



Kitsap County Commission on Children and Youth Meeting Agenda

Date: July 2, 2026

Time: 4:30 PM – 6:00 PM

How to Join the Meeting

Join the Zoom Meeting: <https://us06web.zoom.us/j/85490676361>

Meeting ID: 854 9067 6361 Passcode: 790586

Join by Phone:

+1 253-215-8782 (Tacoma) +1 253-205-0468 (U.S.)

Purpose of the Commission

- 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 environments that support healthy, self-sufficient, responsible, and productive children, youth, and families

Agenda

4:30 PM — Welcome and Introductions

4:40 PM — Approval of Minutes and Amendments to the Agenda

4:50 PM — Youth Representative Reports

5:00 PM — Project Updates and Activities

5:10 PM — Discussion – Annual Planning

5:50 PM — Announcements and Public Comment
(3-minute limit per speaker)

6:00 PM — Adjournment and Next Meeting (August 6, 2026)

Public Comment Instructions

To provide public comments during the meeting:

Use the “Raise Hand” feature in Zoom

The Chair or designee will call on you to speak at the appropriate time

To submit public comments in advance:

Email comments by 12:00 PM the day before the meeting

Send to: Lhyde@kitsap.gov

Comments may be read aloud by staff or the Chair during the meeting

Kitsap County Commission on Children and Youth Meeting Minutes

Date: June 4, 2026

Time: 4:30 PM – 6:00 PM

Location: Virtual (Zoom)

Meeting Overview

The Kitsap County Commission on Children and Youth meeting was held on Thursday, June 4, 2026. The meeting was conducted online via Zoom and in-person at 507 Austin Ave. Port Orchard.

Facilitator: Elsa Drugge

Staff/Recorder: Laura Hyde

1. Welcome and Introductions

Board Co-Chair Elsa Drugge called the meeting to order. Members and guests introduced themselves.

2. Approval of Minutes and Agenda

- May meeting minutes were approved and entered into the record.
- The June agenda was approved.

3. Youth Representative Reports

Youth representatives present shared updates and reports with the board.

4. Presentation- Jessie Padilla, CPST Child Safety Educator

Jessie Padilla, of the Center for Childhood Safety/Mary Bridge Children's shared information about their program and services. Kitsap is included in their service area. They have many safety brochures/rack cards, and resources. Topics include Safe Sleep, Water Safety, Car Seat Safety, Bike Safety/helmets, Fire Safety, Medication Safety

5. Project Updates and Activities

7. Announcements and Public Comment

- Board members and guests shared announcements.

8. Adjournment and Next Meeting

The meeting was adjourned.

Next Meeting: July 2, 2026

Format: Hybrid (online and in-person)

9. Attendance

Commission Members Present

- Elsa Drugge
- Abigail Stevenson
- Kimberly Riley
- Cathy Adams-Bomar
- Cooper Stevenson

Guests

- Melia Hughes
- Jessie Knowls
- Jessie Padilla

Members Absent

- Bethany Wecks
- Natasha Facticeau Minger
- Tiffany Hye
- Elisabeth Nilsson
- Megan Cuscuna
- Jaylin Fong
- Crista Magneson
- Barb Santos
- Amanda Williamson
- Brendan Taga

Staff

- Laura Hyde

Support Groups

*For all listings, please contact facilitator/organization in advance to confirm locations, days and times.

General information is also available at <https://www.findhelp.org/>

Attention Deficit Disorder

Kitsap CHADD

Facilitators:

- Lynn & Mike Myrvang: **360-779-5362** or MYRVANG@COMCAST.NET
- Kerry Miller **360-697-3922**

Meeting via Zoom (Email first)

2nd Tuesday, 7:00pm to 8:30pm (September through June)

Addictions

Alcoholics Anonymous

District 10 - Central & N. Kitsap

(360) 830-6283

dist10.org

Alcoholics Anonymous

District 43 – South Kitsap

(360) 329-2841

aadistrict43.org

Kitsap N Mason -Al-Anon/Alateen Family Groups

(206)625-0000

kitsap-al-anon.org

Western WA Gamblers Anonymous

National Hotline: (855)222-5542

gawashington.org

Narcotics Anonymous

Nationwide: **na.org**

W Puget Sound **360-373-3610**

24 Hour help: **360-215-2616**

CHI Franciscan

Freedom from Tobacco, Nicotine, and Vape

360-744-4990

Facilitator:

barefootheidi@mindspring.com

Quit for Life – Community Health Plan WA

1-800-440-1561



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ALS (Lou Gehrig's Disease)

