



WEST VAN FOR YOUTH COALITION MINUTES

6/12/18

4-5:30 PM

Discovery Middle School, Family Resource Center

**Present:** Ecko Kunhouson, Logan Morrow, Odin Sparhawk, Esmey Farias, Alex Mackey, Angela Riddle, Tina Johnson, Christopher Belisle, Deanna Green, Norm Johnson, Amber Coleman, Darci Wart, Alaina Green

TOPIC	DISCUSSION	DECISIONS, ACTIONS, ASSIGNMENTS
<b>Welcome</b>	<p>Please help us welcome any new faces in the room. We have youth from Discovery Middle School, Ecko and Odin, at our meeting. Thank you for attending!</p> <p>West Van for Youth (WVY) is a group of concerned community members from all sectors focusing on the reduction of underage marijuana and alcohol use/misuse. We use evidence based practices and data gathered from the community to inform our work and belief solutions already exist within the strengths of our community. We want as many diverse voices at our meetings as possible and are currently recruiting coalition members specifically from the law enforcement, media and youth sectors.</p>	
<b>Where are we in our year?</b>	<p><b>Finished:</b> Go Ready!, Student designed Discovery T-Shirts, Back to School Night, Curriculum Night, RX Take-Back, Fall Guiding Good Choices, Red Ribbon Week, Community Survey, Key Leader Orientation, Paddy Hough Parade, Lincoln Egg Hunt, April DTB event, Incredible Years (Feb.-May), Website, Spring GGC English/Spanish (Apr.-May), 5<sup>th</sup> Grade Orientation: Healthy Transitions, Healthy Choices Program (May 30th), Spring Youth Forum (May).</p> <p><b>In Progress:</b> Positive Community Norms (Dec.-June), 2018/2019 Action Plan (April/May/June), Point of Purchase Campaign (On-hold for 2018-2019)</p> <p>Successes:</p> <ul style="list-style-type: none"> <li>• Thank you Esmey and Logan for helping coordinate the 5<sup>th</sup> Grade Orientation. Thank you Norm, the ACES volunteers from Clark College and Angela for running the resource table. Odin came to volunteer, thank you! Trinity Lutheran prepared our food, New Hope donated money for food, a magician captivated the crowd and we had a great turn out; more than last year! Community members interacted with our resource tables, WVY did a slideshow, wore our T-Shirts, answered questions and offered marketing mediums to the community.</li> <li>• Finished parenting classes for communication, positive behavior teaching and more. 19 parents (10 Spanish, 9 English) completed Guiding Good Choices and 3 finished Incredible Years. This was our first time</li> </ul>	

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	<p>partnering with Trinity Lutheran for Incredible Years and we've learned how to grow for next year</p> <ul style="list-style-type: none"> <li>• Clark County had huge representation at the Spring Youth Forum. WVY sent Discovery Middle School and Hudson's Bay High School to compete alongside other groups from the area like STASHA, Battle Ground, Washougal and more.</li> <li>• Our website has launched and we will periodically collect data on our website visitors. Feel free to check it out and spread the word, or offer feedback! <a href="http://www.WestVanforYouth.org">www.WestVanforYouth.org</a></li> <li>• The coalition picnic was wonderful. We all contribute so much; it would be nice to have time to celebrate each and every one of you. We will do that a bit later today, since we were only able to recognize two at the picnic!</li> </ul>	
<b>Announcements</b>	<p><b>Positive Community Norms (PCN):</b></p> <p>Review: PCN focuses on the strengths in our community and aims to correct misperceptions about use. Hypothetical example, the majority of adults talk to their kids about drugs and alcohol but assume other adults don't. Alternatively, most youth don't use marijuana but assume "everybody is doing it." PCN aims to send messages to the community addressing this gap in perception versus reality.</p> <p>We recently agreed upon on first generation message (out of three, generation simply referring to iteration/wave/step in the campaign/etc.). Our billboard will be up from June 18<sup>th</sup> - July 22<sup>nd</sup> and will get approximately 45,000 impressions on Highway 99 near Muchas Gracias. Take a picture with it!</p> <p>The adapted billboard design will also be in three types of articles in the Columbian news as well as gaining 40,000 digital impressions on the Columbians social media. We will get statistics on physical impressions after the articles are dispersed.</p> <p>Lastly, it will be hosted at Kiggin's Theater for a month downtown Vancouver! Let's all go see a movie!</p> <p><b>Note: There will be no July meeting. Happy summer break!</b></p>	<p><b>Assignment: All</b> take a picture of/with the billboard/Columbian articles/Kiggins if you see it this summer and sent it to Alaina or WVY Facebook page.</p>
<b>Discovery Middle School Prevention Club Project</b>	<p>WVY is honored to have helped the Discovery Middle School Prevention Club to the Spring Youth Forum. They have agreed to share their work with us today. Let's welcome Ecko and Odin!</p> <p>The Prevention Club worked on a project called Positive Vibes. They made bulletin boards in the school hallways that promote positivity and bright/engaging messages. They made a board that promotes the "<a href="#">You Can</a>" campaign where youth made different posters and messages of things they can do. They added a survey where people could share what they can do as a form of empowerment. There was lots of glitter and messages that promoted a positive culture like,</p>	

