

Snoqualmie Valley Key Leaders Summit

Salish Lodge August 13, 2007

***Local leaders discuss
community health, wellness &
prevention***



SNOQUALMIE VALLEY COMMUNITY NETWORK

connecting a caring community

www.snoqualmievalleycommunitynetwork.org



www.snoqualmiehospital.org/



encompass
Children. Families. Community.

<http://encompassnw.org/>

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Washington Health Foundation's Healthiest State in the Nation

Campaign is initiating healthy changes in personal behavior and systemic programs of government, schools, businesses and organizations.

www.whf.org



Jennifer Mielenz Muhm

Vice President of Public Affairs
Washington Health Foundation

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The High Cost of Adverse Childhood Experiences

Late research challenges our mental models about brain development, health, and problem behaviors. The brain is an amazing and complicated organ that hard-wires adaptation to a peaceful or violent world. This has implications for how our social systems and governmental structures meet the needs and value strengths from both paths.

Link to her presentation:

[http://www.snoqualmievalleycommunitynetwork.org/Shared%20Documents/ACE2007\[1\].pdf](http://www.snoqualmievalleycommunitynetwork.org/Shared%20Documents/ACE2007[1].pdf)

Krista Goldstine-Cole

Educational Director

WA State Family Policy Council

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What our Teens are telling us

Update from the October 2006 Healthy Youth Survey results.

What is working: using researched practices to get results.

<http://www.snoqualmievalleycommunitynetwork.org/Shared%20Documents/Forms/AllItems.aspx>

(click on 2007 RSD or SVSD Healthy Youth Forum presentations-click cancel in security box)



Kevin Haggerty

University of Washington

Social Development Research Group

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World Café Conversations

<http://www.theworldcafe.com/what.htm>

How can we use the information we heard today?



On vision, strategy, and process of leaders addressing community health issues:

- Shift to new ideas
- Look inside ourselves
- Get comfortable being uncomfortable
- Challenge ourselves

- Self-exploration
- Excited today—but want to see change
- Challenge to learn 2 things today about what our kids need
- It's US
- Plan development
- Comprehensive list
- Contact list
- Competitive price vs. value of personal relationships
- Re-learn how we live in our community
- Create a place in our community where we solve our problems and take responsibility
- How do we work with this data?
- How as a community do we address this challenge?
- What task forces could be developed to address this information with timeline and outcomes?
- How can the Snoqualmie Leaders set up programs to address these issues and track outcomes to use as an example for statewide implementation?
- Call for core of community to bring together
- Re-education of pre-conceived notions and how things are handled

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Programs/Resources

- City staffs report that up to ½ of their calls are from people looking for referrals to services
- Community Activity Center came up in three conversations; to be supported with counselors, seniors, health, education, and welfare Intergenerational connections, after school programs, skill-building, career support, bonding, activities (Kirkland a good model)
- Dollars and political will for youth resources
- Increased communication of referrals: need for a general repository of information connecting community—programs, activities and opportunities for involvement
- Boys and Girls Club, Big Brothers and Big Sisters
- Where are other points of entry for resources and programs?
- Where are the programs for loss of a parent?
- Youth Councils/boards
- Natural Helpers
- School-based wellness centers—a need at 2 Rivers
- School Resource Officers
- School-based support
- Mentoring
- Safe-Net support for families
- Church teen groups

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Parenting:

- How does community better support better parenting?
- Parents need support and resources—grandparents raising kids need support
- Faith community can be a good resource for family support
- #1 Parent-training for family break-up
- Parental promotion of double standards
- Knowledge is “bridging the gap”
- Reflect on expectations placed on our kids
- Supportive environment is needed for successful parenting
- Care for Caretakers



Growth in the Valley

- Changing age of the population and related needs
- Sewer system in Fall City
- Building an inter-dependent, self-sustaining community
- Drive numbers of kids down who are in poverty
- Above vs. below the falls disparity—how do we bring them together?

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Schools/education:

- How schools can meet some of the needs, other resources in community are needed: Who will help kids outside of school?
- RSD Drug use concern with treatment not being tracked
- How does community support our schools?
- Students experience additional stress the closer they get to college age, this is a likely contributor to self-medication
- There is a disconnect kids get from high school preparation to degree classes
- We could do a better job of preparing our kids for after high school—not all kids are college-ready, having time to prepare for job or career, as with hospital, health careers, and technical schools

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ADD: Attention Dial to another Dimension—not a disease but a different need

- Pharmacological numbing interaction
- This increasing trend of over-medication
- Medication may be operating counter to the health of the child
- Nutrition
- They get bombarded with negative reinforcement from the educational structure exacerbating problem
- These students need encouragement, freedom of speech, empathy, and skills to take on their anger as a path to change



Transportation to connect community –Transit

- Connection to school, including BCC
- Kids who drop out need transportation Access to BCC

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Afternoon “Open Space” Table Topics

Groups self-organized under topics they defined and individuals committed to action items

To learn more about the process visit:

<http://www.openspaceworld.org/cgi/wiki.cgi?AboutOpenSpace>

- **Valley Transportation**
- **Interdependent community**
- **Successful Parenting/Loss of parent program divorce/grief**
- **Starting a Mentoring Program**



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For more information and to connect to continuing conversations

and action groups contact: svcn@msn.com

www.snoqualmievalleycommunitynetwork.org

Attendees: Paige Denison• Holly Krueger• Jennifer Muhm• Jennifer Filipovich• Steve Rackets• Conrad Robertson• Carl Thompson• Linda Rubin• Larry Springer• Dennis Worsham• Kim Illig• Hillary Moore• Trish McNabb• Phoebe Terhaar• Carl Meyer• Vanessa Allen• David Speikers• Tom Parker• Joan Pliego• Kathryn Lerner• Dr. Leslie A. Oja• Lois Kotzmoyer• Jim Schaffer• Suzanne Wietting• Deborah McGrath• Kim O'hagan• Kevin Haggerty• Rick Olsen• Laurie Wesorick• Jessica Oliver• Kevin Hauglie• Steve Bates• Jay Rodne• Alretta Howard• Debby Peterman• Vic Okerlund• Chris Caviezel• Roger Goodman• Rodger McCollum• Nancy Whitaker• Betzy Gudz• Bob Larson• Dr. Kat Halloran• Katharine Sanders• Tyler Rasmussen• Cindy Ferguson• Janet L. Woods• Wendy Palmer• Joel Aune• Grace Castillo• Steve Binder• Barbara Lunivck Rukita• Becky Casey• Bob Cole• Gina Legaz• Molly Jensen• Lee Grumman• Scott Scowcroft• Kristy Sullivan• Krista Goldstine-Col



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