

Arlington Coalition for Healthy and Resilient Youth Meeting Notes for 4-3-25

Attendees

Abby Bormann	Arlington Library
Ardis Schmiede	Stilly Valley Health Connections
Baile Linklater	Student
DJ Lockwood	Arlington Boys and Girls Club
Jaime Robb	SnoCo Health Dept.
Kailey Larson	Youth
Kaylie Fairbanks	Arlington Community Resource Center
Mary Levesque	Parent/School Board
Mayra Cruz	Youth
Mike Gilbert	Arlington Police Dept.
Sarah Higginbotham	Coalition Coordinator
Sarah Lopez	City of Arlington

Welcome and Introductions

Meeting started at 3:30pm with introductions and sharing our favorite desserts. Ice cream cake is a must at a future meeting.

Work Group Updates

Education for All

The group is building a panel to meet with small groups of parents. They want to offer activities for children and provide food. Arlington Library offered their space for an after-hours event. Arlington Boys and Girls Club was suggested as a location to meet parents while their children are at sports practice. The next meeting is **Thursday April 17th at 3pm** in the Rainer A conference room at Cascade Valley Hospital. Rowan Hindle is the work group facilitator and Mayra Cruz is the notetaker.

Youth Empowerment

The group hasn't met since the initial meeting and recapped the idea of the word cloud to help with name ideas for the Instagram account. The Instagram account will be under Stilly Valley Health Connections and managed by the Coalition Coordinator. They will also focus on healthy activities for youth in Arlington. The next meeting is **Wednesday, April 23rd at 3:30pm** at the Arlington Library. Kailey Larson is the work group facilitator and Abby Bormann is the notetaker.

Support Systems

The group submitted two grant applications for funding the Student Assistance Professional (SAP) and is looking at other opportunities. The Northwest Educational Service District #189 (ESD) shared in the work group meeting that they are looking at ways to offer ala carte services for districts that are unable to fund an SAP position. This could look like a paraeducator doing screenings and brief interventions. The next meeting is **Thursday April 17th at 3pm** in the Superintendent's office at the

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Arlington Public Schools district office. Kerri Helgeson is the work group facilitator and Chryst Sweeting is the notetaker.

Coalition Marketing

The group announced the webpage is live on the Stilly Valley Health Connections website (<https://www.stillyvalleyhealth.org/arlingtonyouthcoalition/>). They met with a consultant to discuss creation of a coalition logo. The city has not shared anything new in the city newsletter. The Director of Communications with Arlington Public Schools is on board and ready to share as materials are made available. The next meeting is **Tuesday, April 22nd at 1:15pm** virtually. Sarah Lopez is the work group facilitator and Mandy Kruger is the notetaker.

Decide what substance(s) we will focus on and why this is important

Please find attached the *2023 HYS Comparison - Substances* document that was presented to the group. While completing and researching grant applications, we've learned that funding streams and grantors require the identification of which specific substances are being addressed by coalitions. The risk and protective factors we have focused on up to this point are universal to all substances. The other reason this can be important is utilizing educational campaigns. These are typically substance specific. For example, Choose You (<https://chooseyouwa.org/>) is tobacco/nicotine, You Can (<https://www.youcanwa.org/>) is marijuana, Focus On (<https://focusonyouwa.org/>) is alcohol, and Friends for Life (<https://wafriendsforlife.com/>) is opioids/fentanyl. They all tie into mental health as well.

We discussed the data, what we've experienced, and what we are seeing. While alcohol is high for lifetime/experimental (even one sip is counted), we recognize that this is most easily accessible for most youth as households have it within reach in cupboards and refrigerators. The high addictiveness of vaping nicotine is of great concern and what the schools and community are seeing. People are also vaping marijuana, so when we see a youth vaping, we don't know what they are vaping. Opioids, including fentanyl, are a concern because of being highly addictive and just one time can end a life.

We decided to wait until we had more representatives in attendance to decide. There is also a coalition poll (<https://forms.office.com/r/puSyCKwWLJ>) that was sent out with the meeting agenda that requested members to rank substance by priority. This will be on the May agenda.

Other Announcements

The Coalition Chair asked the group to bring up any issues to the group to address road blocks.

A student discussed how they were in a student group discussion about how to provide students not involved in an after-school club or sport an alternative activity, as all students are required to leave the school building at the end of the day if not there for a specific purpose.

This led to a discussion of what that could look like, from facility use forms, to the need for advisors, funding, and partnerships. This sounds like a future work group.

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Next Meetings

Education for All - **Thursday, April 17th 3:00pm** in the Rainer A Conference Room at Cascade Valley Hospital

Youth Empowerment – **Wednesday, April 23rd 3:30pm** at the Arlington Library.

Support Systems – **Thursday, April 17th 3:00pm** in the Superintendent's office at Arlington Public School district office.

Marketing – **Tuesday, April 22nd 1:15pm** virtually.

Coalition – **Thursday, May 8th 3:30pm** in the City of Arlington Council Chambers.