



## KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH

**March 5, 2020**

**Olympic Educational Service District 114**

**105 National Ave. N.**

**Bremerton, WA**

**4:30-6:00 pm**

### 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 MEMBERSHIP UPDATE**
- 4:40 YOUTH REPRESENTATIVE REPORTS**
- 4:50 OVERVIEW OF BOARD ROLES, DUTIES & UPDATES**
- 5:20 RFP UPDATE AND NEXT STEPS**
- 5:25 MEMBERSHIP DISCUSSION**
- 5:40 WORKPLAN DISCUSSION**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING- APRIL 2, 2020**
- 6:00 PROJECT TEAM MEETINGS – AS NEEDED**

**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – March 5, 2020**  
**4:30 P.M. – 6:00 P.M.**

**Olympic Educational Service District 114**  
**105 National Avenue North, Bremerton, WA 98312**

- 4:30 p.m. WELCOME & INTRODUCTIONS**
- 4:35 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**  
The January and February Minutes will be approved. Any changes to the March 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. OVERVIEW OF BOARD ROLES, DUTIES & UPDATES**  
Rebecca Pirtle, the Kitsap County Volunteer Coordinator will provide the annual overview of the role of our board in Kitsap county government, other county boards, and the duties of our board members. Rebecca will also provide information about other county boards and their activities. Rebecca will also answer any questions board members may have.
- 5:20 p.m. RFP UPDATES AND NEXT STEPS**  
Laura will provide an update on our RFP (Request for Proposals of the Programs That Reduce and Prevent the Impact of Adverse Childhood Experiences Through Building Resiliency) status and timeline. A grant application review committee will be formed and meeting location set. The review committee date is April 23, 2020 and tentative meeting time is: 4-7pm. (selections have been completed by 6 pm for the last 3 years)
- 5:25 p.m. MEMBERSHIP DISCUSSION**  
Laura will provide a membership update. Board members will discussion board composition, potential recruits, and the selection process.
- 5:40 p.m. WORK PLAN DISCUSSION**  
Board members will review the work plan and develop action 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 2, 2020**
- (PROJECT TEAM MEETINGS AS NEEDED)**

## Kitsap County Commission on Children and Youth

### MINUTES February 6, 2020

The Kitsap County Commission on Children and Youth meeting was held on Thursday, February 6, 2020 4:30 -6:00 p.m. at Olympic Educational Service District 114 in Bremerton. Jessica Guidry, the Board Vice Chairperson facilitated this meeting and called the meeting to order. Laura Hyde called in and served as staff and recorder. Laura is out of the office on medical leave.

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

Jessica asked members and guests for self-introductions

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

The January 2020 Meeting Minutes will be reviewed at the next meeting.

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

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community. It was noted that we have openings for Youth Representatives in Bremerton, Central and North Kitsap.

#### IV. **WORK PLAN DISCUSSION AND APPROVAL**

The board reviewed the draft work plan, made some changes, and approved it by a vote.

#### V. **RFP DISCUSSION AND APPROVAL**

The board reviewed the draft Request for Proposals on our *Programs that Prevent and Reduce the Impact of Adverse Childhood Experiences through Building Resiliency* (RFP), With a few minor edits, the board approved it by a vote. Laura will move it forward for posting on March 12<sup>th</sup> as planned.

#### VI. **MEMBERSHIP DISCUSSION**

The membership discussion was postponed until next month due to lack of time remaining for the meeting.

#### VII. **ANNOUNCEMENTS/PUBLIC COMMENT**

Program updates and events were shared.

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

The meeting was adjourned. Next meeting will be held on March 5, 2020.

#### IX. **ATTENDANCE**



# IS IT EVER HARD TO CONNECT WITH YOUR TEEN

about their values and making healthy choices?



**Linking Families and Teens** is a 6-hour program that brings teens (ages 13-19) and their supportive adult(s)\* together to learn how to share family values, strengthen family bonds, and talk about the tough stuff – like sexual health and relationships.

- Encourage your teen to **open up to you**
- Support your teen to **achieve their goals**
- Help your teen **make healthy choices**
- **Connect** with other parenting adults in your community

# LiFT

LINKING FAMILIES & TEENS

**March 21<sup>st</sup> 2020 from 10:30 am – 4:30 pm**  
**Sylvan Way library - 1301 Sylvan Way, Bremerton, WA 98310**

*\*Supportive Adult is any parent, caregiver, grandparent, aunt or uncle, or other important adult in the life of a teen.*

## Questions? Interested in participating?

Call or Text: Erica White | 206-919-3614

[erica.white@ppgnhi.org](mailto:erica.white@ppgnhi.org) | sign-up today: [www.bit.do/LiFTsignup](http://www.bit.do/LiFTsignup)



# DOES IT EVER FEEL LIKE YOUR PARENTS JUST DON'T GET it?

is it tough to talk with adults about the important things?

LiFT is a 6-hour program that brings teens together in a safe space where you'll learn to talk with the adults in your life about the tough stuff. At the same time, your adult(s)\* will learn how to listen to you and support you to reach your goals.

