

CARE Coalition Meeting Minutes

05/09/2025

11:30am-1:00pm

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

Coalition Members in Attendance:

Zaneta Alexander – Lifeology AZ Inc.

Andrea Arellano – Glendale ESD

Robert Baratta – Union ESD

Lauren Bergemann – Litchfield ESD

Erica Chavez – Touchstone Health Services

Jennifer Cohan – Denova Collaborative Health

Vivian Cortez – Sundance Elementary, Buckeye ESD

Lydia Cossio – Touchstone Health Services

Taylor Diaz – Touchstone Health Services

Carrie Grant – Maricopa Department of Public Health

Caelynn Griggs – Touchstone Health Services

Laura Haarstad – Marionneaux Elementary, Buckeye ESD

Karina Herrera – Touchstone Health Services

Julia Igneri – Touchstone Health Services

Norma Jauregui – Glendale ESD

Lauren Knupp – Touchstone Health Services

Violeta Limon – Union ESD

Erica Martzen – Maricopa Department of Public Health, Office of Tobacco Prevention and Cessation

Shaundrea Menefield – Homeless Youth Connection

Charlette Only-Grant – Gods Only Choice City of Refuge

Alexis Perez – Touchstone Health Services

Zach Prado – Touchstone Health Services

Jayne Quartz – Touchstone Health Services

Sebastian Rodriguez – Touchstone Health Services

Jean Rutledge – Union ESD

Kristina Sabetta – National Alliance on Mental Illness

Jessica San Felippo – Homeless Youth Connection

Shelly Thom – West-MEC

Allison Tobon – notMYkid

Kiersten Walker – Agua Fria UHSD

- **Call to Meeting:** *Jayne Quartz, Community Trainer – Touchstone Health Services*
 - Attendees were welcomed and the Vision and Mission Statement of CARE Coalition was read.
 - CARE tee shirts were given away to make room for new inventory.
 - The agenda was reviewed, and attendees were informed that there would be a group photo for the 2025 -2026 grant year would be taken at the conclusion of the meeting.

- **Ice Breaker:** *Jayne Quartz, Community Trainer – Touchstone Health Services*
 - Attendees were asked to take an affirmation card or bookmark made by students who participated in Touchstone Health Services' Teen Outreach Program (TOP).
 - Attendees took turns introducing themselves by name, organization, role and why they chose that particular affirmation card or bookmark.

- **Agency Spotlight:** *Kristina Sabetta, Executive Director – National Alliance on Mental Illness (NAMI)*
 - NAMI mission “is dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy.”
 - The NAMI Connections Recovery Support Group is a support group for individuals impacted by mental health conditions. NAMI Family Support Group is a support group for any adult with a loved one who has experienced symptoms of a mental health condition. These support groups are:
 - FREE of cost to participants, peer-led, 60-90 minutes long and meets weekly, bi-weekly, or monthly, confidential, and offered in person and virtually.
 - NAMI offers the following educational programs:
 - **NAMI Basics:** A six-session course for parents and caregivers of children or adolescents (22 or younger) experiencing mental health symptoms. It covers the impact of mental health conditions on families, treatment options, and advocacy strategies.
 - **NAMI Family-to-Family:** An eight-session program for family members, significant others, and friends of individuals with mental health conditions. Recognized as an evidence-based program, it provides insights into mental health conditions, coping skills, and empowerment for advocacy.
 - **NAMI Provider:** Aimed at mental health professionals, this class offers insights into the experiences of individuals living with mental health conditions and their families, promoting a collaborative approach to treatment.
 - **NAMI Homefront:** Tailored for families, caregivers, and friends of military service members and veterans dealing with mental health conditions, this six-session course addresses the unique challenges faced by these families and offers strategies to support their loved ones.

- **NAMI Peer-to-Peer:** An eight-session educational program for adults with mental health conditions, focusing on personal growth, recovery, and self-care. It encourages participants to set goals, develop coping strategies, and build a support network.
 - **NAMI Ending the Silence:** A 50-minute presentation designed for middle and high school students, school staff, and parents, aiming to raise awareness and reduce stigma by sharing real-life experiences of young adults living with mental health conditions.
 - **NAMI In Our Own Voice:** A presentation that changes attitudes, assumptions, and ideas about people with mental health conditions by providing a personal perspective on mental health recovery.
 - NAMI also facilitates the following outreach and advocacy programs:
 - **NAMI FaithNet:** A network of NAMI members, friends, clergy, and congregations of all faith traditions dedicated to promoting the role of faith in recovery for individuals with mental health conditions.
 - **NAMI Smarts for Advocacy:** A hands-on advocacy training program that helps individuals shape their personal stories to inspire change and effectively communicate with policymakers.
 - **NAMI Hearts+Minds:** A wellness program designed to educate and empower individuals to better manage their health, mentally and physically.
 - If you are interested in partnering with NAMI or scheduling any of their educational programs, you can contact Kristina Sabetta, NAMI’s Executive Director at k.sabetta@namivalleyofthesun.org.
- **CARE Mini Training:** *Lauren Knupp, Health Educator – Touchstone Health Services*
 - Touchstone Health Services is offering free workshops for youth on a variety of topics and the CARE Mini Training is a condensed version of the workshop “Emotions in Motion: Learning About Regulation and Coping Skills.”
 - The Mini Training defined emotional dysregulation, coping skills, and grounding techniques.
 - Emotional Dysregulation: difficulty controlling emotions and feelings.
 - Coping Skills: skills or abilities that help manage uncomfortable feelings or situations.
 - Grounding Techniques: self-soothing skill to use when dealing with stress, overwhelming feelings, and/or anxiety.
 - Attendees were asked to participate in practicing the following grounding techniques:
 - 54321 Method: The goal is to identify 5 things around you that you can see, 4 things around you that you can touch, 3 things that you can hear, 2 things you can smell, and 1 thing you can taste.
 - Mindfulness Breathing: this can include breath awareness, belly breathing, and box breathing. Attendees were instructed to picture their stomach as a balloon and every time they take a deep breath in, visualize

