

Healthy Community Coalition
Meeting Notes
Thursday, September 10, 2020

IMPORTANT: We will be moving the HCC meetings from every Thursday to the 2nd and 4th Thursdays of the month

NEXT MEETING: Thursday, September 24th at 11am via Zoom

FACILITATOR: Laura Smith

NOTE TAKER: Lisa Hart

TODAY'S AGENDA

PROVIDER UPDATES

SVCN announcements

Laura Smith

- King County is offering one day events partner with human service providers covid and mental health Oct 17 Sno Valley Alliance Health, Telehealth, covid testing distribution of PPE, Behavioral health support
- Encompass and the SVCN invite all the other orgs to be a promotional partner
- If org interested in being a partner to help promote the event
- Drop in chat
- 10-4 Oct 17
- King County rolls in with all the supplies they need and cleans up no staff time required
- Share logo space at the bottom of the flyer
- Carnation area – trauma from recent dam evac – great opportunity for Carnation folks to receive connection
- How to Help a Friend - suicide prevention workshop for teens <https://www.eventbrite.com/e/118106175751>
- Hosting How to Help a Friend suicide prevention for teens, Older teens then lead a workshop for all the middle schools, How to intervene if you know of someone struggle
- Virtual and led by Laura
- Sept 23 at 1
- Adults – mid Oct 24 Youth Mental Health First Aid workshop – virtual specific for adults who work or live with youth
- We will continue to offer as long as hearing interest from the community
- Tonight Self Care open for 13 and up

Friends of Youth

Jackie Sharp

- Works with Riverview SD – makes connections with kids
- No updates or announcements

Lauren Kula

- Provided updates on taking clients for mental health and sub use
- Working to integrate staff back into the school building

Hopelink

M'Lis Moon

- No updates or announcements

Anna Austing

- Moving people in
- A lot of people going into stable housing
- Have a family in need of furniture and vacuum, Only have beds

Haley Cohen

- Carnation – no funding – received a grant from Duvall residents have to live in Duvall and effected by COVID
- Solid ground referral is now on pause not sure when going to start maybe October

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- Energy program closed for September and will reopen in October

Anne Lis

- Open for all services, all over phone and zoom calls

Allana Nath

- Backpacks over but will be on site for another month or so. Have plenty of them especially for HS students
- Expand what foods we have, bringing back online, more food variety, variety of cheese

Riverview School District

Brad Knowles

- No updates or announcements

Snoqualmie Valley YMCA

Stephani Branch

- Back to operations up to 25% capacity
- Members work out by appointment only, 14 years and older
- 2 child care sights open in the SVSD open and getting full
- We have two virtual opportunities for youth and families for welcoming week. This is open to members and community.
- For Teens we have the Teen Blog Competition
- <https://www.seattlemca.org/blog/welcoming-week-teen-blog-competition>
- For Youth, Teens and Families we have the Welcoming Week Challenge
- <https://www.seattlemca.org/blog/welcoming-week-challenge-september-12-18>
- Prizes are \$25 gift cards to Target.
- We also are offering this third installment of our Unleashing Potential Series (also free to the community) as part of our social equity work
- <https://www.seattlemca.org/give/unleashing-potential-for-all>
- YMCA school age programs for families that need childcare <https://www.seattlemca.org/programs/child-care-and-school-enrichment/y-leap-academy>
- Also the Y is still running our shower program for individuals that need access to showers. Participants 16+ need photo ID. Shower times are M-TH 11:30-3:00 (we ask that they show up by 2:30). We provide toiletries and towels and a snack to go. There is no cost to the participants.

Encompass

Sam Sinanan

- Provided updates on preschool openings
- Parent Child + Program Zoom based pre literacy 18 months to 30 months
- Virtual Gala is November 7th
- <https://www.encompassnw.org/autumn-gala/>

Brooke Pringle

- Seen a drop off in referral 0-3 years? Months? in need of developmental support
- Let families know we are providing services through telehealth
- Looking for participants Listening Mothers – mom's babies 0-6 months old, fee + scholarship options – geared toward moms new in this role, mindfulness and compassion practices
- Listening Mothers Class- <https://www.encompassnw.org/event/listening-mothers-2020-10-06/>

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King County Government, from Councilmember Lambert's Office

Aleks Posielski

- No updates to report

Regional Animal Services King County

Emily Ruppert

- Provided update on collaboration with other shelters.
- Hosting pop up style food banks, looking for a location to do that.
- One Health joined their efforts

Supportive Community for All

Jody Miesel

- streamline the referral process
- Help spread the word about program manager position
- Position open until Sept 13th
- Link to position description for Navigation Program Manager at A Supportive Community For All, open until 9/13/20. Thanks for helping to spread the word! <https://asupportivecommunityforall.org/job/program-manager/>
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Snoqualmie Valley Shelter Services

Jennifer Kirk

- Provided an update on one family – single mom with a 1, 4 and 7 year old – reach out for supportive services all alone with small kids
- Support this mom to get her some support

Snoqualmie Rotary Club

David Moore

- No updates to report

Eastside Legal Assistance Program

Chris Lovings, ELAP, Community Engagement Manager

- ELAP Breakfast for Justice Event - Tue Sept. 29th at 8 AM <https://www.elap.org/events/2020-breakfast-for-justice/>
- Welcoming Week - Know Your Rights Sessions (in 5 different languages) <https://www.seattlemca.org/diversity-and-inclusion/welcoming-week>
- Eastside Renters in Crisis Event - Sep. 30th 3:30 PM - 5 PM <https://eastsideforall.org/eastside-renters-in-crisis/>
- feel free to reach out if you have any questions about, well, anything - chris@elap.org

King County Library System

Lindsay Ellsworth

- Curbside pick up
- Virtual programing
- Seeing how we can support the schools

Mount Si Senior Center, Snoqualmie Valley and Issaquah Senior Centers

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Valerie Stewart

- Sno Valley Senior Center fundraiser next Friday 9/18 trivia night
- https://snovalleysenior.org/events/events-calendar/?mc_oid=305

Suicide Prevention Awareness Month – September

How can we support one another in the next few months

Self-compassion techniques

- NAMI Eastside - A lot of resources and events spread around this: <https://nami-eastside.org/>
- Give out mental health support for free - Issaquah café or the garage
- Issaquah Teen Café: <https://www.issaquahteencafe.org/>
- If anyone is more of a book reader, Trauma Stewardship is also a great place to start : <https://traumastewardship.com/>

Laura and Sarah

- Kids as young as 10, 11, 12 – rise in calls
- Snoqualmie and North Bend police handle with care
- Call trauma to youth or witness they email the school district
- Student age handle with care - State law in Maryland
- Email goes to the principal and school counselor
- Police have to call and district and they can send a counselor or principal
- Universal screener – homemade one to check in with students

Meditation, Mindfulness Apps, Practices, Websites

- Smiling Mind
- Breathe app \$14/month
- Offers options for mindfulness and specif to covid
- <https://greatergood.berkeley.edu/>
- Book Just One Thing by Rick Hanson
- Yoga with Adrian (sp) is awesome!
- Coalition of Schools Educating Mindfully (COSEM) www.educatingmindfully.org
- Happiness event: <https://www.eventbrite.com/e/118378564473>