



**KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH**  
**January 6, 2022**  
**4:30-6:00 p.m.**

Join the Zoom Meeting:

<https://us02web.zoom.us/j/3608132328>

Phone: 1-253-215-8782

**THE PURPOSE OF THIS BOARD IS TO:**

**Advise** County Commissioners and residents on the needs of children, youth, and families based on periodic assessments

**Facilitate** Coordination of information among agencies to maximize resources

**Advocate** for an environment that fosters healthy, self-sufficient, responsible and productive children, youth and families

**A G E N D A**

**4:30 WELCOME & INTRODUCTIONS**

**4:35 APPROVAL OF THE MINUTES/AGENDA AMENDMENTS**

**4:40 YOUTH REPRESENTATIVE REPORTS**

**4:50 ANNUAL GOAL SETTING - 2022**

**5:30 UPDATES -Youth Voices, Membership, Trainings/ Events**

**5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**

**6:00 ADJOURNMENT & NEXT MEETING – FEB. 3, 2022**

**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – January 6, 2022**  
**4:30 P.M. –6:00 P.M.**  
**Zoom meeting- details provided on Agenda**

- 4:30 p.m. WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:35 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The December minutes will be approved and any changes to the January Agenda will be approved.
- 4:40 p.m. YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 4:50 p.m. DISCUSSION& DEBRIEF: TRAINING WITH MIKE BEEBE**  
We will review the slides and discuss the training and how we could apply it to guide our work.
- 5:15 p.m. ANNUAL GOAL SETTING**  
The board will review 2021 goals and set goals for 2022.
- 5:30 p.m. UPDATES -Youth Voices, Membership, Trainings/ Events**  
The board will be updated on the progress with these items.
- 5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m. ADJOURNMENT & NEXT MEETING: February 3, 2022**

## Kitsap County Commission on Children and Youth

### MINUTES December 2, 2021

The Kitsap County Commission on Children and Youth meeting was held on Thursday December 2, 2021 from 4:30 -6:00 p.m. via Zoom due to health and safety issues brought by the Covid 19 Pandemic and the current Shelter in Place orders. Jeff Allen & Michael Ramsdell Board Co-Chairpersons facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

#### I. **WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions.

#### II. **APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The November 2021 Meeting Minutes were approved and entered into the record. It was noted that we are meeting virtually due to the Covid 19 Pandemic and the Governor's Stay Home Stay Healthy Directive.

#### III. **YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

#### IV. **DISCUSSION& DEBRIEF: TRAINING WITH MIKE BEEBE**

The board discussed the training, great take-aways and next steps.

#### V. **REVIEW 2021 ANNUAL GOALS**

The board reviewed Annual Goals and discussed goals for 2022.

#### VI. **UPDATES -YOUTH VOICES, MEMBERSHIP, TRAININGS AND EVENTS**

The Board was updated on the status of the Youth Voices Project, Membership, Trainings and Events.

#### VII. **ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

#### VIII. **ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on January 6, 2022.

#### IX. **ATTENDANCE**



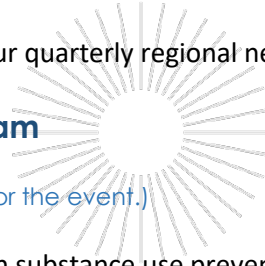
**Hello Olympic Region friends,**

The Youth Marijuana Prevention & Education Program will be hosting our quarterly regional networking meeting on:

**January 13<sup>th</sup>, 2022 from 10-11:30am**

[Register here](#)

(After registering you will receive an calendar invite for the event.)



We will hear about work across the Olympic Region in the fields of youth substance use prevention and youth mental health and discuss how we can collaborate.

Also! We have unique opportunity to hear from Officer Terri Jones about “A Day in the Life of an LCB Officer.”

Please forward to your partners. We hope to see you there!

**Megan Moore, MPH | Healthy Communities Specialist**

Chronic Disease Prevention Program

Kitsap Public Health District

345 6th St., Suite 300 | Bremerton, WA 98337

**Cell: (360) 900-7263**

[megan.moore@kitsappublichealth.org](mailto:megan.moore@kitsappublichealth.org) | [kitsappublichealth.org](http://kitsappublichealth.org)

Pronouns: she/her



*Striving to make Kitsap County a safe and healthy place to live, learn, work and play.*



# VIRTUAL TOWN HALL

Join the discussion about mental health & substance use prevention efforts in Kitsap County.

Gain knowledge and resources to help inform policies that support our community.

**JAN 6<sup>th</sup>, 2022**  
**11:30am-1:00pm**

[Register Here!](#)



After registering, you will receive an email with details to join the meeting.

**SUPPORTED BY**





## **Prevention Policy Day 2022**

**Monday, January 17, 2022, 2:00 - 1:00 pm**

**Join youth and adult prevention leaders from around the state at the 2022 Virtual Prevention Policy Day.**

**Learn more about some of the prevention issues that are being considered during the 2022 Legislative Session.**

**Discover strategies for effective advocacy.**

**[Click for more details and to register.](#)**



**KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH  
AGENDA  
February 3, 2022  
4:30 - 6:00 p.m.**



**Join the Zoom Meeting:**

<https://us02web.zoom.us/j/83720002430>

Phone: 1-253-215-8782

Meeting ID: 961 5275 7562

**THE PURPOSE OF THIS BOARD IS TO:**

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**Facilitate** Coordination of information among agencies to maximize resources

**Advocate** for an environment that fosters healthy, self-sufficient, responsible and productive children, youth and families

## **AGENDA**

- 4:30 WELCOME & INTRODUCTIONS**
- 4:35 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:40 PRESENTATION- 2021 GRANTEES –  
East Side Baby Corner West Sound- Helen Banks Routon**
- 4:55 YOUTH REPRESENTATIVE REPORTS**
- 5:10 APPROVAL OF THE RFP FOR OUR GRANT**
- 5:20 WORK PLAN APPROVAL & GOAL SETTING 2022**
- 5:40 UPDATES – Program ideas, Youth Voices, Membership**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – MARCH 3, 2022**



**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – February 3, 2022**  
**4:30 P.M. –6:00 P.M.**  
**Zoom meeting- details provided on Agenda**

- 4:30 p.m. WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:35 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The January minutes will be approved and any changes to the February Agenda will be approved.
- 4:40 p.m. PRESENTATION- 2021 GRANTEES – East Side Baby Corner West Sound**  
Helen Banks Routon will present about their program and how the grant dollars were utilized in 2021.
- 4:55 p.m. YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:10 p.m. APPROVAL OF THE RFP FOR OUR GRANT**  
Laura will review the changes to the 2022 RFP (Request for Proposals) for the county grant dollars we oversee. This grant is called the *Programs that Prevent and Reduce the Impact of Adverse Childhood Experiences through Building Resiliency*. Any suggested changes will be considered at this time. The board will vote to approve the RFP.
- 5:20 p.m. WORK PLAN APPROVAL & GOAL SETTING 2022**  
Our Board Work Plan must be submitted to the county this week. Last month we went over our Work Plan from 2021 and changes were discussed. The board will vote to approve the Work Plan. We have a second planning document titled Annual Goals 2021 that adds one more layer to the Work Plan by setting SMART goals for each Work Plan Goal.
- 5:40 p.m. UPDATES – Program Ideas, Youth Voices, Membership**  
The board will be updated on the progress with these items.
- 5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m. ADJOURNMENT & NEXT MEETING: March 3, 2022**

## Kitsap County Commission on Children and Youth

### MINUTES January 6, 2022

The Kitsap County Commission on Children and Youth meeting was held on Thursday January 6, 2021 from 4:30 -6:00 p.m. via Zoom due to health and safety issues brought by the Covid 19 Pandemic and the current Shelter in Place orders. Jeff Allen & Michael Ramsdell Board Co-Chairpersons facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

#### I. **WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions.

#### II. **APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The December 2021 Meeting Minutes were approved and entered into the record. It was noted that we are meeting virtually due to the Covid 19 Pandemic and the Governor's Stay Home Stay Healthy Directive.

#### III. **YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

#### IV. **ANNUAL GOAL SETTING - 2022**

Laura reviewed the 2021 Work Plan and Annual Goals 2021. Jeff led the Board through a goal setting exercise. We will finalize the goal setting next month.

#### V. **UPDATES -YOUTH VOICES, MEMBERSHIP, TRAININGS AND EVENTS**

The Board was updated on the status of the Youth Voices Project, Membership, Trainings and Events.

#### VII. **ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

#### VIII. **ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on February 3, 2022.

#### IX. **ATTENDANCE**



Having trouble viewing this email? [View it as a Web page.](#)



## **New Mandate for SUD providers**

The Washington Alliance of Quality Recovery Residences is working the Health Care Authority to notify SUD providers of a mandate that will go into effect as of January 1, 2023.

House Bill 1528, passed by the Legislature in 2019, included a provision that requires all substance use disorder providers, when referring clients to recovery housing, can only refer to housing listed on the HCA website for [recovery housing](#).

