



September, 2020

WELCOME BACK

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

Today's Agenda



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

September, 2020 – Welcome Back!

1:00	Welcome & Introductions	Leadership
1:10	20-21 Program & Strategy Overview <ul style="list-style-type: none">- Annual Community Survey- New grant funding and staff update- Shifting Coalition programs to remote implementation- Grant-funded Behavioral Health Team focus for 20-21	Coordinator
1:30	Equity and Antiracism Update <ul style="list-style-type: none">- Student voice- Coalition leads summer book study and lending library at MHS- MPD meets with St. Mary's- SRO update	Chief Jolley Chris Jury Erin Wood
1:50	Partner Updates <ul style="list-style-type: none">- Successes, Challenges, Opportunities, Needs, Encouragement	Coalition
2:30	Closing Thoughts and Adjourn <ul style="list-style-type: none">- October evening meeting	Leadership

Annual Community Survey



- Annual Community Survey of Adults live now through December.
- Grant requires minimum of 215 responses.
- Participants must live and/or work in Monroe.

ONLINE SURVEY ENGLISH

<https://www.research.net/r/SNMOEN2020>

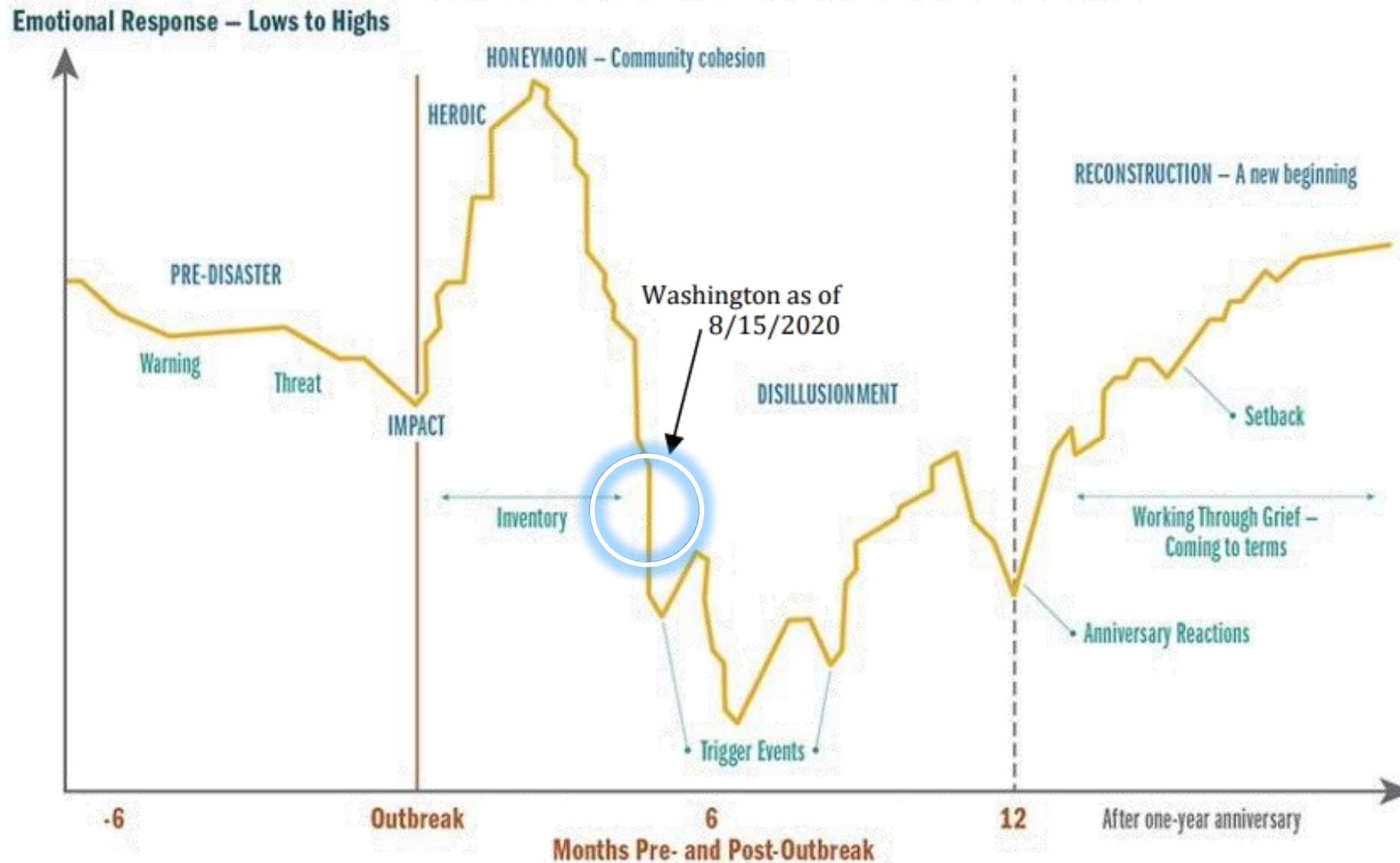
ONLINE SURVEY SPANISH

<https://es.research.net/r/SNMOSP2020>



MH01	The following questions are about how equipped you feel to help loved ones dealing with substance use and mental health issues.	True	False	Don't Know
1	I can recognize the difference between "normal" teenage behavior and symptoms of depression, anxiety or substance use in my child or another young person I care about			
2	If I notice a change in the behavior or activity patterns of my child or another young person I care about, I would be able to discuss my concerns with them in a non-accusatory manner.			
3	I know where to go for help, assistance or advice if I am concerned about my child or another young person I care about.			
4	I know the signs of suicide and how to ask a young person if they are considering suicide.			
5	I would like to learn more about how to respond to substance abuse and mental health issues.			

