



WEST VAN FOR YOUTH COALITION MEETING MINUTES
 AUGUST 8, 2017
 4 PM – 5:30 PM
 PSC 6TH FLOOR

Present: Major W. Harris Jr., Leanne Reid, Alex Mackey, Christopher Belisle, Amy Williams, Daisian Hunt, Michele Larsen, Melissa Martin, Alaina Green

TOPIC	DISCUSSION	FOR ACTION
Welcome and Introductions	<p>West Van for Youth is a coalition of concerned citizens to reduce misuse/abuse of substances in West Vancouver (Discovery Middle School, district area).</p> <p>Vision: Engaged community. Healthy youth. Bright futures. Mission: West Van for Youth builds community to promote healthy choices and reduce substance abuse among youth so our young people can grow into thriving, productive adults.</p> <p>WVY represents the following sectors in the community: youth, parents, law enforcement, civic/volunteers, businesses, health care professionals, media, schools, youth-servicing organizations, religious/fraternal groups, state/local tribal governments and substance abuse organizations.</p> <p>WVY follows strategic prevention framework through the state to offer direct service with youth, prevention messaging and outreach efforts.</p>	
Red Ribbon Week- October 23-31 st	<p>Planning Guide: http://redribbon.org/downloads/2017_NFP_Red_Ribbon_Planning_Guide.pdf</p> <p>Red Ribbon Week offers ways to connect with and talk to the community about prevention efforts. It is a national campaign which we participated in last year and will do so again this year. Previously, we worked with Discovery Middle School students to do a Red Ribbon spirit week, poster competition. We placed ribbons across the community for prevention awareness.</p> <p>This year's theme is <i>Your Future is Key</i>. Angela Riddle is leading the community work group and Logan is leading the Discovery student work group.</p> <p>Some ideas generated include:</p> <ul style="list-style-type: none"> • Vancouver Rocks- decorate Red Ribbon rocks, place them in community and spread word online. Vancouver Rocks has 38,000 followers on Facebook • Press release to the Columbian • Schools in West Vancouver post messages on their reader boards • Increase social media engagement with messages on Facebook, Twitter and Instagram • City of Vancouver to create a proclamation recognizing the campaign 	(All) Sign up for volunteer roles

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	<ul style="list-style-type: none"> • Plant red tulips around City Hall/Vancouver Housing Authority • Tie red ribbons around the community with labels that describe the event • Red balloons around City Hall and Discovery for kick-off <p>Group Brainstorm: how to spread the word</p> <ul style="list-style-type: none"> • Boys & Girls Club- elementary student program. Decorations and resources for families at the Hazel Dell location. Potentially see if other club locations can get on board • Contact Justin Keeler at the Fort Vancouver Library downtown • Contact Judy at the Library • Faith Based Coffee and churches in Vancouver • Latte Da- Red Ribbon week • Contact privately owned or small businesses • Contact lists of business’s who participate in surveys and Positive Norms Bags Campaign to keep those already invested a part of WVY 	
<p>Presentation by Melissa Martin with Clark County Public Health</p>	<p>Planning Family Meals- https://www.clark.wa.gov/public-health/family-meals</p> <ul style="list-style-type: none"> • Family meals are associated with a whole host of emotional, social and physical benefits. The connection aspect brings about these benefits • In a survey asking youth when they talk with their parents and they said the primary time they connect with parents is during dinner. Check out the Harvard Dinner Time Project, stating “Eating together is the seatbelt of navigating the road of adolescence” http://www.pz.harvard.edu/projects/the-family-dinner-project • There’s a strong link between depressive symptoms in youth and the amount of meals they share with their family. Teens who eat dinner with their family experience less depressive symptoms, a decrease in violence, increased ability to bounce back from bullying, decrease in substance abuse and sexual activity, an increase in mood and positive view of the future. Youth also show an increase in vocabulary • The more the better, but symptoms show at having three family dinners together a week. There are side benefits like being home at a regular hour, getting in the routine of doing homework before or after dinner, etc. • It’s less about the food you eat together and more about the quality time. Back-to-school season is the perfect time to prompt family meals and creating a routine for the school year • Keys: <ul style="list-style-type: none"> ○ Set a schedule and have dinners at least three times a week, but remember one is better than not at all. There should be an expectation that all family members (with capacity) should be at the table. Do the best you can- you won’t always be able to get everyone there. However, your expectations of attendance need to be clear ○ Focus on the benefits eating together brings. Talk about the benefits to each other and express the clear and stated value of the important time together. Share the research and that you really want everyone to be there ○ Quality is equally as important as quantity. Have rules about cell phone use at the table and turn off the television in the background. Have ground rules and develop them together. Talk about whether interrupting each other is allowed at the table, if you want to keep it positive or discuss deep issues and more. Ask questions about school and 	<p>(All) consider ways to spread the word about family meals</p>