Please see the attached letter for more details and contact information.

[Letter to BHA re 1528 Referral Mandate.pdf](#)

FYI

The Washington State Department of Health today launched a statewide online portal for residents to order five rapid-antigen COVID tests per household that will be shipped at no cost. Learn more at <https://bit.ly/3qOrlc7>

Tests can be ordered here:

- [sayyescovidhometest.org](https://sayyescovidhometest.org) (English)
- [sayyescovidhometest.org/casa.html](https://sayyescovidhometest.org/casa.html) (Spanish)
- ◆ The federal government also offers four free tests for each household at <https://www.covidtests.gov/>
- ◆ If you need a COVID test immediately, please see Kitsap Public Health's list of Kitsap County testing providers at [kcowa.us/gettested](https://kcowa.us/gettested)

◆ Report positive test results from an at-home test through the state's COVID-19 hotline at 800-525-0127.



## **NOW ACCEPTING APPLICATIONS!**

Kitsap Strong and XParenting are seeking interested individuals (natural supports in the lives of our youth/children) to participate in a two-day virtual training and subsequent Community of Practice (CoP).

This experience is designed to empower participants with the skills and confidence to help children cope with the stress of the COVID-19 pandemic and social isolation. We believe every person can flourish when they have the support of caring and competent adults.

Excellent candidates for this FREE training opportunity include any/all "caring adults" who have relationships with children and are natural mentors (formal or informal) - youth leaders, teachers, coaches, scout leaders, faith & activity leaders, aunts/uncles, neighbors, and grandparents.

**Click here for more detailed information and to apply!**

**If you have questions or concerns, please email  
[info@kitsapstrong.org](mailto:info@kitsapstrong.org)**

FIND HELP TODAY

## CONTACT US

360.850.8407

[ashleyj@ccsww.org](mailto:ashleyj@ccsww.org)

[ccsfamilybehavioralhealth.org/wise](https://ccsfamilybehavioralhealth.org/wise)



Family  
Behavioral Health

WRAP AROUND  
WITH INTENSIVE  
SERVICES





# WHAT IS WISE?

WISe is a voluntary service that takes a team approach to meeting your child's needs by:

- Providing intensive mental health services designed to assist your child and your family in achieving wellness, safety, and to strengthen relationships within your community
- Developing an individualized care plan, based on strengths and needs that respect your family culture, values, norms, and preferences
- Offering services and supports 3-4 times/week in locations and at times that work best for your child and family (including in your house or a public location of choice, and on evenings or weekends)
- Providing help during a time of crisis, any time of the day, 365 days a year



# IS WISE FOR MY CHILD?

You should consider referring your child for a WISe screening if your child is:

- Experiencing hard to understand behavior that is challenging to you, other caregivers, or treatment providers
- Displaying an elevated risk of harm to themselves or others
- In need of a more intensive & individualized approach to treatment
- In need of a more flexible & engaging approach
- Involved in multiple systems (like mental health, CPS, Juvenile Justice, developmental disability services, and/or substance use disorder treatment)
- In special education and/or has a 504 Plan, with multiple school suspensions for mental health and/or behavioral issues



# HOW TO GET STARTED:

## STEP 1

**Call 360.792.2020 to make a referral.**

Children and youth who are age 20 and younger are eligible. If applicable, you'll want to have your child's Medicaid number available for insurance verification.

## STEP 2



**Complete a WISe screen.**

You'll receive a phone call from an Access Specialist for a 30 minute information gathering session. They will complete the Child Adolescent Needs & Strengths (CANS) screen to determine whether it appears your child could benefit from the level of care WISe offers. This screening can be completed over the phone or in-person.

## STEP 3

**Meet your WISe Team**

If the screening tool shows that WISe could potentially benefit your child, you will be contacted by your WISe team to begin your journey.





**KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH**  
**AGENDA**  
**March 3, 2022**  
**4:30 - 6:00 p.m.**



**Join the Zoom Meeting:**

**Phone:** 1-253-215-8782

**Meeting ID:** 961 5275 7562

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## **AGENDA**

- 4:30 WELCOME & INTRODUCTIONS**
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- 4:35 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:40 PRESENTATION- 2021 GRANTEES –  
Boys & Girls Club- Katie Hopkins-Musgrave  
Kitsap Strong – Marlaina Simmons**
- 5:15 YOUTH REPRESENTATIVE REPORTS**
- 5:25 GOAL SETTING 2022 - part 2**
- 5:40 UPDATES – Program Ideas, Youth Voices, Membership**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – APRIL 7, 2022**

**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – March 3, 2022**  
**4:30 P.M. –6:00 P.M.**  
**Zoom meeting- details provided on Agenda**

- 4:30 p.m. WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:35 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The February minutes will be approved and any changes to the March Agenda will be approved.
- 4:40 p.m. PRESENTATION- 2021 GRANTEES –**  
**Boys & Girls Club** - Katie Hopkins-Musgrave will present about their program and how the grant dollars were utilized in 2021.
- Kitsap Strong** – Marlaina Simmons will present about their program and how the grant dollars supported their project in 2021.
- 5:15 p.m. YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:25 p.m. GOAL SETTING 2022 - part 2**  
We will continue our goal setting process for 2022.
- 5:40 p.m. UPDATES – Program Ideas, Youth Voices, Membership**  
The board will be updated on the progress with these items.
- 5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m. ADJOURNMENT & NEXT MEETING: April 7, 2022**

## Kitsap County Commission on Children and Youth

### MINUTES February 3, 2022

The Kitsap County Commission on Children and Youth meeting was held on Thursday February 3, 2022 from 4:30 -6:00 p.m. via Zoom due to health and safety issues brought by the Covid 19 Pandemic and the current Shelter in Place orders. Jeff Allen, Board Co-Chairperson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

#### I. **WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions.

#### II. **APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The January 2022 Meeting Minutes were approved and entered into the record. It was noted that we are meeting virtually due to the Covid 19 Pandemic and the Governor's Stay Home Stay Healthy Directive.

#### III. **PRESENTATION- 2021 GRANTEES –**

East Side Baby Corner West Sound- Helen Banks Routon presented information about their program and how our 2021 grant was used.

#### **YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

#### IV. **APPROVAL OF THE RFP FOR OUR GRANT**

The board reviewed the RFP (grant announcement) and voted to approve it. Laura will move it forward in the publication process. The grant is set to be announced on 3/10/22.

#### V. **WORK PLAN APPROVAL & ANNUAL GOAL SETTING - 2022**

Laura reviewed the draft 2022 Work Plan and Annual Goals from 2021. Jeff reviewed the goal setting exercise we did last month A vote was held and the Work Plan was approved. . We will finalize the goal setting next month.

#### VI. **UPDATES -YOUTH VOICES, MEMBERSHIP, TRAININGS AND EVENTS**

The Board was updated on the status of the Youth Voices Project, Membership, Trainings and Events.

#### VII. **ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

#### VIII. **ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on February 3, 2022.

#### IX. **ATTENDANCE**



## Northwest Hospitality Veterans Memorial Park Cleanup

### MARCH 5, 2022: VETERAN'S MEMORIAL PARK CLEANUP

Saturday, March 5, 2022  
12:00 PM – 4:00 PM

985 Retsil Road Southeast, Port Orchard, WA,  
98366, United States (map)

Come join our esteemed Volunteer Lead, Lauren, for the next installment in our continued efforts at Veterans Memorial Park. Each visit gets us closer to a cleaner park by 4-5 tons or more.

Thanks to the weekly efforts of some incredible NWH volunteers, including park residents, and partnerships with the Kitsap County Parks Department, Kitsap County Public Works, West Sound Utility District, and others, Veterans Park has not been this clean in years but we saved a little work for you :)

Come out and help us get caught up! Once we get it all out there the park will be clean and we'll be able to keep it that way!

[Read more about our cleanups and why they are so important on our blog!](#)



So many smiles - and they moved over 25,000 lbs of trash that day!!!

## Read more about our past cleanups and why they are important

### SIGN UP HERE -REGISTER

### *Supplies:*

#### PROVIDED BY NWH:

- Snacks and Drinks
- Table
- Hand Sanitizer
- Hand Wipes
- Pickers
- Thick Gloves
- We will try to have some masks on hand
- Trash Bags

#### PROVIDED BY KITSAP COUNTY

- Trash Disposal

#### VOLUNTEERS RECOMMENDED TO BRING:

- Mask
- Sturdy hiking shoes
- Change of clothes for afterwards
- Personal Towel (just in case)
- Your own gloves if you've got a pair you like
- Wheelbarrow
- If you bring a camera or plan to use your phone to take pictures, please be very respectful about who and what you snap. We are cleaning around people's homes so ask before taking a picture of people, tents, or belongings.



**KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH**  
**AGENDA April 7, 2022**  
**4:30-6:00 p.m.**



Zoom Meeting Link:

<https://us02web.zoom.us/j/84295747300>

Meeting ID: 961 5275 7562

Phone: 1-253-215-8782

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- 4:30 WELCOME & INTRODUCTIONS**
- 4:40 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:45 YOUTH REPRESENTATIVE REPORTS**
- 5:00 UPDATE- ANNUAL GOALS**
- 5:30 HEALTHY YOUTH SURVEY DISCUSSION**
- 5:45 REQUEST FOR PROPOSAL UPDATES**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – MAY 5, 2022**

**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – April 7, 2022**  
**4:30 P.M. –6:00 P.M.**  
**Zoom meeting- details provided on Agenda**

- 4:30 p.m. WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:40 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The March minutes will be approved and any changes to the April Agenda will be approved.
- 4:45 p.m. YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:00 p.m. UPDATE – ANNUAL GOALS**  
We will update our ANNUAL GOALS 2022 document. We will also discuss an opportunity for youth engagement and advocacy.
- 5:30 p.m. HEALTHY YOUTH SURVEY DISCUSSION**  
We will discuss preliminary findings from the 2021 Healthy Youth Survey Results recently released.
- 5:45 p.m. REQUEST FOR PROPOSAL UPDATES**  
Laura will provide an update on the (RFP)-Request for Proposal Process for the grant we are offering (*Programs that Prevent and Reduce the Impact of Adverse Childhood Experiences through Building Resiliency*) and next steps.
- 5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m. ADJOURNMENT & NEXT MEETING: May 5, 2022**



## Kitsap County Commission on Children and Youth

### MINUTES March 3, 2022

The Kitsap County Commission on Children and Youth meeting was held on Thursday March 3, 2022 from 4:30 -6:00 p.m. via Zoom due to health and safety issues brought by the Covid 19 Pandemic and the current Shelter in Place orders. Jeff Allen, Board Co-Chairperson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

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#### III. **PRESENTATION- 2021 GRANTEES –**

Katie Hopkins-Musgrave from the Boys & Girls Clubs of South Puget Sound and Marlaina Simmons from Kitsap Strong presented information about their program and how our 2021 grant was used.

#### **YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

#### IV. **GOAL SETTING 2022 - part 2**

The 2022 Annual Goals draft document was reviewed, and edits were made. We will finalize them at our next meeting.

#### V. **UPDATES – Program Ideas, Youth Voices, Membership**

This item was abbreviated due to time. Several ideas were discussed around youth engagement and training. We will continue discussions next month.

#### VI. **ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

#### VII. **ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on April 7, 2022.

#### VIII. **ATTENDANCE**



**Request for Proposal  
2022-115**

**KITSAP COUNTY REQUEST FOR PROPOSAL**

**RFP Programs for Building Childhood Resiliency**

**SUBMITTALS DUE  
Thursday April 14, 2022, at 4:00PM**

The Kitsap County Commission on Children and Youth is requesting proposals for public matching dollars from Organizations and/or Youth Serving Agencies who are *working to prevent and reduce the impact of Adverse Childhood Experiences through building resiliency in youth ages birth to eighteen in Kitsap County.*

**Complete RFP information can be found online at  
<https://www.kitsapgov.com/das/Pages/Online-Bids.aspx>. For questions contact  
Glen McNeill at 360-337-4789 or [gsmcneill@co.kitsap.wa.us](mailto:gsmcneill@co.kitsap.wa.us)**

# **YWCA Presents:**

## **Strengthening Families Classes For Parents and Youth (Ages 10-14)**

**Class once a week for 7 Weeks**



**When: Tuesdays, April 12, 2022 to May 24, 2022**

**From 5:30pm-7:30pm**

**Dinner will be Provided at 5:00pm!**

**Where: Located at Girl Scouts of Western Washington  
1600 Winters Rd. in East Bremerton**

### **Parents Topics Include:**

- *Setting Limits and Showing Love with Youth- Recognizing Youth Stressors*
- *Learning to Support Youths' Goals*

### **Youth Topics Include:**

- *How to Resist Peer Pressure & Choose Friends-Managing Emotions and Feelings*
- *How to Appreciate Parents*

**To Register Contact [jbrown@ywcakitsap.org](mailto:jbrown@ywcakitsap.org)**

**360-479-0522 Extension 10**

**Program Sponsored By:**



**eliminating racism  
empowering women  
ywca  
Kitsap County**



**WASHINGTON STATE UNIVERSITY  
EXTENSION**



For 4.7.22 agenda pack

## **Kitsap's celebration of National County Government Month includes student art contest**

[Kitsap celebrates National County Government Month in April \(govdelivery.com\)](https://www.govdelivery.com)

### 2022 YOUTH EMPOWERMENT CONFERENCE

The 2022 Youth Empowerment Conference by Living Life Leadership does require **REGISTRATION IN ADVANCE**.

Please register ASAP!

**Register here: <https://forms.gle/h9DJk6KXrwhXffeK9>**

**News release**      March 22, 2022

## **Student survey shows mental health challenges and declines in substance use**

OLYMPIA – Results from [the 2021 Healthy Youth Survey \(HYS\)](#), a statewide survey of young people focused on their health behaviors, are now available. Data suggest mental health concerns remain with some signs of improved health behaviors, including a decrease in substance use.

While the full impact of the pandemic is not yet fully understood, the results of the HYS will help in identifying the needs of students now and moving forward. HYS data underscores the importance of a continued focus on efforts in schools, families, and communities to support healthy youth development.

The HYS is distributed to students in 6th through 12th grade every two years, providing representative data from Washington’s middle and high school students. Student participation is voluntary and anonymous.

“Being a teenager, these days can be difficult. Not many people are asking how we are really doing and what they can do to help,” said a HYS participant who remains anonymous. “I really appreciate the opportunity to answer questions about myself and how I am feeling, in an anonymous way, knowing my answers can help me and other kids my age be healthier.”

The pandemic has raised concerns regarding depression and suicidal ideation in youth. In 2021, 7 in 10 10th-graders reported feeling nervous, anxious, on edge, or not being able to stop or control worrying.

Among the 10th grade participants:

- 38% reported feeling sad/hopeless in the past 12 months

- 20% reported they seriously considered attempting suicide in the past 12 months
- 16% reported they made a suicide plan in the past 12 months
- 8% reported they attempted suicide in the past 12 months

The data show some student populations are more heavily affected than others, including students who identify as female, students who identify as LGBTQ+, students with disabilities, and students from lower income households.

“Reports of our children suffering with mental health issues are a worrisome public health concern,” said Umair A. Shah, MD, MPH, Secretary of Health. “Mental health is a part of our children’s overall health and well-being. It is imperative that we all continue to work together to fully support the whole child by providing information and access to behavioral health resources to youth and the trusted adults in their lives.”

While continuing to live through a pandemic proves challenging, many Washington students remain hopeful. About 7 in 10 10th-graders reported feelings of moderate to high hope – meaning they have set meaningful goals or pathways and are motivated to achieve them.

“There is no doubt that the past two years have been challenging for our young people,” said Superintendent of Public Instruction Chris Reykdal. “Despite the uncertainty of the evolving pandemic, families, educators, and schools have worked hard to support our students, maintain hope, and build resiliency.”

Compared to 2018, more students reported feeling that using alcohol, marijuana, and tobacco was risky for their health. Additionally, fewer youth reported using substances, including alcohol, marijuana, and tobacco.

Among the 10th grade participants:

- 8% reported using alcohol within the last 30 days, down from 19% in 2018
- 7% reported using marijuana within the last 30 days, down from 18% in 2018

- 2% reported smoking cigarettes in the last 30 days, down from 5% in 2018
- 8% reported vaping in the last 30 days, down from 21% in 2018

"It's encouraging to see these low rates of substance use reported this year," said Health Care Authority Director Sue Birch. "We know preventing youth from using substances, especially at early ages, can support healthier brain development and contribute to school success and overall improved adolescent health outcomes. This is positive news and we do hope to see lower rates continue in future surveys; however, we are aware there was a very different environment the last two years due to the pandemic."

We can all make a difference in the lives of our Washington youth by teaching and reinforcing hope. Adults have the power to help young people be resilient and support positive ways of coping. Parents and trusted, caring adults have the greatest influence on young people's decisions about using alcohol and other drugs.