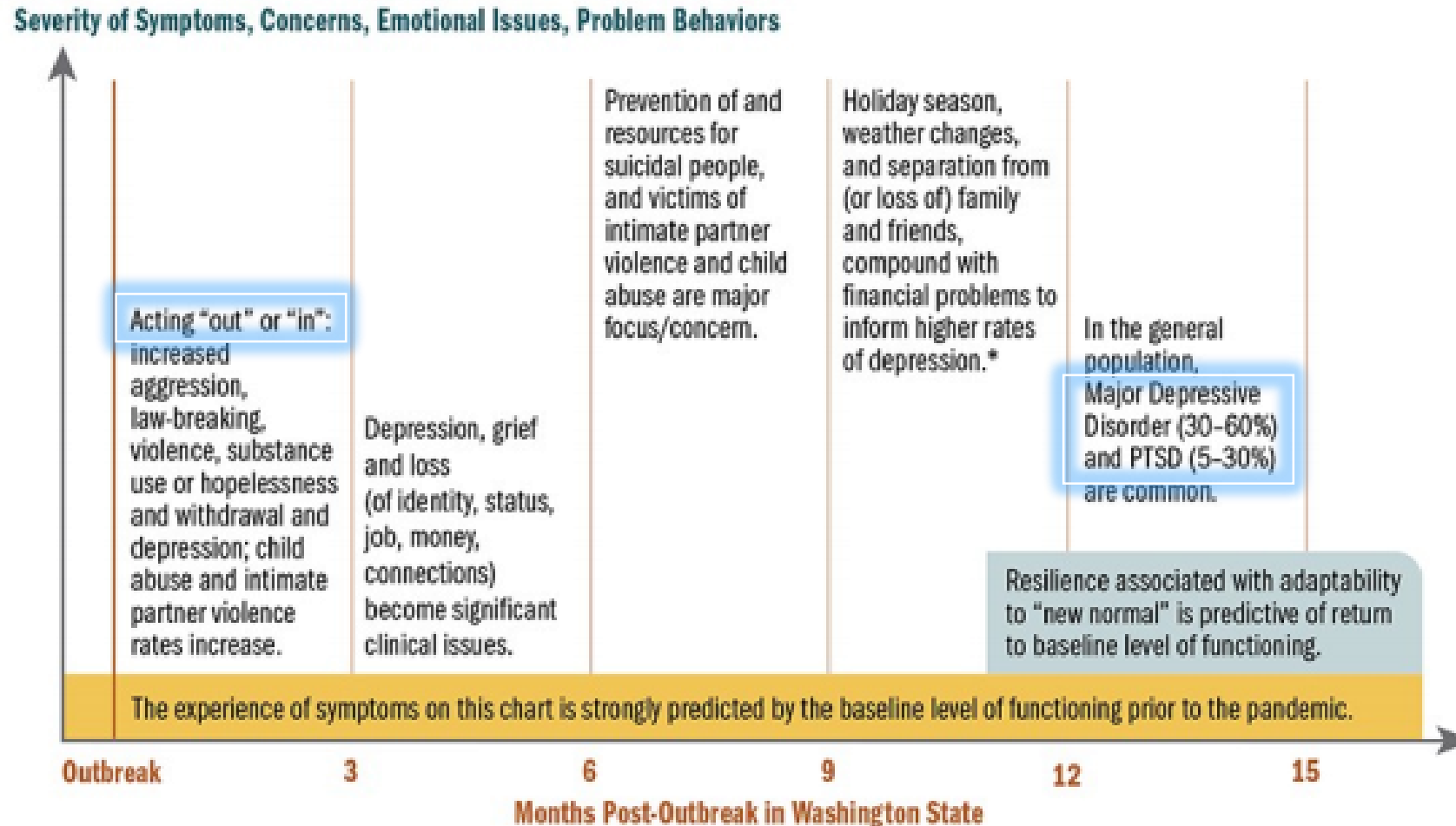
Behavioral Health Forecast



Behavioral Health Forecast



Forecasted Behavioral Health Symptoms

