



Skagit County Child and Family Consortium

SCCFC General Meeting Minutes

November 19, 2014

Location: Burlington-Edison School District Conference Room, 927 E. Fairhaven Ave. Burlington

Time: 9:00am-10:30am

NEAR (Neurobiology, Epigenetics, ACEs, & Resiliency) Introduction – L. Case

An introductory overview was presented to the general membership regarding NEAR. This looked at how research and information from the ACEs studies have begun to evolve, and assisted with the facilitation of discussions in small groups about what is being observed in the community and to identify any areas of focus. ACEs was first introduced to Skagit County communities in 2003, and primarily focused on just the study; leaving everyone asking “now what’s next?”

In 2009, WA started collecting/tracking data related to ACEs within the population and results demonstrated that 62% of the population present with at least one ACEs factor, 26% present with ≥ 3 , and 5% present with more than 6. The Foundation for Healthy Generations (formerly CHEF) started inquiring about what makes people resilient – which led to key components of resilience being identified, and looked at this as a developmental process. These key components are the “Help that Helps” and include: Feeling socially and emotionally connected, experiencing hope and having 2 or more people you can count on/call on, engaging in community reciprocity (doing favors for one another), and social bridging (ability to reach out for help). The more of these key components a person has, the stronger the resilience.

Supplemental videos:

Brain Builders: <http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development>

Epigenetics: <http://www.youtube.com/watch?v=kp1bZEUgqVI>

Round Table

General members took the opportunity to share great things that are happening in the community:

- Teri Barilla will be doing a resiliency work shop – Lyndie Case will be sending out more information via e-mail in February/March 2015.
- Work Source – recruiting for out of school youth – they are offering a Hands on Training Tour/Apprenticeship Tour April 21-23, 2015.

- Victim Support Services are now available in our community – these are Advocacy services for general crime victims (so as not to be confused with DV/SAS services)
- Skagit Community Foundation – provides grant funding for opportunities within the community; they are also looking for feedback and information about what areas to fund in the community
- Catholic Community Services is offering chemical dependency assessments for youth and adults in the community; they have a youth program that provides case management services for clients between the ages of 16-24 and have the ability to provide UA's and specifically are able to test for SPICE – cost of UA's are \$25 for non-clients; there is also a group being offered at the OASIS teen shelter for their daylight programming (this is not a treatment group)
- Brian – is working on providing events in the community that involve physical activity, will be offering ESL in Bow (6pm) starting December 2nd (this is open to the public and kids are OK to bring), and there is also healthcare for the homeless on college way (this program has a bi-lingual case manager – Marcella)
- CAC will be hosting a breakfast at the Best Western on December 4th
- ARGUS will be happening Friday 11/21/14 at the Burlington Sr. Center; starts at 11:30am
- Native American Heritage Day is now on the day after Thanksgiving
- Samish Nation is recruiting for a planning director

Attendees:

Abbey Vranizan, Victim Support Services
 Benjamin Jojola, Samish Indian Nation
 Bob Hicks, Skagit Co. Community Services
 Bret Turner, United Way
 Brian Soneda, Mount Vernon Library
 Debra Lancaster, United Way
 Elizabeth Morgan, Brigid Collins
 Eric Holl, NWESD/Emerson HS
 Ericka Christensen, Skagit Co. Community Services
 Heather Parker, Health Department
 Janice Condrin, YouthNet/Emerson
 Jeff Brown, Burlington-Edison SD
 Jenn Angelis, SWSD
 Jennifer Walton, Health Department
 Jodie DesBiens, NWESD Prevention Center

Julie Thomas, Victim Support Services
 Kari Jellison, DCFS Family to Family
 Kyla Yorkoski, Worksource Skagit
 Lex Rivers, Catholic Community Services
 Lyndie Case, SCCFC
 Mary McGoffin, Skagit Community Foundation
 Mick Rasch, Sedro-Woolley School District
 Rinny Shelton, Sedro-Woolley School District
 Sharon Wickham-Foxwell, Skagit Detention
 Sean Connor, Dispute Resolution Center
 Suzanne Hiatt, Upper Skagit
 Tammy Dee, Mount Vernon High School
 Tory Sandoz, Catholic Community Services
 Veronica Lopez, Brigid Collins