

Arlington Partnership for Children, Youth and Families

Meeting Minutes, January 24, 2024, 6:00 pm – 7:30 pm 2120 Washington Blvd

Attendees:

Coralie Conille, Courtney Martin, Darrell Sampson, Deborah Warren, Jacqueline Snelling, Janetta Brewer, John Andelin, Judy Hadden, Karen Herrling, Keren Joshi, Kimberly Baldini, Kristina Cecere, Linh Nghe, Mary Ann Moran, Megan Mack, Michael Swisher, Rashida Clarke, Renie Joie Penna-Couttenye, Rick Strobach, Robyn Ristau, Roya Candia, Shineca Solomon

Data Updates:

- Currently wrapping up preparation for Your Voice Matters Survey: collects data from internal stakeholders, family, and APS staff; should be open around February 20th; data will be available for reflection around late summer or early fall; Robyn will send link to survey
- Interest in the development of a data subcommittee: begin meeting in February to reflect on previous data; coordinated by Kristina

Arlington Unite Event Planning:

- Tentative working title: Arlington Unite: Leading in Action on Wellness for Children Youth and Families
- Will be a community-focused event: everyone joins the plenary session, and the rest of the day is divided into youth and adult tracks
 - Would like both TNB and TMAD to be involved in the youth track
 - Preference to have a Spanish language session during each time block
- Tentative schedule:
 - Breakfast & information booths
 - Plenary session: Keith Cartwright (Virginia DBHDS) and Leonardo Espina (Arlington DHS): Adverse Childhood Experiences (ACEs)—understanding trauma and its impact, how to build protective factors and resiliency; 45 mins
 - AM break-out-sessions: more generalized sessions in the morning; goal of ~8 sessions offered, 60 mins
 - Lunch break: 60 mins, with brief youth development presentation (15 mins)
 - PM break-out sessions: more in-depth sessions in the afternoon; sessions could be focused on work around projects in the community that are already on-going, teen drop-in center, TNB comic project, etc.; goal of ~4 sessions offered; 75 mins
- Focus areas of breakout sessions

- Understanding trauma, its impacts, and how to respond in an informed manner to mitigate harmful effects and promote healing
- Improving connections and communication between youth and caregivers/trusted adults; Askable Adult
- Building awareness about youth substance use issues and community resources/services to address it
- Sharing strategies to support youth development
- Some other session ideas:
 - Tying in the upcoming Arlington Youth Behavioral Health Assembly event hosted by The Voice: after-school opportunities that focus on substance use prevention
 - Event is at Kenmore Middle School on February 7th, 7:00-8:30pm
 - Lift up Virginia (LUV): Arlington will be launching this campaign; one project is a story board that interviews youth on camera talking about what they do for wellness—can present about the work that is done in the community leading up to May: <https://liftupvirginia.org/>
 - Financial literacy and social determinants of health: hands-on workshop for youth as they transition into adulthood
 - Collaborating to partner available venues with available programs accessible on the neighborhood level
 - “Words matter” on expressing mental health challenges and trauma
 - Educating the community on the impact of trauma related to disability, race/ethnicity, gender identity, etc: “navigating the -ism’s”
 - VCU’s Rise Above Program: <https://www.riseabovenow.org/>
 - Healing through parks, nature, art, etc.
- Lunch and t-shirts will be provided
- Interest in integrating a “passport”—could incentivize with t-shirt or bring back for prize after the conference to promote continued learning and connection
- Want to ensure that the conference not only provides a learning opportunity on what ACE’s are/the impact of trauma, but also includes actionable items for how youth and adults can integrate healing into daily life
- Everyone is connected to community resources to follow-up with healing beyond the event
- Next steps:
 - Michael will reach out with opportunities to sign up for subcommittees/specific planning responsibilities: groups to review proposals, PR, etc.
 - Brainstorm and recruit potential speakers related to the topics of interest—call for speakers is being finalized and will go out via email and online form

Upcoming Meetings/Events:

- Next meeting is **REMOTE** on Wednesday, February 28th (6:00-7:30pm)
- Please hold the date for Arlington Unite on Saturday, May 18th