

## Youth and Family Coalition

8.12.2024

4:00 p.m. – 6:00 p.m.

Meeting called by: Tri Lead Bobbie Racine

Note taker: Maria Arreola

Attendees:

Dawn Scott, Bobbie Racine, Gina Chirichella, Megan Axley, Hannah Hamilton, Christina Jackson, Madeline Schroeder, Pat O Maley-Lanphear, Sondra Archuleta, Starleen Lewis, Kate Naseth, Scott Swan, Kaleb Lewis, Reed Mierzeski, Val Jones

### Introductions, Announcements and Updates

#### Land Acknowledgement

We acknowledge, with humility, that the land of the North Sound region today is the territory of People of the Salish Sea. Their presence is imbued in the waterways, shorelines, valleys, and mountains of the traditional homelands of the Coast Salish People, since time immemorial.

### New Journeys Presentation

4:00 – 4:15 p.m.

Hannah Hamilton

ACTION: Action/Decision ( ) Discussion ( ) For Information Only (X)

- New Journeys serving Snohomish County through Sea Mar
- First episode psychosis program
- Symptoms Associated with Psychosis
  - Hallucinations (Audio, Voices, Visual, Smell or taste)
  - Delusions/Ideas of Reference
  - Confused Thinking and other Cognitive Deficits
  - Decline of Social Functioning
  - Disorganized Behavior and/or speech
  - Depression
  - Negative Symptoms (Lack of energy, motivation, expressiveness)
- Psychosis describes conditions that affect the mind causing a loss of contact with reality or trouble deciding on what is real and what is not real.
- Nearly 3.5% of all people will experience psychosis in their lifetime.
- The 3<sup>rd</sup> most disabling condition in the world.
- New Journeys Model
  - Personalized therapy
  - Support and education for families
  - Employment educational support
  - Symptom and stress management
  - Peer counseling

- Help with medications
- This model was brought to Washington in 2015.
- Admission Criteria
  - Age 15-40
  - Resident of Snohomish County
  - Psychotic symptoms have been present between 1 week and 2 years
  - Primary diagnosis of one of the following
    - Schizophrenia
    - Schizoaffective Disorder
    - Schizophreniform Disorder
    - Brief psychotic Disorder
    - Delusional Disorder
    - Other specified psychotic Disorder
  - All insurances are accepted including unfunded.
- Psychosis is not known to be caused by a diagnosis of a mood disorder, developmental disorder, autism, substance intoxication and or withdrawal or a medical condition.
- Request information consult on a case or make a referral contact
  - Hannah Hamilton
    - Call 253-386-4933
    - Fax 425-977-2561
    - Email [hannahhamilton@seamarchc.org](mailto:hannahhamilton@seamarchc.org)

| Introductions   |              |
|---|--------------|
| 4:15-4:45   | Agenda Topic |
| ACTION: Action/Decision (X) Discussion ( ) For Information Only ( ) |              |
| None mentioned.   |              |
| Conclusion/Outcomes   |              |

| Youth Tri Lead Introductions  |              |
|---|--------------|
| 4:15-4:45   | Agenda Topic |
| ACTION: Action/Decision (X) Discussion ( ) For Information Only ( )   |              |
| Reed Mierzeski is the new Youth Tri Lead. Reed is from Whatcom County.<br>Kaleb Lewis is a Youth Tri Lead. Both spoke on their motivations. |              |
| Conclusion/Outcomes   |              |

| Hybrid Meeting Review   |              |
|---|--------------|
| 4:15-4:45   | Agenda Topic |
| ACTION: Action/Decision (X) Discussion ( ) For Information Only ( ) |              |

- Holding space for in person meetings discussion. There is a low representation in person.
- It was proposed to hold purpose driven in person venue. Hold where change is happening.
- It was proposed to have a few in person meetings a year.
- Families are interested in learning about resources.
- This discussion will be continued during the next meeting.

**Conclusion/Outcomes**

| <b>Evaluations</b>   |  |
|--|--|
| <b>15min</b>   |  |
| ACTION: Action/Decision ( ) Discussion ( ) For Information Only (x)                    |  |
| Overview: Link was sent to the committee   |  |
| Discussion Points:   |  |
| <ul style="list-style-type: none"> <li>– Evaluations link sent to committee</li> </ul> |  |
| <b>Conclusion/Outcomes</b>   |  |
| Committee will complete the online evaluation  |  |

**Next meeting is - Monday, August 12, 2024, from 3:00 – 5:00**