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	<p>“You look good today!” and similar uplifting notes. Collectively they made 20 You Can posters and posted 24 Department of Health You Can posters.</p> <p>Valentine’s Day can be a difficult time for Discovery students. Data shows it’s hard for them and they get more referrals around this time so that’s when they launched the positive vibe boards.</p> <p>The Prevention Club also reviewed positive community norms data from the WVY community assessment and made a presentation to a sixth grade science class about what PCN is and addresses some of our positive norms. This was their first time presenting in front of a large audience!</p> <p>At the SYF they observed a lot of groups were older youth. Many of them did larger projects and this was our first time going- others go every year. We learned a lot and have ideas for next time! We want to do something larger scale.</p> <p>One activity at the SYF was each group got four bracelets of the same color. Each group had a different color (out of four) and the goal was to meet new peers and swap bracelets. This was a cool networking activity. Discovery liked watching STASHA compete and liked presenting to their peers. They also loved eating cupcakes.</p>	
<p><b>Hudson’s Bay High School Prevention Club Project</b></p>	<p>Six students went to the SYF, three were seniors. They did a project based on the <a href="#">Dilly Report</a>. The Dilly Report is from the Department of Health and shared 13 risk factors that impact student success. Studies found that students who have 5 or more of these risk factors were all getting D’s or F’s in their classes.</p> <p>Risk factors impacting student success:</p> <ul style="list-style-type: none"> <li>• Insufficient fruit and vegetable consumption</li> <li>• Fewer than 8 hours of sleep at night</li> <li>• Not eating breakfast</li> <li>• Watching TV 3 or more hours on an average school day</li> <li>• Depressed for a least two weeks in the past year</li> <li>• Insufficient exercise</li> <li>• Feeling unsafe at school</li> <li>• Alcohol use</li> <li>• Drinking 2 or more sodas per day</li> <li>• Obesity</li> <li>• Marijuana use</li> <li>• Cigarette smoking</li> <li>• Severe asthma</li> </ul>	