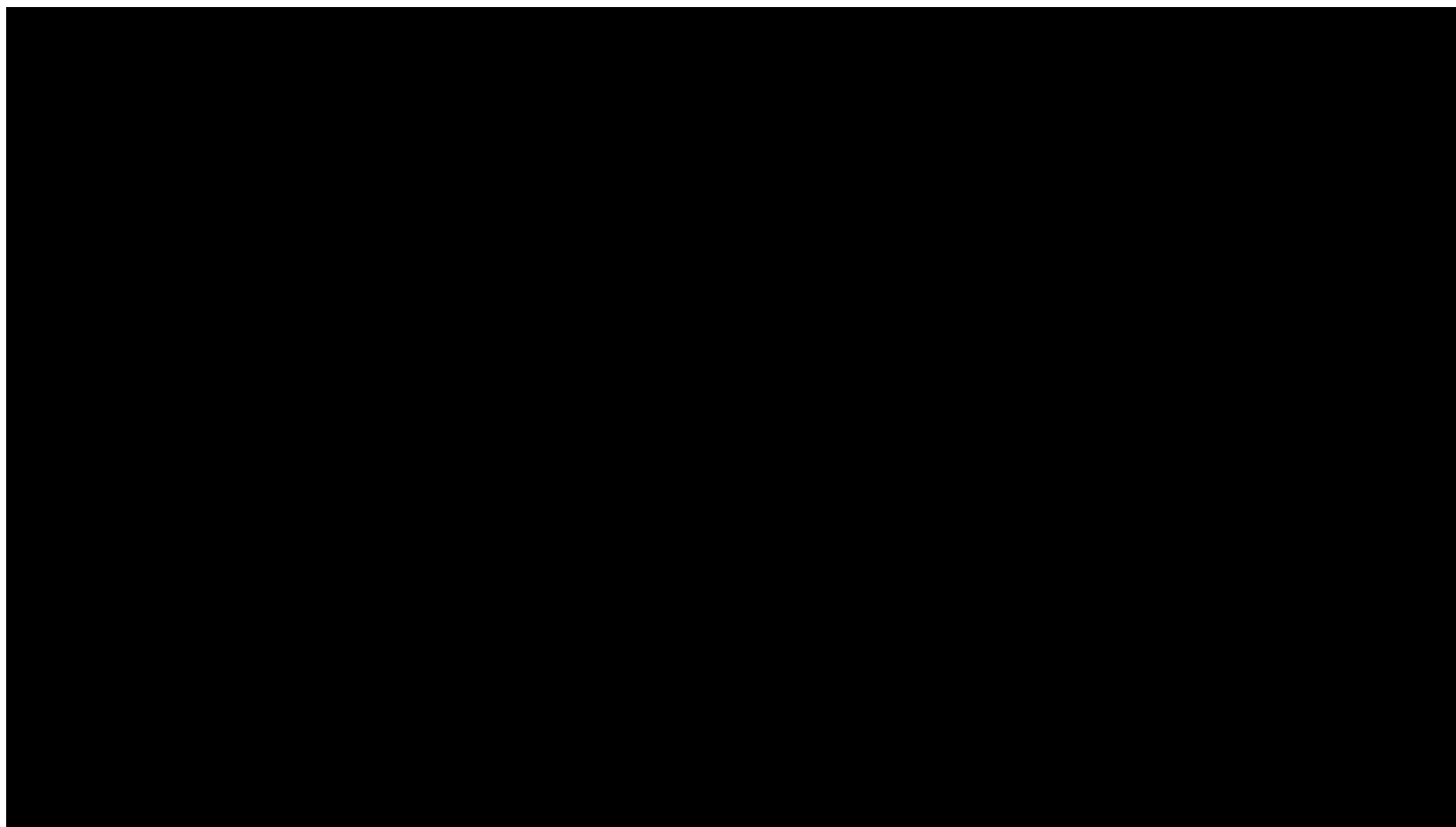


* Second wave of illness and social and economic disruption is biggest predictor of symptoms.

