



inonroe
Community Coalition

WELCOME

Our meeting will begin at 1pm



July, 2020

Today's Agenda



Monroe Community Coalition is a community collaboration working to implement alcohol and other drug prevention with a community-based approach.

July, 2020 – Welcome!

1:00	Welcome & Introductions	Leadership
1:10	Updates <ul style="list-style-type: none">• Action Plan Approval Pending• Additional Funding – SABG Block Grant• LST Grant Submitted• Cultural Competence, Inclusion and Equity	Coordinator & Coalition
1:50	Discussion <ul style="list-style-type: none">• Coalition Plus/Delta• Equity, Inclusion & Antiracism	Coalition
2:30	Closing Thoughts and Adjourn	Leadership



Updates – Old Business



- All Coalition programs have concluded for this fiscal year (6/30).
- Youth Mental Health First Aid Training implemented June 22-24.
- Coordinator delivered a trauma-informed care webinar for Boys & Girls Club and YMCA all-staff regional training. COPE program materials delivered.
- SOS Newsletter delivered to 17,002 households in Monroe School District.

SOS Newsletter



WHAT HELPS US

Monroe School District's Newsletter for Social and Emotional Wellness



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!

TABLE OF CONTENTS

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



Volume 1

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 chers, **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.

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

SD's SEL webpage at edu/families/SEL

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ends

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!

Tip:

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).

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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!

our family?

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

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exercise for good ve 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!



gratitude! titude chain down one y day - that eful for and chain grow!



Updates – Old Business (Cont.)



- “Under the Influence of You” and our Latino-focused behavioral health access campaign will now resume on July 17th and conclude in September.
- LifeSkills Training Grant submitted to OSPI
- Will receive additional SABG funding in August
- Annual Community Survey will include custom questions regarding mental health, vaping and alcohol enforcement.
- Equity workgroup met on 6/24/20
 - Immediate plan to facilitate Youth Voice outreach to key leader groups –
 - District Admin scheduled for 7/16
 - Chief Jolley and MPD ready when the kids are
 - Phil and the Equity Council focused on intersectionality and greater coordination

What do you like, what do you want to see improved or changed? How do we make these meetings most relevant to you and the community?

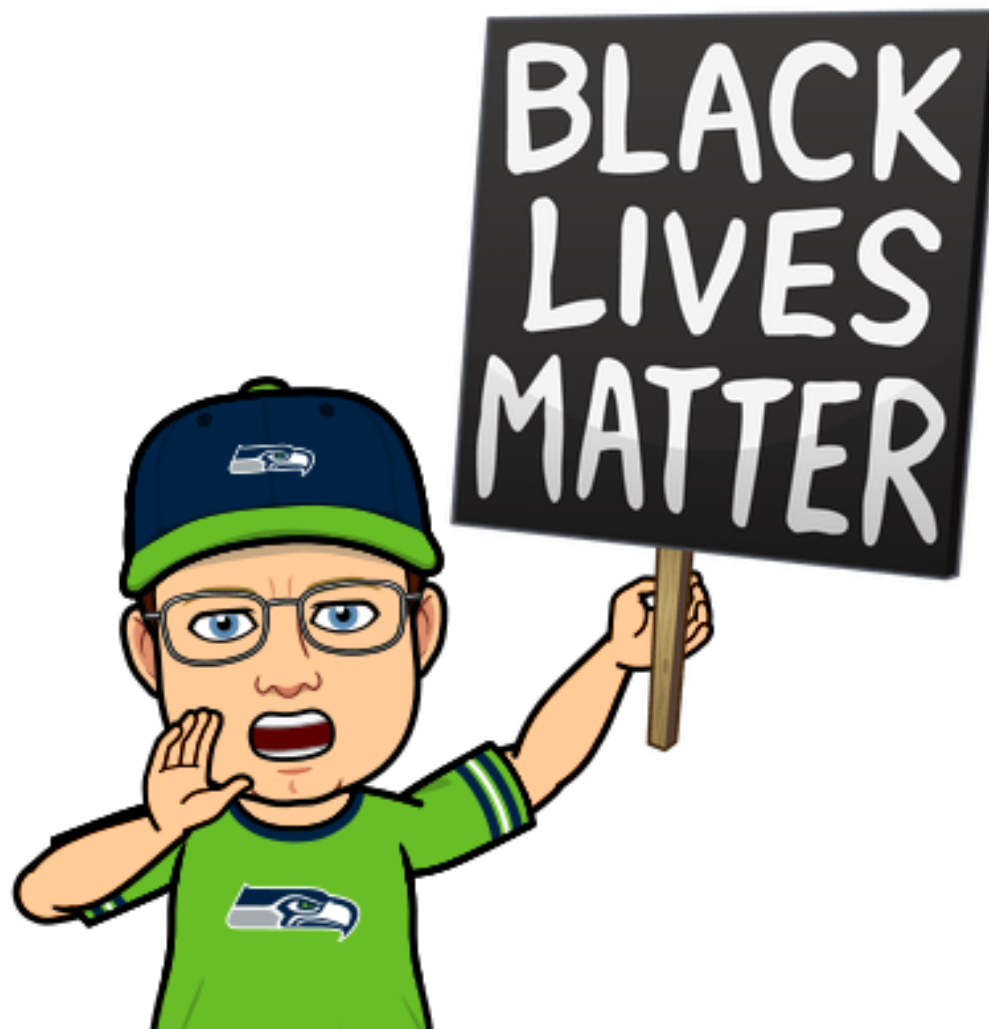
- Our Vision & Mission
- Coalition Structure and Membership
- Coalition Meetings
- Outreach and Communication
- Member ownership, growth and participation
- Cultural Competence

Coalition +/



- What we want...

Discussion – Let's Talk Inclusion



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

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