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	<p>friends to keep it engaging</p> <ul style="list-style-type: none"> • Notes: <ul style="list-style-type: none"> ○ Keep it simple ○ Involve the whole family- have kids help prepare. If they make the food themselves they are more interested in meal ○ Have a cultural lesson for a meal night ○ Have meals designated for each person. "Tonight it's <i>your</i> meal." ○ Don't be controlling or restricting ○ Keep away from stressful topics ○ Provide a balanced meal and continue to offer variety even if something isn't eaten. Feel comfortable reintroducing foods to the family 	
<p>Presentation by Michele Larsen with The Joy Team</p>	<p>The Joy Team- http://thejoyteam.org/</p> <p>The Joy Team started in 2010. Michele wanted to put more positive message into the world. Started with her daughter drawing cards with quotes and messages on them and places them around stores, coffee shops, hospital waiting rooms and more. It was so much fun they wanted to do it again and bigger. With help from family and friends they purchased a billboard and put up their first billboard message. Eventually it grew into a non-profit (501-c3).</p> <p>The Joy Team wanted something more people could engage with and started <i>Chalk the Walks</i> where people from all over the community write positive, uplifting, inspiring messages on the sidewalks and post pictures online. They use the hashtag #Chalkthewalks or #chalkthewalks2017. See the event here: www.bit.ly/chalk2017. On August 15th Vancouver will be celebrating Chalk The walks with 18 "Chalk stops" around the city. Bags of chalk are available at select local businesses. At city hall from 11-1pm they will be doing giveaways, having an ice cream truck, displaying billboards across the building and offering selfie-stations.</p> <p>The Joy Team grew and their campaigns turned into national projects that people are currently participating in all over the U.S. and in 10 other countries.</p> <p>Once a year they put up billboards all over America for <i>Smile Across America</i>. Currently they've put up 1,471 positive messages on billboards!</p>	<p>(All) consider ways to incorporate joy messages in your work</p>
<p>Upcoming Events</p>	<p>August 22nd -Go Ready! (10AM to 1:30 PM + set-up/cleanup)</p> <p>August 28th - Back to School Night for Discovery Students (5pm-6pm + set-up/cleanup)</p> <p>September 1st - Youth Mental Health First Aid workshop</p> <p>September 1st – Back-to-School S'mores & Bingo at Latte Da</p> <p>September 12th – Next Coalition Meeting at Discovery Middle School, 4-5:30pm</p> <p>September 16th – Annual Clark County Recovery Forum</p> <p>Coming Soon: Red Ribbon Week Work Group (Actual events will take place Oct. 23-31)</p> <p>Coming Soon: Guiding Good Choices Work Group</p> <p>Coming Soon: Website and Social Media Workgroup</p> <p>Ongoing: WVY is recruiting. Email Alaina.green@clark.wa.gov if you know anyone who would want to join us</p>	

TOPIC	DISCUSSION		FOR ACTION
WVY Project Volunteer Opportunities	Email alaina.green@clark.wa.gov if you would like to get involved		
	Date	Volunteer Task	
	Oct. 20-22	Plant Tulip Bulbs - Red Ribbon Week (RRW)	
	Now-Oct. 20th	Contact places to plan and put up Red Ribbon (City, local businesses, Columbian, etc.)-RRW	
	Oct. 20-22	Tie Red Ribbon Bows around West Vancouver (places previously approved)-RRW	
	Oct. 20-22	Talk to Discovery Middle School about adding RRW to reader board	
	Oct. 20-22	Talk to Hudson’s Bay HS about adding RRW to reader board	
	Oct. 20-22	Talk to Elementary Schools (Washington, Fruit Valley, Lincoln, Hough, Harney, Franklin) about adding RRW to reader board	
	Oct. 20-22	Create Facebook Content for RRW	
	Oct. 20-22	Talking with City of Vancouver for permission to add Red Ribbon around town	
	Oct. 20-22	Working with Discovery Students during lunch when they create their posters	
	Anytime	Taking photos of West Vancouver for our social media page (no photos of people) and email them to WVY Coordinator- alaina.green@clark.wa.gov	
	Oct. 28 th 10am-2pm	Volunteering at Prescription Take Back Event- Location: Peace Health Memorial Health Center on 33 rd and Main	