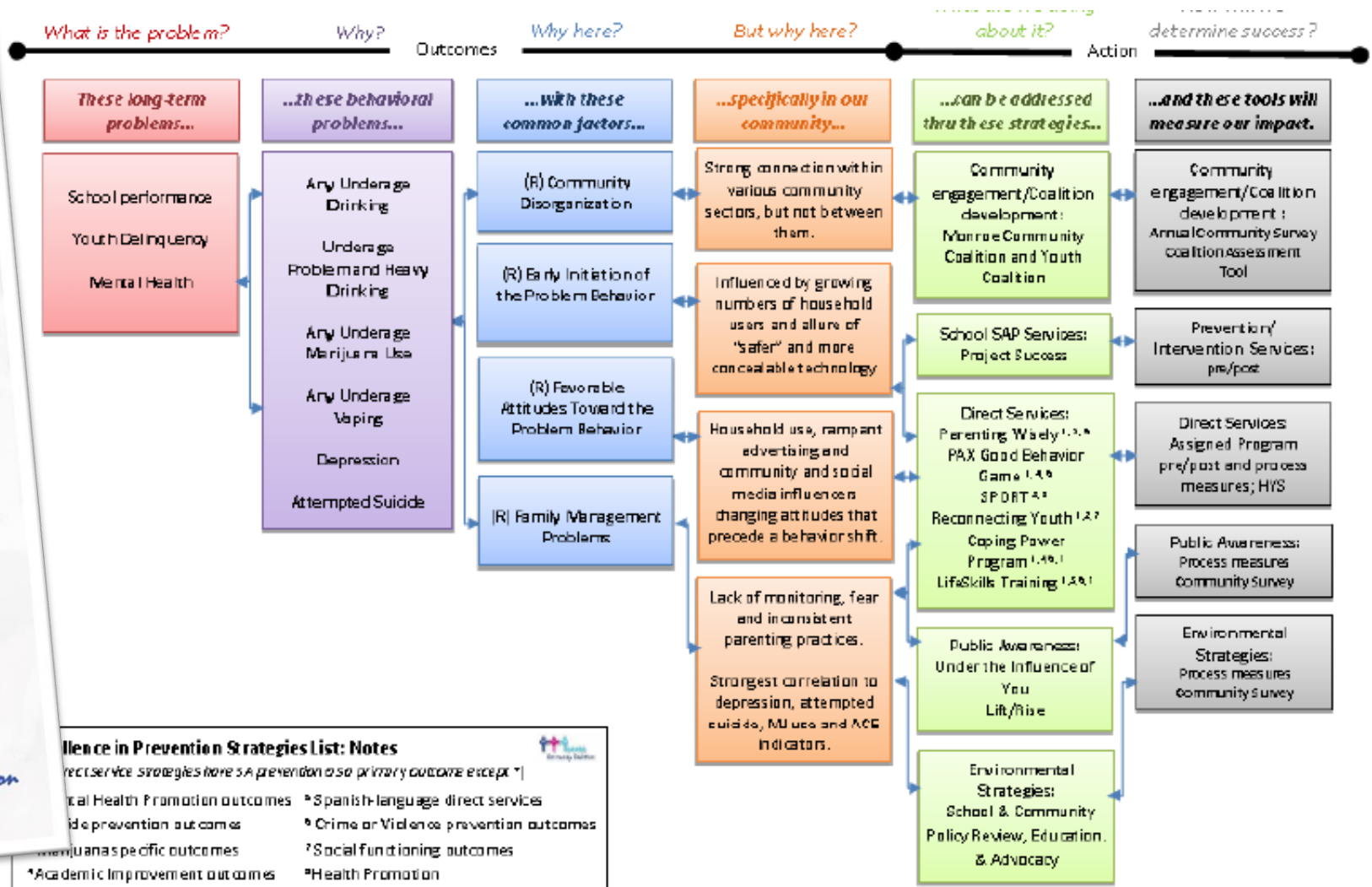
Numb – By: Liv McNeil



Numb – By: Liv McNeil



Coalition Programs Update



Coalition Programs Update



Adults to turn to for help : Highest rate ever recorded.

Attempted suicide: 2nd lowest rate ever; lowest since 2006!

Current alcohol use: Lowest rate ever recorded.

Binge drinking: Second lowest rate ever recorded.

Marijuana: Second lowest rate ever recorded.

Pain Killer use: Tied for lowest rate ever.



Rx use (Not Prescribed): 6th year of decline.

Coalition Programs Update



SOURCES OF STRENGTH

No HYS!

Project SUCCESS™



YOU BELONG PLEDGE

I pledge to have the courage to encourage others and to believe that my voice has the power to help others.

I respect that we come from diverse families, cultures, backgrounds, beliefs, and experiences.

I commit to building strengths in my own life, so that I can help others feel that they belong to our community.

I AM _____

Coalition Funding & Staff Update



Federal SABG

GF-S

1/10th of 1%

DMA

Federal PFS

MHPP

OSPI

- In August we received an \$11,000 grant award from OSPI to fund Botvin's LifeSkills Training Program.
- This month we anticipate receiving an additional \$20k for substance abuse prevention.
- Coalition superstar Chris Jury was promoted by ESD 189 to oversee student assistance professionals regionwide.