Federal, state, and local resources are available that can help young people navigate behavioral health concerns:

- For proven tips on how to talk, monitor, and bond with teens: [StartTalkingNow.org](https://www.starttalkingnow.org)
- For LGBTQ+ youth: [The Trevor Project](https://www.thetrevorproject.org)
- Help for teens by teens: [Teen Link](https://www.teenlink.org)
- [Suicide Prevention Lifeline](https://www.suicideline.org): 800-273-8255
- [Crisis Text Line](https://www.crisistextline.org) provides confidential text access from anywhere in the U.S. to a trained crisis counselor. Text HOME to 741741 (24/7/365)
- More resources on the [Department of Health's website](https://www.wa.gov/department-of-health)

#### About the Healthy Youth Survey

The Health Care Authority, the Department of Health, the Office of Superintendent of Public Instruction, and the Liquor and Cannabis Board collaborate on the biennial HYS. The last survey was conducted in



2018, and 2021 marks the 17th survey. For more information about the survey, including other results and fact sheets, visit [AskHYS.net](https://www.hca.wa.gov/askhys)

#### Media contact

[Melissa Thoenke](#), HCA behavioral health communications manager

**Register Today!**

**Healing Hearts**



**Living Life Leadership's 4th Annual Spring Break  
Youth Empowerment Conference, APR 4 - 8, 2022**

**[https://forms.gle  
/h9DJk6KXrwhXffeK9](https://forms.gle/h9DJk6KXrwhXffeK9)**

## **Press Release for the 2022 Youth Empowerment Conference**

### **Annual Free Youth Empowerment Conference Happening over Spring Break April 4-8**

Living Life Leadership is hosting the 4<sup>th</sup> annual week-long Youth Empowerment Conference April 4<sup>th</sup> through 8<sup>th</sup> from 10:30 AM – 3:30 PM daily at the Marvin Williams Center in Bremerton. Sports activities, films, workshops, speakers and spoken word highlight the program. This year's theme for the conference is "Healing Hearts" and several healing workshops will be presented.

On Thursday April 7 students attending the conference will take a field trip to Evergreen State College in Tacoma. There they will participate in the Ancestral Healing Tour.

Parents and community members are invited to a free screening of the film "Alice" on Thursday, April 7, at 6:30 PM at SEEFilm Theatre. The film tells the story of a woman enslaved on a 19th-century plantation in Georgia. Attempting to escape, she realizes it's actually 1973, and meets a truck driver (Common) who helps her adjust to the time period. This film is rated PG-13.

On Friday April 8<sup>th</sup> at noon the conference is offering a public showing of 'Since I Been Down' at SEEFilm theatre in downtown Bremerton. 'Since I Been Down' documents the impacts of mandatory sentencing and the 3 strikes law on Tacoma Communities of Color in the 1990's. The filmmaker, Dr. Gilda Sheppard of Evergreen State College, will discuss the film after the showing. The entire community is welcome to attend this free screening of the film.

The final event of the conference is a youth "Equity and Pizza" gathering on Friday, April 8<sup>th</sup> from 8:00 – 11:30 PM featuring pizza, stories, music, dance, and open mic.

All middle-school and high school youth are invited to participate in the conference. Register for the conference at: <https://forms.gle/h9DJk6KXrwhXffeK9>



**KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH**  
**AGENDA May 5, 2022**  
**4:30-6:00 p.m.**



**Agenda: May 5th**

**Join the Zoom meeting:**

<https://us02web.zoom.us/j/84295747300>

**Phone: 1-253-215-8782**

**Meeting ID: 961 5275 7562**

**THE PURPOSE OF THIS BOARD IS TO:**

**Advise** County Commissioners and residents on the needs of children, youth, and families based on periodic assessments

**Facilitate** Coordination of information among agencies to maximize resources

**Advocate** for an environment that fosters healthy, self-sufficient, responsible and productive children, youth and families

## **AGENDA**

- 4:30 WELCOME & INTRODUCTIONS**
- 
- 4:40 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:45 YOUTH REPRESENTATIVE REPORTS**
- 5:00 PRESENTATION: RECOMMENDATIONS FROM THE GRANT APPLICATION REVIEW COMMITTEE AND DISCUSSION**
- 5:30 VOTE OF THE BOARD CREATING RECOMMENDATIONS FOR GRANT FUNDING**
- 5:40 UPDATE ON THE YOUTH VOICES FORUM**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – JUNE 2, 2022**

**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – May 5, 2022**  
**4:30 P.M. –6:00 P.M.**  
**Zoom meeting- details provided on Agenda**

- 4:30 p.m. WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:40 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The April minutes will be approved and any changes to the May Agenda will be approved.
- 4:45 p.m. YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:00 p.m. PRESENTATION: RECOMMENDATIONS FROM THE GRANT APPLICATION REVIEW COMMITTEE AND DISCUSSION**  
The RFP Review committee will present their recommendations for funding and about the process.
- 5:30 p.m. VOTE OF THE BOARD CREATING RECOMMENDATIONS FOR GRANT FUNDING**  
The board will vote on proposed recommendations for funding of our annual grant.
- 5:40 p.m. UPDATE ON THE YOUTH VOICES FORUM AND LEADERSHIP TRAININGS**  
Laura and Jill will update the board on the first planning meeting was held in April and next steps. We still need volunteers for this committee.
- 5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m. ADJOURNMENT & NEXT MEETING: June 2, 2022**

## Kitsap County Commission on Children and Youth

### MINUTES April 7, 2022

The Kitsap County Commission on Children and Youth meeting was held on Thursday April 7, 2022 from 4:30 -6:00 p.m. via Zoom due to health and safety issues brought by the Covid 19 Pandemic and the current Shelter in Place orders. Jeff Allen, Board Co-Chairperson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

#### **I. WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions. It was noted that today's meeting falls on spring break for most schools. Many board members contacted Laura to inform the board that they will be on vacation and not able to attend today's meeting.

#### **II. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The March 2022 Meeting Minutes were approved and entered into the record. It was noted that we are meeting virtually due to the Covid 19 Pandemic and the Governor's Stay Home Stay Healthy Directive.

#### **III. YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

#### **IV. UPDATE- ANNUAL GOALS**

The 2022 Annual Goals were reviewed and finalized by a vote.

#### **V. HEALTHY YOUTH DISCUSSION**

Laura shared information about the recently released WA Healthy Youth Survey results. Jeff led a discussion of results and what the results mean to Kitsap children, youth, families, programs, and schools.

#### **VI. REQUEST FOR PROPOSAL UPDATE**

Laura provided an update about where we are in the process. The Bidders Conference was held and 5 individuals attended. The Review committee will meet on May 3 to review the applications and make recommendations to the board. The board will discuss the recommendations, ask questions and develop board recommendations. A vote will be held, and recommendations will go to the County Commissioners for a final decision.

#### **VII. ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

#### **VIII. ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on May 5, 2022.





**KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH**  
**AGENDA June 2, 2022**  
**4:30-6:00p.m.**



**Agenda: June 2nd**

**Join the Zoom Meeting:**

<https://us02web.zoom.us/j/84295747300>

**Phone:** 1-253-215-8782

Dial by your location:

1-346 248-7799 US (Houston)

1-669 900-6833 US (San Jose)

1-646 876-9923 US (New York)

**Meeting ID:** 961 5275 7562

**THE PURPOSE OF THIS BOARD IS TO:**

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## **AGENDA**

- 4:30 WELCOME & INTRODUCTIONS**
- 4:40 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:45 YOUTH REPRESENTATIVE REPORTS**
- 5:00 UPDATE/PLANNING THE YOUTH VOICES FORUM**
- 5:30 DISCUSSION OF THE 2022 TRAINING/EDUCATION PLAN**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – JULY 7, 2022**



**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – June 2, 2022**  
**4:30 P.M. - 6:00 P.M.**  
**Zoom meeting - details provided on Agenda**

- 4:30 p.m.     WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:40 p.m.     APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The May minutes will be approved and any changes to the June Agenda will be approved.
- 4:45 p.m.     YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:00 p.m.     UPDATE & PLANNING OF THE YOUTH FORUM**  
The board will be provided an update on the May planning committee meeting and an overview of the event plan.
- 5:30 p.m.     DISCUSSION OF THE 2022 TRAINING/EDUCATION PLAN**  
Laura & Jill will share what is currently planned in preparation of the Youth Forum and for the June 14<sup>th</sup> All Youth Flourishing Training.
- 5:50 p.m.     ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m.     ADJOURNMENT & NEXT MEETING: July 7, 2022**

## Kitsap County Commission on Children and Youth

### MINUTES May 5, 2022

The Kitsap County Commission on Children and Youth meeting was held on Thursday May 5, 2022 from 4:30 - 6:00 p.m. via Zoom due to health and safety issues brought by the Covid 19 Pandemic and the current Shelter in Place orders. Jeff Allen, Board Co-Chairperson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

#### **I. WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions.

#### **II. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The April 2022 Meeting Minutes were approved and entered into the record. It was noted that we are meeting virtually due to the Covid 19 Pandemic and the Governor's Stay Home Stay Healthy Directive.

#### **III. YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

#### **IV. PRESENTATION: RECOMMENDATIONS FROM THE GRANT APPLICATION REVIEW COMMITTEE AND DISCUSSION**

Members of the Grant Application Review Committee and Laura shared a presentation of the review process, grant applications and the committee's recommendations for funding.

#### **V. VOTE OF THE BOARD CREATING RECOMMENDATIONS FOR GRANT FUNDING**

The board voted to approve the Grant Application Review Committee's recommendations for funding. Laura will share that the Youth Commission's recommendations with the County Commissioners who will make the final recommendations. Next the applicants will be notified, and an announcement made.

