



Kitsap County Commission on Children and Youth Meeting Agenda

Date: August 6, 2026

Time: 4:30 PM – 6:00 PM

How to Join the Meeting:

Join the Microsoft Teams Meeting:

<https://teams.microsoft.com/meet/228711513218340?p=lzANKPNt2JAfeqeRtZ>

Meeting ID: 228 711 513 218 340 Passcode: e8sD6Gt2

Join by Phone: [+1 253-617-4979](tel:+12536174979), [787337264#](tel:+1787337264) United States, Conference ID: 787 337 264#

Join In Person: 507 Austin Avenue Port Orchard, WA 98366

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 — Presentation: 2025 Healthy Youth Survey Results- Nathan Sidell

5:35 PM — Project Updates and Activities

5:45 PM — Announcements and Public Comment
(3-minute limit per speaker)

6:00 PM — Adjournment and Next Meeting (Sept. 3, 2026)

Public Comment Instructions: To provide public comments during the meeting:

Use the “Raise Hand” feature in Teams or raise your hand at the in-person meeting

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

Kitsap County Commission on Children and Youth Meeting Minutes

Date: July 2, 2026

Time: 4:30 PM – 6:00 PM

Location: Hybrid (Zoom) In-person at 507 Austin Ave. Port Orchard, WA 98366

Meeting Overview

The Kitsap County Commission on Children and Youth meeting was held on Thursday, July 2, 2026. The meeting was conducted online via Zoom and in-person at 507 Austin Ave. Port Orchard, WA 98366.

Facilitator: Elsa Drugge and Abigail Stevenson

Staff/Recorder: Laura Hyde

1. Welcome and Introductions

2. Approval of Minutes and Agenda

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

3. Youth Representative Reports

Youth representatives present shared updates and reports with the board.

4. Project Updates and Activities

Laura Hyde shared updates regarding youth commission projects and activities.

5. Discussion – Annual Planning

The board reviewed what has been done in past years and made plans for monthly meeting topics/activities for the rest of 2026 and first part of 2027.

6. Announcements and Public Comment

- Board members and guests shared announcements.
- Recruitment is ongoing for Youth and Adult Board Representatives.

7. Adjournment and Next Meeting

The meeting was adjourned.

Next Meeting: 8/6/26

Format: Hybrid (online and in-person)

8. Attendance

Commission Members Present

Elsa Drugge

Abigail Stevenson

Brendon Taga

Cathy Adams-Bomar

Cooper Stevenson

Meghan Cuscuna

Kimberly Riley

Barb Santos

Staff

Laura Hyde

Members Absent

Elisabeth Nillson

Jerilyn Fong

Tiffany Hye

Crista Magneson

Natasha Facticeau Minger

Amanda Williamson



Resilient • Empowered • Active • Leaders

TEEING OFF FOR YOUTH MENTAL WELLNESS

Empowering Our Youth, On and Off the Course

Saturday, August 29th • 11:00 AM – 3:00 PM

GOLD MOUNTAIN GOLF COURSE

FREE GOLF CLINIC • AGES 14 TO 26

- No experience needed, clubs provided!
- Prizes for the top 2 in each contest:
Longest Drive • Longest Made Putt • Sand Trap Challenge
- Youth mental wellness session + lunch included

REGISTER BY 8/15



Spots are limited!

THANK YOU TO OUR SPONSORS



Kevin J Mitchell
@yourwarealtor

COLDWELL BANKER



CONNECTION
CREDIT UNION



Catalyst
Public Schools



STRATAGEM
DATA SCIENCE



Salish Recovery Coalition
Celebrates National Recovery Month
September 12, 2026
Bremerton WA



Recovery 5k



8:00 AM Illahee Preserve

Link to sign up at r5k.org - fun run/walk/hike/jog/prance through the beautiful forest at the Illahee Preserve. Event starts and finishes at the main parking lot off Almira Dr across from Kitsap Mental Health Services. Advance registration recommended!

Recovery Day at the Park

11:00 am - 2:00 PM Evergreen Rotary Park

Free BBQ, open to the community, bring the whole family! Food, games, fellowship and resource fair at Evergreen Rotary Park in West Bremerton. No sign up/registration required for the BBQ - just come as you are!



Thank you to our wonderful sponsors and supporters!

Squamish Wellness	Caffe Perfetto	Lone Star Donuts	Poulsbo Running	KMHS	PG S'Klallam Health Center	Evergreen Turtle Rockets

TWO fantastic events!
www.r5k.org



Kratom & 7-OH | Know the Risks

What is Kratom?

Kratom is a plant used in traditional medicine with naturally-occurring small amounts of 7-OH. It is:



- Not regulated by the FDA or DEA
- A stimulant at low doses
- A sedative at high doses
- Usually sold as dry leaves and powder

What is 7-OH?