On the Horizon...



Month	Calendar of Activities
August	Antiracism Book Study and Library Established Local & Regional Training School Board Presentation
September	Coalition Meetings Resume Annual Community Survey Launch 2 nd Step Launch Botvin's LST Launch
October	Coalition Assessment Tool Under the Influence of You Signs of Suicide Key Leader Orientation SPORT Sources of Strength Small Group Connection Custom Monroe-HYS
November	State Px Summit (Virtual) CAST Training
December	Movie Screening Meeting Annual Survey Concludes
January	Strategic Planning Process Begins Open
February	Open
March	Open
April	Needs/Resource/Gap Analysis Round Robin Meeting Open
May	Needs assessment presented to Coalition Data-based Program Selection Youth Mental Health First Aid Training
June	Youth Mental Health First Aid Training Strategic Plan Due to HCA by June 15 th End of Fiscal Biennium

Antiracism and Equity



- Chris Jury, ESD 189: Student Voice
- Erin Wood, Monroe School District: MHS Study and Library
- Jeff Jolley, Chief of Monroe Police Department: St. Mary's gathering and Student Resource Officer Update



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
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Mental Health Treatment	Substance Use Treatment	Faith Community
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Covid-19 Response - Touchpoint

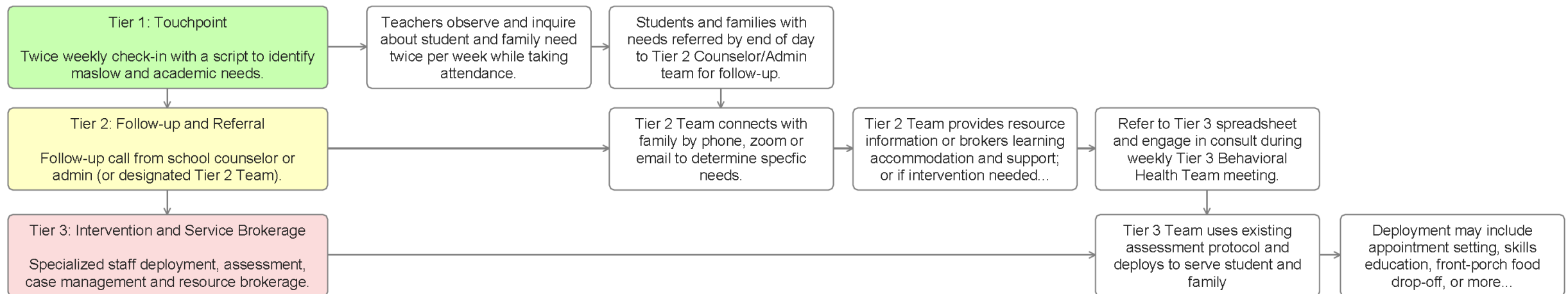


Operation Touchpoint: Elementary Model Overview

Goal 1: Increase community resilience during crisis by improving utilization of available resources

Goal 2: Preserve student educational skills and engagement

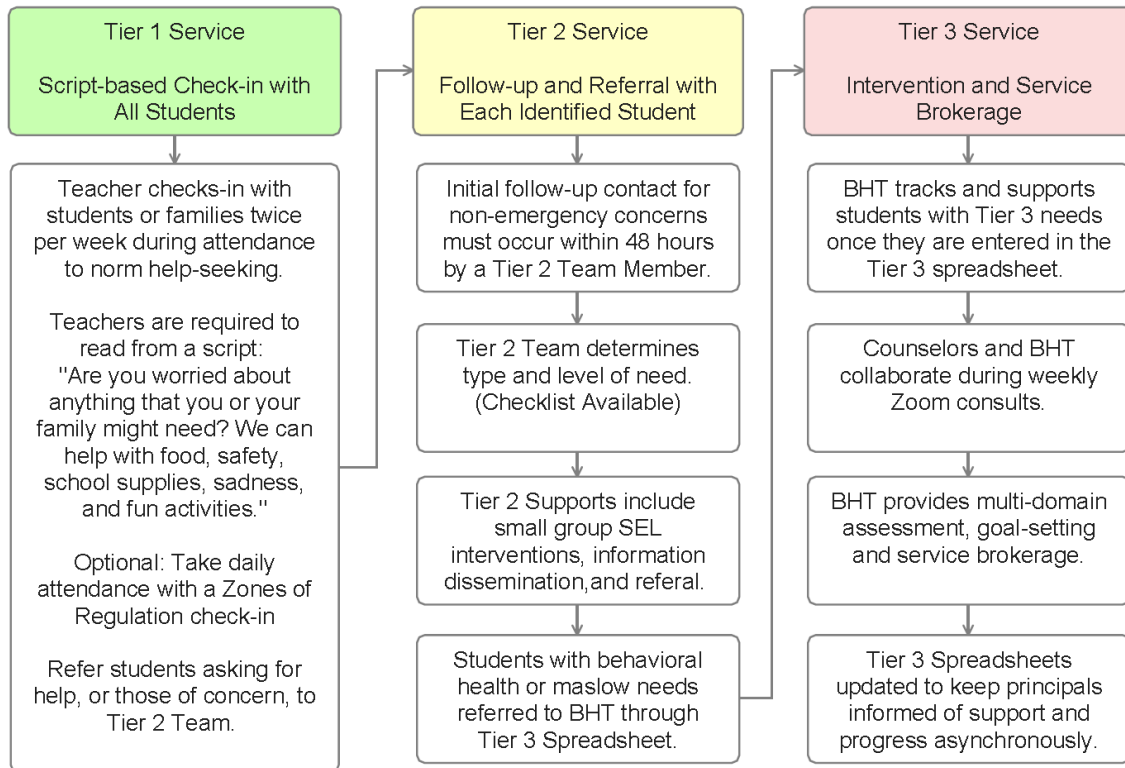
Goal 3: Deploy specialist staff to respond effectively and efficiently to student, family and community needs during building closure.