#### **VI. UPDATE ON THE YOUTH VOICES FORUM AND LEADERSHIP TRAININGS**

Jill and Laura provided an update on the first planning meeting held May 3rd. Tentative plans were discussed. We will meet again in May and move forward with the planning process. A request for volunteers to serve on the planning committee was made. If you are interested in joining, email Laura and you will be included in the next planning meeting.

#### **VII. ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

#### **VIII. ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on June 2, 2022.



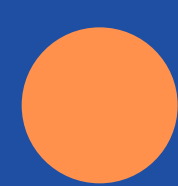


# VISION: ALL YOUTH FLOURISHING



## WHAT DOES A COMMUNITY WHERE ALL YOUTH ARE FLOURISHING LOOK LIKE?

Join us on June 14th from 9am-12pm at the Marvin Williams Center for an interactive session to consider the impacts that caring adults, positive relationships, and community resources have on youth outcomes.



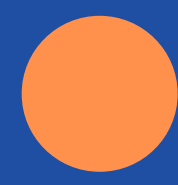
### CRADLE TO CAREER EXPERIENCE

Educational attainment is among the strongest predictors of personal and regional prosperity.



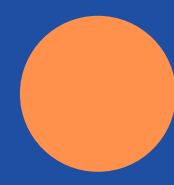
### MENTAL HEALTH & WELLBEING

Youth who feel more sad or hopeless are more likely to report interpersonal violence.



### SUBSTANCE ABUSE PREVENTION

Youth are less likely to drink or use drugs if they believe their parents and peers will disapprove.



### PROTECTIVE FACTORS

Community, school, family and peer protective factors impact outcomes.




## RSVP HERE

Light refreshments provided. The first 20 registered attendees will receive a copy of the book Hope Rising at the event.




# Peninsula Community Health Services

## Mobile Medical Schedule: June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Key-Pen Community Services (Primary Care Services) 17015 9th Ct NW, Key Pen (1p-4p)	2 Salvation Army (Primary Care Services) 832 6th Street, Bremerton (10a-12p) Washington Youth Academy *By Host Invitation* (1p-3p)	3	4
5	6 Kitsap Rescue Mission (Primary Care Services) 4303 Kitsap Way, Bremerton (1p-3p)	7	8 Kitsap Regional Library & Coffee Oasis (Primary Care Services) 87 Sydney Ave, Port Orchard (1p-4p)	9 Salvation Army (Primary Care Services) 832 6th Street, Bremerton (10a-12p) Washington Youth Academy *By Host Invitation* (1p-3p)	10 FishLine (Primary Care Services) 19705 Viking Ave NW, PB (11a-2p)	11
12	13 Kitsap Rescue Mission (Primary Care Services) 4303 Kitsap Way, Bremerton (1p-3p)	14 The Summit at Bay Vista 4650 Bay Vista Blvd, Brem (1p-3p)	15 Kitsap Regional Library & Coffee Oasis (Primary Care Services) 700 NE Rd, Poulsbo (1p-4p)	16 Salvation Army (Primary Care Services) 832 6th Street, Bremerton (10a-12p) NAACP Resource Fair Sinclair Missionary Baptist Church 4900 Auto Center Blvd, Brem (1p-4p)	17 Community Lifeline 218 N 3rd St, Shelton (9a-12p) The Youth Connection-Shelton 123 S 2nd St, Shelton (1p-3p)	18
19	20 **All PCHS Locations Closed** Juneteenth Observed	21	22 Homeless Foundation (Primary Care Services) 2741 Wheaton Way, Brem (10a-12p) Kitsap Regional Library (Primary Care Services) 1301 Sylvan Way, Brem (1p-4p)	23 Salvation Army (Primary Care Services) 832 6th Street, Bremerton (10a-12p) The Youth Connection-Belfair 23299 HWY 3, Build 2-A, BF (1p-4p)	24 Eagles Wings *By Host Invitation* (10a-12p)	25
26	27 Kitsap Rescue Mission (Primary Care Services) 4303 Kitsap Way, Brem (1p-3p)	28 Community Lifeline 218 N 3rd St, Shelton (10a-2p) The Summit at Bay Vista 4650 Bay Vista Blvd, Brem (1p-3p) Shelton YMCA 3101 N Shelton Springs Rd (4p-6p)	29	30 Salvation Army (Primary Care Services) 832 6th Street, Bremerton (10a-12p)		

# Peninsula Community Health Services

## Mobile Dental Schedule: June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 St. Vincent's Food Distribution Center (Dr. Grunow) 1137 N Callow Ave, Brem	3	4
5	6	7	8	9	10 Kitsap Immigration Assistance Center (Dr. Grunow) 3627 Wheaton Way, Brem	11
12	13	14	15	16 Kitsap Rescue Mission @ Quality Inn (Dr. Grunow) 4303 Kitsap Way, Bremerton	17	18
19	20	21	22	23	24 Kitsap Immigration Assistance Center (Dr. Grunow) 3627 Wheaton Way, Brem	25
26	27	28 Salvation Army *Behind Building in Parking Lot* (Dr. Cheng) 832 6th Street, Bremerton	29	30		

## The Affordable Connectivity Program

There is a newly approved Federal Program for low income internet services. The Affordable Connectivity Program is offered by twenty internet providers including Comcast, Verizon, and AT&T. They have agreed to offer \$30/mo. internet plans (\$75/mo. plans on tribal lands) with a Federal Subsidy of \$30 (or \$75 for tribal families) making internet services free. Below are the links to the FCC page and Comcast's Affordable Connectivity Program Page. Applications can be completed online. The Comcast internet plan that is free with the subsidy is the Internet Essentials Plan. If clients sign up for more expensive internet services, they get the \$30 (or \$75) subsidy as a credit to their monthly bill.

<https://www.fcc.gov/acp>

<https://www.xfinity.com/learn/internet-service/acp>

# SAFE Summer: Tip sheet for Teens & Young Adults

## Background

As the Novel Coronavirus (COVID-19) pandemic shifts into a new mode in Washington State and the mask mandates are lifted, there may be a significant desire to “blow off steam,” to relax, and have a good time over the spring and summer months. Engaging in risk-taking and impulsive behavior tends to increase in the late spring and summer months due to warmer weather, more hours of daylight, a break from school or classes, and more free time than during the school year. This document provides tips for teens and young adults that can be used to reduce harm and staying safe while still having a good time.

## Common Issues

### Substance Abuse



Many teens and young adults may manage distress caused by the pandemic through engaging with behaviors such as smoking, alcohol, or drug use. This can be risky for a variety of reasons, including substance abuse and dependence, driving under the influence, and potential risk of overdose.

If you decide to use alcohol or drugs, remember these safety measures:

- Know your limit.
- Have someone you trust on “standby” in case anything unexpected or dangerous happens.
- Test drugs before consuming anything you are unfamiliar with.
- For injections and intravenous drug use, use clean needles.
- Do not mix substances.

### Dangerous Driving & Substance Use



**Do not risk your life or someone else's life by driving dangerously.** Dangerous driving may be a way of coping, or a way out of boredom for some, but the risks outweigh the positives. No matter what the circumstances are, there are safer alternatives. A good choice in one minute can save a lifetime of regret.



- Abstain from driving when you are intoxicated by having a designated driver, asking a friend or family member for a ride, or calling a car service such as Uber or Lyft.

## Dangerous and Illegal Activities and Reckless Inhibitions



Participating in dangerous/illegal activities can put you at risk. You can risk your health, future, and life.

- Think twice before you do anything that endangers your safety.
- Do not enter a new situation without knowing if it's safe. Ask your friends about their plans prior to hanging out.
- Speak up and set boundaries if you are uncomfortable with an activity. Chances are good that someone else in the group feels the same way, and they are also waiting for 'someone else' to speak up.
- Know the potential consequences of the activity you are participating in. If you are not okay with the worst potential consequence, do not participate in the activity.

## Vandalism and Trespassing



Vandalism and trespassing are illegal and have major consequences including fines and jail time. There are also often safety concerns with these behaviors since properties ban trespassing for concern of the physical safety and wellbeing of individuals.

- Consider other adrenaline-oriented activities such as rock climbing, paintball, or bungee jumping.
- If you express yourself artistically through graffiti, utilize other tools to depict your art through various forms. Painting personal objects such as skateboards, custom clothing design, or making digital art are great outlets for expressing creativity.
- If you desire a sensory experience, paint-splatter art is a good choice.
- Share your art with the public via social media, or by befriending other local artists, as an alternative to illegal activities.

## Sexual Risk-Taking



Young adulthood is a common time to start engaging in sexual activity, which raises some risks for young adults due to their limited knowledge and experience. Sex needs to be taken seriously, as having unsafe sex can cause physical, mental, and emotional health problems for you and your partner(s).

### *Sexually Transmitted Diseases (STDs) and Sexually Transmitted Infections (STIs):*

- Get tested for STDs and STIs regularly if you are sexually active.
- Use condoms to deter the risk of STDs and STIs. **Note:** condoms do not prevent all forms of STDs or STIs.
- Have conversations with sexual partners about past sexual activity to inform the risks of STDs and STIs.