7-OH (7-Hydroxymitragynine) is a compound found in kratom. **When concentrated and sold by itself, it's much stronger and more dangerous than kratom.**

- The federal government is planning to classify 7-OH as a Schedule 1 drug, which means it:
 - Has a high potential for abuse
 - Has no accepted medical use
- Often sold as pills, gummies, tonics, and vapes

You can overdose on 7-OH.

7-OH works similarly to opioids like morphine, heroin, and fentanyl.

Too much 7-OH can stop your breathing.

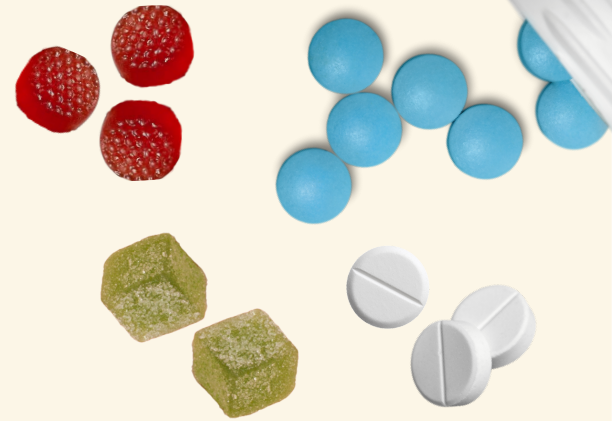
7-OH is 10 times more potent than morphine.

7-OH products aren't FDA tested or monitored for safety. Which means:

- The strength of each product can be very different.
- Labels may be inaccurate.
- Products might have substances in them that are not listed.

7-OH is not an approved treatment for opioid withdrawal or any other condition.

Visit WAtelbupe.org or call 206-289-0287 for free opioid withdrawal resources and treatment options.



If someone won't wake up after using 7-OH:

- 1) Call 911.
- 2) Give naloxone (Narcan).
- 3) Follow 911 instructions until help arrives.

For non-emergency help, contact the Washington Poison Center:

Call: 1-800-222-1222 | Text: 206-526-2121

Kratom y 7-OH | Conoce los riesgos

¿Qué es el kratom?

El kratom es una planta con propiedades psicoactivas y pequeñas cantidades naturales de 7-OH. Es:



- No regulado por la FDA o la DEA.
- En dosis bajas es estimulante
- En dosis elevadas es un sedante
- Por lo general, se vende en forma de hojas secas y polvo

¿Qué es el 7-OH?

La 7-OH (7-hidroximitraginina) es un compuesto que se encuentra en el kratom. **Cuando se concentra y se vende por sí sola, es mucho más potente y peligrosa que el kratom.**

- El gobierno federal planea clasificar la 7-OH como una droga de la Lista I, lo que significa que:
 - Tiene un alto potencial de abuso
 - No tiene uso médico aceptado
- A menudo se vende en forma de pastillas, gomitas, tónicos y vaporizadores

Puedes sufrir una sobredosis de 7-OH.

La 7-OH actúa de manera similar a los opioides como la morfina, la heroína y el fentanilo.

Demasiado 7-OH puede detener tu respiración.

La 7-OH es 10 veces más potente que la morfina.

Los productos con 7-OH no han sido evaluados ni supervisados por la FDA en cuanto a su seguridad. Esto significa que:

- La potencia de cada producto puede ser muy diferente.
- Las etiquetas pueden ser no exactas.
- Es posible que los productos contengan sustancias que no enlista la etiqueta.

La 7-OH no es un tratamiento aprobado para el síndrome de abstinencia de opioides ni para ninguna otra afección.

Visite WAtelbupe.org o llame al 206-289-0287 para obtener recursos gratuitos y opciones de tratamiento para la abstinencia de opioides.



Si alguien no despierta después de consumir 7-OH:

- 1) Llama al 911.
- 2) Administra naloxona (Narcan).
- 3) Sigue las instrucciones del 911 hasta que llegue la ayuda.

Para asistencia no de emergencia, comunícate con el Centro de Toxicología de Washington:

Llama: 1-800-222-1222
Texto: 206-526-2121

FETAL ALCOHOL AWARENESS *Day*

Education. Connection. Prevention.

*Stronger futures start
with awareness.*



SEPTEMBER 9, 2026



12:30 PM – 2:30 PM
(end time is a bit loose)



EAGLE'S NEST

1195 NW Fairgrounds Rd
Bremerton, WA 98311



WHAT TO EXPECT:



Expert speakers
and lived
experience panel



Community
resources and
support



Practical
information
and tools



A supportive
and inclusive
space

Together, we can build healthier families and stronger communities.



KITSAP COUNTY

Your source for news, services,
and community information.

kitsap.gov



KITSAP COUNTY HUMAN SERVICES

Support and resources
for individuals and families.

kitsap.gov/human-services



KITSAP COUNTY SUBSTANCE ABUSE PREVENTION COALITION

Working together to prevent
substance use and support
healthy communities.

kitsap.gov/hs/sapcp