ALS Association Evergreen Chapter

253-254-8909

Facilitator: Caryn Wise

caryn.wise@als.org

Meeting via Zoom

2nd Thursday, 3:00 pm to 5:00 pm

Blind and Visually Impaired

Peninsula Council of the Blind

360-649-4693 or 206-915-3411

Meets at Subway

Facilitators: Mike Magures or JR Kinnison

2238 NW Bucklin Hill Ste 102

2nd Saturday, 12:00 pm to 2:00 pm

Silverdale, WA 98383

****Call first to verify meeting time/place****

South Kitsap Council of the Blind

360-710-2678

Meets at Port Orchard Active Club

1025 Tacoma Ave

Port Orchard

Facilitator: Jessamyn Landby

4th Saturday, 11:30am to 2:30pm

Brain Injury

Kitsap Brain Injury

www.kitsapbraininjury.org/groups.html

Register online for zoom meetings

-2nd Thursday of the month from 1-2:30pm

Kitsap Brain Injury TBI Klatch

www.kitsapbraininjury.org/groups.html

Register online for zoom meetings

-Mondays at 10am



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Cancer

Prostate Cancer Group

Contact: Jim Gleckler

cjgleckler@me.com

Bainbridge Island Sr Center

370 Brien Ave SE
Bainbridge Island WA 98110

Support for Living Well

360-697-8000 to register

Peninsula Cancer Center (Seattle Cancer Care Alliance)

19917 7th Avenue NW #100
Poulsbo, WA 98370

Livestrong at the YMCA

Haselwood Family YMCA – Silverdale
3909 NW Randall Way
Silverdale, WA 98383

360-698-9622 to register

Cancer Lifeline

206-297-2500

1-800-255-5505

Online support groups at:

cancerlifeline.org/services/support-groups/

Live chat Mon-Fri 9am-5pm

Dementia

Alzheimer's Foundation of America

National Helpline: 866-232-8484

alzfdn.org

Monday-Friday: 6:00 am to 6:00 pm

Saturday & Sunday: 6:00 am to Noon

Licensed Social Workers are also available via Skype, live chat, and e-mail

Alzheimer's Association

Around the Clock

Helpline: 800-272-3900

24/7 Information and Support

Dementia Mentors

352-345-6270

dementiamentors@gmail.com

www.dementiamentors.org/home.html

Assisting those with a diagnosis, understand what's next. Mentors who understand. Online Memory Cafes. (This program is free, 100% online)



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Diabetes

Diabetes and Nutrition Counseling Center

564-240-4120

Type II Support Group

St Michaels Pavilion

1950 NW Myhre Rd, Silverdale WA

Kidney Disease

Puget Sound Kidney Centers

In Person or Online

In Person: 1:00-2:30 pm **Wednesdays**

Bremerton Senior Center

1140 Nipsic Ave.

Bremerton, WA 98310

Survive and Thrive with CKD

To register please go online, call, or email

425-259-1907

kidneytalk@pckc.net

pskc.net/for-patients/classes

Free Five Week Course

• Designed for people with chronic kidney disease (CKD) stages 2-4, their family, and friends. • Learn what kidneys do, how to promote kidney health with nutrition and lifestyle changes, how to make a plan for your life, and options for renal replacement therapy. • Taught by a doctor, dietitian, social worker, and patient mentors.

In Person or Virtually: Healthy Options -Dialysis and Healthy Eating

Puget Sound Kidney Centers

Bremerton PSKC

2613 Wheaton Way

Bremerton, WA 98310

To register please go online, call, or email

425-259-1907

kidneytalk@pckc.net

pskc.net/for-patients/classes

Free Two-Week Course

• Designed for people with chronic kidney disease (CKD) stages 4-5, who are preparing for dialysis or transplant. • Learn about dialysis access choices, healthy eating, and living well with kidney disease. • Explore treatment options including conservative management and discover how to choose the treatment that works best for you. • Family and friends are also welcome to sign up. • Classes are taught by a nurse, dietitian, social worker, and patient mentors.



