

Arlington Coalition for Healthy and Resilient Youth Meeting Notes for 3-13-25

Attendees

Abby Reveles	Arlington Library
Angela Scarborough	Arlington Community Resource Center
Ardis Schmiede	Stilly Valley Health Connections
Brittany Bevis-Sciuto	SnoCo Health Dept
Carson Raz	Youth
Don Vanney	Mayor, City of Arlington
Erica Knapp	Parent/School Board
Kailey Larson	Youth
Kaylie Fairbanks	Arlington Community Resource Center
Kerri Helgeson	Arlington Public Schools
Mark Howard	Parent/Lakewood Coalition Coordinator
Mary Levesque	Parent/School Board
Mayra Cruz	Youth
Mike Gilbert	Arlington Police Dept.
Monica Jackson	Arlington Library
Rowan Hindle	Stillaguamish Tribe of Indians
Sarah Higginbotham	Stilly Valley Health Connections
Sarah Lopez	City of Arlington
Stephen Keck	NWESD 189

Welcome and Introductions

Meeting started at 3:35pm with introductions and we welcomed the six new people joining us.

Work Group Updates

Education for All

At the initial meeting, the group discussed personal experiences and why this work is important to them. They recognize the value of personal stories through face-to-face interactions, peer mentorship, and community focus groups. Considering a multigenerational panel to discuss personal substance use stories.

Youth Empowerment

At the initial meeting, the group discussed the need for more youth voices. Suggestions were to invite other Student Advisory students and to have meetings after school hours. Ideas around setting up social media and using a word cloud to create a poppy name for the account was discussed. Stilly Valley Health Connections will host the Instagram account, and the Coalition Coordinator will facilitate the account. Presented the idea of a [Photo Voice](#) project. Franklin will join this group.

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Support Systems

At the initial meeting, the group learned more about the role of the Student Assistance Professional and discussed funding options. The role includes one on one sessions with students, student support groups, and parent support groups. A grant application is in process for Health Care Authority funding due April 1. Looking for additional funding. Talking to Mount Vernon school district to learn about how they fund the role.

Coalition Marketing

Ready to promote when materials are available. Group is meeting virtually. Other organizations are ready to promote as well.

Review, discuss, and approve activities defined by work groups

All work groups are keeping the activity descriptions previously presented. The Coalition members approved of them unanimously.

Education for All - Go to where people are to share and gather information from community members.

Youth Empowerment - Youth inspired and led messaging.

Support Systems - Fund a school-based prevention/intervention specialist to work with students and create a student recovery group.

Other Announcements

Mayor Vanney shared a DEA newsletter. Sign up [here](#).

You Are Not Alone suicide prevention event is moving to north county in 2026.

Mike Gilbert promoted Big Brother Big Sisters.

Next Meetings

Education for All - **Thursday, March 20th 3:00pm** in the Rainer A Conference Room at Cascade Valley Hospital

Youth Empowerment - **TBD**

Support Systems – **Thursday, March 27th 3:15pm** at Arlington School District office.

Marketing – **Tuesday, March 25th 1:15pm** virtually.

Coalition – **Thursday, April 3rd 3:30pm** in the City of Arlington Council Chambers.