

Arlington Coalition for Healthy and Resilient Youth Meeting Notes for 7-10-2025

Attendees

Abby Bormann	Arlington Library
Ardis Schmiede	Stilly Valley Health Connections
Don Vanney	City of Arlington
Erika Coghill	Stilly Valley Health Connections
Kerri Helgeson	Arlington Public Schools
Mandy Kruger	City of Arlington
Monica Jackson	Arlington Library
Sarah Higginbotham	Coalition Coordinator
Sarah Lopez	City of Arlington

Welcome and Introductions

The meeting started at 3:30pm with introductions. No one joined us via Teams. We recognized Sarah Higginbotham's accomplishments with launching our coalition. All attendees wished her well as she is leaving Stilly Valley Health Connections and moving on to another organization. It was also shared the DJ Lockwood is moving to another position at the Boys and Girls Club of Snohomish County and will no longer be attending our coalition meetings. Mike Gilbert with the Arlington Police Department will step into the position of Coalition Chairperson. We will look to fill the Coalition Vice Chair position in September.

Work Group Updates

We did not have work groups report out this meeting. At last month's meeting, there was a group consensus that we would reduce the focus on sub-committee work for now, and as a group focus on fall activities and organizing a fall community event. The upcoming Education for All workgroup meeting for Thursday, July 24th, has been cancelled.

Education for All – on hold

Youth Empowerment – on hold

Support Systems – on hold

Coalition Marketing – on hold

Tabling Events

Sarah Higginbotham shared that the Coalition has been tabling events this summer. The Coalition has had a table at the Cool Bus in Legion Park on June 25th and July 2nd and participated in the first Afternoon in the Park at Haller Park hosted by Stilly Valley Health Connections on Tuesday, July 8th.

There is a need for more Coalition members to sign up to participate for upcoming tabling events. Please use the following link to sign-up using Sign-up Genius: [LINK](#)

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Talking Points, Elevator Speech & Volunteer Recruitment

The purpose of writing down talking points and elevator speeches aimed at different age groups is to give each Coalition member confidence when attending events and speaking with the public about the coalition. Examples were reviewed and shared. Feedback was the tone of the talking points should steer away from using strong language about fighting substance misuse. Our conversations need to come more from a place of help and support.

Fall Event Planning

Discussion shifted to event planning for this fall. We need a project with concrete goals to create momentum.

One idea was to host an event on Sunday, August 31st, which is International Overdose Awareness Day. There was an event held in Arlington at Terrace Park last year and it had speakers and resource tables. They had roughly 50 people attend. Last year's organizer is currently looking to have someone run the event this year. This year, the event falls on the Sunday of Labor Day weekend. It would be hard to get coalition volunteers to commit to volunteering in the middle of a three-day weekend. Looking ahead to 2026, August 31st will fall on a Monday, a week before Labor Day. Speakers could include Ken and Calei with the Community Outreach Team, Holman Recovery, and a medical professional. We will consider hosting this event at a future coalition meeting.

The idea of polling the community and getting their feedback on what they want to see and learn is needed. There could be an online poll shared out on social media, and questions could also be asked at tabling events. Erika will look into creating an online poll and sending it out to the group for comments.

Other ideas were shared, including remembering to include young adults, the importance of having a trusted adult in a young person's life, and the importance of protective factors. At the event, we could host a panel with participants from various backgrounds. This would require someone to introduce the speakers. After the panel, this could then change into a tabling event where different speakers would be at their own table and participants could go around to learn more about their area of expertise, as well as ask questions. This would allow for more intimate and meaningful conversations. Another thought was the tables could focus on how to talk to children and youth at different stages of development. The DEA has tools that we could use and display.

Several venues were discussed, including Pioneer Hall, Arlington Library, and the PUD room near the airport. The conversation steered toward using the library. The goal would be to have approximately 20 people attend. The library can fit 50 and Monica and Abby were confident they could accommodate this type of setup.

Reducing barriers that could keep parents from attending include providing dinner and childcare. The Arlington Library can provide space for food and use their children's area to entertain young children with games, activities, and books. A group that has therapy dogs may also be willing to attend.

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The possible date suggested for this event was Thursday, November 6th. Monica and Abby will check the calendar at the Arlington Library and report back. More details will be determined at our next meeting on Thursday, August 14th.

Wrap up

Ardis shared that Stilly Valley Health Connections is funding the printing of various resources, including the Choose You campaign, on the back of student ID cards for middle and high school students attending Arlington Public Schools. The City E-Newsletter may do a write-up about this mid-August to help promote it.

Reminders

- The Education for All workgroup meeting scheduled for Thursday, July 24th, has been cancelled.
- We need members to sign up at tabling events this summer! [Sign-up HERE](#)

Next Meeting

Coalition – **Thursday, August 14th, 3:30pm**, in the City of Arlington Council Chambers or virtually via **Microsoft Teams** [Join the meeting now](#) Meeting ID: 245 076 508 407 7 Passcode: us3ox7K2