

CARE Coalition Meeting Minutes

9/6/2024

11:30am-1:00pm

*In-person: West-MEC START Building- Presentation Room
5405 N 99th Ave, Glendale, AZ, 85305*

Coalition Members in Attendance:

Karina Herrera, THS	Ben Hackworth, Maricopa Department of Public Health	Kristal Becerra, ACASI-FVI- ASU
Melissa Howard, THS		Lauren Bergemann, Rancho Santa Fe
Jayne Quartz, THS	Brandi Jordan, Rise Up! Glendale	Lupe Elorza, Boys and Girls Club of the Valley
Sabrina Arreola, THS	Catherine Moreno, PESD	Megan Ferral, TUHSD
Ayme Pelagio, THS	Claudia Weiss, AFUHSD	Michelle Rouse, ACCEL
Luis Belmar, THS	Cristal Chagollan, Alhambra District	Miros Domenzain, Ponder In Action
Lauren Knupp, THS	Dawn Baumgartner, Phoenix ESD	Oslын Rodriguez, Peoria ESD
Zachary Prado, THS	Diane Murrieta, Duet	Patricia Dominguez, Duet
Jacquelyn Eastman THS	Eliana Jahries, Odyssey Institute Junior High	Shelly Thome, West-MEC
Erica Chavez, THS	Erica Martzen, Maricopa Department of Public Health	Steve Browning, ACASI
Lydia Cossio, THS		Tarinda Craglow, Ombudsman
Sebastian Rodriguez, THS	Evelyn Rodriguez, Peoria ESD	
Caelynn Griggs, THS	Gretchen Holmes, Maricopa County Workforce Development	
Alexis Perez, THS	Griselda Solis, ASU Family Violence Center	
Heather Jarrell, Aurora Behavioral Health	Jennifer Cohan, Resilient Health	
Adriana Molina, Boys and Girls Club of the Valley	Julie Robbins, Phoenix ESD	
Allison Tobon, notMYkid	Kiersten Walker, Agua Fria High School	
Amber Burwell, AFHS		
Andrea Contreras, TESD		
Anna Tran, Eliseo C. Felix		
Beheir Thompson, Bring Change to Mind		

- **Call to Meeting:** *Jayne Quartz- Touchstone Health Services, Community Trainer*
 - Attendees were welcomed, Vision and Mission Statement of Care Coalition was given to attendees, provided housekeeping instructions.

- **Ice Breaker:** *Sebastian Rodriguez, Touchstone Health Services, Health Educator*
 - Participants completed the Circles of My Community icebreaker activity. Participants names and organizations were added to the inner circle, with partnering organizations listed on the outer circle. Outside of the circles are organizations in which coalition members are interested in working more/more closely with in the future. This gave members the opportunity to see who they can connect with for possible partnerships. This activity was pulled from the Teen Outreach program (TOP) that Touchstone is currently running in partnering school.
 - Pictures of the ice breakers can be found at the bottom of this document.

- **Agency Spotlight:** *Aurora Behavioral Health- Heather Jarrell, Community Liaison*
 - Aurora Behavioral Health System is Arizona's largest freestanding psychiatric hospital system.
 - Adolescent & Adult Inpatient Behavioral Health
 - Adolescent & Adult Inpatient Detox
 - Adult Mental Health Partial Hospitalization
 - Adolescent & Adult Mental Health & Chemical Dependency Intensive Outpatient Services
 - ECT Treatment Program
 - Suicide rates among children aged 11 to 18 have seen a significant increase over the past few years.
 - According to recent data, suicide is now the second leading cause of death for this age group.
 - Identifying Declining Mental Health in Students
 - Decline in Grades: Sudden or consistent drop in academic performance.
 - Lack of Engagement: Decreased participation, missing assignments, or lack of interest in schoolwork.
 - Absenteeism: Frequent absences or tardiness without clear explanations.
 - Withdrawal: Noticeable withdrawal from friends, family, or social activities.
 - Aggression: Increased irritability, agitation, or frequent outbursts of anger.
 - Risk-Taking: Engaging in risky or harmful behaviors, including substance abuse.
 - Aurora provides tools and resources for educators such as
 - health awareness for classrooms.
 - Patient Services Available 24/7 for Guidance
 - Education on mental health related topics at www.auroraarizona.com

