Stilly Valley Health & Well-Being Collaborative
January 29, 2020 - 1:00 pm to 4:00 pm
Cascade Valley Hospital – Rainier A & B Meeting Rooms

Meeting Notes

Attendance: Ardis Schmiege, Buck Marsh, Barbara Tolbert, Sally Shinstrom, Oak Rankin, Marilyn Enright, Jola Barnett, Erika Coghill, Krissa Cramer, Mary Wysocki, Sabrina McKendrick and Barbara Davis

Context:
In January 2019, the Cascade Valley Health Foundation and Stilly Valley Health Connections embarked on a community research project which culminated in the creation of the Stilly Valley Health and Well-Being Monitor™ report. Key leaders from the Stilly Valley met on November 19, 2019, to further discuss the findings captured in the report and determine potential actions and next steps. Based on the discussions from the November meeting, today’s meeting was scheduled to kick off the next steps in developing an initiative to improve the health and well-being of the Stilly Valley using a collective impact approach. The goals for the meeting were to review the Collective Impact Model, continue discussions on a potential common agenda, and begin discussions on how to structure the work of the Collaborative.

Warm-Up Discussion:

- Think of one word that made you say “yes” to being here today
  - Community
  - Caring
  - Included
  - Supportive
  - Home
  - Youth
  - Contribute
  - Togetherness
  - Empowerment
  - Vision

- Thoughts when you hear the words “collective impact”
  - We work as a group; it’s a team effort
  - We have shared goals
  - Everyone’s tasks and approaches support goals
  - We share resources
  - We have a plan
  - We have results
  - We have impact; we are doing something significant
  - We are forward-moving
  - We are change oriented

How to Structure Our Collaborative:
The group discussed how to structure the Collaborative and came to consensus on the following:

- Affirmed the November 19th decision to use a Collective Impact Model, noting that adjustments would be made to the model as needed to fit the work or the communities served.
As stated in the November 19th meeting, Stilly Valley Health Connections (SVHC) will be the backbone organization for the collaborative. At today’s meeting SVHC stated their intent to serve in this role for at least one year. However, the SVHC board has indicated willingness to continue for a longer time based on progress made in the first year. Specifically, the organization will provide staff support, meeting coordination, meeting facilitation, collection of metrics and monitoring progress, and serve as the communication hub. This organization will also be a full participant of the Collaborative.

A Steering Committee will shape the Collaborative’s initiative in the beginning stages. Once the initiative is better defined, the Steering Committee will move to a coordinating role. Initially, the group in attendance at today’s meeting will serve as the Steering Committee.

Communication will be centralized through SVHC and Ardis. Communication via email is preferred. Agendas and meeting materials will be sent in advance of meetings; meeting minutes will include key information, action items, and decisions made. Additional requests, thoughts, and ideas will also go through SVHC. An idea surfaced to consider having a webpage for other items so these can be easily accessed by the group (resource documents, research, best practices, etc.).

The geographic area to be served is the Stilly Valley. Specifically, the cities of Arlington, Smokey Point, Darrington, and Oso (Zip codes 98223 and 98241). Though it was noted that the resulting work could include things helpful to others from outside this geographic area (i.e., best practices). Should this happen, our geographic focus would not limit their distribution or sharing.

Our Focus and Priorities:
The group discussed potential areas of focus based on priorities that surfaced from the focus groups as well as decisions made at the November 19th meeting. While much more discussion is needed to solidify a common agenda and activities, the group reached consensus on the following:

- To call the initiative “Improving the Overall Wellbeing of Stilly Valley Communities”.
- That the work should include the following areas:
  - connecting people to resources they don’t know exist
  - support for mental and physical wellbeing
  - support for building a sense of connectedness to community

Immediate Next Steps:
The group decided to schedule follow-up meeting in February to continue discussions to solidify additional steps to move this work forward.