

CARE Coalition Meeting Minutes

November 17, 2023

11:30am-1:00pm

Tolleson Union High School District In person

Attendees: **31** Coalition Members in attendance

Adela Magyar, Westside Head Start
Aleshya McAfee, Westside Head Start
Andrea Arellano, Glendale Elementary School District
Brandi Jordan, Rise up Glendale
Caelynn Griggs, THS
David Kohl, Trevor Browne High
Diane Murrieta, Duet
Erica Chavez, THS
Gissell Delgado, Mountain Park Health Center
Jackie Palomera England, Maricopa Department of Public Health
Jacquelyn Ortega, THS
Jayne Quartz, THS
Jocabed Hernandez, Maricopa Public Health
Karina Herrera, THS
Kasarah Abdella, JAG AZ

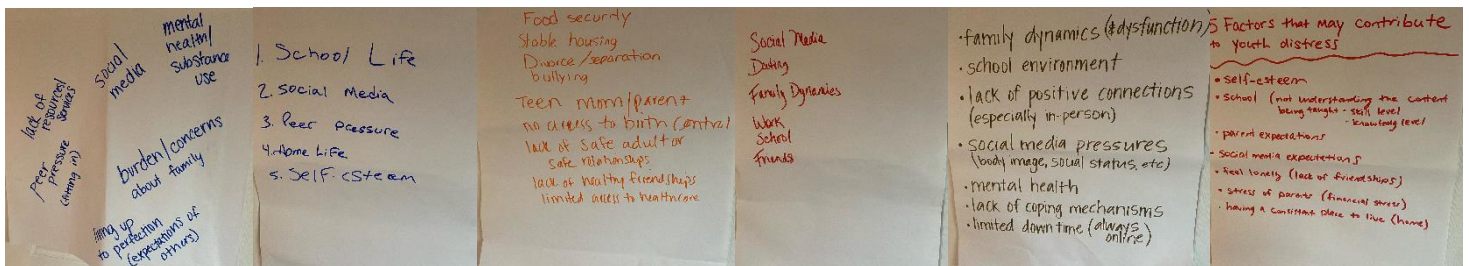
Linda Rapps, Candelen Kith & Kin
Lisa Hall, GESD
Maria Navarrete, THS
Melissa Howard, THS
Michelle Rouse, ACCEL
Misti Andrews, TUHSD
Odette Meraz, Tolleson Elementary School District
Olivia Dalley, Rise up Glendale
Patricia Dominguez, Duet
Plangkat Milaham, THS
Raquel Oviedo, Westside Head Start
Shan Harris, PHX College
Taylor Diaz, THS
Tessa French, Boys and Girls Club
Terry Hill, Westside Head Start

➤ **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.
- The CARE Coalition welcomed the new Advisory Board Member from ACCEL, Michelle Rouse

➤ **Icebreaker:** Karina Herrera- *Touchstone Health Services, Prevention Supervisor*

- **ID Youth Distress-** The CARE Coalition was instructed to split into groups and identify 5 factors that may contribute to youth distress based on their experience and roles.
- **Below are the responses each of the groups came up with:**



- **Mini CARE Training:** Jayne Quartz- *Touchstone Health Services, Community Trainer*
 - The first Mini training of the year took place and addressed distress tolerance.
 - Distress tolerance is a valuable skill we all have, though we may not realize it. This mini training defines distress tolerance and the signs of low distress tolerance in youth. It also offers evidence-based practices to help young people enhance their distress tolerance skills.
 - You Can find the full training and handout here.
 - <https://drive.google.com/drive/folders/1-E5wtASTwLGPmOh0FAJZKJmzusxsvgIq?usp=sharing>
- **Call to Action-** Erica Chavez and Maria Tena- *Touchstone Health Services (THS) Clinical Director and Prevention Supervisor*
 - **Health Fairs and Training Success**
 - Have met 1855 adults in training in the community.
 - Have met 11,000 youth and adults in community tabling events.
 - Have met 688 youth facilitating Safe Date in Tolleson Union High School
 - Shared with the coalition feedback that the youth shared after participating the program.
 - **Program Planning updates**
 - Currently the Grant in going through review processes and ensuring that the curriculums chosen are servicing the community's needs. Will have more updates on this as the process is completed.
 - **Coalition Focus Group**
 - Discussed with the coalition about the opportunity to participate in this year's CARE Coalition focus group and passed around a sign-up sheet for CARE members who might be interested.
 - **Conference updates (Color scheme voting, updates, Save the date, RFP, keynote, and tabling)**
 - Shared with the coalition the Save the Date for the conference. Let them know that this was going to be sent out through the CARE email, including RFP and vendor forms. This year's location will be the Renaissance and we are excited to see all CARE members in attendance this year. Will send out updates once the conference website is up and running so that you can start to register.
 - **YLC Recruitment ideas**
 - The coalition will be starting the Youth Leadership Council in the far west valley in January. A flyer will be included with the minutes that can be shared with the youth in the community. The first meeting will be in person January 17th and will be looking at choosing a space to meet in person once we get the YLC started. There will be more information on the flyer and how to get parental consent to participate.
- **Upcoming Events, Raffles and Wrap-Up:** Alexis Perez *Touchstone Heath Services Prevention Supervisor*
 - Winners for the \$20 gift card for were:
 - Jocabed Hernandez
 - Diane Murrieta