Touchpoint - Detail



Operation Touchpoint: Elementary School Detail



Tier 1 Tools

Script:
"Are you worried about anything that you or your family might need? We can help with food, safety, school supplies, sadness, and fun activities."

The Zones of Regulation

Blue Red Area	Green Go	Yellow Slow Down	Red Stop
Sad	Happy	Nervous	Angry
Upset	Excited	Surprised	Yelling
Hurt	Calm	Confused	Aggressive
Tired	Proud	Silly	Mad

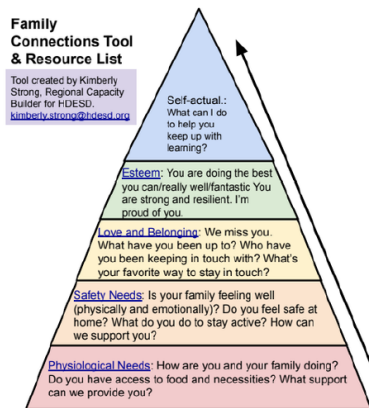
Tier 2 Checklist

Do you need help with:

- Food
- Safety
- Homework
- Sadness/Loneliness
- Housing
- Legal
- Medical
- Child Care
- Substance Abuse
- Mental Health
- Financial Assistance
- SEL or Academic Resources

Family Connections Tool & Resource List

Tool created by Kimberly Strong, Regional Capacity Builder for HDESO. kimberlystrong@tcdpsd.org



Purpose: To help educators build relationships with families and connect them to needed resource BEFORE assessing learning needs.

To use:

- When calling families, start at the bottom of this pyramid and work your way up.
- Use the question frames as guides.
- Use the links to connect to resources as needed.

