



Coalition Meeting Minutes
 South County Admin Building
 7013 Sandridge Rd
 Long Beach, WA 98631
 January 10, 2017
 3:00pm - 4:45pm

Members Present:

Kat Erskine, Becky Fischer, Wayne Leonard, Kelsey Hopstad, Jon Ducharme, Nichole Lopez, Amber Rosewood, Rosanne McPhail, Nancy McAllister, Vinessa Karnofski, Queen Katsuta, Carly Castaneda, Flint Wright, Katie Lindstrom, Rebecca Manlow, Elly Rosaire, Jean Fisher

Guests:

Chuck Winn, Ricky Holmes, Peter Mathis, Maria Mandt, Bill Buck, Brian Glodek

AGENDA ITEM	DISCUSSION	DECISIONS, ACTIONS, ASSIGNMENTS
<p>Approval of Prior Meeting Minutes</p>	<p>Meeting minutes were reviewed from December coalition meeting.</p>	<p>Rosanne M. moved to approve minutes from the Nov. coalition meeting Bill B. 2nd/ Passed</p>



COMMUNITY NETWORK

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Introductions & Announcements	<p>Maria Mandt: LIHEAP energy assistance available. Call CCAP (360) 642-6100</p> <p>Amber Rosewood: Flu vaccine is available through Family Health Center in Klipsan.</p> <p>Rosanne McPhail: Ready to Learn 0-5 and parent child play group classes, Long Beach.</p> <p>Vinessa Karnofski: Resilience screening at The Neptune Cinema February 25th. Free and children welcome.</p> <p>Nichole Lopez: Family Game Night starting January 19th at LB Elementary, 6pm. Open to everyone!</p> <p>Bill Buck: Project Homeless Connect on January 26th, 10-3pm.</p> <p>Kelsey Hopstad: Healthcare Career Fair on January 11th.</p> <p>Becky Fischer: Youth Mental Health First Aid on January 20, 8:30-5pm at Grays River College.</p>	<p>Please share it with your networks!</p> <p>For more information about any of these events, please contact Vinessa Karnofski at: vkarnofski@co.pacific.wa.us</p>
Match Tracking	A match tracking sheet is attached to your packet, if you travel to be here or donated any time, supplies etc. Please fill out and return the match tracking sheet to Vinessa. This really helps us meet our match that we are required to meet for our grants.	Match tracking sheets attached



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<p>Presentation</p> <p>Mini Grant- Kat Erskine Peace Of Mind Pacific County</p>	<p>Peace of mind covers brain health and other chronic illnesses that effect your mental wellbeing. With their WellSpring Mini Grant, they could put on WRAP (Wellness, Recovery, and Action Plan). Upcoming events include Mental Health First Aid (MHFA) adult and youth classes (in school) Feb, 25.</p>	<ul style="list-style-type: none"> • Mental Health First Aid • Wellness Walk • Spaghetti Dinner Fundraiser • Recovery Run <p>Contact Peace of Mind PO Box 708 Ocean Park, WA 98640 peaceofmindpacificcounty@gmail.com</p>
<p>Presentation</p> <p>Mini Grant- Carly Castaneda YAK Klub</p>	<p>At the National Prevention Network conference, November 2015, the YAK Klub identified marijuana use as a growing trend in their school. Stress, poor family environment and peer pressure being triggers for use. The students designed and planned a "Safe Room" at Ilwaco High School for students to deescalate and destress. The YAK Safe Room was completed in January 2017 with policies in place that include a referral system, for frequent users, to the school counselor.</p>	<p>For information regarding this or other Grays Harbor Community College Events, please contact Kelsey Hopstad, Kelsey.hopstad@ghc.edu</p>
<p>Presentation</p> <p>Mini Grant- Rebecca Manlow Financial Literacy/Grays Harbor College</p>	<p>The Mini Grant Grays Harbor College received to put on a financial literacy course covered budgeting, saving, balancing your account, creating goals and how to buy a home. Once completed, participants received a \$50 gift card. Rebecca reported that a class graduate recently purchased a home!</p>	



