

Arlington Coalition for Healthy and Resilient Youth

Meeting Notes for October 9th, 2025

Attendees

Abby Bormann	Arlington Library
Alicia Elias	Stilly Valley Health Connections
Ardis Schmiede	Stilly Valley Health Connections
Erika Coghill	Stilly Valley Health Connections
Mandy Kruger	City of Arlington
Mike Gilbert	Arlington Police Dept.
Monica Jackson	Arlington Library
Sarah Lopez	City of Arlington

Welcome and Introductions

The meeting started at 3:30 PM with introductions. Sarah Lopez joined via Teams. We welcomed a new member, Alicia Elias. Alicia is the new Coalition and Program Coordinator with Stilly Valley Health Connections. Monica Jackson will be departing from the Arlington Library to work at the Mukilteo Library.

Fall Event: Resiliency Presentation

Erika updated the team about securing a speaker for the event scheduled for Thursday, November 20th, at 6:30 PM. Jenne Alderks, with Snohomish County Human Services, is excited to speak to parents about how to build resiliency in our youth. The event will take place at the Arlington Library.

The Communities Talk prevention activity stipend will be used in the weeks leading up to November's event, focusing on marketing and advertising it to the community. At the event, there will be tables with coalition information and separate educational materials for parents. Light refreshments will be provided, and the library will assist with an activity for kids. Stilly Valley Health Connections plans to create a flyer by next week and share it with the team to help promote the event.

Tabling Events

We could not lock down a date to table at a football game this season. Looking forward to the possibility of tabling at upcoming basketball games. This month, the coalition will have tables at both high schools during their lunch period. Please check out [LINK](#) to sign up if you are available!

- October 14th, Arlington High School
- October 16th, Weston High School
- November 13th, Weston High School

Youth Cannabis and Commercial Tobacco Prevention Program (YCCTPP) Community Mentoring Partnership

Erika shared an exciting opportunity that would continue to enhance the coalition and raise our youth engagement. Youth Cannabis and Commercial Tobacco Prevention Program (YCCTPP) has a mentoring program that match a mentor and mentee coalition together to help the mentee

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strengthen their community activities and increase engagement involving youth. Fortunately, Battle Ground has registered to become a mentor and has been waiting to find a mentee community.

Battle Ground has a successful coalition and created a middle school club called the Dream Team that prioritizes prevention efforts around substance abuse and mental health. This after-school club is a positive, fun, and engaging way to work with youth and gets them involved in their community. The youth had an opportunity to work with legislators to increase the age limit of vaping from 18 to 21. Battle Ground has found that once teens move into high school, some have returned to continue working with the younger teens.

Post Middle School is interested in piloting this program, with two staff members available to start in March or April 2026. SVHC is diligently filling out the application, and once submitted, may hear back in about a month for the next steps. Excitedly, the program covers the stipend for the school advisor time, and if the pilot is successful, they can possibly provide another year of funding.

Prevent Together - Battle Ground Prevention Alliance

DREAM Team

2026 Planning

Erika led the team in exploring some opportunities we could pursue in the upcoming year, where we want to have a bigger presence, and which organizations/agencies we could partner with. Please refer to [**2026 – Coalition Ideas**](#) or activities, tabling events, awareness months, and educational event ideas.

- If November's event is well received, there is a possibility of creating short monthly sessions highlighting a variety of topics. Finding a nice neutral spot for families to attend is important, and the Arlington Library is in a great location, and willing to provide space and staffing.
- The idea of partnering with Heart Art Healing to provide art activities. Heart Art Healings' mission is to provide a supportive environment for individuals to reflect, express, and empower self, while building resilience and exploring the intuitive art process. SVHC has had successful events with up to 15 – 20 people attending.
- The team was interested in providing fun, lighthearted activities and creating safe spaces for youth to attend, which could allow us the unique opportunity to sprinkle in education and information. Activities such as Movie Nights, Library Putt Putt Golf, and learning to play Pickleball in the new upcoming courts.

Team feedback included: adding more youth-focused efforts throughout the year, alternating months between youth/adult activities, talking with the high schools to partner around activities, creating a newsletter around coalition efforts to inform the community, partnering with the Arlington Police Department for future Drug Take Back Days, and exploring other sports to table, such as wrestling matches.

Drug Take Back Day – Saturday, October 25th

The conversation shifted to Drug Take Back Day events with the City of Arlington and the Arlington Police Department. APD has a drop-off box available for the community to use at their office during

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regular business hours. APD is interested in assisting in these efforts to ensure safety. Mike will check to see if APD is doing anything this fall.

The team shared the idea of reaching out to local dispensaries to potentially provide educational information to adults about safely locking up cannabis products.

SVHC will be posting on social media about local pharmacies where individuals can drop off unused and/or expired medications.

Student Survey Question

The team collaborated on narrowing down survey questions for middle and high schoolers. Please refer to the [School Survey Questions](#) attachment. Alicia will summarize the team's feedback, and Abby will obtain teen feedback from the library. Once completed, this will be forwarded to the schools to receive their feedback. During this time, the team is asked to consider how we will utilize the teens' responses.