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Mental Health

NAMI Family Support Group

Online: 3RD Monday of the Month **5:15-6:45 PM**

ON ZOOM AT:

[HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZITFUJHODMIGTEPPKWM0RODCVK7KMANVDG1](https://us06web.zoom.us/join/91012020000)

NAMI Peer Support Group –Bremerton

Kitsap Mental Health
1975 NE Fuson Rd, Bldg. E
Bremerton, WA 98311

4th Thursday, 6:30 to 8:00 pm

www.namikitsap.org

info@namikitsap.org

NAMI Peer Support Group – Poulsbo

Fishline- 2nd floor, Room 207A
19705 Viking Avenue NW
Poulsbo, WA 98370

3RD Tuesday, 1:30 TO 3:00 PM

www.namikitsap.org

info@namikitsap.org

Multiple Sclerosis

Ask an Expert-Learning Series

Thursdays 9AM

Resources & Support for Navigating MS:

www.nationalmssociety.org/resources/get-support/education-programs-and-library/ask-an-ms-expert

In-Person: Bremerton Area Self-Help Group – Daytime

St. Paul's Episcopal Church
700 Callahan Dr., Bremerton

Sept-June: 3rd Friday

11:30am-1:15pm

Facilitator: Joyce

JOYCEMARIE46@OUTLOOK.COM

Online Navigators: www.nationalmssociety.org/resources/get-support/online-communities

MS Navigator: Education, Resources and Support

Call: 1-800-344-4867

Online: www.nationalmssociety.org/resources/get-support/ms-navigator

MS Friends: Listening ear, One-on-One Conversations

Online: www.nationalmssociety.org/resources/get-support/find-support-groups-and-programs/msfriends



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Parkinson's

Bainbridge Island: General – In-Person meetings

Bainbridge Island Senior/Community Center
370 Brien Dr SE

4th Tuesday of the Month at 1:30 pm

Contact:
Connie Everett 206-434-5970

Bremerton: General –In-Person Meetings

St. Paul's Episcopal Church
700 Callahan Dr Bremerton

1st Tuesday of the Month at 1:00pm

Contact: Cele Sterling 360-731-0538
sterlingca@hotmail.com

Port Orchard: General

First Lutheran Community Church

3rd Wednesday of the Month

Contacts:
John Burkholder – 425-330-6874
burky511@hotmail.com
Sally Juvik
saliuvik@gmail.com

Poulsbo: General Group

Meeting Virtually & In-Person (Young at Heart)

In-person: 1st Monday of the Month at 1:00pm

North Point Church – 1779 NE Hostmark

Contact: Joy Corbett – joycorbett@wavecable.com

Virtual: 3rd Monday of the Month at 11:00am

Contact: Phil Seqadelli: 206-769-8633 | tseqad2607@aol.com

Online NWPf Support Groups:

Contact Dr. Marci Nemhauser, NW Parkinson's Social Services Manager, to be added to one or more of these groups: **206-946-6517** or **dr.marci@nwpf.org**.

She will email you the zoom link to the group. All groups are one-hour sessions, except for care partners and the Spanish support groups which are an hour and 30 minutes.



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Paralysis

Here and Now project: www.hereandnowproject.org

Event Information: www.hereandnowproject.org/calendar

Virtual:

Here and Now project Meetings

Monthly, every 3rd Monday from 5-6:30 pm

Contact: Kenny, the group representative, by email kenny@hereandnowproject.org

Or by phone **(253-880-5634)** with any questions

Please note – H&NP support meetings are strictly for people living with paralysis and their immediate families and caregivers and are not for public or private enterprise.

Stroke

Stroke Support Group

2nd Tuesday each month

UW Medicine – online

253-215-8782

Tammie English, SCRNP

Email: stroke@uw.edu

www.uwmedicine.org/patient-resources/support-groups-classes
tinyurl.com/uwstrokeclub

Stroke Support Group

St. Michael Medical Center
Harlow Medical Building
Silverdale, WA 98383

No Registration Necessary
2nd Thursdays every month 4-5pm
Located on ground floor "Garden Room"