- Use birth control to reduce the risk of an unplanned pregnancy. There are many highly effective forms of birth control such as implants, hormonal birth control, and condoms.
- Be aware of the limits of birth control and discuss with your medical provider how any medication you are taking may interfere with the effectiveness of birth control.

### *Sexual Violence: In-person and Online*

#### If you are talking to someone online:

- Do not share personal information such as your home or workplace address, or what school you attend.
- FaceTime, Zoom, or Skype the person you are interested in meeting or are communicating with to ensure they are the same person they present as online.
- Use social media verification checks.

#### If you are planning to meet someone in person that you have been talking to online:

- Meet somewhere public such as a park or cafe where you will not be alone with the person.
- Share your plans with a family member or friend that include where you will be and who you will be meeting.
- Ask a friend to drop you off and wait nearby. This ensures that you have a way out in case the meet-up becomes unsafe.

### Peer Influence



It can be difficult to avoid peer influence as a teen or young adult, and it is perfectly normal to have the desire to fit in and be a part of a group. However, it is important to manage peer pressure if you find yourself doing things that you don't agree with or do not feel safe attempting.

- Allow yourself to say no to experiences or people you are not comfortable with. Practice this with a close friend or friends so you become more comfortable speaking up in a larger group.
- Check in with yourself when attempting new experiences or spending time with new people.
- Recognize unhealthy relationship dynamics with people around you.
- Use excuses or delay tactics if you are uncomfortable saying no.
- It is more common to do and follow what your friends do, so think about who your friends are and the choices they are making before you 'go along.'

### COVID-19 Exposure



Pandemic fatigue and ongoing exposure to health measures can desensitize people to the severity of the virus and can lead to more risk-taking behavior that may increase chances of COVID-19 exposure. It is still important to consider the COVID-

19 risks involved with any activity you choose to partake in for your own health and for others.

If you are going to an event:

- Get tested before and after gatherings. There are a lot of free options for testing, and they are widely available.
- Weigh the risks of COVID-19 exposure by considering how large the event is that you're attending, if vaccines or proof of negative COVID-19 test are required, your level of comfort in the environmental setting, and so on.

Daily tips:

- Discuss any COVID-19 rules or precautions that are important to you with whoever you cohabitate with – roommates, domestic partners, family members, etc.
- Understand that contracting COVID-19 impacts not only your own health, but those around you as well.
- Get tested regularly if you interact with numerous people daily or if you feel sick.
- Have rapid tests on hand if possible.
- Quarantine if you have contracted COVID-19 and let close contacts know about possible exposures.

### Virtual Hangouts



Engaging in settings that feel familiar while doing so safely online can be helpful. Virtual environments can still have a sense of realism that can bring about understood social norms in a safe place -- an integral need during this time.

- Utilize Zoom and other video conferencing platforms for social gatherings such as meetings for school and other social events.
- Utilize platforms like Netflix Party or Discord to stream shows and games to connect online.

### Going Outdoors



Outdoor engagement is an important part of developing healthy habits. Although it's been difficult with COVID restrictions, these activities can boost levels of physical and mental well-being.

- Outdoor activity can greatly help with resilience related to stress.
- Engaging in exercise outside has been shown to increase rates of well-being.
- If you plan on hanging out outside with friends and family, ensure that you practice safe protocols, including social distancing, mask wearing, and testing if needed.

## Acknowledgements

This document was developed by the Washington State Department of Health's Behavioral Health Strike Team for the COVID-19 response in partnership with the Behavioral Health Research Group at Seattle University. Lead authors from the Research Group include Isabel Gilbertson, Sydney Lindell, Joanna Corpuz, and Sarah Ziegler. Editors from the Strike Team include Kira Mauseth, Ph.D. and Tona McGuire, Ph.D. If you would like more information, please email [DOH-BHAdmin@doh.wa.gov](mailto:DOH-BHAdmin@doh.wa.gov) Attn: Behavioral Health Strike Team.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 ([Washington Relay](#)) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov)



# KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH AGENDA July 7, 2022 4:30-6:00pm



Meeting Link:

<https://us02web.zoom.us/j/84295747300>

OR by phone:

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 646 876 9923 US (New York)

Meeting ID: 961 5275 7562

## THE PURPOSE OF THIS BOARD IS TO:

**Advise** County Commissioners and residents on the needs of children, youth, and families based on periodic assessments

**Facilitate** Coordination of information among agencies to maximize resources

**Advocate** for an environment that fosters healthy, self-sufficient, responsible and productive children, youth and families

## AGENDA

- 4:30 WELCOME & INTRODUCTIONS**
- 4:40 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:45 YOUTH REPRESENTATIVE REPORTS**
- 5:00 INTRODUCTION TO THE SCIENCE OF HOPE**
- 5:30 UPDATE/PLANNING THE YOUTH VOICES FORUM**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – AUG. 4, 2022**

**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – July 7, 2022**  
**4:30 P.M. –6:00 P.M.**  
**Zoom meeting- details provided on Agenda**

- 4:30 p.m. WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:40 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The June minutes will be approved and any changes to the July Agenda will be approved.
- 4:45 p.m. YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:00 p.m. INTRODUCTION TO THE SCIENCE OF HOPE**  
Jeff will present a brief overview of the Science of Hope.
- 5:30 p.m. UPDATE & PLANNING OF THE YOUTH FORUM**  
The board will be provided an update on the June planning committee meeting and an overview of the event plan.
- 5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m. ADJOURNMENT & NEXT MEETING: August 4, 2022**

## Kitsap County Commission on Children and Youth

### MINUTES June 2, 2022

The Kitsap County Commission on Children and Youth meeting was held on Thursday June 2, 2022 from 4:30 -6:00 p.m. via Zoom due to health and safety issues brought by the Covid 19 Pandemic and the current Shelter in Place orders. Jeff Allen, Board Co-Chairperson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

#### I. **WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions.

#### II. **APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The May 2022 Meeting Minutes were approved and entered into the record. It was noted that we are meeting virtually due to the Covid 19 Pandemic and the Governor's Stay Home Stay Healthy Directive.

#### III. **YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

#### IV. **UPDATE/PLANNING THE YOUTH VOICES FORUM**

Members of the Youth Voices Forum Planning Committee provided an update on the Youth Voices Forum to be held October 20, 2022.

#### V. **DISCUSSION OF THE 2022 TRAINING/EDUCATION PLAN**

Members of the Youth Voices Forum Planning Committee provided an update on the youth trainings planned to lead up to the Youth Forum.

#### VI. **ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

#### VII. **ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on July 7, 2022.

#### IV. **ATTENDANCE**







# KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH AGENDA August 4, 2022 4:30-6:00pm



Meeting Link:

<https://us02web.zoom.us/j/84295747300>

OR by phone:

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

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+1 646 876 9923 US (New York)

Meeting ID: 961 5275 7562

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**Advocate** for an environment that fosters healthy, self-sufficient, responsible and productive children, youth and families

## AGENDA

- 4:30 WELCOME & INTRODUCTIONS**
- 4:40 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:45 YOUTH REPRESENTATIVE REPORTS**
- 5:00 BYLAWS UPDATE AND VOTE**
- 5:30 UPDATE/PLANNING THE YOUTH VOICES FORUM**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – SEPTEMBER 1, 2022**

**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – Aug. 4, 2022**  
**4:30 P.M. – 6:00 P.M.**  
**Zoom meeting - details provided on Agenda**

- 4:30 p.m. WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:40 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The July minutes will be approved and any changes to the August Agenda will be approved.
- 4:45 p.m. YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:00 p.m. BYLAWS UPDATE AND VOTE**  
Laura will present the current Bylaws and suggest some updates. The Board will have a discussion. The Board will vote on the updated Bylaws.
- 5:30 p.m. UPDATE & PLANNING OF THE YOUTH FORUM**  
The board will be provided an update on the recent planning committee meeting and an overview of the event plan.
- 5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m. ADJOURNMENT & NEXT MEETING: September 1, 2022**

**Kitsap County Commission on Children and Youth**  
**MINUTES**  
**July 7, 2022**

The Kitsap County Commission on Children and Youth meeting was held on Thursday July 7, 2022 from 4:30 - 6:00 p.m. via Zoom. Jeff Allen, Board Co-Chairperson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

**I. WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions.

**II. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The June 2022 Meeting Minutes were approved and entered into the record. It was noted that we are meeting virtually. We have been requested to return to in person meetings by the County Commissioners. The Board discussed going to hybrid meetings. We will continue this discussion next month.

**III. YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

**IV. UPDATE/PLANNING THE YOUTH VOICES FORUM**

Members of the Youth Voices Forum Planning Committee provided an update on the Youth Voices Forum to be held October 20, 2022.

