



**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

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 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.

I. WELCOME & INTRODUCTIONS

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

II. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA

The February 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 –

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

COMMISSION MEMBERS	STAFF	GUESTS
Jeff Allen	Laura Hyde	Elisabeth Nilsson
Michael Ramsdell		Juliana Meyer
Connie Mueller		Katie Hopkins-Musgrave
Ashley Jensen		Cathy Adams-Bomar
Abigail Stevenson		Rikki Picariello
Jill Guerrero		Marlaina Simmons
Lisa Lechuga		Ana Cuprill
Dragan Karzdic		Bethany Wecks
Cole Darcey		Christa Magnuson
Charles Stevenson		Teagan Krog
Jim Riddell		
Ursula Petters		
Absent		
Melissa Luatua		

**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**

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

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 4th annual week-long Youth Empowerment Conference April 4th through 8th 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 8th 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 8th 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>