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<p>Asset Builder Sid's Grocery</p>	<p>Chuck Winn accepted the WellSpring Asset Builder award on behalf of Sid's Grocery for being outstanding community partners.</p> <p>Flint Wright presented the award and shared about just a few of the many donations Sid's gives regularly. Flint went on to thank Chuck for being a great community member and treating people compassionately and with respect.</p>	<p>Want to recommend an Asset Builder? Contact Vinessa Karnofski, vkarnofski@co.pacific.wa.us</p>
<p>Success Map Updates</p> <ul style="list-style-type: none"> • Ilwaco High School Safe Room • Children's Advocacy Center w/Crisis Support Network 	<p>Ilwaco High School Safe Room Now students have a safe environment to go and destress for a few minutes. This room is monitored and includes a referral system to the school counselor in its policy.</p> <p>Children' Advocacy Center w/Crisis Support Network. A team of experts got together to bring this service to Pacific County. Now children who may have been sexually abused do not need to travel to Aberdeen to get a physical or give a forensic interview. This reduces trauma on the child who may already be traumatized.</p>	<p>For information regarding this or other WellSpring Community Network Successes, please contact Vinessa Karnofski, vkarnofski@co.pacific.wa.us</p>



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<p>Treasurer Report Jon Ducharme</p>	<p>Jon reported the WellSpring 501c3 bank balance as \$2272.02 after the annual D&O Insurance was paid.</p> <p>Fundraising policy currently being drafted.</p> <p>Financial Team is recruiting members! Please share the WellSpring Pay Pal donation account with your friends!</p>	<p>Financial Team meets again on February 20. We are always looking for help building a strong financial structure.</p>
<p>WellSpring Resilience Collaborative Vinessa karnofski</p>	<p>The following events and goals are set for 2017 to help educate and increase awareness of childhood trauma.</p> <p>Resilience Movie Screening February 25th at Neptune Cinemas</p> <p>Science of Hope Conference, April 2017</p> <p>Early Learning Trauma Education February 10, 2017</p> <p>ACE's training for hospitals/schools & Law Enforcement</p> <p>School based health center planning</p>	<p>If you would like to get involved with WellSpring Resilience Collaborative, please join us every second Monday of the month at 10am at South Pacific County Meeting Rm. A</p> <p>*February WRC meeting moved to 1pm same day.</p>



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WellSpring Mini Grants	\$5015.70 in funds were distributed among 20 different Mini Grant applicants.	WellSpring Mini Grants are an annual event. If you would like to receive more information, just let us know!
Financial Literacy Jon Ducharme	A Boards in Gear video was shared on "The Ask" Takeaways <ul style="list-style-type: none">• Do your pitch, but don't argue them into the organization.• Be clear about what you need• Let them ask questions• Welcome any level of support	
Lobbying vs. Advocacy Carly Castaneda	Carly presented a power point on lobbying vs. advocacy for non-profits.	This presentation can be shared with local non-profits, contact us to find out how!
Next Meeting	February 14, 2017, 3pm	JOIN US!



Next WellSpring Meeting:

February 14, 2017 3:00–4:30 pm South County Admin Building 7013 Sandridge Road. Call Vinessa Karnofski at 360-642-9300 ex 2639 or email vkarnofski@co.pacific.wa.us for more info.

WellSpring Team Meetings:

- Executive Team Meeting January 25, 2017 from 12-1:30 (Ilwaco High School Library. Contact Vinessa Karnofski 360-642-9300 x 2639 or vkarnofski@co.pacific.wa.us to RSVP) *note: the Executive Team regularly meets on the 3rd Thursday of every month*
- Peninsula Poverty Response, February 17, 2017 at 2 pm (St. Mary's Parish, contact Vinessa Karnofski 360-642-9300 x 2639 *Note: team meets on the second Thursday of the month*
- Parent Enrichment Team, January 24, 2017 at 12:30pm (County Building, contact Vinessa Karnofski (360) 783-2822 or vkarnofski@co.pacific.wa.us *Note: the Parent Enrichment Team meets on the 4th Tuesday of every month*
- Peace of Mind January 24, 2017 contact Barbara Bates at bategofish@gmail.com) *Note: the Mental Health/NAMI meetings are on the 4th Tuesday of every month and normally meet at the Peninsula Church Center*
- Sustainability Team, February 23, 2017 at 11-12pm (Ilwaco high School, contact Vinessa Karnofski 360-642-9300 x 2639) *Note: the Sustainability's Team meets on the 3rd Thursday of every month*
- WellSpring Resilience Collaborative, February 13, 2017, 1-3pm (South Pacific County meeting room. Contact Vinessa Karnofski 360-642-9300 x 2639) *Note: the WRC meets on the 2nd Monday of every month*