

**APCYF Notes  
March 22, 2017**

**Attendance:** Michael Brown, Dave Carlson, Bart Devon, Sheila Fleischhacker, Barbara Gomez, Alicia Guajardo, Judy Hadden, Linda Henderson, Anne O'Brien, Devanshi Patel, Mary Ann Moran, Tricia Rodgers, Rachel Harlan, Cheryl Johnson, Sharon Lawrence, Susan Noack, Sam Stebbins, Rick Strobach, Robert Vilchez, Reid Goldstein, Simer Choudhary, Siobhan Grayson, Rebecca Hjelm, Michael Swisher, Kim Durand

**TNB Updates:** Simer Choudhary, Co-Chair of TNB gave us a rundown of a few of the activities the TNB is working on. Items included planning for Mythbusters, making sandwiches for Martha's Table, planning for the Teen Summer Job Expo, making cookies for Random Acts of Kindness activities, updating the arlingtonteens.com website, and presenting at the Whole Child Conference. If you would like any additional information on any of these items, contact Siobhan Grayson.

**Budget Advocacy - Small Group Discussion**

The budget discussion began with brief reports from agency members around some of the budget priorities identified by Partnership members at the November 2016 meeting. In small groups, we discussed potential advocacy items for a 3-minute presentation and a follow-up letter detailing additional information.

**From the report out flip charts –**

Over all, both could be framed around health and social and emotional wellbeing of children in Arlington using The Whole Child framework language when applicable.

3-Minutes	In the Letter	Other Thoughts
<p><b>School Nurses</b></p> <p><b>Psych and Social Workers</b></p> <ul style="list-style-type: none"> <li>• Make an emotional pitch here</li> <li>• Focus on who would be impacted</li> <li>• School nurse hits many areas of concern, like childhood obesity</li> </ul> <p><b>Librarian</b> - Literacy is a determinant of health</p> <ul style="list-style-type: none"> <li>• Think of health in a broader sense, not just clinical</li> </ul> <p>Emphasize that everyone has a role when it comes to ALL kids, include ages 0-5.</p>	<p>Include the numbers to support nurses and psych/social workers</p> <p>The need has increase as more families are in crisis</p> <p>Check with Alicia and Brenda who may have additional data</p> <p>Impact on substance usage</p> <p>Connect Childcare and literacy – ages 0-5</p>	<p>Could we compromise to consider fewer FTEs rather than all or nothing?</p> <p>Discuss the tiers – could we make some adjustments there?</p> <p>Class size increase over pay rate and teachers</p>

In addition to asking for funding for such issues as the school nurses, social workers and psychologists, it was suggested that we also:

- suggest other areas to cut
- provide the board(s) with compelling reasons about our “asks” – tell a story, use data
- keep in mind that the long range plans for future budgets are grim

We will be presenting to the School and County Boards on April 7 between 9:00 – 11:00am.

**Whole Child Framework Follow-Up**

We reviewed what Planning and Development suggested should be our involvement in this initiative, notably:

- Facilitate discussion and collaboration
- Collect and hold the data
- Make sure the work is not just window dressing and that all the necessary parties are “at the table” and engaged in the work

There is a Whole Child Work Group meeting on April 4<sup>th</sup> 6:00 – 7:30 at the Arlington Education Center to discuss with the original team members who developed the Whole Child Framework for APS and the transition from that Framework to the ASCD/CDC Model currently proposed. In addition, Kim, Sam and Rene Madigan from Out-of-School Time are attending the Whole Child Advisory Council meetings and will keep APCYF updated. Those meetings are open to anyone, with the next one on April 24<sup>th</sup> at the Syphax Building across from Sequoia at 3:00pm.

**Social and Emotional Wellness Discussion**

Kim gave an update on items the Mental Wellness Roundtable has been focused on – anxiety, stress, depression, suicide, stigma. All of these are items that we discussed during our January meeting as things we would want to continue to focus on.

Other areas we discussed in January include Bullying, Healthy Relationships and Positive Family Communications.

As a large group, we thought about the things that we know that are going on in each of the above areas. Here are some of the things we mentioned (*for more information about any these items, please contact Kim Durand*):

Anxiety	Mythbusters, Curious About Mental Health, Groups at Wakefield and W-L that targets at-risk kids
Depression	Mental Health First Aid, Kognito training
Suicide	Zero Suicide Initiative, Suicide Prevention Allies Network, Info tables at APS Middle and High School Nights, NAMI Springfest
Stress	Mythbusters
Stigma	Whole Child Conference
Bullying	TNB Random Acts, Mythbusters, Care for a Change, Library events for marginalized youth
Healthy Relationships	Youth Healthy Relationship Teams, Project Peace connections
Positive Family Communications	Parent Chats, LUV Listening, Hear Me Out cards, Police going to families

We know there are many more things happening in these areas, and want to hear more about these so that the Partnership can support the efforts as best as we can.

The Mental Wellness Roundtable is currently focusing on the first 5 items and will keep Partnership members apprised of their discussions, work, and other efforts. We will also share this list with other APCYF and TNB Committees see where their work may complement and/or overlap.