**V. DISCUSSION OF THE 2022 TRAINING/EDUCATION PLAN**

Members of the Youth Voices Forum Planning Committee provided an update on the youth trainings planned to lead up to the Youth Forum.

**VI. ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements. Laura offered a suggestion on our membership categories. We have had two Tribal Sector positions open for a very long time. We have conducted outreach in many methods. It has been suggested that we consider moving one Tribal position to another sector and do another round of recruitment to fill our Tribal position. Social Service was recommended.

**VII. ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on August 4, 2022.





# CRISIS & SUICIDE LINES




**888-910-0416**

*imhurting.org*

## SALISH REGIONAL CRISIS LINE

 Serves Kitsap, Jefferson  
and Clallam counties

 Available 24/7

 • Call **888-910-0416**  
• Chat **imhurting.org**

### Provides:

**Free and confidential support** to people  
in crisis and/or considering suicide.




**Referrals to local crisis resources,**  
including **mobile outreach teams**  
and **designated crisis responders.**





**988**

*988lifeline.org*

## NATIONAL CRISIS & SUICIDE LIFELINE

 Available nationwide

 Available 24/7

 • Call or text **988**  
• Chat **988lifeline.org**

### Provides:

**Free and confidential support** to people  
in crisis and/or considering suicide.

**Will coordinate with Salish Regional  
Crisis Line** if local resources are needed.



# KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH AGENDA September 1, 2022 4:30-6:00pm



Meeting Link:

<https://us02web.zoom.us/j/84295747300>

OR by phone:

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

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Meeting ID: 961 5275 7562

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## AGENDA

- 4:30 WELCOME & INTRODUCTIONS**
- 4:40 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:45 YOUTH REPRESENTATIVE REPORTS**
- 5:00 BYLAWS UPDATE**
- 5:15 PLANNING- ANNUAL PLANNING SESSION IN OCTOBER**
- 5:30 UPDATE/PLANNING THE YOUTH VOICES FORUM**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – NOVEMBER 3, 2022**



**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – Sept.1, 2022**  
**4:30 P.M. – 6:00 P.M.**  
**Zoom meeting - details provided on Agenda**

- 4:30 p.m.    **WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:40 p.m.    **APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The August minutes will be approved and any changes to the September Agenda will be approved.
- 4:45 p.m.    **YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:00 p.m.    **BYLAWS UPDATE**  
Laura will provide an update on the current Bylaws and the Board will have a discussion.
- 5:15 p.m.    **PLANNING- ANNUAL PLANNING SESSION IN OCTOBER**  
The board will develop plans for the Annual Planning Session to be held October 6<sup>th</sup>. There will not be a regular monthly meeting in October.
- 5:30 p.m.    **UPDATE & PLANNING OF THE YOUTH FORUM**  
The board will be provided an update on the recent planning committee meeting and an overview of the event plan.
- 5:50 p.m.    **ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m.    **ADJOURNMENT & NEXT MEETING: Annual Planning Session will be held on October 6<sup>th</sup>. This is a closed planning session. The next monthly meeting will be held November 3, 2022**

## Kitsap County Commission on Children and Youth

### MINUTES August 4, 2022

The Kitsap County Commission on Children and Youth meeting was held on Thursday August 4, 2022 from 4:30 -6:00 p.m. via Zoom. Jeff Allen, Board Co-Chairperson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

#### I. **WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions.

#### II. **APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The July 2022 Meeting Minutes were approved and entered into the record. It was noted that we are meeting virtually. We have been requested to return to in person meetings by the County Commissioners. The Board discussed going to hybrid meetings. We will continue this discussion next month.

#### III. **YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

#### IV. **BYLAWS UPDATE AND VOTE**

Laura presented the Bylaws as they are now and with suggested changes. We will discuss this further and postponed the vote for today.

#### V. **UPDATE/PLANNING THE YOUTH VOICES FORUM**

Members of the Youth Voices Forum Planning Committee provided an update on the Youth Voices Forum to be held October 20, 2022.

#### VI. **ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

#### VII. **ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on September 1, 2022.





Kitsap 2022

# Youth Forum

## October 20th



4:30 - 6:30pm

In-Person

619 Division St, 4th floor  
Port Orchard, WA 98366

Register



JOIN US FOR AN OPTIONAL YOUTH VOICE TRAINING  
(VIRTUAL):

Are you aged 12-21 with a passion for solving community issues?

Tuesday,  
Sept 27  
4:30-6pm



*Gift cards available!*

Are you interested in learning how to voice your concerns to your local elected officials?

Wednesday,  
Oct 5  
4:30-6pm



For more information, please contact: [YOUTHFORUM@KITSAPPUBLICHEALTH.ORG](mailto:YOUTHFORUM@KITSAPPUBLICHEALTH.ORG)



# KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH AGENDA November 3, 2022 4:30-6:00pm



Meeting Link:

<https://us02web.zoom.us/j/84295747300>

OR by phone:

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

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Meeting ID: 961 5275 7562

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## AGENDA

- 4:30 WELCOME & INTRODUCTIONS**
- 4:40 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:45 YOUTH REPRESENTATIVE REPORTS**
- 5:00 WORK PLAN & GOALS**
- 5:15 MEETING CHANGES – WE’RE GOING HYBRID!**
- 5:30 PROJECT UPDATES – Youth Forum, My Shoes My Story, Advocacy Efforts**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – DECEMBER 1, 2022**

**Kitsap County Commission on Children and Youth  
MINUTES  
September 1, 2022**

The Kitsap County Commission on Children and Youth meeting was held on Thursday September 1, 2022, from 4:30 -6:00 p.m. via Zoom. The October meeting was cancelled, and the Annual Planning Session was held during the regularly scheduled meeting time. Jeff Allen, Board Co-Chairperson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

**I. WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions.

**II. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The August 2022 Meeting Minutes were approved and entered into the record. It was noted that we are meeting virtually. We have been requested to return to in person meetings by the County Commissioners. The Board discussed going to hybrid meetings. We will continue this discussion next month.

**III. YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

**IV. BYLAWS UPDATE AND VOTE**

Laura presented the Bylaws as they are now and with suggested changes. It was decided to keep the Bylaws as they stand for now. No changes needed.

**V. PLANNING – ANNUAL PLANNING SESSION IN OCTOBER**

The October public meeting will be cancelled, and the Board Annual Planning Session will be held during this time. Topics were decided.

**VI. UPDATE/PLANNING THE YOUTH VOICES FORUM**

The board will discuss the agenda and plans for the Youth Forum to be held 10/20/22 from 4:30-6:30pm in the Commissioners Chambers.

**VI. ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

**VII. ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on November 3, 2022.



**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – Nov. 3, 2022**  
**4:30 P.M. –6:00 P.M.**  
**Zoom meeting - details provided on Agenda**

- 4:30 p.m. WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions.
- 4:40 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
Reminder that the October meeting was cancelled, and the Annual Planning Session was held. The September minutes will be approved and any changes to the November Agenda will be approved.
- 4:45 p.m. YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:00 p.m. WORK PLAN & GOALS**  
Laura will provide an update on the current Work Plan and Goals in the review process. The Board will have a discussion.
- 5:15 p.m. MEETING CHANGES – WE'RE GOING HYBRID!**  
Laura will share the Governor's recent order to return to in-person public meetings and how that impacts our meetings. The board will develop plans for the annual meeting calendar, when we will meet in person and where, as well as how we want to utilize a virtual platform.
- 5:30 p.m. PROJECT UPDATES – Youth Forum, My Shoes My Story, Advocacy Efforts**  
The board will be provided an update on the recent Youth Forum and Youth Advocacy Trainings, My Shoes, My Story Project, and Advocacy Efforts for the upcoming legislative session.
- 5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m. ADJOURNMENT & NEXT MEETING: The next monthly meeting will be held December 1, 2022**

# We need your help, Kitsap County

## Take the community survey

This 3-5 minute survey will guide our work in developing youth substance abuse prevention programs. Thank you for helping us deliver programs that work for Kitsap County! If you live in, work in, or have children attending the School District listed below please click the survey link below and complete the survey.

Bremerton Residents: <https://www.research.net/r/KIBREN2022>



North Kitsap Residents: <https://www.research.net/r/KINOKIEN2022>



South Kitsap Residents: <https://www.research.net/r/KISOKIEN2022> .



Check us out at: <https://www.kitsapgov.com/hs/Pages/PREVENTION-Landing.aspx>

# HIDDEN IN PLAIN SIGHT



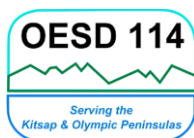
The teen years can be difficult. Indicators of teen drug use, mental health concerns, unhealthy relationships, human trafficking, and other risk factors can be hidden in plain sight, but easy for parents and other adults to miss.

Join us to learn about current trends, how to recognize common warning signs and how to talk to youth about these important issues.

Parents, Caregivers, Educators and other adults who work with youth are encouraged to attend.

