



**in**onroe  
*Community Coalition*

# WELCOME



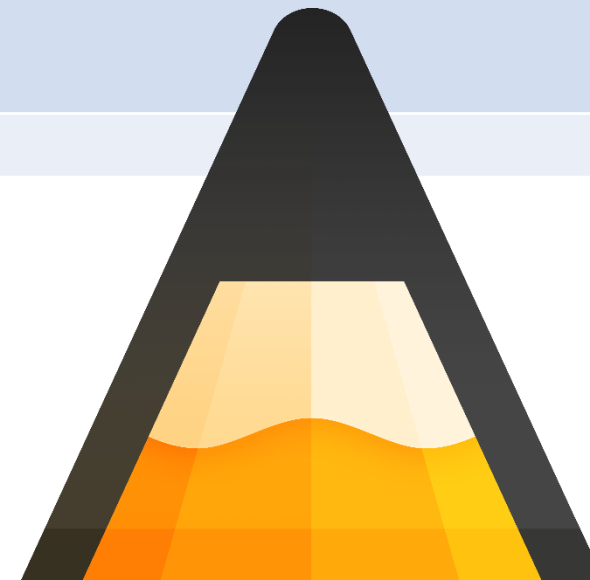
June, 2020

# Today's Agenda



June, 2020 – Welcome!

1:00	<b>Welcome &amp; Introductions</b>	Leadership
1:10	<b>Updates</b> <ul style="list-style-type: none"><li>• Old Business</li><li>• 2020 Action Plan</li></ul>	Coordinator & Coalition
1:50	<b>Discussion</b> <ul style="list-style-type: none"><li>• Where are We? Racial Equity in Monroe.<ul style="list-style-type: none"><li>• What role should the Coalition play?</li></ul></li></ul>	Coalition
2:30	<b>Closing Thoughts and Adjourn</b>	Leadership



# Program Status



## Implementing Programs:



## Suspended Programs:



# Updates – Old Business



- Sources of Strength small group implementation has its last meeting tomorrow. “What Helps Us” SOS Newsletter will be mailed to all District families.
- Youth Mental Health First Aid Training scheduled for June 22-24 in two-hour increments. Limited enrollment due to format.
- OSPI Grant will fund the Botvin LifeSkills Training Program next year, and is scheduled to be implemented in September.
- “Under the Influence of You” and our Latino-focused behavioral health access campaign will resume on July 3<sup>rd</sup> and conclude at the end of August.
- We participated in a State Audit of School-based Behavioral Health.
- We’ll be doing a trauma-informed care webinar for Boys & Girls Club and YMCA all-staff regional training on Friday morning as part of MHPP outreach.

# SOS Newsletter



## WHAT HELPS US

Monroe School District's Newsletter for Social and Emotional Wellness



### TABLE OF CONTENTS

- SEL in Monroe Schools
- Connecting with Friends
- Healthy Activities
- Family Connection
- Mental Health Matters
- Resources



Volume 1

### WHAT IS SOCIAL-EMOTIONAL LEARNING?

In the Monroe School District we serve the whole child. This means teaching is more than engaging students in academic instruction, but also developing your child's resiliency and long-term opportunity for wellness and success. Social emotional learning builds lifelong protective factors that improve grades and graduation, prevent substance use and mental health disorders, and reduce crime and poverty.

In this and future editions of "What Helps Us," we will unleash access to the eight life changing protective factors promoted by the Sources of Strength program at Monroe High School.



The Sources of Strength Wheel is a tool our students use to identify areas of strength we can lean into during difficult times, and areas of deficit that we can build-up to better weather this storm of life. As you thumb through this first issue of "What Helps Us," we hope you will find new ways to "Work the Wheel" for yourself and your family!

