



KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH AGENDA November 6, 2025, 4:30-6:00pm



Join Zoom Meeting

<https://us06web.zoom.us/j/84149883025?pwd=IeYEnWiTOsbNSsYHysELCSFc13q7aC.1>

Meeting ID: 841 4988 3025

Passcode: 244650

By phone:

Dial by your location

Meeting ID: 841 4988 3025 • +1 253 215 8782 US (Tacoma)

• +1 253 205 0468 US

Passcode: 244650

• +1 719 359 4580 US

• +1 301 715 8592 US (Washington DC)

In Person Meeting 507 Austin Ave. Port Orchard, WA 98366

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

- | | |
|-------------|--|
| 4:30 | WELCOME & INTRODUCTIONS |
| 4:40 | APPROVAL - MINUTES/AMENDMENTS TO THE AGENDA |
| 4:50 | YOUTH REPRESENTATIVE REPORTS |
| 5:00 | PRESENTATION – ROBERT’S RULES OF ORDER |
| 5:40 | PROJECT UPDATES & ACTIVITIES |
| 5:50 | ANNOUNCEMENTS/PUBLIC COMMENT (3 min. limit) |
| 6:00 | ADJOURNMENT & NEXT MEETING – DEC. 4, 2025 |

To provide public comment during the meeting, click on the hand icon at the bottom of the screen to “raise your hand.” The chair or designee will call upon the attendee to speak at the designated time. Public comment may also be submitted in advance to be read by staff or the chair during the meeting. Email comments by 12:00 p.m. the day before the meeting to Lhyde@kitsap.gov.

**Kitsap County Commission on Children and Youth
AGENDA BRIEFING – November 6, 2025**

4:30 P.M. –6:00 P.M.

This is a hybrid meeting with in-person at 507 Austin Ave. Port Orchard, WA. The meeting link provided on the agenda and on our webpage

kitsapgov.com/hs/Pages/CCY-Advisory-Board.aspx

4:30 p.m. WELCOME & INTRODUCTIONS

Co-Chairpersons Abigail Stevenson and Elsa Drugge will welcome attendees and facilitate brief introductions. The board will meet virtually with an in-person option offered at the Kitsap County Human Services Department 507 Austin Ave. Port Orchard, WA 98366 until further notice.

4:40 p.m. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA

October Meeting Minutes will be approved and any changes to the November Agenda will be approved.

4:50 p.m. YOUTH REPRESENTATIVE REPORT

Youth Representatives on the Commission and youth guests will have an opportunity to update the Commission on youth issues and activities in their community.

5:00 p.m. PRESENTATION – Robert’s Rules of Order – Laura Hyde

Laura Hyde will share information about Robert’s Rules of Order that are the procedural rules that govern how this county advisory board runs its meetings.

5:30 p.m. PROJECT UPDATES & ACTIVITIES

The leadership team and staff will offer project updates and upcoming activities.

5:50 p.m. ANNOUNCEMENTS AND PUBLIC COMMENT (3 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 on December 4, 2025.

Kitsap County Commission on Children and Youth

MINUTES October 2, 2025

The Kitsap County Commission on Children and Youth meeting was held on Thursday October 2, 2025, from 4:30 -6:00 p.m. The board met in person at the Kitsap County Human Services Department offices located at 507 Austin Ave. Port Orchard and via Zoom. Elsa Drugge and Abigail Stevenson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

I. WELCOME & INTRODUCTIONS

Board Co-chairperson Abigail Stevenson called the meeting to order and asked members and guests for self-introductions. Attendees offered introductions.

II. APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA

September 2025, meeting minutes were approved and entered into the record. The October Agenda was approved.

III. YOUTH REPRESENTATIVE REPORTS

Elsa Drugge and Cooper Stevenson offered youth representative reports to the board.

IV. PRESENTATION – FREEDOM 13 – INTERNET SAFETY

Gene Hill of Freedom 13 presented information about children and teen internet safety. Freedom 13 is a not-for-profit organization that educates people about human trafficking.

V. PROJECT UPDATES & ACTIVITIES

Laura Hyde shared information about the planning of the Youth Forum. We will be moving the Youth Forum to March, and it will be held during the school day. Transportation and coordination with schools will be necessary. It was decided to continue the discussion next month.

