



# North Sound Youth & Family Coalition

## Regional Meeting Agenda ☼☼☼ March 11, 2024

### Our Values:

#### **We value youth and families who seek behavioral health services.**

We support youth and families by:

- Advocating for positive, safe, and brave antiracist and inclusive spaces
- Curating, developing, and sharing culturally and linguistically accessible resources
- Providing reasonable accommodations so that everyone can participate

#### **We value youth self-determination.**

We support youth by creating a culture that supports basic psychological needs for:

- Autonomy
- Connectedness
- Competency

#### **We value the work that youth and families do to advance an equitable and inclusive system of care in the North Sound region.**

We support youth and families with equitable and appropriate compensation for their contributions by offering:

- A food delivery card for everyone who completes post-meeting surveys
- Gift cards and stipends
- Free admission to activities and events
- Mileage and travel reimbursement

#### **We value caring collaboration between youth and adults.**

We support adult/youth partnership by:

- Centering and prioritizing youth perspectives and opinions
- Acknowledging and advocating for youth empowerment in our shared work
- Being transparent and specific about youth and adult roles, expectations, and contributions
- Holding ourselves mutually accountable to each other
- Sharing leadership and decision making

2<sup>nd</sup> Monday of Every Month  
4-6 PM (except holidays)

### Virtual Meeting

Register via Zoom:

<https://us02web.zoom.us/meeting/register/tZ0tde6hqT8pGtLGwOSpXEIWhETbo66pRw1Q>

### AGENDA

- **Opening & Land Acknowledgement**
- **Introductions and Announcements**
- **Choosing Our Own Adventure in 2024 (Interactive Presentation):**
  - **Learning about the System of Care Framework**
  - **Strengths and Needs Assessment**
  - **Outreach and Clubs**
  - **YFC's Goals**

Contact us to arrange reasonable accommodations or interpretation services at least one week prior to each meeting: [maria\\_arreola@nsbhaso.org](mailto:maria_arreola@nsbhaso.org) or 360.416.7013

[www.northsoundyfc.com](http://www.northsoundyfc.com)



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## Group Meeting Agreements

### **Respect:**

- Emphasis on the principles of care, respect, compassion, and understanding in responding to people
- Importance of treating individuals the way they want to be treated and being responsive to accessibility needs
- A commitment to honoring and using stated gender pronouns, along with the acceptance that pronouns may change
- Creation of an unbiased and nonjudgmental safe space for corrections, fostering true mutual respect, connection, and understanding.

### **"I" Statements:**

- Individual expression of own thoughts, feelings, or beliefs in a way that takes ownership of their perspective.
- Encourages others in the group to actively listen and understand different viewpoints.
- Taking personal responsibility and engagement with the stated values regarding gender pronoun usage.

### **Confidentiality – Leave Stories, Take Learnings:**

- Encourages individuals to share their experiences, insights, or narratives while also gaining knowledge and lessons from those shared by others.
- Promotes diversity and inclusion when engaging in shared learning from each other's stories.
- Reciprocal exchange of stories and learnings within a community or group

### **Share Space – One Voice, All Ears:**

- Fostering an environment that encourages open communication, mutual respect, and inclusivity
- By not making assumptions about others' experiences and respecting diverse life stories, individuals feel more comfortable sharing their own perspectives without fear of judgment.
- Letting go of preconceived notions and actively listening with an open mind and heart creates an environment that is receptive to various viewpoints and experiences

### **Acknowledge Impact:**

- Acknowledgment that shared work is part of an ongoing and never-ending process implies an understanding that the impact of the work may not result in immediate closure
- Encouraging open-minded listening, allowing space for self-expression, and promoting self-care recognize the impact of creating an environment where individuals feel heard and supported
- Establishing a safe and antiracist space acknowledges the impact of creating an environment that actively opposes racism and fosters mutual respect and understanding.



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- Making accommodations for full participation and being responsive to accessibility needs demonstrates acknowledgment of the impact of ensuring that everyone is included and able to engage fully.

## **Different Perspectives:**

- "Room in the circle for all diverse perspectives, cultures, and ways and expressions of life" explicitly communicates a commitment to inclusivity and welcoming a variety of viewpoints.
- Embracing the intention to create an environment that recognizes and accommodates the unique perspectives of each individual.
- Responding to people with care, respect, compassion, and understanding acknowledges the diversity of perspectives and experiences among individuals
- The commitment to lean in with empathy and respect for other people's passions reflects an understanding that individuals have varied interests, values, and perspectives that should be acknowledged and respected.