Meeting Notes

Attendance: Dana Carney (Stillaguamish Senior Center), Joelle Chapman Ortiz (Darrington Family Outreach), Erika Coghill (Cascade Valley Health Foundation), Krissa Cramer (Arlington Public Schools), Buck Marsh (Darrington School District), Teri McKeehan (The ARC of Snohomish County), Sabrina McKenrick (Stilly Valley Health Connections), Oak Rankin (Glacier Peak Institute), Dan Rankin (City of Darrington), Nathan Ray (Rays of Hope LLC), Sally Shinstrom (Faith Community Nursing), Barb Tolbert (City of Arlington), Mary Wysocki (North Counties’ Community Collaborative), Barbara Davis (Facilitator), and Ardis Schmiege (Stilly Valley Health Connections)

Context: The desired outcomes for this meeting were to come to consensus on potential actions for each of the focus areas discussed at the previous meeting. Additionally, the group continued to work on how to structure the work of the collaborative and other logistics.

Consensus on Items for Potential Action:

The group participated in a small-group, round-robin exercise to surface items for potential action under each of the focus areas discussed at the previous meeting. The resulting list of ideas was then narrowed to 2-3 actions for each area that the group could see as viable for implementation. It’s important to note that consensus on the selected items is an initial step in the process of determining which actions will be pursued, how they will be pursued, and who will pursue them.

Step #1 – Small Group Discussions to Create List of Potential Actions:

Focus Area: Connecting people to resources they don’t know exist

- Strengthen communication about existing resources: social media, brochures, radio, etc.
- Consider quality of information: brochures, language, navigators
- Develop a Resource Hub: (Live Well Local), one-stop shopping, 2-1-1 model
- All services in one place; a specific group is the champion to organize; one place means a database not a physical location
- Figure out which organizations can be hubs for information dissemination: schools, libraries, Arlington Community Resource Center, Stillaguamish Senior Center, Tribal resources, North Counties Family Resource Center – Darrington, food banks, medical offices, etc.
- Figure out how to reach across the tech divide
- Ask: What do organizations wish people knew about their services?
- Address transportation issues/needs
- Community mapping of resources
- Have a flowchart: medical/mental health, schools, community events
- Develop a strategy to reduce the stigma of needing and using resources; disseminate information via trusted sources
- Enhance agency communication about resources
- Have a mobile Health Fair or Resource Fair
- Create a system for medical community to get involved, i.e., ACES (doctors learn, use, disseminate)
- Get to the root of the problem though a flowchart method; “peel the onion”
Community events: Rotary and other service organizations have networking opportunities between organizations (face-to-face and partnerships/collaboratives), Stronger Together annual health and wellness fair/event

Focus Area: Support for mental and physical wellbeing

- Support can be viewed as money (needed or lack thereof), human resources, and partnerships.
  - Money: may need to pursue grants from Snohomish County Community Foundation, United Way, Red Cross and others; may need to talk about insurance coverage and funding for services.
  - Human resources: would need a wide array of organizations to be involved (Boys and Girls Clubs, GPI, family resource centers, senior center, etc.); would need to identify key individuals and leaders to support effort; would need to involve a variety of professions (may be lack of availability, university, internships)
  - Develop Partnerships: school districts, counselors, Tribes, Health District, County Parks Dept., senior center, family resources centers in Arlington and Darrington, Youth Dynamics, Coordinated Care, Boys and Girls Clubs, Clinic Guild (Darrington), etc.
  - Develop partnerships with “like services” in different geographical areas. For example, Senior Centers in Darrington and Arlington meet, talk about offerings, look for opportunities to work together, and promote offerings of each center.

- Develop a Suicide Prevention Coalition
- Reengage Arlington Drug Awareness Coalition (ADAC)
- Have Student Support Advocates (SSA) in Arlington and Darrington Schools
- Reduce stigma around mental health issues
- Use alternate language around mental health: emotional support, stress management, etc.
- Have a summer backpack/lunch program; incorporate physical activities and connections to family as well
- Have walking and hiking programs, i.e., a 5K or 10K Fun Run, open school gyms or other areas during adverse weather conditions
- PFLAG and other LBGTQ resources
- Explore how to involve Police and Fire Departments
- Encourage volunteerism
- Connect to medical professionals; involve them
- Find money and financial support needed
- Early intervention and resources (ACES for example); build a community around young kids; have emotional identification in kindergarten/younger grades (use volunteers from medical community to assess)
- Fund school nurses and counselors
- Add a doctor to this group
- Have family training opportunities prior to school age
Focus Area: Support for building a sense of connectedness to community

- Increase awareness of resources, activities, etc.; need a champion for this; need to figure out communication, how to do this and what it looks like (social media, web-based go-to); make appropriate to community served
- Leverage existing avenues where people meet, i.e., church groups, community boards, etc.; need a champion to develop what and how to do this
- Use schools to help facilitate communication (seniors include in communication)
- Marketing of community identity and how to engage, i.e., natural world and a sense of place
- Revive, rethink, reinvent Welcome Wagon program
- School programs with community service hours; create a group of “vetted” members to do community service; have quality control checks; civics class expands to community responsibility
- Community field trips with mentoring components, i.e., senior citizen trips to daycares and vice-versa, youth teaching adults/seniors; find people with a passion for this
- Events
- Remember the “Oso Strong” merchandise? Local artists could create shirts/hats/etc. for Stilly Valley
- Local and tourist campaigns (targeted)
- Bridge divide between established and new residents
- Smokey Point, Darrington connection to Arlington needs to be strengthened – culture, resources, etc.

Step #2 – Discussion to Narrow Potential Actions to 2-3 Per Area:

Focus Area: Connecting people to resources they don’t know exist

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- All services in one place; a specific group is the champion to organize; one place means a database not a physical location
- Get to the root of the problem though a flowchart method; “peel the onion”

Focus Area: Support for mental and physical wellbeing

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- Leverage existing avenues where people meet, i.e., church groups, community boards, etc.; need a champion to develop what and how to do this
- Community filed trips; have some with mentoring components, i.e., senior citizen trips to daycares and vice-versa, youth teaching adults/seniors; find people with a passion for this to develop it
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Structuring our Initiative work – Continued Discussion:

- Meeting frequency and logistics
  - The group decided to meet monthly on 2nd Wednesdays, from 10am-12pm. They also decided to alternate meetings between Arlington and Darrington as much as possible. Next two meetings were scheduled as follows: March 11th in Arlington and April 8th in Darrington.
- Coordination and progress check-ins
  - There is now a webpage for the collaborative where you can access information and updates; check it out using the link below:
    - https://www.stillyvalleyhealth.org/stilly-valley-health-wellness-collaborative/
  - Need to discuss how to bring the information from this group to our communities in a broad scale
- Other
  - We need to have a doctor in this group
  - We didn’t discuss job attainment as a well-being strategy; that seems to be missing; this would help youth have a path for moving forward
  - We should participate in Stronger Together event: distribute information and/or use as opportunity to survey attendees for information we are seeking to support our work

Immediate Next Steps:

- Next meeting scheduled for Wednesday, March 11th, from 10am-12pm, in Arlington. Ardis will confirm location.
  - Agenda will include discussion about participation in Stronger Together Day and potential survey

Meeting Evaluation:

- Good food, Thank you!
- Good brainstorming activity
- Good small group work with good discussions
- We had a good sense of community
- Good meeting space where we were able to spread out but still feel connected
- Make sure that we are working on something tangible in the next 6 months so we don’t lose momentum