- **Grant Updates:** *Jacquelyn Eastman & Karina Herrera, Touchstone Health Services, Prevention Supervisors*
 - Touchstone shared reach numbers from their efforts over the past year including reaching over 2,200 individuals through community trainings, making 548 referrals to services or other organizations, and having 254 individuals who attended the 2024 CARE Coalition Conference.
 - Through Evidence-based Programs and Curriculums, Touchstone reached over 2,700 youth with Safe Dates, 43 youth with Making Proud Choices!, and 71 caregivers through Caregiver/Parenting Programs.
 - Touchstone is currently rolling out a new curriculum Teen Outreach Program, after school or during school positive youth development clubs, to 4 schools districts. There are currently 16 TOP Clubs running with a total of around 220 youth participating.
 - Buckeye (BUHSD)
 - Tolleson (TUHSD)
 - Litchfield (LESD)
 - Agua Fria (AFUHSD)

- **Call to Action-** *Jayne Quartz, Touchstone Health Services, Community Trainer*
 - **Community Needs Assessment**
 - There were 311 respondents and answers showed the greatest concern about Technology and Social Media's Influence, Youth Mental Health, and Youth Peer Relationships.
 - **Upcoming Trainings**
 - Empowering Youth to Change the Narrative Around Mental Health by Bring Change to Mind September 27th from 1:00-2:30pm @ West-MEC District Office
 - Social Media and Youth by Touchstone Health Services November 8th from 1:00-2:30pm @ West-MEC District Office
 - **CARE Conference**
 - The next CARE Conference will be held at the Glendale Renaissance Hotel and Spa on April 25, 2025.
 - Calls for workshop proposals will go out soon.
 - Additional topics to focus on from the community share: school safety, social media and technology, sextortion and fraud.

- **CARE Mini Training:** *Alexis Perez, Touchstone Health Services, Community Trainer and Research Specialist*
 - **Understanding and Responding to School Refusal in Youth**
 - Defining school refusal and aversion and the "Why" behind these behaviors
 - Ideas for addressing refusal and aversion on campus

- Involve the youth in solutions so they can feel invested and empowered in the decision-making process. Provide them yes and yes options, options you are comfortable with them choosing.
- Model, teach, and initiate calming techniques. Offering breaks throughout the class, "okay I'm going to take a second to breathe and regulate, join me if you'd like.", put on some lo-fi music while students are working independently.
- Provide positive reinforcement, even for the things they should "know already", or things they should be doing without being asked. Ex: "Great job getting up on time for your alarm today!"

