

## July 1, 2015 Notes

**Attendance:** John Andelin, Michael Brown, Dave Carlson, Sheila Fleischhacker, Barbara Gomez, Alicia Guajardo, Judy Hadden, Linda Henderson, Anne O'Brien, Devanshi Patel, Ryan Huaman, Rachel Harlan, Cintia Johnson, Laura Lazour, Susan Noack, Sam Stebbins, Jim Tuomey, Marian Harmon, Robert Vilchez, Kim Durand, Siobhan Grayson, Sally LaBonte, Michael Swisher, Katherine Diaz, Mary Gay

### **Spring Conference**

Devanshi and Dave presented the essential information:

- Why – To move the needle around the four priority areas and promote APCYF and its partners
- Who – Parents and kids, middle and high school, goal of 250 people
- What – An educational conference with workshops, lunch and a keynote speaker
- When – March 12 or April 2 (before or after Spring Break)
  - Starting around 9:00 and ending around 2:30 or so.
- Where – George Mason University or Marymount University
- How – Identify sponsors and partners to help with associated costs

Planning will happen with the Spring Conference Committee and the Sub-Committees. We will reach out to all Community Engagement Groups for their input on the sub-committees

**Spring Conference Committee includes:** Devanshi, Dave, Tito, Rachel, Judy, Linda, Alicia, Siobhan, Rick, Michael S., Sally LaBonte, Barbara Gomez, Kim Durand, Mary Gay. The next meeting is on Thursday, July 9<sup>th</sup> at 10:00am.

### Sub-Committees and Volunteers:

**Logistics:** location, food

Dave, Sheila, Tito, Bill (transport), Cintia

**Speaker:**

Sheila "Let's Move", Siobhan, Devanshi

**Workshops:**

Michael S., Anne, Devanshi, Alicia

**Marketing/ Communications:**

Judy, Anne, Sally, TNB

**Sponsors/ Partners:** resource tables for colleges, APS, DPR, Y, AHC, etc...

Jim, Sally, Michael B., Dave, Tito

**Program/Schedule for the day:** Sheila, Devanshi

**Day of Event:** set up/clean-up & other nitty-gritty

Marion, Cintia, Kim and others TBD

**Legislative Priorities 2016 (see attached letter)**

We will draft a letter in response to the County Board's request for input (see attached). **We need your suggestions/input by July 9<sup>th</sup> at 12:00 noon.** Some items we spoke about at our meeting include:

- Look for shared interests from other commissions
- Talk to department heads
- DPR Commission – regarding green space
- State requirement for Mental Health First Aid - for teachers and providers
- Talk to Maxine Maloney about Childcare Licensing
- Other committees:
  - Early Childhood Committee may have some suggestions
  - OST- access, transport, quality assurance
  - 2nd Chance
  - Others
  - Foster Care: Continued teen support after age 21

### **Community Engagement Process Update**

Kim gave a brief update on each of the Workgroups.

#### Bullying:

- Work with APS/ACG and the community to ensure a clear definition of bullying.
  - Cintia mentioned there is a state definition that APS is required to follow.
- Support appropriate and consistent consequences in and out of schools.
- Provide example to demonstrate what bullying is/is not through PSAs on YouTube and through other social media.

#### Childhood Obesity:

- This group will be gathering additional data from the community through empathetic interviews asking:
  - What do you need from your community to facilitate a healthy life?
  - how do you define community?
  - how do you define healthy?
- This additional data will help inform strategies for sectors within the community.

#### Mental Health:

- The focus for this group is on the Depressive Symptoms and Attempted Suicide and the data that is collected in the Youth Risk Behavior Survey.
- Strategies that address anxiety, stress and the negative stigma around Mental Health Illnesses.
- Want to hold a kick-off conference and follow that up with various workshops, meetings, webinars, etc. where people are comfortable gathering.

#### Positive Family Communications:

- Improve positive family communications through:
  - Developing communication skills for both parents and children
  - Coaching families in the appropriate developmental stages of communications

- Working with all ages, infancy to adult
- The goal is to change behaviors
- Will gather additional information through Empathetic Interviewing as well.

Kim will work on a full report to send out to all of the participants. They will also be added to the Wednesday Mailing List for future involvement with APCYF.

**ANNOUNCEMENTS:**

County Fair dates are **August 7, 8 and 9.**

Please volunteer for a time to come and meet community members!

A schedule will be sent later this month.

**NEXT MEETING – July 22 6:00 – 8:00pm:**

We will have in-depth discussions looking at this year's Developmental Asset Data!