

Arlington Coalition for Healthy and Resilient Youth Meeting Notes for 8-14-2025

Attendees

Ardis Schmiede	Stilly Valley Health Connections
Erika Coghill	Stilly Valley Health Connections
Mandy Kruger	City of Arlington
Mike Gilbert	Arlington Police Department
Monica Jackson	Arlington Library
Sarah Lopez	City of Arlington

Welcome and Introductions

The meeting started at 3:30pm with introductions. No one joined us via Teams.

Tabling Events

The Coalition had a table at the City of Arlington's National Night Out Against Crime event on Tuesday, August 5th. Mary Levesque and Sarah Lopez volunteered to be at our table. Sarah shared that the event was well attended, and we had a lot of interaction with participants, and several people signed up to learn more about the Coalition. One suggestion was to offer an activity at the table in the future to help get more children and youth to visit the table, along with their families.

Erika Coghill shared that we have the opportunity to table at several back-to-school events over the next few weeks. A few dates are on weekends, and some events are during the week. Please use the following link to sign-up using Sign-up Genius: [LINK](#)

There is also a possibility that we can have a table and get some messaging out at a varsity football game in October. Erika will contact the Arlington High School Principal, Marilee Herman.

Fall Event Planning

Discussion shifted to event planning for this fall. We have funding from SAMSHA to host a *Communities Talk* activity, which must be completed by the end of November.

The tentative location for the event is the Arlington Library and it would be held on either November 4th or 6th from 6:45 pm to 8:00 pm. The 4th is on election night and might help draw people to the event. Monica Jackson will check the library calendar and let us know which date will work best.

We are expecting a small turnout and have set a goal of 20 to 30 attendees.

Childcare could be offered in the children's section of the library where kids could do some activities or read books. Food or light refreshments could be served at 6:45 pm, with the event starting at 7:00 pm.

Stilly Valley Health Connections has offered to provide funding for the food, as well as a gift card drawing for attendees that stay and complete a short questionnaire at the end of the event.

The group discussed how we would use this hour-long event. The consensus was we do not want to have this be a lecture only event. Participants can sit at round tables and listen to a speaker for 15 to 20 minutes. The group felt strongly that the topic of teaching resiliency to children and youth

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would attract parents and other adults. We could then have community experts from organizations such as the schools, police department, Snohomish County Human Services and Health Departments and a first responder chaplain, go around to the tables to speak with the attendees in a round robin. They could answer participant questions, as well as ask for input from the participants. Planning for this event is still in the idea stage.

Wrap up

We need input and ideas from other members about the November event, and we need to continue working on it before our next meeting. Erika will send a follow-up email to the group to gather ideas and create a framework for the event. Our intention is to have the event plan ready for a final decision by the group at our next meeting on Thursday, September 11th.

Reminders

- We need members to sign up at tabling events. [Sign-up HERE](#)
- We need ideas about our November fall event.

Next Meeting

Coalition – **Thursday, September 11th, 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