Contact information:
Stroke Program Manager
stroke@vmfh.org

Virtual Attendance via Zoom

Meeting ID: **946 6023 9120**

Password: **098491**

***Please verify any changes by visiting**
vmfh.org and selecting "Classes & Events"



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Caregiver Support Groups

***For all listings, please call ahead to confirm meeting date, time, location.**

Island Volunteer Caregivers

147 Finch Pl SW
Bainbridge Island, WA 98110

Facilitator: Joy Sprague

E-mail: joy.sprague@yahoo.com

In person **or** Zoom ID 88999437166 Code 033292

Meets: Every 2nd and 4th Tuesday, 2:00pm to 3:30 pm

Laurel Glen at Bremerton Senior Living

2707 Clare Ave
Bremerton, WA 98310

360-377-1717

Facilitator: Nan Urlacher

Meets: Last Tuesday of each Month, 4:00 PM

The Ridge Dementia Support Group

1501 Tower Circle NW
Silverdale, WA 98383

360-697-4488

Facilitator: Sina McMahon

Meets: Last Tuesday of each Month, 4:00 PM

Care & Carry: Support Group for Caregivers

2903 Perry Ave, STE 203
Bremerton, WA 98310

360-663-5683

Facilitator: Rebecca Norris

Every other Tuesday of each Month, 1-2:30pm

Email: rebecca@unitywellnessproject.org

Vineyard Park of Port Orchard

1761 Pottery Ave
Port Orchard, WA 98366

360-874-1212

Presented with: Virginia Mason Franciscan Health Hospice and Palliative Care

Meets: 2nd Tuesday of each Month, 4:00 PM



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Mary Bridge Child Safety Materials

Request from childsafety@multicare.org or MultiCare staff can order from [MHS Print Services](#)

**BABIES:
SLEEPING SAFE,
SLEEPING SMART**
A Message from Mary Bridge
Center for Childhood Safety

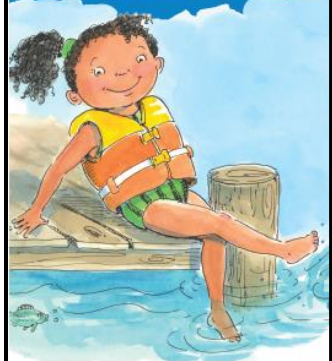


Mary Bridge
Children's
MultiCare

marybridge.org/childsafety

Safe Infant Sleep
#88-1212-4
#88-1212-4SP

**KEEP KIDS SAFE
AROUND WATER**
A Message from Mary Bridge
Center for Childhood Safety



Mary Bridge
Children's
MultiCare

marybridge.org/childsafety

Water Safety
#88-3480-9
#88-3480-9SP

**KEEP KIDS SAFE
IN THE CAR**
A Message from Mary Bridge
Center for Childhood Safety




Mary Bridge
Children's
MultiCare

marybridge.org/childsafety


Car Seat Safety
#87-0509-6
#87-0509-6SP

CAR SEAT INSPECTIONS
in-person or virtual



Mary Bridge certified technician educators (CPST) are available by appointment to check your child's car seat for safety and teach you how to adjust and install it correctly. Inspections are offered in-person in Tacoma or virtually over video chat.

Learn more at marybridge.org/carseatchecks scan the QR code to the right or email childsafety@multicare.org



Car crashes are a leading cause of fatal injury for kids, and 90% of parents use their car seats wrong.
Are your kids riding safely?

Mary Bridge Children's
MultiCare

62-0005-5 (Rev. 9/22)

marybridge.org

Car Seat Checks
#62-0005-5
(no Spanish)

BIKE HELMETS
A Message from Mary Bridge
Center for Childhood Safety


**Fitting a helmet
as easy as 1-2-3
Eyes – Ears – Mouth!**

Eyes: Look up – you should be able to see the edge of your helmet

Ears: The straps should form a "V" just under the earlobe

Mouth: Open your mouth wide – you should feel the chin strap

Final Check: Shake your head – if the helmet moves out of position, readjust the straps and tighten




**No helmet =
No riding
No exceptions!**

Mary Bridge
Children's
MultiCare

Bike Helmets
#87-8982-2
#87-8982-2SP

SAFE GUN STORAGE
A Message from Mary Bridge
Center for Childhood Safety



**If you have a gun
in your home:**

- Keep it unloaded, out of reach, and locked – using a gun safe, lock box, or trigger lock.
- Lock up ammunition in a separate location.
- Hide the keys to lock boxes.
- When a gun is unlocked, keep it in your sight at all times.
- Teach children to stay away from guns, but do not rely on them to be able to do that.

Mary Bridge
Children's
MultiCare

marybridge.org

Safe Gun Storage
#87-8820-3
#87-8820-3SP

WINDOW FALLS
A Message from Mary Bridge Center for Childhood Safety



Screens keep bugs out, not kids in!