**\*Must be 18+ to attend**

Washington State  
Health Care Authority



## EVENT DETAILS

### HANDS ON

Participants will walk through a mock teen bedroom and try to identify 70+ items, which can indicate problem or risky behaviors.

### PRESENTATION

After walking through the teen room, attendees will participate in a presentation and discussion which will cover:

- Identification and discussion of items and how they may indicate problem or risky behaviors
- Popular local youth trends
- Tools to help navigate the teen years and discussion points for family conversations

### RESOURCES

Local resources will be available for all participants

## EVENT INFORMATION

Date: Thurs, Nov. 3, 2022

Time: 5:30PM – 7:30PM

Location: House of Awakened Culture, NE 7235 Parkway St. Suquamish, WA 98392

\*Refreshments will be provided



# HIDDEN IN PLAIN SIGHT



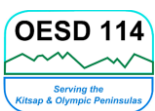
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Join us to learn about current trends, how to recognize common warning signs and how to talk to youth about these important issues.

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Washington State  
Health Care Authority



## EVENT DETAILS

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### PRESENTATION

After walking through the teen room, attendees will participate in a presentation and discussion which will cover:

- Identification and discussion of items and how they may indicate problem or risky behaviors
- Popular local youth trends
- Tools to help navigate the teen years and discussion points for family conversations

### RESOURCES

Local resources will be available for all participants

## EVENT INFORMATION

Date: Wed., Nov. 2, 2022

Time: 5:30PM – 7:30PM

Location: Mountain View  
Middle School, 2400 Perry Ave.  
NE, Bremerton, WA 98310

\*Childcare and refreshments  
will be provided

# My Shoes My Story

USE SHOES AS A CANVAS TO ILLUSTRATE WHAT IS IMPORTANT TO YOU

TELL LEADERS IN YOUR COMMUNITY WHAT IT IS LIKE TO BE A YOUNG PERSON IN WASHINGTON

SHOES WILL BE DISPLAYED AT LOCATIONS WHERE KEY LEADERS ARE PRESENT

Register now to receive a pair of shoes to illustrate your story!

Open to Clallam, Kitsap, and Jefferson youth ages 12 -20



For more information, contact

[djackson@kitsap.gov](mailto:djackson@kitsap.gov)

[sydney.perales@kitsappublichealth.org](mailto:sydney.perales@kitsappublichealth.org)



WSU EXTENSION  
Clallam County



Empowered Teens Coalition



# KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH AGENDA December 1, 2022 4:30-6:00pm



In Person: 105 National Ave. N. Bremerton, WA, 98312- Olympic Educational Service District 114

Web - Based Meeting Link: <https://us02web.zoom.us/j/84295747300>

By phone: Dial by your location +1 253 215 8782 US (Tacoma)  
+1 346 248 7799 US (Houston)  
+1 669 900 6833 US (San Jose)  
+1 646 876 9923 US (New York)  
Meeting ID: 961 5275 7562

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**Facilitate** Coordination of information among agencies to maximize resources

**Advocate** for an environment that fosters healthy, self-sufficient, responsible and productive children, youth and families

## AGENDA

- 4:30 WELCOME & INTRODUCTIONS – In person and online**
- 4:40 APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA**
- 4:45 YOUTH REPRESENTATIVE REPORTS**
- 5:00 ELECTIONS – Adult Co-Chair, Vice Chair Positions**
- 5:15 PROJECT TEAMS SIGN UP – Members sign up for 2023 projects**
- 5:30 PROJECT UPDATES – Youth Forum, My Shoes My Story, Advocacy Efforts, Youth Leadership Training Dec. 7,8.**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING – JANUARY 5, 2023**

**Kitsap County Commission on Children and Youth  
AGENDA BRIEFING – Dec. 1, 2022**

**4:30 P.M. –6:00 P.M.**

**In Person at 105 National Ave. N. Bremerton, WA 98312 and via  
Zoom meeting- details provided on Agenda**

- 4:30 p.m. WELCOME & INTRODUCTIONS**  
The Chairpersons will welcome attendees and facilitate brief introductions. The board will meet in Hybrid status until further notice.
- 4:40 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
November Meeting Minutes will be approved and any changes to the December Agenda will be approved.
- 4:45 p.m. YOUTH REPRESENTATIVE REPORT**  
Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.
- 5:00 p.m. ELECTIONS - Adult Co-Chair, Vice Chair Positions**  
The board will hold its annual elections for the adult leadership positions. Our Youth Co-Chair will be Michael Ramsdell until his term expires.
- 5:15 p.m. PROJECT TEAMS SIGN UP** – Members sign up for 2023 projects  
Projects for 2023 will be presented and board members will sign up for 1 or 2 Project Teams. These project teams are focused on specific goals and events. They do not meet year-round unless the Team decides it is necessary.
- 5:30 p.m. PROJECT UPDATES – Youth Forum, My Shoes My Story, Advocacy Efforts, and the Youth Leadership Training** – The Board will hear updates on the My Shoes, My Story Project, and Advocacy Efforts for the upcoming legislative session. Laura will share details of the upcoming Youth Voices Training – a free youth led training being held on Dec. 7 & 8.
- 5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**  
Members of the board & the public will announce events & share comments.
- 6:00 p.m. ADJOURNMENT & NEXT MEETING: The next monthly meeting will be held December 1, 2022**

## Kitsap County Commission on Children and Youth

### MINUTES November 3, 2022

The Kitsap County Commission on Children and Youth meeting was held on Thursday November 3, 2022, from 4:30 -6:00 p.m. via Zoom. Jeff Allen and Michael Ramsdell, Board Co-Chairpersons facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

#### I. **WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. Attendees offered introductions.

#### II. **APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The September 2022 Meeting Minutes were approved and entered into the record. The October meeting was cancelled, and the Annual Planning Session was held at that time. It was noted that we are meeting virtually.

#### III. **YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community.

#### IV. **WORK PLAN AND GOALS**

Laura presented the Work Plan and Goals as drafted during the Annual Planning Session. Jeff led a discussion about our Goals for 2023. It was decided to keep the goals we had in 2022 and add one more – a youth summit.

#### V. **MEETING CHANGES – WE'RE GOING HYBRID!**

Due to the Governor's orders last month directing a return to in person public meetings we will be resuming in-person meetings but will continue the Zoom meeting as an option. In person meetings will be held at Olympic Educational Service District 114 located at 105 National Ave. N. Bremerton, WA 98312.

#### VI. **PROJECT UPDATES – Youth Forum, My Shoes My Story, Advocacy Efforts**

Board members and staff provided updates on huge success that was the Kitsap Youth Forum. An overview of where we are now and what is planned for the My Shoes, My Story project as well as youth advocacy events and opportunities for this session.

#### VI. **ANNOUNCEMENT/PUBLIC COMMENT**

The board and guests shared announcements.

#### VII. **ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on December 1, 2022.

**IV. ATTENDANCE**

COMMISSION MEMBERS	STAFF	GUESTS
Jeff Allen	Laura Hyde	Sydney Perales
Michael Ramsdell		Barb Santos
Elisabeth Nillson		Carissa Carlson
Ursula Petters		Erica Whares
Teagan Krog		Kaitlyn Chermak
Lisa Lechuga		Susan Winfield
Crista Magneson		Luke
Dragan Karzdic		
Absent		
Bethany Wecks		
Charles Stevenson		
Juliana Meyer		
Abigail Stevenson		
Emily Main		
Jim Riddell		
Camden Singer		
Cathy Adams Bomar		

# USE YOUR VOICE!

## A FREE, YOUTH-LED TRAINING

Open to **Washington State youth** ages **12-18** interested in mental health, youth substance prevention, policy change, or improving public speaking skills.  
**No volunteer or leadership experience is necessary!**

↗ Q+A session with state lawmakers

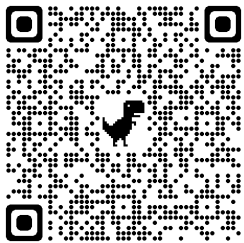
↗ Youth-led, interactive workshops

↗ Youth-to-youth conversations about:

- What topics are affecting **youth** right now?
- How can I make a difference if I can't vote yet?
- Will lawmakers even listen to **me**?
- How are **laws** made?



Register Here!




**December 7th & 8th**


Start: 5:30 PM

Finish: 7:30 PM

[bit.ly/useyourvoice2022](https://bit.ly/useyourvoice2022)

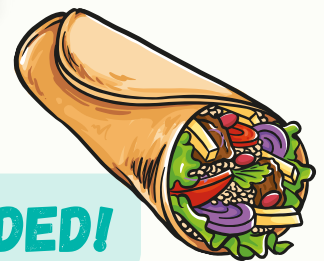
 **IN-PERSON**  
ESD 112 Conference Center  
2500 NE 65th Ave.  
Vancouver, WA 98661

**OR**

 **ZOOM**



**FREE**  
**CHIPOTLE PROVIDED!**



For more information, contact: Paula Linden - (360) 952-3674 - [paula.linden@esd112.org](mailto:paula.linden@esd112.org)