- **Have fun** talking with your friends (in a separate space from the adults)
- Figure out how to communicate with and **be heard** by your parents
- Learn how to **take care** of your health

**LiFT**  
LINKING FAMILIES & TEENS

**March 21<sup>st</sup> 2020 from 10:30 am – 4:30 pm**  
**Sylvan Way library**  
**1301 Sylvan Way, Bremerton, WA 98310**

*\*You can join LiFT with a parent, caregiver, grandparent, aunt or uncle, or any other important adult in your life.*

## Questions? Interested in participating?

Text or call: Erica White | 206-919-3614

[erica.white@ppgnhi.org](mailto:erica.white@ppgnhi.org) | sign-up today: [www.bit.do/LiFTsignup](http://www.bit.do/LiFTsignup)

LiFT was developed by Planned Parenthood of the Great Northwest and the Hawaiian Islands and was supported by Award No. TP2AH000026 from the Office of Population Affairs (OPA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of OPA or HHS.



Research shows that a strong connection between teens and their supportive adult(s) is a **superpower** that helps teens achieve their goals, and supports healthy teen outcomes, including: decreased rates of unwanted teen pregnancy, STIs, depression, and drug and alcohol use, and increased school success.<sup>1,2</sup>

Although teens and adults alike say they want to talk with one another about sexuality, many families say that they feel uncomfortable and ill-equipped to have conversations with each other about sexual health topics<sup>3</sup>, and this makes building strong connections very challenging.

Linking Families and Teens (LiFT) is a new program offered by Planned Parenthood to help families **share their values, build the family bond, and talk about the tough stuff – including sexual health and healthy relationships**. LiFT, (available in English and Spanish), includes an engaging and interactive 6-hour workshop, one follow-up phone call, and 12 weekly text messages for both teens between the ages of 13-19 and their supportive adult(s)\*.



## IMPACT

In qualitative data collected at the booster call, three- and 12- months following the program, youth and parenting adult participants say they are having **more tough talks**, and credit LiFT with **building their confidence and skills** to have conversations around sexuality and relationships; helping to **increase trust** between family members, and to be more **open** and **empathetic** with one another.

These results are supported by the preliminary data from 3- follow-up surveys, which show that, compared to survey-only participants\*\*:

- LiFT youth and adults **communicate more frequently** about sexuality values, thoughts & feelings with their parenting adult;
- LiFT adults **communicate more frequently** about sexuality and pregnancy with their youth;
- LiFT youth are more likely to feel **competent preventing pregnancy**, and;
- LiFT adults are more likely to support their young person seeking sexual healthcare.

**WANT TO LEARN MORE? Interested in participating?** Contact Erica White at [Erica.white@ppgghi.org](mailto:Erica.white@ppgghi.org) for more information. Sign up for LiFT in Kitsap County: [www.bit.do/LiFTsignup](http://www.bit.do/LiFTsignup)

## PARTICIPANT EXPERIENCE

*“This program has taught me to be open to communicate about the ‘tough stuff’ with my girls. My daughter now comes to me with questions or experiences and I listen with an open mind, no judgment. I greatly appreciate how this LiFT program has helped open up the communication in my family.”* LiFT Supportive Adult

*“My mom and I always fight about me spending time with my boyfriend. After LiFT, we were able to use the skills that we learned to agree on a decision we both felt good about without fighting. It was such a nice change!”*  
~LiFT Teen

*“We talk more since we participated in LiFT. I learned that it is ok to be nervous to talk to my kids about topics around sex, and now me and my teen are more open to talking about these things. We are more open about sex and have been able to talk about preventing pregnancy and drug use.”* ~LiFT Supportive Adult

*“It’s helped my adult and I gain more confidence in one another. I feel like I got to know more about them and now I know I could trust them with anything.”* ~LiFT Teen

\*Supportive adult can include biological parent, foster parent, caregiver, grandparent, aunt or uncle, or another important adult in the life of that teen. \*\*These results include participants living in rural communities of 50,000 or fewer.



# Strengthening Families Program



For Parents/Caregivers and Youth ages 10-14

**Thursday**

**March 12- April 30, 2020**

*Seven weeks, one session per week*

**5:00-8:00**

**1201 Park Ave**

**Kitsap Community Resources, Bremerton WA**

- *Free childcare available for children age 2+*
- *Free dinner for families who participate*

**Register Now, Space is Limited!**

## PARENTS LEARN:

- What to expect from their adolescent children
- Over a dozen tools for effectively parenting teens
- How to set limits and show love during the pre-teen and teen years

## YOUTH LEARN:

- How to resist peer pressure and how to choose positive friends
- How to handle angry feelings and manage stress
- Appreciation for their parents

Fill out the registration form below and return **by March 3rd** to:  
Connie Mueller at [cmueller@kcr.org](mailto:cmueller@kcr.org) or call 360-473-2085 for more information

Parent/Caregivers' Names: #1 \_\_\_\_\_ #2 \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Name(s) of youth (ages 10-14) enrolled in class. **NOTE: Each youth must be accompanied by one adult to classes**

1. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

2. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

Please help us prepare for childcare by listing the names and ages of children age 2+ that you plan to bring

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Child's Name \_\_\_\_\_ Age \_\_\_\_\_



*Reasonable accommodation will be made for persons with disabilities and special needs who contact (360) 473-2085 at least two weeks prior to the event.*