



working together to create safer spaces

An Overview of
Monthly Meeting | October 1st, 2024
Uniting Stories: Marysville-Tulalip Coalition

Done in Meeting

- Reviewed status of implementation of programs.
- Community partner check-in and upcoming events.
- Review of partnership with Youth Suicide Prevention Taskforce of Snohomish County on upcoming You Are Not Alone suicide prevention event and plan to implement event in north Snohomish County in the future.
- Completed Coalition Assessment Survey

Significant Updates

Fall Prevention Event: The event in partnership with Tulalip Tribes Education division will take place on October 18th at the Don Hatch Youth Center at 4:30. The coalition will have a table featuring button making and You Can materials.

Note that the date has changed from *October 17th* to *October 18th*. Please attend either to host the coalition table or just as an opportunity to connect with our youth.

Strategic Planning Team: Uniting Stories is preparing to update our coalition's strategic plan that will center and guide our work over the next 5 years. As a team we will be reviewing data to help inform our plan that we will use to align future programming and activities. We will plan to meet three times over the next few months (meeting dates/location TBD) to develop our plan together. If you are interested in joining this team that will shape our next few years, please reach out to unitingstoriescoalition@gmail.com

Coalition Assessment Tool: If you were unable to join us at this month's meeting, we completed the annual coalition assessment survey. If you would be willing to take a few minutes to fill out this survey, it is linked [HERE](#).

Coalition Leadership

Chair| **Ryan Quiza**
Co-Chair| **Todd Hobart**
Secretary| **Amanda Phung**
Social Media Liaison| **Jodi Runyon**
Coalition Coordinator| **Ryan Ciganek**

Sector Representatives

To increase consistent engagement within the community we are developing a more formal role of "Sector Representative" within the Coalition. Please look through the list of "[sectors](#)" and contact Ryan Ciganek if you would like to step into the role of Sector Representative for the sector of the community that you can represent within the coalition. If you have any ideas of others who might be a good fit for this role, please let Ryan know.

Community Sectors are listed below:

- | | |
|---------------------------------|---------------------------------|
| - Parents | - Youth Serving Organizations |
| - Youth | - Religious/Fraternal |
| - Business | Organizations |
| - Local/State/Tribal Government | - Civic/Volunteer Organizations |
| - Law Enforcement | - Media |
| - Education | - Substance Abuse |
| - Healthcare | Organizations |

Work Groups/Subcommittees

Please take a look at these groups and join one that suits your interests and strengths. You can see the list/sign on to a group [HERE](#):

- Policy Review
- Recruitment
- Botvin Life Skills
- Strategic Plan
- Media Campaign
- Key Leader Event/Outreach
- You are Not Alone Event

Community Check-in & Upcoming Events

Catholic Community Services:

- In school presentations throughout Marysville School District secondary schools, ongoing through school year

Library:

- **There are so many wonderful events coming up at Sno-Isle Library. Click [HERE](#) for more info!**

Marysville Food Bank

- **Toy Store**
 - Marysville Food Bank Toy Store is in need of volunteers as well as donations to support countless families within our community as we near the holiday season. For more info on how to get involved check out:
 - www.marysvillefoodbank.org/toy-store

Marysville Parks, Culture, and Recreation:

- [City of Marysville Events](#)
- **Free: Youth Mental Health First Aid training for community members. One day training offered on two separate days (10/17 or 10/18) at Marysville Community Center. Offered in partnership with Linc NW**
 - **Register Here:**
http://apm.activecommunities.com/marysvillewa/Activity_Search/10116

Mentorship Program:

- If you are interested in getting involved as an awesome mentor to Marysville youth, or know someone who might be interested, please contact Larisa Koenig at larisa_koenig@msd25.org
- Check out more info and get involved with this incredible program [HERE](#)!

Tulalip Education Division:

- Tons of great activities for youth within the Marysville School District. Check out their [Facebook!](#)

Upcoming Coalition Meeting Dates

Nov 5th, 2024 | 10:00AM | Marysville Community Center
Dec 3rd, 2024 | 10:00AM | Hibulb Cultural Center

Event Flyers and Attachments

Please feel free to share and distribute the following flyers in support of upcoming community events.





CAMP MARIPOSA Everett, WA

Transforming lives
together.



2024 Camp Dates

Overnight Youth Ages 9-12

April 12-14, 2024

May 31-June 2, 2024

August 26-28, 2024

October 18-20, 2024

December 6-8, 2024

Teen Day Camps Ages 13-17

May 4, 2024

August 3, 2024

September 28, 2024

December 7-8, 2024
(overnight camp)

Family Events

In addition to our camps we also offer six free family events throughout the year.

Past events:
small boat sailing
roller skating
pumpkin patch
trampoline park

Camp Mariposa Everett is a free therapeutic camp, run by Compass Health for youth ages 9-17 affected by substance use disorder in their families. Youth participate in fun, traditional camp activities as well as education and support sessions led by mental health professionals and trained adult mentors. In addition to our camps, we also have family events. Our family events strengthen our Camp Mariposa community by creating connections within the families. Everett is part of Eluna's Camp Mariposa network.

Camp Mariposa helps youth:

- Reduce feelings of isolation and guilt
- Connect with friends facing similar circumstances
- Learn that addiction not their fault
- Build confidence
- Learn critical life skills
- Have FUN!

