

## KLASAC Meeting Notes

January 16, 2019

Klickitat Community Center

### **Introductions & Celebrations:**

- Door Prize is going to start again in February
- CPAKC just hired a new coordinator and held their first Key Leader event in Goldendale.

### **Community Sharing:**

- Senior meals happening in Klickitat and Lyle. Klickitat Thursday January 17<sup>th</sup> at noon.
- End of Middle School Basketball this week.
- Klickitat Community Council provide gifts at Christmas to 14 local kids.
- Homecoming in Klickitat on January 26<sup>th</sup>.

### **Washington Prevention Summit Update:**

- Joshua Bautista did a PowerPoint presentation showing pictures and talking about what they did and learned at the Prevention Summit in November.
- Learned about SPF.
- Learned about how the brain is affected by substance us.
- Did 21 day challenge. It takes 21 days to change a habit.
- Learned about marketing strategies.

### **Regional Updates:**

- Have been conducting the Locks Save Lives survey. Can find the link to this survey on KLASAC Facebook page or Website.
- Will be getting info out in conjunction with KLASAC about Start Talking Now website for parents.
- Prevention Policy Day coming up in Olympia on February 18<sup>th</sup>.
- New coordinator hired for Our Klickitat.

### **Elevator Speech:**

- Sheila gave example of an elevator speech and went over guidelines for writing your own.
- Everyone worked on their speeches for 5 minutes and then we shared some of them.
- This will be an ongoing activity to help everyone understand and get comfortable speaking about KLASAC and what we do and how others can help.

### **Sector Rep:**

- Sunday Sutton from Comprehensive Healthcare spoke about the services that they can provide along with policies and procedures as far as the process people go through when in need of assistance.

- She spoke both about mental health and substance use and how eventually these two fields will merge.
- They offer a wide variety of services including, outpatient care and facilitating inpatient care, referrals for stabilization beds, help with transportation, help with mental health or substance use issues, safety plans for person receiving services and their support team, psychiatric evaluations, free local education opportunities, work with victims of abuse, maternity support and the list goes on.
- Sunday gave a wonderful debrief on what Comprehensive Healthcare does and is able to offer.

#### **Media Team Update and Workgroup Plan:**

- Showed the KLASAC website and reminded everyone that if they have things that should be added to website or KLASAC calendar to let Sheila know.
- Media team is planning to launch the “Out of the Picture” campaign and the “Looks can Deceive” campaign during the months of February and March.
- Showed the Start Talking Now website.
- Explained workgroup activity: Look through the Start Talking Now website and find important points, then write a social media post about that. These will then be posted on our Facebook page over the next couple of months.

#### **Workgroup Time:**

- Broke up into groups, reviewed website to find important points to share with parents.
- Did not get to write social media posts but if anyone would like to write one and send to Sheila please do so.
- Created a list of important points to get out to parents.

#### **Meeting Close and Debrief:**

- Had very productive meeting.
- Next meeting will be in Lyle on February 20<sup>th</sup> at 5:00pm. This meeting is a dessert potluck.