Wrap Up

The team was asked to brainstorm new contacts as there have been some recent changes in agencies and organizations. Erika passed out the Snohomish Health Department **Vape-Free Pocket Guide**. Amazing and quick resource for information and quit support for youth!

Next Meeting

Coalition – **Thursday, November 13th, 3:30 PM**, in the City of Arlington Council Chambers. If you are attending virtually, you can find the link in the new calendar invite, as well as the agenda sent out a few days before the next meeting.

To-Do List

Alicia Elias	Summarize youth survey and send to Arlington Library
Abby Bormann	Receive youth feedback on survey
Mike Gilbert	Check with department about participating in October Drug Take Back Day
Ardis Schmiede	Provide candy to Library for teen feedback
Stilly Valley Health Connections	Create and share flyer for November 20 th event
All	Share out information about the November 20 th event

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2026 – COALITION IDEAS TO START GENERATING IDEAS

JANUARY

Education - Topic: Mental Health & Youth - Arl Library (Adults)
Tabling – Attend AHS Basketball Game (All)
Activity – Bring Art Heart on one Friday after school to Arlington Library (Y)
Activity – Movie Night @ AHS or Weston (Y)
Activity – Friday Night Open Gym @ Haller or B&G Club (Y)

FEBRUARY

Education – Topic: Social Media & Youth – Arl Library (Adults)
Activity – Bring Art Heart on one Friday after school to Arlington Library (Y)
Activity – Movie Night @ AHS or Weston (Y)
Activity – Friday Night Open Gym @ Haller or B&G Club (Y)

MARCH

Education – Topic: Substance Use & Youth – Arl Library (Adults)
Activity – Bring Art Heart on one Friday after school to Arlington Library (Y)
Activity – Movie Night @ AHS or Weston (Y)
Activity – Friday Night Open Gym @ Haller or B&G Club (Y)

APRIL

Education – Topic: Creating a Medication Safe Home w/ WA Poison Center. – SVHC
Presenters would be online. If done in person, give away medication lock bags or devices (Adults)
Event – National Drug Take Back Day – April 27th (ALL)

MAY

Tabling – SVHC Health and Wellness on Saturday, May 30th (ALL)

JUNE

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JULY

Activity – Learn to Play Pickleball @ Haller (Y)

AUGUST

Tabling – Night Out Against Crime Event hosted by City of Arlington

Tabling – Back to School Event Hosted by ACRC (All)

Tabling – Back to School Event at Haller and Post Middle Schools (All)

Tabling – Back to School Events at Weston and Arlington High School (All)

Event – Overdose Prevention Day

SEPTEMBER

Event – Attend AHS Home football game (All)

Tabling – Mental Health and 988 Information @ AHS & WHS (Y)

OCTOBER

Education – Topic: Report on Healthy Youth Survey Findings for Arlington Youth online and/or in-person (Adults)

Event – Attend AHS Home football game (All)

Tabling – Substance Use Prevention Month @ AHS & WSH (Y)

Event – Drug Take Back Day – October 31, 2026 (ALL)

Event – Red Ribbon Week – October 23 through 31

NOVEMBER

Education – Open House and Roundtable Event – Have people learn about the coalition, get their input. Provide Dinner. SVHC. (Y & Adults)

Activity – Putt Putt Golf & Pizza – After hours at the Arlington Library or other fun location to set-up golf holes. (Y)

DECEMBER

Tabling – Attend AHS Basketball Game (All)

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Middle School Survey Questions (Ages 11 – 14)

Stressors

- What has been stressing you out the most recently, no matter how small or silly it may seem?
- What is your favorite way to take care of yourself?

Substance Use

- Have you experienced someone making you uncomfortable or pressuring you into doing something you didn't want to do? How did you handle it?
- How do you think your peers are getting access to substances (vapes, cannabis, alcohol)?
 - Multiple choice: Family, Siblings, Online, Stealing, etc.

Relationships with adults

- What do you wish adults in your household knew about you?
- What do you wish the adults in your life would know about teens?

Community

- Where do you feel most comfortable and able to be yourself?

Voice and Influence

- What's happening at your school or community that concerns you right now, and why?

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High School Survey Questions (Ages 14 – 18)

Stressors

- What has been stressing you out the most recently, no matter how small or silly it may seem?
- What is your favorite way to take care of yourself?

Substance Use

- Have you experienced peer pressure, and how do you handle it?
- How do you think your peers are getting access to substances (vapes, cannabis, alcohol)?
 - Multiple choice: Family, Siblings, Online, Stealing, etc.

Relationships with adults

- What do you wish adults in your household knew about you?
- What do you think is important for adults to know and understand about what teens are experiencing right now?

Community

- Where do you feel most comfortable and able to be yourself?

Voice and Influence

- What issue in your school or community is of greatest concern to you right now and why?
- How can the community make it easier for teens to participate in community planning and changes?