### JUNE 2020

## es a Village

day of kindergarten through students learn how to be good ns, and friends. This is important takes a carefully coordinated

**teachers & school counselors** how to identify feelings, ct, and ask for help. When extra support, they turn to their rs for a listening ear and nce.

ed a little extra help to focus, eed. For students showing es, the school team including **teachers, school counselor, school psychologist** may help. For those in special **istrict Behavior Analyst** may support.

ents are dealt a fair hand in he gaps, our **school-based behavioral health intervention specialists, and** k to wrap around our young families in support of nd good health.

closely with **parents and** rs, because raising is takes a village.

SD's SEL webpage at edu/families/SEL

### JUNE 2020

## ends

cted still have fun

 Zoom Tea Party	 Online Makeup Party	 Online Treasure Hunt
 Online Lego Competition	 Online Playdate/Hangout	 Trivia At Home
 Online Craft Party	 Zoom Newspaper Fashion Show	 Zoom Talent Show

## Learning Together

Does anyone miss learning together with their friends or classmates? Here are some fun ways that you can learn together remotely!

- Tips:**
1. Book Club: Read before you join so that you can share your valuable insights.
  2. Calculation Competition: Prepare a timer before you start.
  3. Poem Club: Share or create your own poem with your friends.
  4. Coding Club: Create and design a website or play Scratch together (scratch.mit.edu).

### JUNE 2020

## Not only do they boost our physical health, hearts and minds. What are healthy habits and ASD families this very question!

Before Memorial Day weekend we gave the **Ndukwe family** a special challenge.

Pamela (mom) and Collins (dad) were given a list of "healthy activities" from our partner, Sources of Strength. I asked them to read the list, pick some activities, and report back on what they'd recommend to other families.

The activity this family chose? **Host a nighttime dance party!** Pamela reports, "We held our dance party one night. We played some Kids' bop and Nigerian music." Once the music started they copied dance moves from the music video. They were jumping, dancing, laughing. "Then, my son got his play microphone. My husband even used my son's foot as a microphone! It was so fun. By the end of the night my husband was really tired...We realized that just doing things together makes the kids happy. It makes us happy."

They found other fun healthy activities to do together too. They have begun a new family tradition where they **cook together as a family**. After finding a new recipe from their cookbook, mom and dad cook with all the ids. Then, the best art? They enjoy the real together, inside.



The Ndukwe family trying out new healthy recipes. Even their young kids are learning to cook together!

screen time, or eat healthy meals. But sometimes it's less ourselves laughing, smiling, enjoying the moment, feeling r yourself and your family.

### JUNE 2020

## exercise for good we can do each day to mood-booster, try one, make yourself a

The impact of the Coronavirus has been stressful on people of all ages in recent months. This pandemic has become a widespread mental health crisis, just as much as a physical health crisis. The stress of health risks, job losses, school-based changes, quarantine, and the loss of access to loved ones and favorite activities is hard on all of us.

If you or a loved one is struggling with feelings of sadness, overwhelm, anger, hopelessness, or if you just need someone to talk to, help is available!

Contact your school counselor (available September through June), or call the MSD Student Support Advocates at 360-804-2528.

For a multitude of resources in Snohomish County, dial 2-1-1.

**We will get through this, Monroe.**

Stay strong, stay healthy!



# Discussion – 2020 Action Plan



## **Monroe Community Coalition**

- Coalition Coordinator
- Strategic Plan Implementation
- Annual Community Survey
- Annual Coalition Assessment Tool
- Annual Key Leader Orientation
- State Prevention Summit and Coalition Leadership Institute Representation
- Community & Regional Trauma-Informed Care & Prevention Training
- Youth Mental Health First Aid & Suicide Prevention Gatekeeper Training
- Community Outreach Events TBD by Coalition Members
- Diversity and Inclusion Training
- Program Evaluation

## Environmental Strategies

- Required to adopt one State or Federal Substance Abuse Prevention Information/Awareness Campaign
  - **Under the Influence of You**
- Required to adopt one evidence-based environmental strategy
  - **Policy Education and Advocacy** (School, City, State)

# Discussion – 2020 Action Plan



## **Classroom Coalition SEL/SUD Prevention Programs**

### **Elementary**

- Second Step – All elementary classrooms receive full implementation K-5. This program is now fully funded by the School District.
- PAX Good Behavior Game – Recommend continuing support at Maltby Elementary and promoting training opportunities with other schools.

