

CARE Coalition Meeting Minutes

Friday, February 21, 2025

11:30am – 1:00pm

West-MEC Start Building – Presentation Room

5405 N 99th Ave, Glendale, AZ, 85305

Coalition Members in Attendance:

Alexis Perez, Touchstone Health Service	Karina Herrera, Touchstone Health Services
Allison Tobon, notMYkid	Kiersten Walker, Agua Fria High School
Andrea Arellano, Glendale Elementary School District	Laura Haarstad, Buckeye Elementary School
Angela Garcia, Tolleson Union High School District	Lauren Knupp, Touchstone Health Services
Anthony Kem, Maricopa County WIC	Lisa McCormick, Duet
April Young, Buckeye Elementary School	Lydia Cossio, Touchstone Health Services
Ayme Pelagio, Touchstone Health Services	Meli Acevedo, Mountain Park Health Center
Dr. Brian Johnson, 100 Black Men of Phoenix	Melissa Howard, Touchstone Health Services
Caelynn Griggs, Touchstone Health Services	Natali Olveda, AGUILA Youth Leadership Institute
Erica Chavez, Touchstone Health Services	Oslyn Rodriguez, Peoria Unified School District
Erica Martzen, Maricopa County Public Health Tobacco Prevention	Patricia Dominguez, Duet
Evelyn Rodriguez, Peoria Unified School District	Rosemary Ybarra-Hernandez, AGUILA Youth Leadership Institute
Gwendolyn Ruiz, Community Bureau – City Prosecutor’s Office	Sabrina Arreola, Touchstone Health Services
Heather Jarrell, Aurora Behavioral Health	Sebastian Rodriguez, Touchstone Health Services
Jacquelyn Eastman, Touchstone Health Services	Shauna Murphy, Recovery Innovations
Jayne Quartz, Touchstone Health Services	Shelly Thome, West-MEC
Jenna Burden, Odyssey Institute – Buckeye	Sophie Benjarano, AGUILA Youth Leadership Institute
Jennifer Cohan, Resilient Health	Taylor Diaz, Touchstone Health Services
Jordan Young, Mountain Park Health Center	Tiffany Whittier, Maricopa County Juvenile Probation
Julia Igneri, Touchstone Health Services	Toni Paskoski, Behavioral Health Connections
	Zachary Prado, Touchstone Health Services

- **Call to Meeting** – *Jayne Quartz, Touchstone Health Services*
 - The meeting was called to order at 11:30am.
- **Ice Breaker** – *Ayme Pelagio, Touchstone Health Services*
 - The meeting’s ice breaker was a Kahoot trivia game that focused on CARE and West Valley trivia. The trivia questions and answered can be found below:
 - What does CARE stand for? **Community Alliance for Resources and Education**
 - What is the name of CARE’s annual conference? **Empowering Communities and Inspiring Youth**
 - How many members are currently on CARE’s Advisory Board? **5**
 - Where does CARE receive its funding from? **The Office of Population Affairs**
 - According to CARE’s 2023-2024 Community Needs Assessment, what community resource is LEAST accessible in the West Valley? **Substance Misuse Prevention**
 - According to CARE’s 2023-2024 Community needs Assessment, what community resource is MOST accessible in the West Valley? **Primary Health Care and Vocational Education/Workforce Development**
 - According to CARE’s 2023-2024 Community needs Assessment, what were the top 2 responses for how community members would like to learn about resources and programs in our community? **Facebook and School Newsletters**
- **Agency Spotlight** – *Meli Acevedo and Jordan Young, Mountain Park Health Center*
 - Mountain Park Health Center (MPHC) has [9 locations](#) throughout the valley that can provide health care for the whole family with the following services:
 - Pediatrics, women’s health, family medicine, pharmacy, dental, and WIC (Women, Infants, and Children Nutrition Program).
 - Through the Title X program, MPHC also provides contraceptive services (including counseling and reproductive life planning), pregnancy testing and counselling, achieving pregnancy, basic infertility, preconception health services, sexually transmitted disease services, and pap smear testing. These services are available to men, women, and teens of reproductive status.
 - Other community services provided by MPHC include drive-thru food distributions, home pharmacy delivery, walk-in vaccines, transportation assistance to and from appointments, no cost/low cost back to school and sports physicals, free books for youth, teacher appreciation programs, confidential services for minors and adults, healthcare translators, and health education.