- You CAN prevent window falls
- For any window that poses a fall risk:
 - Limit openings to **4 inches or less**, by adding a **window stop** device
 - If a window must be open more than 4 inches – use an operable **window guard** instead
 - Choose window stops / guards that can be removed by an adult in an emergency
- Keep furniture (and other objects) away from windows to discourage little climbers
- Teach children not to play near windows, but do not rely on them to remember that

Mary Bridge
Children's
MultiCare

4 Inches



Window Falls
#87-7552-3
#87-7552-3SP

Grief and Loss/Bereavement

*For all listings, please contact facilitator/organization in advance to confirm locations, days and times.

Compassionate Friends

(For Parents who have lost a child)

www.compassionatefriends.org/find-support/online-communities/online-support
www.compassionatefriends.org

Hold onto Hope

Apply on the website- online

group:

-Suicide loss or supporting those.

honorconnor.org/hold-onto-hope

Island Volunteer Caregivers

206-842-4441

Call or email for Location & times

Contact: Robin Gaphini

Email: robin@ivcbainbridge.org

VM Franciscan

events.chifranciscan.org/classes/find

General Information for other locations, special events, and days/times

The following Grief support groups are under the umbrella of GriefShare

<p>Crossroads Neighborhood Church-Grief Support Group 7555 Old Military Rd NE Bremerton</p> <p>360-271-1201 Contact: Judi Brown Sundays 2-4pm</p>	<p>Abundant Life Foursquare Church-Grief Support Group 5610 Kitsap Way STE 230 Bremerton</p> <p>360-271-8500 Contact: Darlene Hand Sundays 11am-12:30pm</p>	<p>St. Cecilia Parish-Grief Support Group 1310 Madison Ave North Bainbridge Island</p> <p>505-463-8765 Contact: Julie Routt Sundays 1-3pm</p>
<p>North Point Church-Grief Support Group 1779 NE Hostmark St Poulsbo</p> <p>360-471-2950 Contact: Janet Norem Tuesdays 10-11:30am</p>	<p>Poulsbo Community Church-Grief Support Group 651 Finn Hill Rd NW Poulsbo</p> <p>360-471-0506 Contact: Gordon Gottfred, Assoc. Pastor *Starts 6/17/26 Wednesdays 6-8pm</p>	<p>Port Orchard Church of the Nazarene-Grief Support Group 4647 Sidney Rd SW Port Orchard</p> <p>360-876-2700 Contact: Roger Page Thursdays 6:30-8pm</p>
<p>Adventure of Faith-Grief Support Group 4705 Jackson Ave SE Port Orchard</p> <p>360-876-0061 Contact(s): Mike Gullickson/Jean Scott Tuesdays 10am-12pm</p>	<p>Living Hope Church-Grief Support Group 2691 SE Sedgwick Rd SE Port Orchard</p> <p>253-209-5961 Contact: Jo E Elliot Sundays 1-2:30pm</p>	<p>Harper Church-Grief Support Group 10384 SE Sedgwick Rd SE Port Orchard</p> <p>360-964-0480 Contact: Kris Bennett Sundays 10:30am-12pm</p>
<p>Kingston Christian Church-Grief Support Group 11255 NE East 2nd St Kingston</p> <p>307-413-6128 Contact: Kris Bennett Sundays 2-3:30pm</p>		



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Updated 2/26

Courtesy of Kitsap County Aging Disability Resource Network
(360) 337-5700 or 1-800-562-6418

Safe Firearm Storage

Putting a firearm out of sight or out of reach is **NOT** safe storage and not enough to prevent use by children and unauthorized adults.

Firearm Safety Guidelines:

- Always keep firearms unloaded, locked, and out of reach, using a gun safe, lock box, or trigger lock.
- Store ammunition separately in a secure location.
- If a firearm is unlocked, always keep it within sight to prevent unauthorized access.
- Teach children to stay away from guns but never rely solely on their understanding for safety.
- If a family member or frequent visitor struggles with depression or suicidal thoughts, strongly consider removing firearms from the home to ensure their safety.



To change the code

1. To open box move all digits to **0-0-0**.
2. Once opened, locate the locking mechanism inside the box and move locking lever from **A** to **B** on the lock house.
3. Set the combination to your own unique code
4. Once the new code is entered, move the locking lever from **B** to **A**
5. Before Shutting the lockbox, test your new code **2x** to verify your combination has been set.

Questions? Or for more information:
Chilsafety@multicare.org