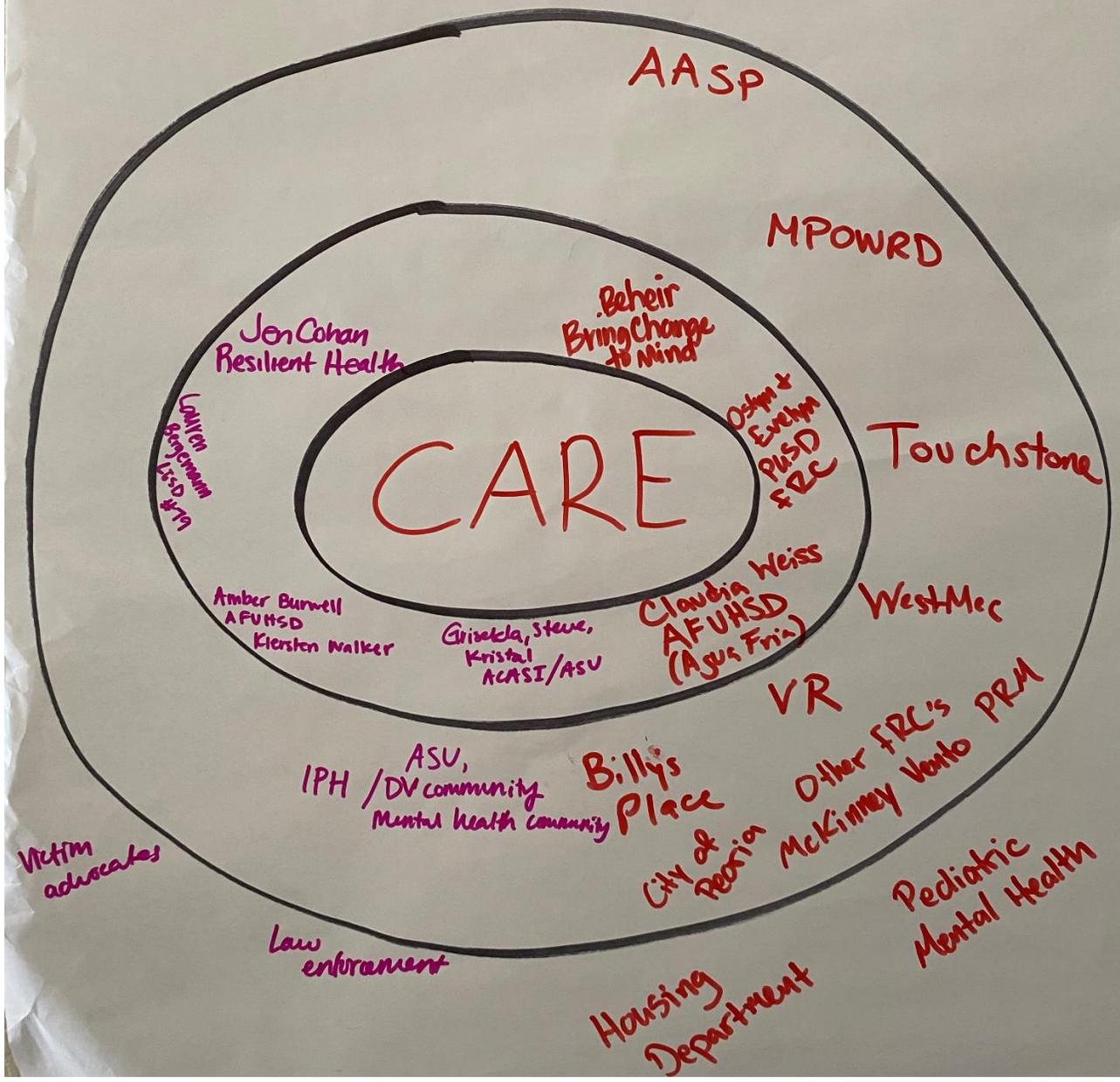
➤ **Upcoming Events, Raffles and Wrap-Up:** *Lydia Cossio, Touchstone Health Services, Assistant Director*

- **Community Share Announcements:**
 - Southwest Advocacy Center will be presenting "Technology and Addition" in Spanish with Duet (Contact Patricia Dominguez at dominguez@du-etaz.org for more information.)
 - Aurora Outpatient Open House - October 26th in Glendale (Contact Heather Jarrell at heather.jarrell@aurorabehavioral.com for more information.)
 - West-MEC hosting Generational Differences on September 30th (Contact Shelly Thom at Shelly.Thome@west-mec.org for more information.)
 - Rise Up! Glendale's Youth Council are collecting donation items all this month and delivering everything to SAVERS on October 5th. They can use donations of all types of, please nothing over 18 inches, soft items should be bagged, and all other items can go in boxes. They are also looking for volunteers to help on delivery day. There will be a lot to load and unload- probably several trips. (Contact Brandi Jordan at brandi.jordan@riseup-glendale.org for more information.)
 - FREE Youth Mental Health First Aid sessions are scheduled for Oct. 4th and Dec. 6th at West-MEC. (Contact Alexis Perez at alexis.perez@touchstonebh.org for more information.)
- **Raffle Winners (\$20 Amazon Gift card)**
 - Claudia Weiss, Agua Fria Unified High School District
 - Evelyn Rodriguez, Peoria Unified School District