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## Events:

### **Mission Possible: Keeping Middle Schoolers Safe**

Arlington's READY Coalition to reduce teen alcohol and drug use, the Arlington Partnership for Children, Youth and Families, and the Arlington Department of Human Services – Child and Family Services invites you to learn to more about:

- Signs of youth substance use - what to be aware of and look for
- Tips for talking to middle schoolers about substance use, ways to help them stay safe
- Arlington's Second Chance substance abuse education and intervention program

Wednesday, April 5<sup>th</sup>, 6:30 – 8 p.m.  
Kenmore Middle School Black Box Theater  
200 S. Carlin Springs Rd., Arlington  
[USE THIS LINK TO REGISTER](#)

This FREE event is ideal for:

- Parents of middle schoolers, grandparents, and other adult family members (and 5<sup>th</sup> grade parents too)
- Teachers and others who work with middle schoolers
- Any adult who loves middle schoolers!
- For anyone helping to raise a 5<sup>th</sup> grader too (soon-to-be middle schoolers)

### **Family Fun Night**

Families Giving Back, April 7, Family Night at the Mill

Complete over 5 family-friendly service projects such as:

- Assisting the Arlington County Police Department with projects for their annual Block Party
- Bagging produce for the Arlington Food Assistance Center
- Making dog toys for the Animal Welfare League of Arlington
- Writing cards to U.S. troops, Arlington senior adults, and children in the hospital
- And more!

Complete 3 or more projects to get the chance to bounce on our inflatables!

### **Mental Health First Aid (MHFA)**

Tuesday, April 11 | 8:00am-4:30pm

Mental Health First Aid is an 8-hour course that teaches adults how to help someone who may be experiencing a mental health or substance use challenge. The training builds awareness and understanding of mental health and helps participants identify, understand and respond to signs of addictions and mental illnesses.

Please sign up ONLY if you haven't taken this course before. [Register with this link.](#)

## **NAMI Spring Fest**

Date: Sunday, April 23rd, 2017

Time: 2:00 PM - 4:30PM

Location: Stambaugh Human Services Center  
2100 Washington Blvd., Arlington, VA 22204

*Free parking available in the garage across the street*

Young Adults & Teens:

Have fun with *spring plant potting*, prizes, and a group discussion about mental health led by our Young Adult Leaders.

Parents & Family Members: Connect with families through a discussion led by a NAMI Northern Virginia Family Support Group Facilitator, and pick up information about local programs and resources.

*NAMI Northern Virginia young adult program leaders will briefly share their personal, hopeful journeys about living with a mental health condition.*

## **Meetings:**

Apr 3 6:00 - 7:30 Planning & Development, Sequoia Room A

Apr 4 6:00pm Whole Child Work Group, Education Center Room 101a/b

Apr 4 6:30 – 8:30 Teen Network Board

Apr 5 6:30 – 8:00 Mission Possible presented by READY Coalition

Apr 6 9:00 - 10:30am Assets Committee, Sequoia Room A

Apr 7 9:00 – 11:00am County Board Work Session/Presentation

Apr 10 – 14 APS SPRING BREAK

Apr 11 8:00 - 4:30 Mental Health First Aid, Syphax Building [REGISTER](#)

Apr 18 6:30 – 8:30 Teen Network Board

Apr 20 3:30 – 5:00 Out of School Time

Apr 25 5:00 – 6:00 Mental Wellness Roundtable, Sequoia Room A

Apr 26 6:00 – 8:00 APCYF Meeting

Sequoia Address: 2100 Washington Blvd. Arlington, VA 22204

Additional information may be found on our [EVENTS](#) calendar or by [CONTACTING US](#)

## **Announcements:**

### **Community Health Internship Opportunity with Stipend**

Healthy Communities Action Team, a subgroup of the Arlington Partnership for Children Youth and Families is recruiting a fall intern to support community outreach and strategic planning efforts from August 1 - November 17, 2017. Stipend will be up to \$1600. Great opportunity for those looking to find an internship for a master-level Capstone/thesis project. Will be contributing to the development of a community stakeholder-informed strategic plan to prevent and reduce childhood obesity in Arlington, VA with systems, environmental, and policy changes.

Are you

- passionate about strategic planning to prevent and reduce childhood obesity
- fluent in Spanish

- detail oriented
- community oriented
- available to be engaged part time in Arlington, VA from August 1 - November 17, 2017 (hours and times vary, with some evening and weekend activities also. On average, could be ~10 hours/week for 16 weeks)?

Do you have experience with:

- community engagement
- focus group discussions and key informant interviews
- qualitative data analysis
- strategic planning for community health strategies
- facilitation of diverse coalitions?

Knowledge of Arlington, VA (in terms of health initiatives, organizations, etc) a plus.

If you feel you would be a strong candidate, please send your resume and cover letter by April 28, 2017 to [mwulf@arlingtonva.us](mailto:mwulf@arlingtonva.us).