

CARE Coalition Meeting Minutes

September 8, 2023

11:30am-1:00pm

Tolleson Union High School District In person

Attendees: We had **39** Coalition Members in attendance

Alexis Perez, THS	Jorge Mendoza, AFUHSD #216
Andrea Arellano, Glendale Elementary School District	Justine McDilda, DES Division of Child Support Services
Andrea Contreras, Tolleson Elementary School District	Karina Herrera, THS
Andrea Trinh, ACASI (ASU)	Katie Kallstrom, TUHSD
Angelica Torres, AFHSD	Kayla Weilel, AESD
Anna Tran, Eliseo C. Felix	Kiersten Walker, Agua Fria High School
Anthony Quesada, City of Avondale	Kim Robison, Phoenix Union
Berenice Alvarez, PESD92	Kristin Taylor, GESD
Calvin Thogersen, PESD92	Lauren Bergemann, Rancho Santa Fe
Carmen Guerrero, Candelen	Lisa Hall, GESD
Catherine Moreno, PESD	Lisa Valle, DES /AZEIP
Danielle Langel, ACASI	Lydia Cossio, THS
David Kohl, Trevor Browne High	Maria Navarrete, THS
Dawn Marie, HELP	Misti Andrews, TUHSD
Diane Murrieta, Duet	Nicole Bolik, Arizona Children Association
Erica Chavez, THS	Odette Meraz, Tolleson Elementary School District
Jackie Phillips, Onward Hope	Sebastian Rodriguez, Touchstone Health Services
Jacquelyn Ortega, THS	Shan Harris, PHX College
Jayne Quartz, THS	Shana Hornstein, Glendale Community College
Jocabed Hernandez, Maricopa Public Health	

- **Call to Meeting:** Erica Chavez- *Touchstone Health Services, Clinical Director*
 - Attendees were welcomed, provided housekeeping instructions, made aware of virtual attendees, and invited to grab lunch.

- **Agency Spotlight: Maria Navarrete-** *Touchstone Health Services, Prevention Supervisor*
H.E.L.P.(Homeless Engagement Lift Partnership): Dawn Marie

Homeless Engagement Lift Partnership is a nonprofit organization providing services to children and families and provide adequate meals through program Help Feed a Hungry Child. H.E.L.P's mission is to change the cycle of homelessness through our children & Provide Immediate Aid and Comfort. Advance Education and Knowledge for Those Who have Found Themselves in some Form of Homelessness. Promote Awareness and create action in the community. *H.E.L.P* also has a program called HELPSNACKZ. *H.E.L.P* is involved in fill these hunger gaps with daily afternoon nutritional snack bags for those families who can nor afford to provide their kids adequate meals. They partner with school districts to identify what schools need the support. In addition, they have Project R.E.A.C.H., providing those who need our services the most. Project R.E.A.C.H. stands for React – Educate – Action – Care – Hope. This program is part of all our outreach events throughout the year.

If anyone wants to learn more about the programs or learn how you can get involved, you can contact Dawn Marie at dawnmarie@helpnowaz.org or 602-341-3822.

➤ **Overview of New Grant - Erica Chavez and Lydia Cossio - Touchstone Health Services, Clinical Director, and Assistant Director**

➤ **Grant Overview**

- Funded by the Office of Population affairs, Department of Human and Health Services
- 5-year grant: \$1,573,544 a year
- Avondale, Tolleson, Goodyear, Litchfield Park and parts of Glendale, Buckeye, Phoenix
- Total 5-year Reach:
 - 22,802 Youth
 - 7,965 Adults (Parenting)
 - 3,190 (community members trainings)
- The grant looks to advance equity in adolescent health through the replication of evidence-based programs (EBPs) and services.

➤ **Care Coalition**

- Advisory Board
- Coalition
- Youth Leadership Council
- Annual Adolescent Health Conference

➤ **Meet our Advisory Board Members**

- Misti Andrews- District Student Services Coordinator- Tolleson Union High School District
- Kiersten Walker- School Psychologist- Agua Fria Union High School District
- Tessa French- Director of Training, Program & Quality- Boys & Girls Clubs of the Valley
- Andrea Arellano- Director for Social and Emotional Learning and Mental Health Services- Glendale Elementary School District

➤ **Youth Curriculums**

- Making Proud Choices, Safe Dates, Love Notes, Botvin's Life Skills, and Mind Maters

➤ **Caregiver Curriculums**

- Active Parenting of Teens
- Positive Parenting Program (Triple P)
- Pax Tools
- Botvin's Parenting Program

➤ **Professional Development Available**

- Youth Mental Health
- Suicide Prevention Training
- Understanding Youth Mental Health
- Grief and Loss

- Anxiety in Youth
- Much more!
- Partners
 - Tolleson Union High School District
 - Agua Fria Union High School District
 - Duet Partner in Health and Aging
 - Boys & Girls Club of the Valley
 - Victory Futures Academy
 - Onward Hope
- CARE Presentation: https://drive.google.com/file/d/1QLTVtj5h-8fWIREibj_k3xSsE7p3KthE/view?usp=sharing
- **Call to Action-** *Maria Tena, and Jayne Quartz Touchstone Health Services (THS) Prevention Supervisors and Community Trainer*
 - **During the CARE meeting we asked members to share ideas on what topics they would like to see for this year's trainings for the community and topics for the conference. Topics discussed were:**
 - Neurodiversity
 - Avoidance behaviors/distress tolerance
 - Connection and maintaining supportive relationships between youth and adults, youth to youth.
 - Mental health maintenance after intake
 - Supporting parents/youth who
 - Helping youth deal with feelings (anger, loneliness)
 - Benefits of using assistive tech for neurodivergent AND neurotypical youth
 -
- **Upcoming Events, Raffles and Wrap-Up:** *Alexis Perez Touchstone Heath Services Prevention Supervisor*
 - Winners for the \$20 gift card for were:
 - Misti Andrews
 - Shana Hornstein

Community Share:

- Maricopa Community Colleges in partnership with AHCCCS has scholarship money for certificate programs and an associate degree in areas such as: Behavioral Health Sciences and Developmental Disabilities. That's why we are reaching out to you in hopes we can reach staff who are already working in the field. Let's get them more training for free so they see this as a career, not just a job. Please forward this to all your entry level staff. They can click the link to apply now. In addition, I have attached a short video for you to post on your social media to help share the information. Any help disseminating this information would be much appreciated. If anyone has any questions, feel free to email me at shana.hornstein@gccaz.edu
- Arizona Childrens Association Trying to get back up and running their Kinship program and are looking to get some caregiver support groups going. They are working with formal and informal kinship placements. To learn more about these services, referrals and supports visit their website at <https://www.arizonaschildren.org/services/kinship-support-services/> .

- DES Division of Child Support Services are offering a variety of opportunities and scholarships for childcare. To learn more about these opportunities visit <https://des.az.gov/services/child-and-family/child-care>
- Duet has support groups going for caregivers of family members with Dementia and Alzheimer's. They also have a volunteer department when they are recruiting for individuals to help elderly people to their appointments, groceries and more. Contact Diane Murrieta at murrieta@duetaz.org for more information.