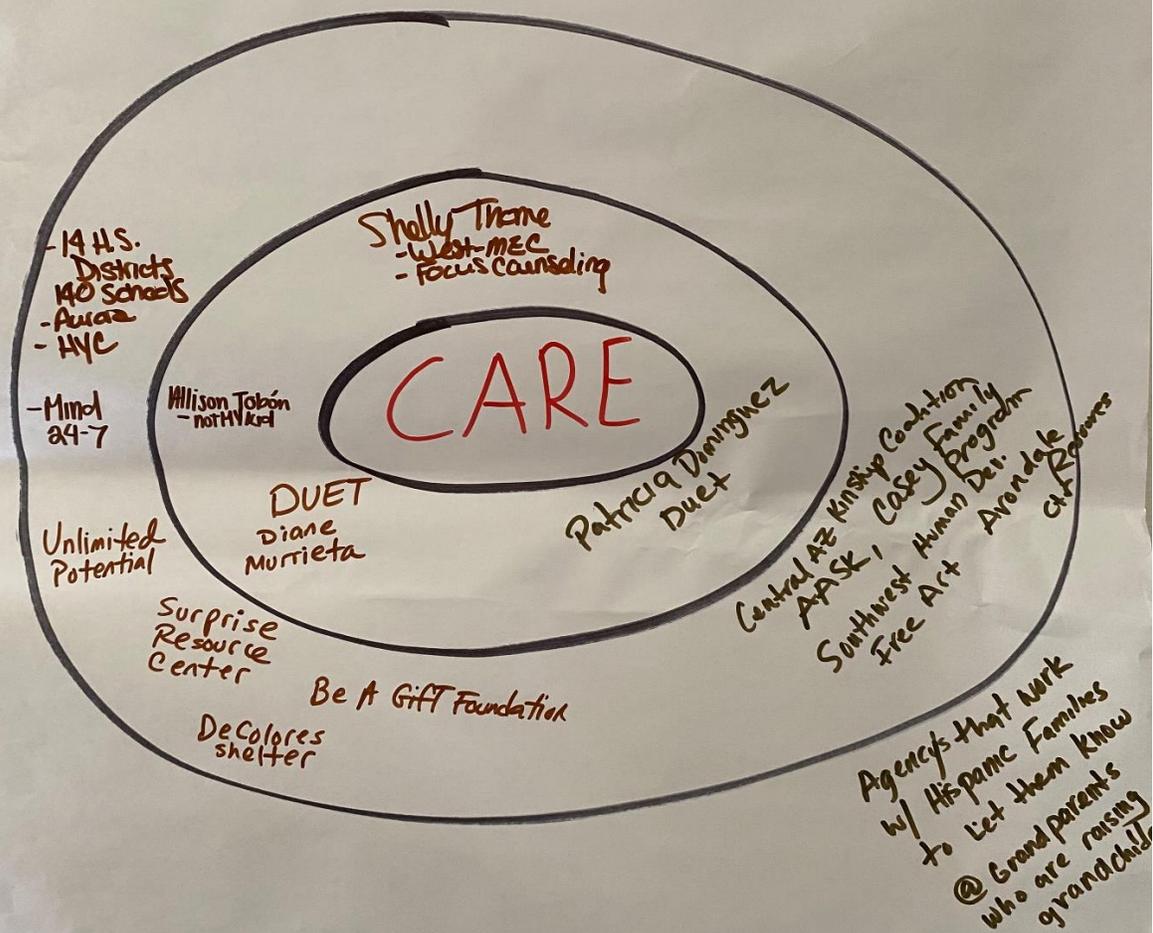
Circles of Community



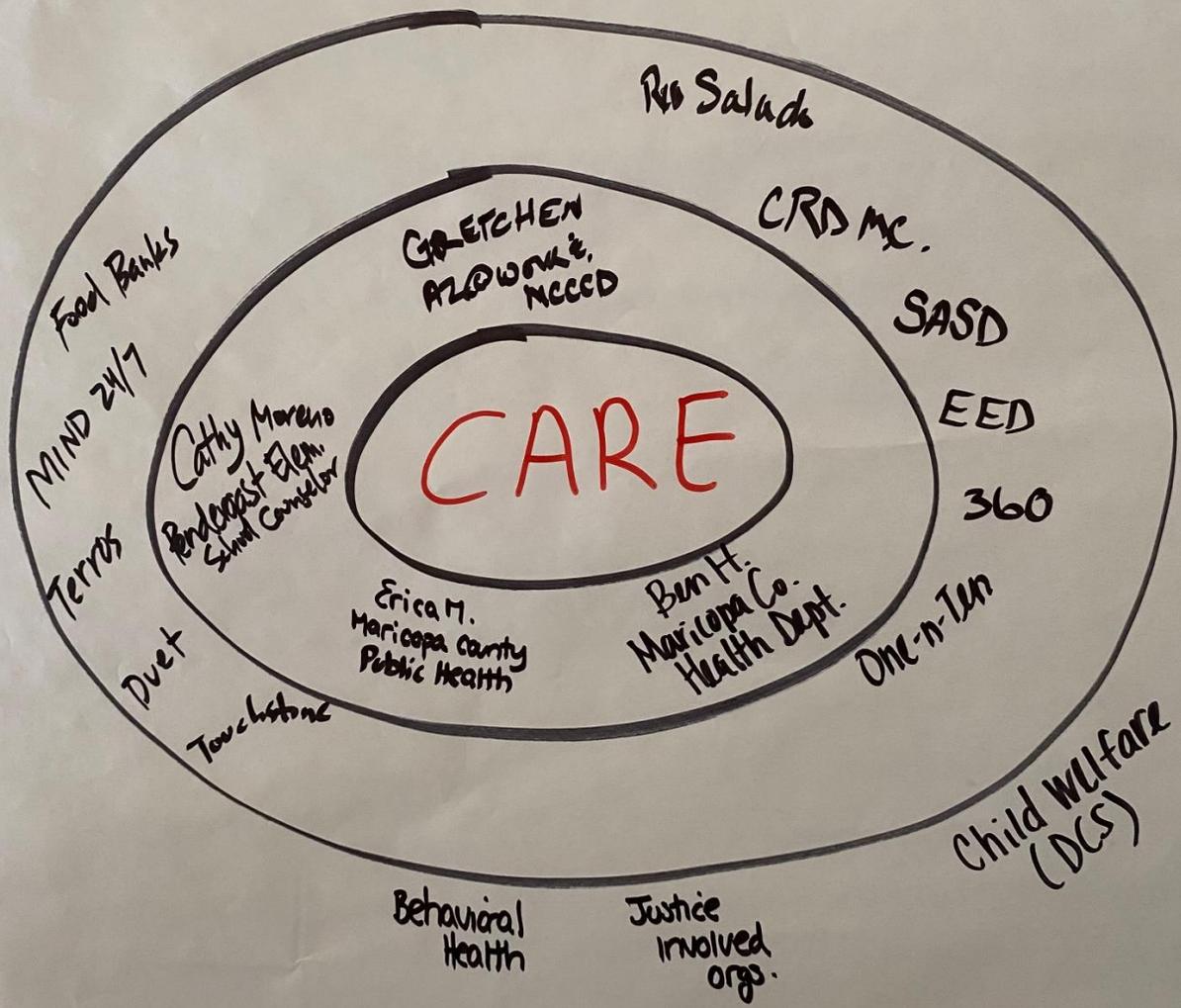