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	<p>A student at Hudson’s Bay noticed they had more than 5 risk factors and were failing classes. This project was born from their experience. We surveyed students at Bay to see if it was true for other people (it was!). We made presentations to classrooms and taught the risk factors paired with ways to reduce your number of risk factors. People came in and talked about their risk factors and engaged with the Prevention Club/Tina.</p> <p>They are continuing the presentations and educating their peers. Next year they want to also reach out to parents and families and are considering planning a health fair for the mental, emotional and physical aspects of health. The Spring Youth Forum inspired them to collaborate at a higher level.</p> <p>The student who originally helped start the project was able to reduce their risk factors and they no longer are getting D’s or F’s. Congrats!</p>	
<b>Quick Brainstorm</b>	<p>Question: How can WVY support future prevention clubs and connect more with schools groups like this?</p> <ul style="list-style-type: none"> <li>• If they need presenters they can ask us if we have connections</li> <li>• Or alternatively if they need an audience they can present to us or our connected organizations</li> <li>• They can share with us what they need, instead of us assuming ways to help them</li> <li>• Get students from the clubs at our coalition meetings (it was an honor having Odin and Ecco!)</li> <li>• Better incorporate youth voice and make sure things fit into the context of a school environment or culture</li> <li>• Meet at Bay every once in a while so their students can attend too</li> <li>• Curriculum trainings from 4-H are available and ready for sharing! (Thank you Darci!)</li> <li>• Make the first half of the meeting more engaging fort youth/geared toward youth and the second half more work intensive</li> <li>• Just ask us what you need!</li> </ul>	
<b>Rose Ceremony</b>	<p><i>Participants engaged in a rose ceremony where members one by one grabbed a flower and gave it to someone else + said something they appreciate about that person or their contributions to WVY.</i></p>	
<b>Work Groups:</b> PCN second generation messaging, survey questions, resource table	<p><b>PCN Second Gen Minutes:</b></p> <ul style="list-style-type: none"> <li>• Use the statistic 91% of WVY adults talk to their... But say “Most adults”</li> <li>• We like “underage drinking” because it’s specific and clear</li> <li>• We like “healthy choices” because it’s positive but is it clear enough?</li> <li>• Use the word “connect”, like “adults connect with their kids about drinking”. “Talk to” can sound strict as in “We need to have a talking to...” Or instead use “communication” instead of “talk to”</li> </ul>	Alaina: Will Share Community Survey Feedback with Montana Institute for them to create changes to survey.

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template	<ul style="list-style-type: none"> <li>• For the question being posed to youth: <ul style="list-style-type: none"> <li>○ “<u>When</u> my parents talk to me about alcohol...”</li> <li>○ “When safe, supportive adults connect with me about alcohol...”</li> <li>○ “I like when my parents connect with me about alcohol because _____”</li> <li>○ “When my parents connect with me about alcohol I feel _____”</li> </ul> </li> </ul> <p><b>Community Survey:</b></p> <ul style="list-style-type: none"> <li>• #1 keep wording as is for question, “How wrong do you feel it would be for West Vancouver youth to do the following?” but for answers, make marijuana questions mirror alcohol. To do this, add a forth option: “Smoke marijuana nearly every day”</li> <li>• Do not use question #3. Use all other questions.</li> <li>• For #6, remove the column that says “Most WV youth” because it’s the only option. It is implied</li> <li>• #7 change to, “How important do you think it is that youth sit down to have dinner with their families on a regular basis?”</li> <li>• We were ambivalent about question #7 but if we use it, change the wording</li> </ul> <p><b>Resource Table:</b></p> <ul style="list-style-type: none"> <li>• Event: Go Ready! At Hudson’s Bay Aug 22<sup>nd</sup> <ul style="list-style-type: none"> <li>○ Who: Alaina and volunteers</li> <li>○ Pack WVY table cloth, table, pens, container for pens, three-layer literature holder, WVY coordinator business cards, WVY at a glance both ENG and SPN, WVY swag, GGC fliers and interest sheet both ENG and SPN, then IY fliers and interest sheet both ENG and SPN</li> <li>○ Use the prize wheel and candy. If there is funding, add swag and more candy</li> <li>○ If possible, offer stress balls, pop sockets, head phones and t-shirts</li> </ul> </li> <li>• Event: Back to School night at Discovery Aug 27th <ul style="list-style-type: none"> <li>○ Who: Alaina and volunteers</li> <li>○ Pack WVY table cloth, table, pens, container for pens, three-layer literature holder, WVY coordinator business cards, WVY at a glance both ENG and SPN, WVY swag, GGC fliers and interest sheet both ENG and SPN, then IY fliers and interest sheet both ENG and SPN as well as a laptop with the WVY website pulled up</li> <li>○ Add incentives: stress ball, pop socket, t-shirts and head phones</li> </ul> </li> </ul>	
<b>Next Coalition Meeting: 8/14/18. No meeting in July. Happy Summer Break!</b>		