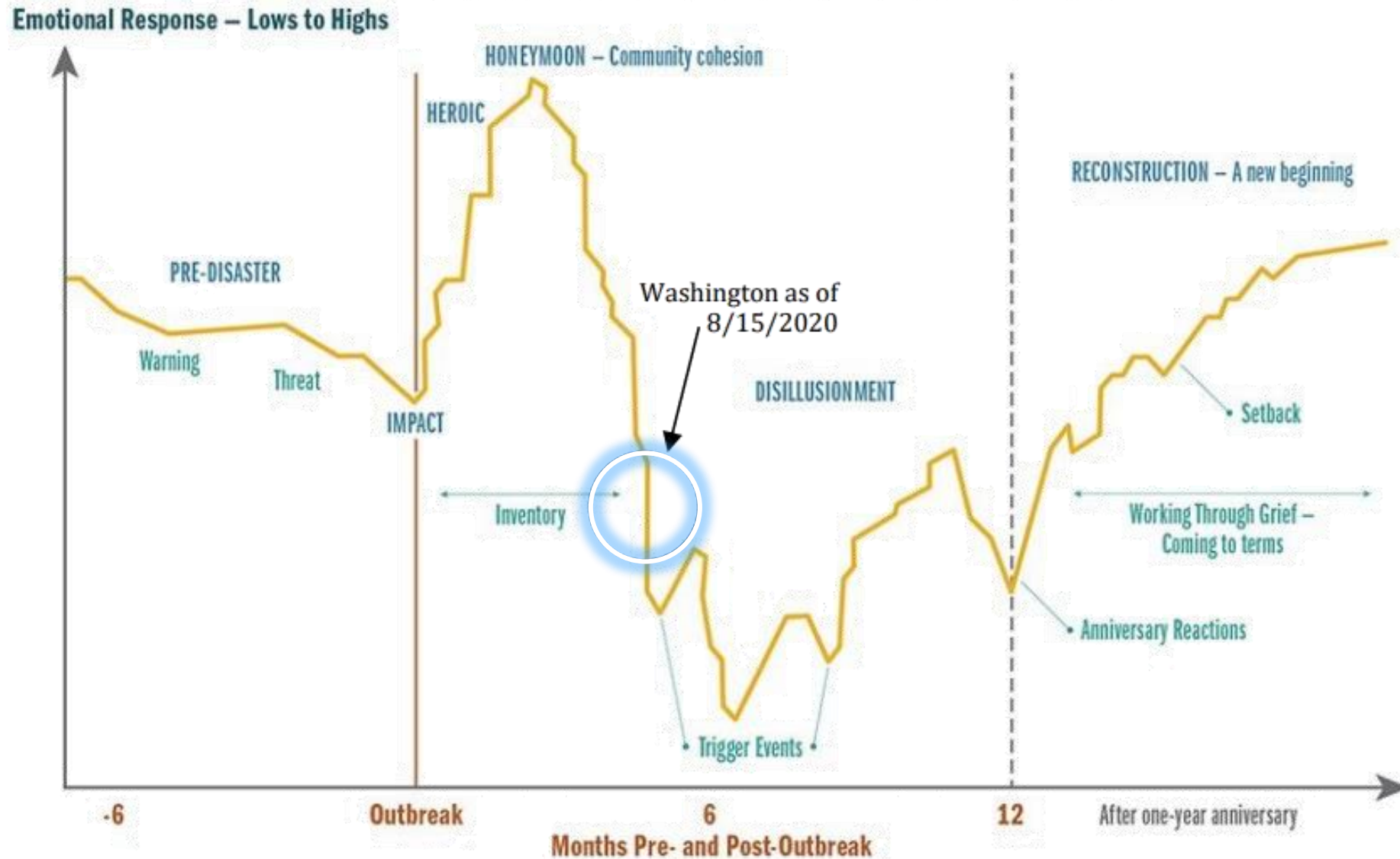
Suggestions:

- Put your own oxygen mask on first by practicing [get care](#). You can't help if you're not okay.
- Keep [shared people sheet](#) with check-in call notes.

Important Contacts: (Make a copy and add your own link with contact info for your counselors, district contacts, SPED case managers, etc.)

START HERE!

Behavioral Health Forecast



Covid-19 Response - Touchpoint

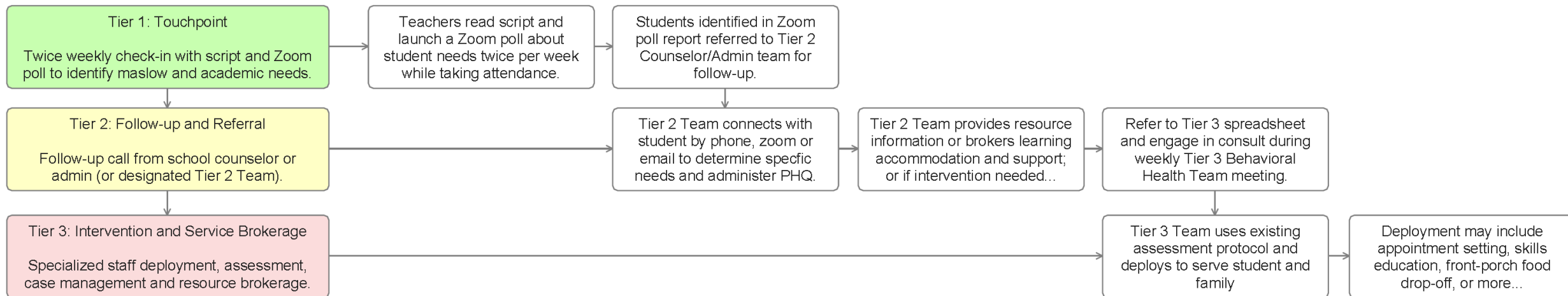


Operation Touchpoint: Secondary Model Overview

Goal 1: Increase community resilience during crisis by improving utilization of available resources

Goal 2: Preserve student educational skills and engagement

Goal 3: Deploy specialist staff to respond effectively and efficiently to student, family and community needs during building closure.