### **Middle School**

- Botvin LifeSkills Training Program – All Middle School students receive full implementation in 6-8<sup>th</sup> grade. Will shift to full funding from OSPI beginning in September.
- Signs of Suicide – All students 6-8 participate in this one session intervention and screening each year.

### **High School**

- Project Success – All 9<sup>th</sup> graders participate in classroom education series. All students eligible for prevention and intervention small group participation.
- Signs of Suicide – All students 9-12 participate in this one session intervention and screening each year.



## **Additional School-based Coalition Programs**

### **Middle School**

- SPORT Prevention Plus Wellness – This is a selective/Tier 2 program offered to students who violate the substance abuse policy. Currently implemented by SSA Morgan Huber.
- CAST (Coping and Support Training) – At least one implementation occurs at each secondary building in the district. Offered to students at-risk for suicide.

### **High School**

- SPORT Prevention Plus Wellness – This is a selective/Tier 2 program offered to students who violate the substance abuse policy. Currently implemented by SAP Chris Jury.
- CAST (Coping and Support Training) – At least one implementation occurs at each secondary building in the district. Offered to students at-risk for suicide.
- Sources of Strength – A universal/Tier 1 youth driven suicide prevention initiative.

# Discussion – 2020 Action Plan



## **Community-based Coalition Programs**

### **Parenting**

- Parenting Wisely – Our chosen parenting program, delivered in-person or through online training in English or Spanish.

# Discussion – 2020 Action Plan



## Coalition Budget Overview Fiscal Year 20-21

Grant Fund Source	Program	Cost
Federal - Prevention Block Grant	Coalition & Primary Prevention Programs	\$94,199.00
State - General Revenue	Administrative costs	8,191.00
State - Dedicated Marijuana Account Px	DMA Programs	7,610.00
State – Dedicated Marijuana Account MH/Sx	Suicide Prevention	20,000.00
State – OSPI Grant (anticipated)	Botvin’s LifeSkills Training Program	10,000.00
County – 1/10 <sup>th</sup> of 1% Sales Tax	Student Support Advocate Program	155,000.00
County – 1/10 <sup>th</sup> of 1% Sales Tax	Co-Occurring Disorders Clinician Program	85,000.00
County – Trauma-Informed Care Consultation	Continua Consulting - MBE, FWE, FRY, PPMS	80,000.00
Regional – NWESD 189 CPWI	SAP Program (80/20 split)	45,000.00
	<b>TOTAL GRANT FUNDING</b>	<b>\$505,000.00</b>
	<b>UNALLOCATED GRANT FUNDING</b>	<b>\$18,225.00</b>

**BLACK  
LIVES  
MATTER**

# Partner Updates



Moms & Dads	Grandparents	Youth
Law Enforcement	Business	Healthcare
Media	Schools	Government
Mental Health Treatment	Substance Use Treatment	Faith Community
Volunteer Groups	Family Serving Agencies	More

# Closing Thoughts & Adjourn



**HOUSING HOPE**  
we keep hope alive



Washington State Health Care Authority



**BOYS & GIRLS CLUBS**  
OF SNOHOMISH COUNTY



Girl Scouts.



**Monroe Public Schools**  
FOUNDATION



**Kiwanis**  
CLUB OF MONROE, WA



**SNOHOMISH**  
HEALTH DISTRICT

Moms & Dads	Grandparents	Youth
Law Enforcement	Business	Healthcare
Media	Schools	Government
Mental Health Treatment	Substance Use Treatment	Faith Community
Volunteer Groups	Family Serving Agencies	More