer program and that a quick win for the coalition is for members to host a Peer 2 Peer presentation at their organizations.

There is also a need for a mentoring program that is a longer-term project.

The discussion around starting a club was informative and having the youth perspective was eye opening.

We decided that for this strategy we will focus on youth inspired and led messaging.

### Next Meeting

Discuss and approve the guiding principles, focus areas, and strategies. Break up into focus area work groups to discuss next steps.