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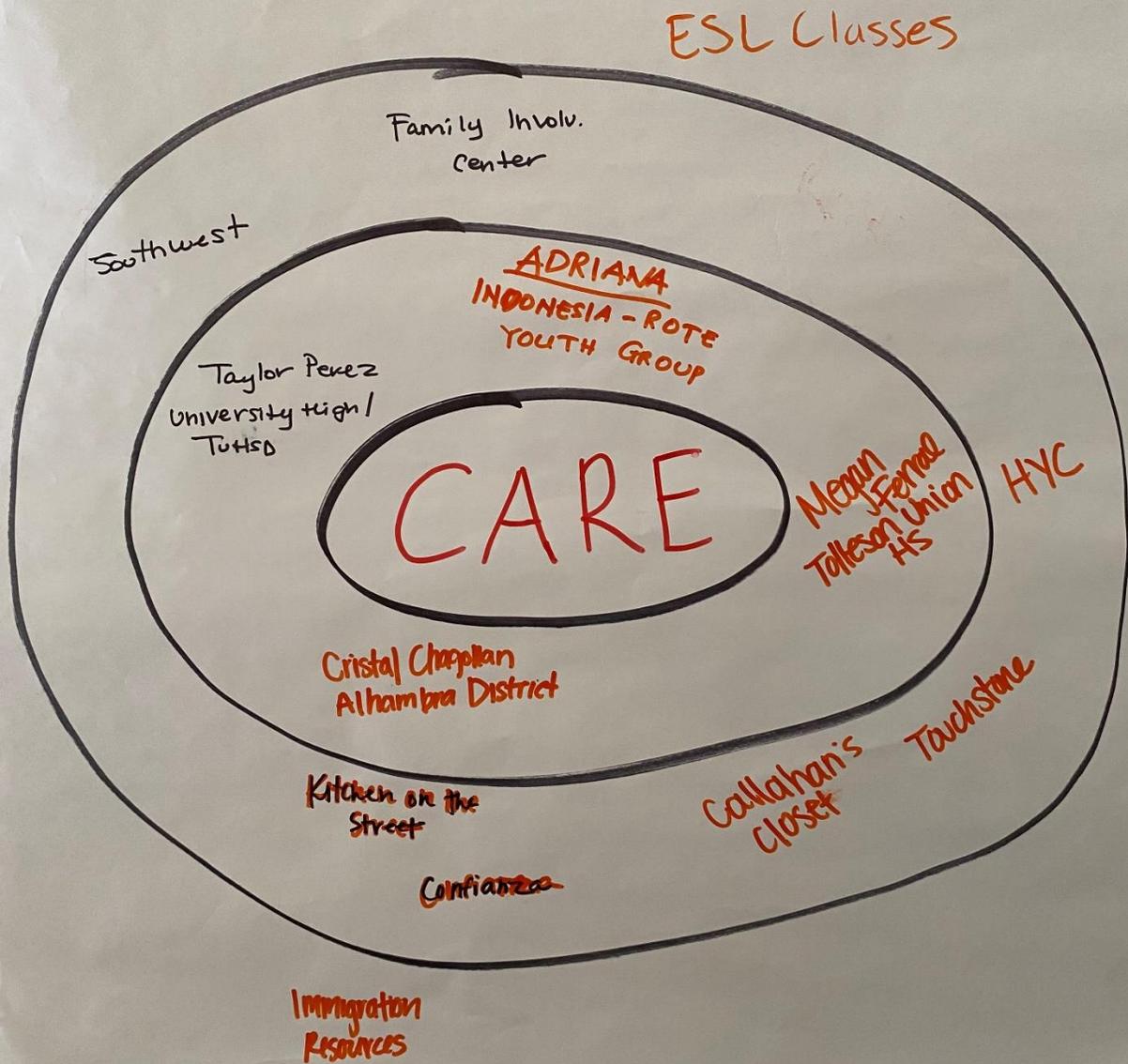