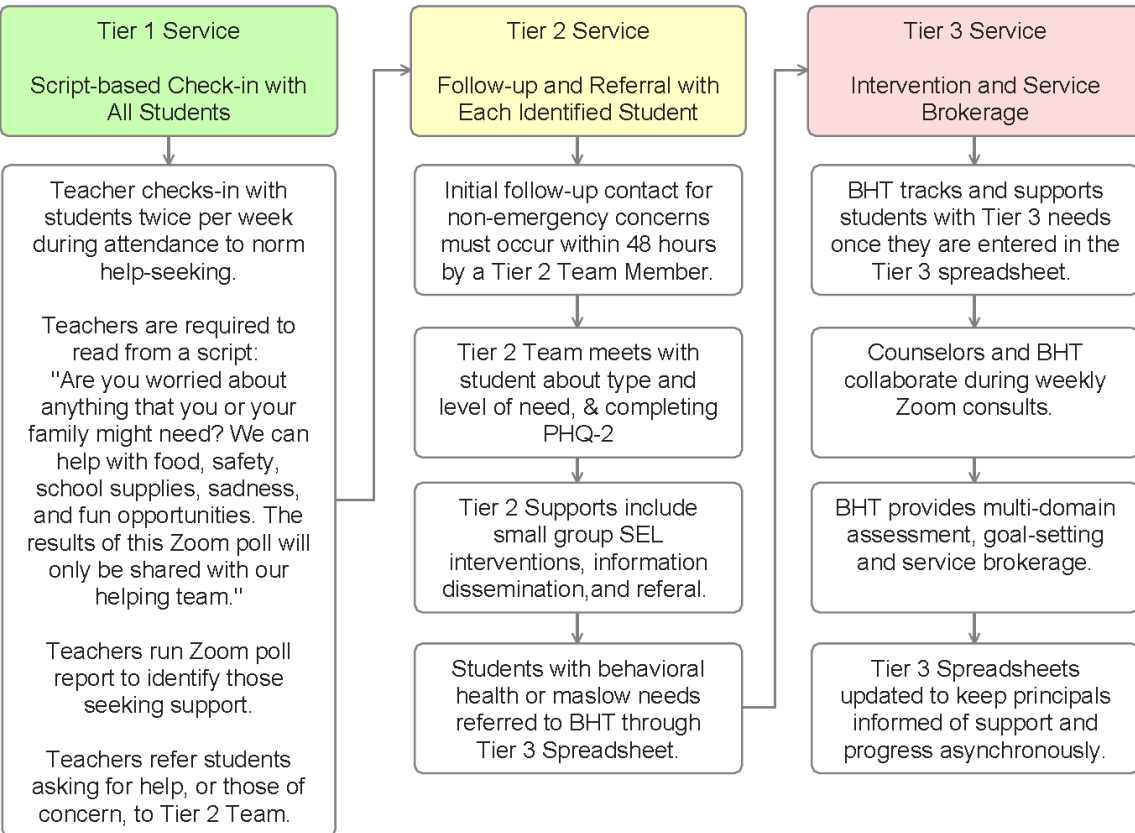
Touchpoint - Detail



Operation Touchpoint: Secondary School Detail

Tier 1 Tools

Tier 2 Tools



Script:
"Are you worried about anything that you or your family might need? We can help with food, safety, school supplies, sadness, and fun opportunities. The results of this Zoom poll will only be shared with our helping team."

Zoom Poll:
I would like to talk to a Counselor or other helping adult about:

- An Emergency about Me or a Friend
- Food
- Safety
- Homework
- SEL or Academic Resources
- Sadness/Loneliness
- Depression/Anxiety
- Housing
- Legal Help
- Medical
- Child Care
- Substance Abuse
- Financial Assistance for My Family
- Something Else

PHQ-2

Over the past 2 weeks, how often have you been bothered by any of the following problems?

Little interest or pleasure in doing things.
0 = Not at all
1 = Several days
2 = More than half the days
3 = Nearly every day

Feeling down, depressed, or hopeless.
0 = Not at all
1 = Several days
2 = More than half the days
3 = Nearly every day

Family Connections Tool & Resource List

Tool created by Kimberly Strong, Regional Capacity Builder for HDESD. kimberly.strong@hdesd.org

Self-actual: What can I do to help you keep up with learning?

Esteem: You are doing the best you can/really well/fantastic! You are strong and resilient. I'm proud of you

Love and Belonging: We miss you. What have you been up to? Who have you been keeping in touch with? What's your favorite way to stay in touch?

Safety Needs: Is your family feeling well (physically and emotionally)? Do you feel safe at home? What do you do to stay active? How can we support you?

Physiological Needs: How are you and your family doing? Do you have access to food and necessities? What support can we provide you?

Purpose: To help educators build relationships with families and connect them to needed resource BEFORE assessing learning needs.

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- Use the links to connect to resources as needed.

Suggestions:

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- Keep [student people sheet](#) with check in call notes.

Important Contacts: (Make a copy and add your own link with contact info for your counselors, district contacts, SPED case managers, etc.)

START HERE!