VII. ANNOUNCEMENT/PUBLIC COMMENT

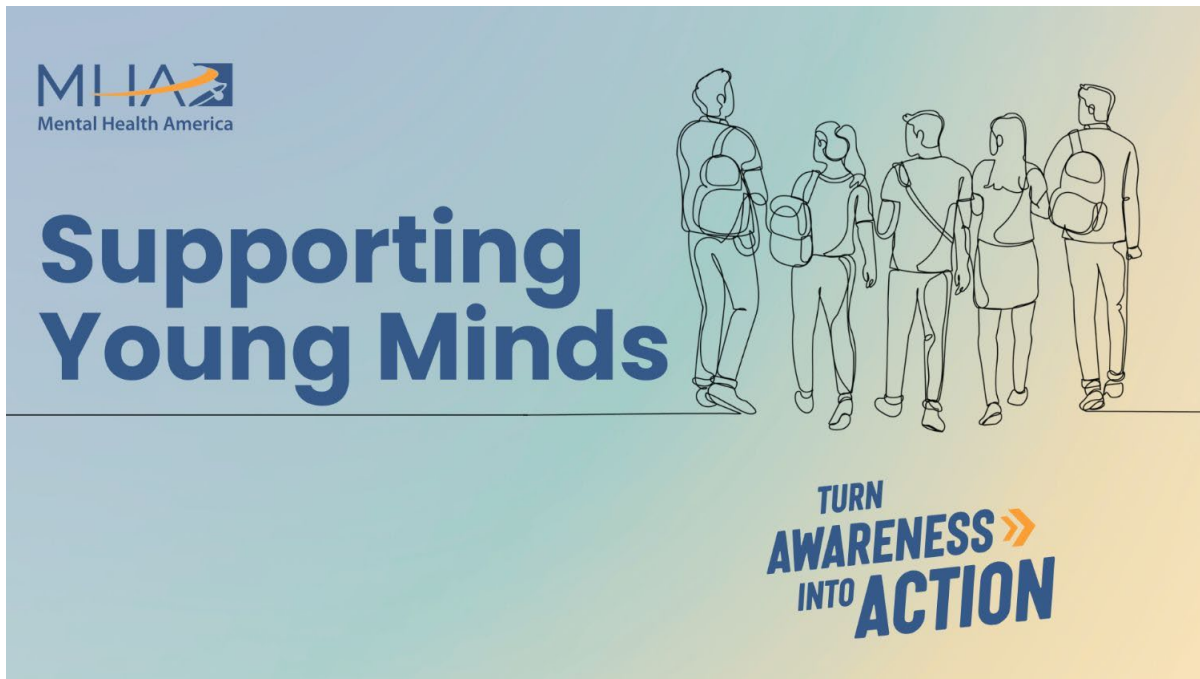
The board and guests shared announcements. We are currently recruiting Youth Board Representatives.

VIII. ADJOURNMENT & NEXT MEETING

The meeting was adjourned. The next meeting will be held on November 4, 2025. We plan to meet in hybrid mode with the online meeting via zoom and in-person at the Kitsap County Department of Human Services office located at 507 Austin Ave. Port Orchard.

VIII. ATTENDANCE

COMMISSION MEMBERS	STAFF	GUESTS
Abigail Stevenson	Laura Hyde	Aldrin Villahermosa II
Elsa Drugge		Barb Santos
Meghan Cuscuna		Gene Hill
Cathy Adams Bomar		Cooper Stevenson
Kimberly Riley		
Absent		
Elisabeth Nilsson		
Bethany Wecks		
Natasha Facticeau Minger		
Amanda Williamson		
Crista Magneson		
Tiffany Hye		
Courtney Oliver		
Brendon Taga		



Help youth feel hopeful, heard, and empowered with brand new resources!

We're excited to share that Mental Health America's [Supporting Young Minds materials](#) are now available—**free to download and ready to use** in classrooms, youth programs, and at home.

These resources help young people move from feeling helpless to feeling hopeful, equip adult allies to encourage advocacy and leadership, and create spaces where youth are safe, supported, and empowered.

What you'll find inside

- Practical tools to help youth identify what they *can* control
- Reflection prompts and creative activities to release stress and self-doubt
- Guidance for adult allies (parents/caregivers, educators, coaches, mentors)
- Activities for classrooms and community groups
- Crisis and help resources

Together, we can help young people be reminded that even when the world feels uncertain, they are not powerless.

[Explore Supporting Young Minds](#)

P.S. For additional youth-focused materials, visit our [youth resources page](#).

Mental Health America

500 Montgomery Street, Ste 820 | Alexandria, Virginia 22314

(703) 684-7722 | info@mhanational.org



Having trouble viewing this email? [View it in your web browser](#)

Suicide Protection

How to help protect yourself, your loved ones, and your community from suicide.



Why should I build protection from suicide? It's hard to build support when you're in the middle of a crisis. Having support already in place will make sure you have people who will help you when you need it.



**Resilience and
inner strength**



**Problem solving
skills**



**Access to local
health care
services**



**School
support and
involvement**



**Protective
Factors**



**Positive peer
relationships**



**Sense of
community**



**Safe
environment**



**Positive adult
relationships**

Tips to build your protective factors

Resilience and inner strength

Remember a time you had to overcome something challenging. Write it down and tape it to your mirror to remind yourself you can do hard things.

Problem solving skills

The next time you feel stuck on a problem, talk through it with a trusted friend or family member. Talking about a problem outloud can help you find a solution.

School support and involvement

Connect with a trusted teacher or guidance counselor to ask for school or career advice. Join a club! Art club, soccer, dance team, debate team - there's something for everyone!

Access to health care

Find a community clinic near you that can help you find mental and physical health services for free or low-cost. Ask about health insurance options.

Positive peer relationships

Find friends that are your age that encourage being healthy and making good choices.

Safe environments

Find at least one safe environment (school, public library, home) that you can go to for rest and peace of mind.

Positive adult relationships

Find a trusted adult (parent, guardian, teacher) that you can talk to.