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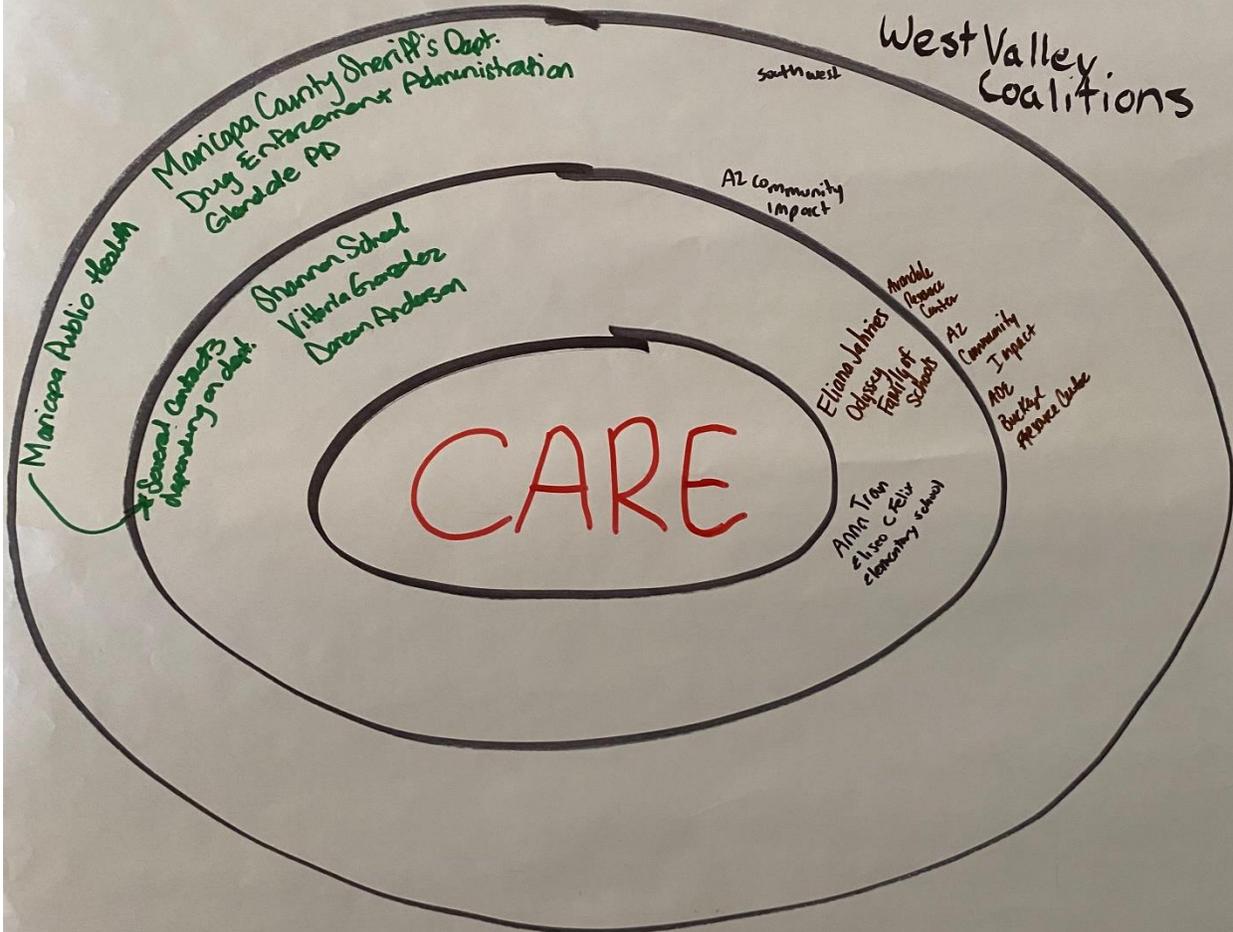
Circles of Community



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Circles of Community

- Eating Disorders/Body Image

