

# THE ARLINGTON PARTNERSHIP FOR CHILDREN, YOUTH & FAMILIES

Arlington Partnership for Children, Youth, and Families

July 25, 2018

## NOTES

**Attendees:** John Andelin, Janetta Brewer, Michael Brown, Bart Devon, Sheila Fleischhacker, Michael Griffin, Alicia Guajardo, Judy Hadden, Linda Henderson, Anne O'Brien, Anne Vor der Bruegge, Hasti Mofidi, Rachel Harlan, Cheryl Johnson, Tabitha Kelly, Jamii PremDas, Sam Stebbins, Rick Strobach, Kim Durand, Siobhan Grayson, Rebecca Hjelm, Sally LaBonte, Michael Swisher, Ann Marie Douglass, Nancy Striniste

Introductions included a question for discussion later in the meeting:

What do you think is the most important/concerning/interesting issue regarding screen time?  
(See Notes Below)

### Dept. of Parks and Recreation Presentation

Cheryl Johnson, DPR Community Recreation Division Chief, presented information that included a breakdown of the new structure, the budget, staffing, facilities, programs, classes and even the new Aquatics Center (see attached slide deck).

Question:

How are changes in programming decided, i.e. who gets what or where to put things?

Participation and space availability. If the numbers of participants are too low to justify staff/location resources, they reach out to the community to try to get the numbers up. If there are still low numbers of participants, then the program may need to be moved or eliminated. As for the space issue, it sometimes comes down to logistics – they try to work closely with schools when possible to best utilize spaces available.

APCYF will follow-up regarding the internal wellness plan development process as well as requesting more information on the park infrastructure side.

### Healthy Living Exercise

Sam Stebbins shared Healthy Living slides that include helpful tips and links for getting and staying active. Sam is moving on and shares this information:

<http://www8.nationalacademies.org/onpinews/newsitem.aspx?RecordID=06272018>

Dear Friends – it is with a heavy heart that I say goodbye to so many wonderful people. I think the world of you and am so grateful to have had the opportunity to work with and learn from you for the past 6+ years. I will miss you.

But, it's never too soon to keep in touch! Please do not hesitate to email, call, or just drop by as opportunity allows, and I will do likewise. You can find me at:

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## Report Card Timeline

Rebecca Hjelm shared the new schedule/timeline of surveys and reports (attached an small image below).

School Year →	2018/19		2019/20		2020/21		2021/22	
Report Type ↓	Fall	Spring	Fall	Spring	Fall	Spring	Fall	Spring
Community Report	X				X			
Youth Survey			X				X	
Your Voice Matters Youth & Parent				X				X
SB/CB Report of Youth Data (not the Community Report data)	Youth Reported Data from Surveys will be reported to School and County Board as it becomes available, hopefully over the summer for planning purposes and disseminated to staff and community members subsequently.							
New: Dept of Education Survey		X				X		

The next Community Report/Data meeting is on August 21<sup>st</sup> 9:30-11:30. If you are interested in attending, contact [rhjelm@arlingtonva.us](mailto:rhjelm@arlingtonva.us) for additional information.

### Community Report Timeline:

Tuesday August 21st 9:30-11:30 – Conference Room A

Goal: finalize indicators, move toward finalizing outline and narrative

REGULAR DATA MEETING Friday September 7th 10:00-12:00

Goal: review final draft for final edits/feedback

Sept 10 – Oct 5 Design, Edit, Upload/Print

**GOAL: Release date of October 16th**

### Screen Time Discussion

Based on the question posed during introductions, the following topics were posted. As a group, we walked around and put check-marks next to the items that we thought might be interesting to discuss further. I have tried to further combine a few items that seemed to go together.

Parental Responsibility – understanding their role	11
Physical effects – eye health and brain development Development of language skills	10
Relationship of screen time to mental health, bullying and sexual violence (2) Social Media and Mental Health What are the connections (10)	12
Lack of engagement – being present in a relationship	7

Shouting into the void - the lack of engagement How kids hang-out – it isn't all negative	
Adopt a healthy use – it's not going away, let's invent a "seatbelt"	7
Addiction – understanding that it is an addiction to devices in any form	7
Lack of connection with the real world (5) Isolation – no need to talk with anyone (2) Socializing – the lack of ability to connect with others (2)	7
Decision making skills are not developed Limits imagination	6
The content – access to all, but who is moderating Exposure to everything – can be overwhelming and not in the context for people to understand (0) Violence and normalizing that violence – access to the content at any age (1) Opportunities Provided – access to information that may not have been able to access	4
Understanding real vs. fake news and information	3
Comparing ourselves to others	2
Trying to keep up with new technology and apps	1
Disconnected from nature	1

One of the flip charts asked "what did we miss?"

- The internet is forever – if you post a mistake or misstatement anywhere on-line, you are still held accountable, even years later.
- What is the APS role here? Since the American Academy of Pediatrics says 2 hours per day, but screen time is used as a tool in schools, do all students go over the allotted recommendations?
- Remember that it is an appropriate use as a communications device for people with disabilities.
- Digital equity
- Effect of WiFi – so many kids in 1 classroom all have access
- Effect of seeing brutality on the perception of good vs. bad people.

At the tables, members were encouraged to discuss:

Which issues rise to the top?

What additional information do we need on those topics?

What is the APCYF role?

### Screen Time Report Out

We asked for 1 thing from each table to share:

- Ask Kids – what are they worried about and what would they do?
- Host a Community Conversation with our data and be sure to have a practical approach.
- Further research on what IS the impact? We don't really know yet.
- Get additional information on the visual literacy – the interpretation of materials and content
- Suggest that we as individuals monitor our own behavior – there are apps to do that – one is from Apple.

### Advocacy in Support of "CR2" –

A letter in support of Crisis Regional Response Unit (CR2) for Youth Mental Health was presented to members for their approval. Although we did not discuss the letter during this meeting, we had discussed it in previous meetings. In addition, the Mental Wellness Roundtable and Planning and Development Committees also discussed and revised the letter. Participants of those meetings supported the advocacy effort.

The lack of communication regarding this effort led to the conclusion that we need to further refine our “process” for advocacy. The Planning & Development Committee will be working on this at the next meeting. ALL APCYF Members are invited to attend: **August 14<sup>th</sup> at 6:00pm in Sequoia Room A.**

NEXT MEETING: August 22, 2018

LOCATION CHANGE!!! Meet at the new Arlington Food Assistance Center for a tour at 6:00pm.

#### Upcoming Meetings:

August 13 – 5:30pm Early Childhood Committee in Seq 1 Room D

Aug 14 – 4:00pm READY Coalition in Seq 1 Room A

Aug 14 – 6:00pm Planning & Development in Seq 1 Room D

Aug 17 – 19 County Fair! Join us inside in the County Services Area – we’re usually just inside the TJ entrance and information booth.

Aug 20 4:00pm Mental Wellness Roundtable in Seq 1 Room A

Aug 21 9:30am Community Report/Data Meeting, Seq 1 Room A

Aug 22 6:00pm APCYF @Arlington Food Assistance Center – Pot-Luck Dinner!