

CARE Coalition Meeting Minutes

11/1/2024

11:30am-1:00pm

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

Coalition Members in Attendance:

Misti Andrews, TUHSD

Andrea Arellano, GESD

Sophie Bejarano, AGUILA Youth Leadership
Institute

Luis Belmar, THS

Lauren Bergemann, LESD

Erica Chavez, THS

Andrea Contreras, TESD

Lydia Cossio, THS

Nani Daniels, Reloshare

Melissa Detorrice-Wynne, DVUHSD

Taylor Diaz, THS

Tessa French, Boys and Girls Club of the
Valley

Angela Garcia, TUHSD

Caelynn Griggs, THS

Karina Herrera, THS

Heather Jarrell, Aurora Behavioral Health

Erica Martzen, Maricopa County Public
Health Office of Tobacco Prevention

Shauna Murphy, Recovery Innovations

Lisa McCormick, Duet

Diane Murrieta, Duet

John Meacham, LESD

Jessica Olsen, Horizon Recovery

Natali Olveda, AGUILA Youth Leadership
Institute

Ayme Pelagio, THS

Madison Peoples, AFHS

Alexis Perez, THS

Taylor Perez, University HS

Zach Prado, THS

Jayne Quartz, THS

Gina Read, one n ten

Jason Reynolds, Boys and Girls Club of
the Valley

Sebastian Rodriguez, THS

Sarah Silk, City of Buckeye

Kiersten Walker, AFUHSD

- **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.
 - We are trying to make room for new conference items and will be giving away CARE tee-shirts at this meeting and the next. Sizes are limited.
 - At the next meeting, we are planning to take a new CARE member group picture. Coalition members that wear attend the meeting wearing a CARE shirt will be given an extra raffle ticket.

- **Ice Breaker:** *Jayne Quartz, Touchstone Health Services, Health Educator*
 - A series of statements were read and participants were instructed to either stand up or raise your hand statement applies to you. Participants can only sit back down (or lower your hand) if a statement no longer fits.
 - By the end, we saw just how much we have in common!

- **Agency Spotlight:** *Safe Stays, Nani Daniels, Account Executive*
 - Safe Stays provides short term housing options that allow people to use aliases to check in, does not require a credit card or ID at check in, is free to use and provides consolidated billing. Pet-friendly hotels are also available.
 - You are able to pre-pay for credits which can be applies to future invoices. Community members or organizations can donate credits to organizations that use Safe Stays.
 - Invoices are sent out once a month and accounts for all the previous months stays.
 - The Reloshare newsletter provides information about funding, grants, conferences, and webinars.
 - If you are interested in the demo, you must contact Nani Daniels at ndaniels@reloshare.com. Hotels in the Safe Stays network are hidden from the general public due to safety reasons.
 - For any hotels interested in joining the Safe Stays network can be directed to this website: [List Your Hotel with Safe Stays by ReloShare](#).

- **Grant Updates:** *Jayne Quartz, Touchstone Health Services, Community Trainer*
 - The 2025 CARE Conference on April 25th, 2025 is at the Glendale Renaissance Hotel and Spa.
 - Vendor Application: <https://forms.office.com/r/BF9V6gtWE2>
 - Donation Submission Form: <https://forms.office.com/r/FDnS75ZeJN>
 - Workshop RFP Application: <https://forms.office.com/r/jZ4q7atWTr>
 - Participant Sign Up Form: <https://forms.office.com/r/A9RnB52z48>
 - Reach:
 - 110/150 people trained in suicide prevention with 20 more sessions scheduled (open community classes, TUHSD, City of Avondale).
 - 584/510 people reached through community PDs.
 - 15 tabling events and 1019 people have been reached.

- Upcoming Spring CARE Community Trainings to look out for:
 - Supporting Students with Neurodiversity – March 3rd, 2025 @ West-MEC District Office
 - Mindfulness for Family Support Workers – May 2nd, 2025 (Tentative)
- After a successful pilot program with Duet, THS is now offering youth and caregiver tandem workshops where the youth participate in the evidence-based program Making Proud Choices and caregivers participate in a workshop that provides valuable information about pregnancy and STI prevention. If you are interested, please contact Jacquelyn Eastman at jacquelyn.eastman@touchstonebh.org.
- **Call to Action-** *Alexis Perez, Touchstone Health Services, Community Trainer and Research Specialist*
 - CARE Coalition members were asked to participate in the FALL-ow Fest by following all 5 of CARE’s social media for additional raffle entries.
 - Facebook: CARE Coalition AZ
 - Instagram: @CARECoalitionAZ
 - Instagram: @TOPWestValley
 - Indeed: CARE Coalition AZ
 - TikTok: @CARECoalitionAZ
- **CARE Mini Training:** *Jayne Quartz, Touchstone Health Services, Community Trainer*
 - **Resource Championing**
 - What it means to support families:
 - Connecting to families with what they need, offering empathy as a bridge for connection, seeing the best in people, manage your expectations, consider the effects of past trauma and it’s impact to behavior, and normalize that everyone needs help sometimes.
 - Normalizing Support:
 - Use trauma-informed conversation on-ramps, make normalizing statements about everyone needing support, ask for people to help spread the word, and try to introduce people to services through warm hand offs.
 - Resource Sharing:
 - Share resources often, repeatedly, and with everyone. Make them conspicuous and place them in highly frequented areas, and make them accessible.
 - Consider font choices and size, high contrast colors, [Flesch Kincaid Calculator](#), image descriptions, available in multiple languages.
 - According to the community needs assessment, the top 5 ways community members states they would like to learn about resources in the community are Facebook, schools newsletters/take home flyers, YouTube, Instagram, and e-newsletters.

- **Upcoming Events, Raffles and Wrap-Up:** *Erica Chavez, Touchstone Health Services, Executive Director*
- **Community Share Announcements:**
 - The CARE Community Needs Assessment allows the community to have a voice to help shape our programs and is now open. The assessment is for anyone who lives or works in the West Valley and is also available in Spanish. You can access the form here: [Community Needs Questionnaire \(2024-2025\) Survey](#)
 - CARE will be hosting a free community training on November 8th from 1:00-2:30pm at the West-MEC District Office, “Social Media and Youth”. You can register here: <https://forms.office.com/r/XrcGVFTxMC>
 - Aurora Tempe Outpatient Open House – December 3rd, 3pm-6pm at 6350 S Maple Ave, Tempe, AZ 85283 (Contact Katie Rasmussen at katie.rasmussen@aurorabehavioral.com for more information.)
 - Out of Darkness Community Suicide Prevention Walk – November 9th, starts at 8am at the Salt River Fields at Talking Stick. (Contact Heather Jarrell at Heather.Jarrell@aurorabehavioral.com for more information.)
 - Inaugural 5K Fun Run and Walk – December 14th at Steele Indian School Park, 300 E Indian School Rd, Phoenix, AZ from 8:30am-12:00pm. (Contact Natali Olveda at Natali@aguilayouth.org for more information.)
 - Horizon Recovery is hosting an Open House on December 12th at 22201 N. 91st Ave. They are also hosting a toy drive at this event. (Contact Jessica Olsen at Jolsen@horizonrecovery.com 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)**
 - Sophie Bejarano, AGUILA Youth Leadership Institute
 - Tessa French, Boys and Girls Club of the Valley

Next Meeting: Friday, February 21st, 2025, at the West-MEC Start Building from 11:30am-1:00pm.