For more information:

To refer a youth, become a mentor or learn about the program, please contact

Sheridan Haroian, Camp Mariposa Program Supervisor, at 425-349-8480 or email at

campmariposa@compassh.org



PRESENTED BY DVS OF SNOHOMISH COUNTY &
EVERETT RECOVERY CAFE



THURSDAY 17 OCTOBER, 2024



SURVIVORS'

OPEN MIC NIGHT

PURPOSE

AN OPPORTUNITY FOR SURVIVORS OF ABUSE
& SEXUAL ASSAULT TO SHARE THEIR POETRY,
SPOKEN WORD, MUSIC, OR VISUAL ART PIECES
IN A SAFE & WELCOMING ENVIRONMENT

**For the emotional safety of attendees, we ask that participants refrain
from graphic depictions/imagery of physical & sexual violence**

WHERE

RECOVERY CAFE
1212 CALIFORNIA ST, EVERETT, WA 98201
6:30-8:00PM

CONTACT LIZ@DVS-SNOCO.ORG WITH ANY
QUESTIONS



If you have concerns about what is happening in
your relationship, call our confidential support line:

425-252-2873



Domestic Violence Services
of Snohomish County
Intimate Partner Violence Centered



Recovery Café
— Everett —



MONDAYS

5:30 PM - 8 PM
FIRST MEETING IS SEPT 9TH

VOLUNTEER AND DV ADVOCATE TRAINING

Domestic Violence Services of Snohomish County is excited to bring back it's Volunteer and Advocacy Training! By law all volunteers who would like to work directly with clients and children must complete a minimum 20 hours of Domestic Violence Advocacy Training. This training will begin September 9th, 2024, and be from 5:30 - 8 pm every Monday night.



WE NEED HELP FOR:

- ✓ Support Line
- ✓ Support Group Assistance
- ✓ Shelter Maintenance
- ✓ Clerical/Office Help
- ✓ Special Events
- ✓ Working with Children

QUESTIONS?

Contact
425.259.2827 x 1013

Lauren@dvs-snoco.org

Visit our website
dvs-snoco.org



Virtual Youth Mental Health First Aid



What is the purpose of this class?

Youth Mental Health First Aid will improve your knowledge of mental health and substance use problems, and will teach you how to connect youth with care when needed.

Why is the class being offered?

Anyone can make a difference in the life of an adolescent struggling with mental health or substance use issues.

We aim to provide tools and education to help people recognize signs of mental health challenges, and to support and respond to youth in distress.

Learn a 5-step action plan to help a young person cope with mental health or substance use problems.

Be aware and informed.

Who should attend?

This class is open to adults who regularly interact with adolescents 12 to 18.

Where is this class located?

This class is being offered virtually.

The virtual class is a free two-part series. The series includes a self-guided course and a live instructor led-course.

The date you sign up for is the date of the live instructor-led course.

What is the cost to attend?

In partnership with Valley Cities, classes are **free**. Funded by King County MIDD Behavioral Health Sales Tax-Supporting Behavioral Health and Recovery.

LEARN MORE OR REGISTER

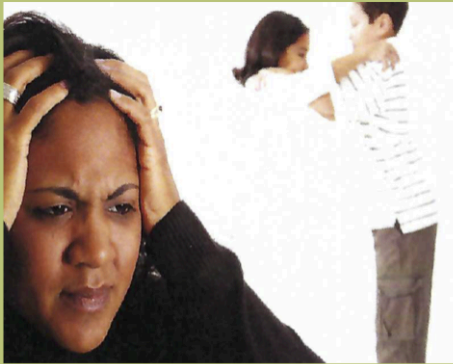
Online: www.seattlechildrens.org/classes

By phone: Seattle Children's Classes Registration, 206-987-9878

Be the difference in the life of an adolescent.



Updated 10/19/23



ONLINE Parent Support Group



Are you the parent of a youth or adolescent who may be living with Emotional/ Behavioral problems or Mental Illness?

Come join our monthly Parent Support Group from the comfort of your own home with Zoom (details below). If your youth has rages, ADHD behaviors, is defiant, or is self-harming, **YOU ARE NOT ALONE!** Families share acceptance and seemingly hidden mental health care and **RESOURCES**. This group is a safe, **CONFIDENTIAL** place to vent and support each other as you walk the 24/7 challenge of rearing and loving a youth with an illness you cannot fix. We are all walking a similar walk, and sharing our struggles helps to make it more bearable.

WHEN: 1st Tuesday of each month

TIME: 7:00pm- 8:30pm

LINK: <https://zoom.us/meeting/register/tJMqdOuogjorH9CyhSK5v4XeRDHorrtS0AnZ>

**Please email questions to
namisnohomishteam@gmail.com**

There are only 12 spaces available for each support group meeting. There are no reservations available. Participants are granted access to the meeting on a first come, first served basis. The meeting will be locked once we have reached maximum capacity, and no more participants will be admitted. This limit is in place to allow facilitators a comfortable amount of time to address all participants. For this reason, participants are encouraged to try logging on 10 minutes early to enter the waiting room and test connection & equipment. If you do not make it into the meeting one month we encourage you to try again the following month.



COVID 19 has changed our society and increased our need for **EMOTIONAL SUPPORT** and **SELF-CARE**. We provide an opportunity to share **UNDERSTANDING** and **CARE FOR OURSELVES** amid society challenges!! For our youth and adolescents, mental health issues get ignored. The **STIGMA** in society so isolates families trying to care for their youth in the throes of these disorders with very few resources. Our adolescents have few appropriate friends and we parents become isolated. Society wants to just blame the parents!! Only 20% of our challenged adolescents are ever identified and fewer still receive treatment. **TREATMENT WORKS!!** Fight for your youth to be tested for an IEP. Social/Emotional problems are one of the **13 FEDERAL** categories for **SPECIAL EDUCATION!!**

**You didn't CAUSE it, you can't (easily) CONTROL it
You can't CURE it, You must learn to COPE with it.**

~ David Karp M.D.