

## Arlington Coalition for Healthy and Resilient Youth Meeting Notes for 12-12-24

### Attendees

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

### Welcome and Introductions

Hobbies or activities we are really into lately, include wrestling, crocheting, reading, cross-country skiing, and puzzles.

### Why a Coalition and Data Recap

Ardis shared that a dream of hers is to start a youth substance prevention coalition based on the needs she sees in the community. The Arlington 2023 Healthy Youth Survey (HYS) provide data showing the need for a youth substance use prevention coalition.

We reviewed the findings from the Snohomish County Youth Substance Use Listening sessions and the Arlington School District 2023 Healthy Youth Survey and heard from students their observations and thoughts on the data.

- The HYS asks about individual substances. The students may be using one or more of these substances so the total percentage of students using substances is higher than any one of the percentages, but not necessarily a total of the percentages.
- Students may not have answered the survey honestly because of fear of getting in trouble, even though the survey is supposed to be anonymous.
- Discussing percentage differences between grades in the HYS, one observation was that friend groups change from 6<sup>th</sup> grade to 10<sup>th</sup> grade.

## **Arlington Coalition for Healthy and Resilient Youth**

### **Meeting Notes for 12-12-24**

- The graphs reviewed and discussed are from a snapshot in time. We are wondering what pulling historical HYS data and following cohorts over time from 6<sup>th</sup> to 10<sup>th</sup> grade looks like.
- When discussing students seeking support from adults, the concern is consequences without conversations.

### **Hear from the Youth**

When asked what reasons students try and continue using substances, the response was friend groups and the promotion and normalization of substance use. Kids don't think it's a problem and neither do some parents. There is a lack of education on the importance of delaying use until an adult.

Students aren't sure what to do when their friends are using substances. They want to help, but don't want to be seen as a narc. They aren't sure which adults will assist without judgement and punishment.

Students also see their friends' using substances and can't believe or understand why parents don't know.

Parents may know and have no idea how to handle the situation or help their child.

A student mentioned older friends at college and their overuse of substances because no one talked about moderation of use.

Students remember that at one time there was substance use education in a health class and felt that it wasn't enough. The education and conversation need to be ongoing and age appropriate.

### **Discussion of Vision, Mission, & Focus Areas**

This was tabled to allow space for conversation with youth. Send feedback request form in preparation for the next meeting.

### **Next Meeting**

Discussed having the next meeting at 5pm for youth in sports to attend and provide a hybrid option. Will follow up with a poll and check meeting room availability.