Sense of community

Get involved in your community by volunteering or joining a community club.

WA survey shows shifting cannabis trends: higher use, higher perceived risks

11 years after legalization, cannabis use among WA young adults rises, but perceived risks also increase

Olympia, Wash Eleven years after cannabis was legalized for non-medical use in Washington, data from the Young Adult Health Survey shows increased use among 18- to 25-year-olds yet also shows encouraging signs that perceptions of risk are shifting.

The survey revealed that although more than half of young adults (53.6%) reported no cannabis use in the past year, nearly 8% of 18- to 25-year-olds report daily use. Fourteen percent of 18- to 20-year-olds obtained cannabis from a parent or a caregiver.

“We’re always talking about balancing hope and concern,” said Jason Kilmer, a University of Washington School of Medicine professor of psychiatry and behavioral sciences, who has been conducting the survey since 2014.

“While it is concerning that more frequent use has been increasing, it is hopeful that most young adults aren’t using this substance. Even 11 years into legalization, the majority of 18- to 25-year-olds aren’t using cannabis.”

“The biggest trend that we’re seeing after 11 years of data collection is that use among the 18- to 25-year-old age group has increased yearly, monthly, weekly, and daily,” Kilmer said. “And it’s largely due to the 21- to 25-year-olds who have legal access.”

Changing perceptions of risk

For the first time, survey respondents reported an increase in perceived physical, emotional, and cognitive risk from regular cannabis use. Research from the University of Michigan’s *Monitoring the Future* study has shown that when perceived risk rises, actual use tends to decline the following year.

“HCA continues to use proven prevention methods to help young people choose behaviors that support their overall health,” said Ryan Moran, DrPH, MHSA, director of the Washington State Health Care Authority (HCA). “The fact that most young people are not using shows prevention techniques work, and underscores the importance of continued investments in these efforts.”

Access, parents, and prevention

Kilmer emphasized the importance of engagement: Parents, caregivers, and guardians are partners in prevention,” said Kilmer. “Washington has great [resources to help families talk with young adults](#) about the risks of cannabis use, including the Washington state [free, anonymous resource](#) for residents 18 to 29 wishing to assess their alcohol and cannabis use and learn coping strategies.”

Cannabis and driving

Nearly one-third of survey respondents who reported cannabis use in the past month also reported driving within three hours of using. Driving within three hours of using would likely result in being above the Washington State DUI threshold of 5 nanograms of THC per milliliter of blood. Research suggests waiting six to eight hours before driving after inhaling and eight to 12 hours after oral ingestion.

“Though the figure has trended down over the years,” Kilmer said, “it’s still far too high in the context of recent findings about fatalities on Washington roads. People get, ‘Don’t drink and drive,’ but we hear way too many people say, ‘Well, I drive better when I’m high,’ and they really don’t.”

According to the Washington Traffic Safety Commission, there was a 156% increase in fatal crashes involving drivers ages 18-24 from 2015 to 2024 who were impaired by cannabis (THC blood level greater than 5 ng/mL). Cannabis has been shown to reduce reaction time, ability to pay attention to multiple things occurring at once and increase lane departures.

About the survey

The Young Adult Health Survey is administered by a collaborative effort including the UW Medicine Department of Psychiatry and Behavioral Sciences and is supported by a contract with HCA’s Division of Behavioral Health and Recovery. Now in its 12th year, the survey collects data from Washington residents ages 18-25.

END

ACT!ON FOR HEALTHY KIDS

Start the Conversation: A Training for Parents and Caregivers

Date & Time

Nov 5, 2025 05:00 PM in Pacific Time (US and Canada)

Description

Trusted adults, including parents and caregivers, play a vital role in preventing youth tobacco and nicotine use. The Start the Conversation: How to Talk with Young People about Vaping and Other Nicotine Products workshop supports parents and caregivers of young people ages 11-24 to talk about vaping with an open mind and accurate information. By the end of this training, participants will be able to: 1. Describe qualities of a trusted adult 2. Identify reasons why young people vape and use nicotine 3. Explain the impact of vaping & nicotine on youth health 4. Practice using supportive conversation principles.

[Meeting Registration - Zoom](#)



Training for School Staff and Community Members: Building Trusted Relationships with Young People

This free interactive training that equips adults with youth-informed strategies to strengthen relationships that support mental health and reduce risky behaviors like vaping. Grounded in adolescent development research and real insights from young people, the training explores 10 practical principles of becoming a trusted adult. Through engaging scenarios and reflection, participants learn how to build trust, foster relational safety, and empower youth with authenticity and care.

Audience

Adults who work with young people ages 11-24: teachers, school staff and administrators; youth-serving professionals such as public health workers, social workers and case managers, nurses, coaches, youth development staff, faith leaders, and others

To register for an upcoming session, click the links below:

- [November 6, 2025; 9am-11am MT](#)
- [November 18, 2025; 12-2pm MT](#)
- [December 4, 2025; 12-2pm MT](#)
- [December 15, 2025; 10am-12pm MT](#)
- [January 15, 2026; 9am-11am MT](#)
- [January 26, 2026; 12-2pm MT](#)