- MPHC accepts AHCCCS, private insurance, and has a discount program to meet the needs of uninsured community members.
 - For more information, you can call MPHC 24/7 at 602-243-7277, email Meli Acevedo at macevedo@mphc-az.org, or email Jordan Young at jyoung@mphc-az.org.
- **CARE Mini Training** – *Swipe Smart: Preventing Tech-Assisted Teen Dating Violence* – Alexis Perez, Touchstone Health Services
- Teen dating violence is defined as “The physical, emotional, or sexual abuse that occurs among youth aged 12 to 18 within the context of a romantic or consensual relationship.”
 - Tech-assisted teen dating violence as “The weaponization of technology to harass or threaten another person aged 12 to 18 in the context of a romantic relationship.”
 - Risk factors for teen dating violence victimization include depression and anxiety symptoms, engaging in unhealthy behaviors such as drugs, alcohol, or tobacco usage, antisocial behaviors such as theft, bullying, or lying, and suicidal ideation.
 - Protective factors include an adequate understanding of consent, participating in health education programs such as Touchstone’s Making Proud Choices, problem-solving skills, clear expectations, mentors, consistent family structure, effective communication skills, ability to regulate emotions, conflict resolution skills, strong social supports, media literacy, and social media-free extracurricular activities.
 - Community resources to address teen dating violence include the [Southwest Family Advocacy Center](#), [LevelsRespect.org](#), [Arizona Coalition to End Sexual and Domestic Violence](#), [Prevent Child Abuse AZ](#), [Touchstone Health Services/ CARE Coalition](#), [Soteria Solution: Brining in the Bystander](#), and [CDC: Dating Matters – Strategies to Promote Healthy Teen Relationships](#).
- **CARE Updates** – Jayne Quartz, Touchstone Health Services
- CARE has 567 email subscribers.
 - Over 1,500 referrals have been distributed since the beginning of this grant year.
 - There are 37/400 people registered to attend the 2025 CARE conference.
 - Making Proud Choices (MPC), a sexual health and wellness program for teens, has been scheduled for later this year. You can register by clicking this link: <https://forms.office.com/Pages/ResponsePage.aspx?id=oaGPR3P7C0yR4mNsgBF3ZtE0eYQM5PpDo5NXwLNHhb5UQktLOVJQTTJDVVNKVDNYQkE1UIFHTU5CSy4u>

- MPC will be facilitated at the Maryvale Mountain Park Health Center (6601 W Thomas Rd.) on Tuesdays from April 8th – May 6th from 4:00pm – 6:00pm.
 - Making Proud Choices will also be facilitated at the Arizona Complete Health Avondale Resource Center (995 E Riley Dr.) on Tuesdays and Thursdays from June 3rd – July 3rd from 4:30pm – 5:30pm.
- **Call to Action** – *Jayne Quartz, Touchstone Health Services*
 - The Community Needs Questionnaire (CNQ) is open to anyone who lives or works in the West Valley. The CNQ allows for community members to voice their concerns and lets us know how to shape our programs and to distribute resources more efficiently. The CNQ is available in English and Spanish.
 - English CNQ: https://www.research.net/r/TPPCNS_25
 - Spanish CNQ: https://www.research.net/r/TPPCNS_25?lang=es
 - Conference registration is still open, if you are interested in attending, please register using this link: <https://forms.office.com/r/A9RnB52z48>
- **Community Share** – *Lydia Cossio, Touchstone Health Services*
 - “Supporting Students with Neurodiversity” is a free CARE community training that is scheduled to take place on March 7th from 1:00pm – 2:30pm at the West-MEC district office (5487 N 99th Ave). Click the link to register: <https://forms.office.com/r/hJ7imuCqAR>
 - AGUILA Youth Leadership Institute is hosting a Summit for youth in grades 9-12, on March 27th from 12:00pm – 3:00pm. More information can be found on their website: <https://www.aguilayouth.org/event-list/2021/3/27/vx8koi0j10gzu62tecvp1c9tgibng?rq=summit>
- **Raffle Winner** (\$20 Amazon Gift Card)
 - Sophie Bejarano, AGUILA Youth Leadership Institute

Next CARE Coalition Meeting is on Friday, May 9th from 11:30am – 1:00pm at the West-MEC Start Campus (5405 N 99th Ave, Glendale, AZ, 85305). Click the link to register: <https://forms.office.com/r/2rkrRzNZKq>