the balloon filling and when that breath is let out, picture the balloon deflating.

- Anchoring: this technique uses sensory details or specific actions to help you return to the present moment and access memories or emotions easier. Example anchoring script: I'm (your name). I'm in the office/class. Today is (the date) and it's (the current time). I live in/at/on (address) and I'm (occupation). I'm sitting next to my colleague/classmate (name).
 - Keep an eye out for upcoming scheduled youth workshops! You can find scheduled workshops on the CARE events page using the following link: <https://carecoalitionaz.org/events/>.
- **Conference Updates:** *Erica Chavez, Clinical Director – Touchstone Health Services*
- The conference featured 274 attendees, 19 vendors, 12 workshops, and a keynote presentation.
 - For the first time, the conference also featured a Low- Stimulation Room and TOP Community Service-Learning Exhibit. Attendees could take and share affirmation cards and bookmarks created by students participating in TOP.
- **CARE & Grant Updates:** *Erica Chavez, Clinical Director – Touchstone Health Services*
- Due to recent changes, grant funding has been adjusted, with year three focusing on youth evidence-based programs (EBP) (Making Proud Choices! (MPC), Teen Outreach Program (TOP), and Love Notes).
 - Focus will shift away from all supplemental programs including suicide prevention trainings (QPR, YMHFA), and parent/caregiver programs (Triple P and APT) and other professional development/community trainings.
 - Based on capacity, THS may be able to provide workshop opportunities if requested by partners, which will be used as recruitment opportunities for the EBPs.
 - The CARE Coalition will still be implemented quarterly, with an active Advisory Board.
 - THS will work with the advisory board to discuss other options for different components, like the future trainings, locations, and conference.
 - The current grant is federally funded, actions are being taken to ensure THS is meeting the guidelines of recent Executive Orders. You can review the orders below:
 - [Executive Order 14168](#) Defending Women From Gender Ideology Extremism and Restoring Biological Truth to the Federal Government
 - [Executive Order 14190](#) Ending Radical Indoctrination in K-12 Schooling
 - [Executive Order 14187](#) Protecting Children From Chemical and Surgical Mutilation

- [Executive Order 14151](#) Ending Radical and Wasteful Government DEI Programs and Preferencing
 - [Executive Order 14173](#) Ending Illegal Discrimination and Restoring Merit-Based Opportunity

- **Call to Action:** *Jayne Quartz, Community Trainer – Touchstone Health Services*
 - The Coalition Functioning Instrument (CFI) is an annual feedback survey facilitated by the CARE Coalition to improve its functioning and better meet the needs of Coalition members.
 - The CFI is available for Coalition members who have attended 2+ meetings during the 2024 – 2025 grant year.
 - Upon completion of the CFI, there will be a virtual raffle for a \$20 Amazon gift card.
 - You can access the CFI using the following link:
<https://www.surveymonkey.com/r/6L8BHZY>.
 - The CFI will close on Friday, May 23rd.

- **Upcoming Events, Raffles and Wrap-Up:** *Lydia Cossio, Assistant Director – Touchstone Health Services*
 - **Community Share Announcements:**
 - Jayne Quartz is leaving Touchstone Health Services effective May 16th. For any questions or concerns regarding the CARE Coalition, please email care.coalition@touchstonebh.org.
 - A community-based focus group to guide Touchstone Health Service’s programming is scheduled to take place virtually on Friday, May 23rd from 9:00 am – 10:30 am. Contact Alexis Perez at alexis.perez@touchstonebh.org for more information.
 - Maricopa County Department of Public Health has many resources for tobacco use prevention and cessation. If you would like to know more, please contact Erica Martzen at erica.martzen@maricopa.gov.
 - Denova Collaborative Health provides integrated behavioral health and primary care services and offers same day, next day appointments available in-person or online. They serve all ages, accept AHCCCS and most commercial plans. If you would like to know more, please contact Jennifer Cohan at jcohan@denova.com.
 - **Raffle Winners (\$20 Amazon Gift card)**
 - Erica Martzen – Maricopa County Department of Public Health
 - Carrie Grant – Maricopa County Department of Public Health
 - Laura Haarstad – Buckeye Elementary School District

➤ CARE Coalition 2024 – 2025 Group Photo

