

Youth Issues Coalition Minutes
September 6th, 2017

Present: Darlynn Williams, Jarett Blain, Cody Kinzer, Julie Riley, Mary Rumph, Diana Seleg, Christy Rickett, Jennifer Winkley, Dori Phillips and Antonia Klein on speaker phone.

The minutes were read. Introductions were made and the calendar was completed along with agency reports. Jarett reported Faith Bible Youth Group meets on Wednesday's from 6:00 – 8:00 p.m. It is for youth from 7th-12th grade. Julie reported on the Moonlight Walk to take place on Wednesday, October 4th at the golf course. In addition to being a fun walk, it is held to raise funds for the Broadus Trails Project. There will be a trail building work session on Monday, September 18th beginning at 5:00 p.m.

Julie reported that Matt Byerly will provide information on the MSU Mental Health Center and Youth Aware of Mental Health (YAM) on Wednesday, September 13th from 3:30-5:30 p.m. at the school. CEUs are available for teachers.

Julie also reported that fitness testing is available for anyone on Monday, September 11th, at 5:30 p.m. by Darlynn Williams and Kristy Elgin at the Physical Therapy Addition.

Mary reported that Bug's Life volunteers are needed to offer the After School reading program. The program is designed for one-on-one reading with elementary students and includes a group activity. Volunteers are needed for both roles in order to offer a quality program. Nick wrote a letter to the newspaper seeking volunteers and Kristi Mobley was meeting with English classes at school to recruit student mentors.

Christy and Jennifer reported on Youth Dynamics and the services available to youth and families. It is a private, nonprofit agency that provides parenting education and support, individual and family therapy, mentors and additional services.

Cody reported the suicide prevention ASSIST Training will be offered in Miles City on September 21st and 22nd.

Julie shared an e-mail from Julie Long about an interactive time for infants/toddlers/preschool age kids and their moms/dads/caregivers called "Holy Chatter". It will be from noon to 1:30 on one Friday a month. The Lutheran Church is offering an educational program on "The Muslim Threat – Or the Threat to Muslims" scheduled for Monday, September 25th from 6:00 to 7:30 p.m. It will feature retired ELSC Pastor Steve Benson and provide accurate information on the timely topic of the Islam religion.

Diana discussed her interest in working with Dori and Kristi Mobley to bring a couple programs to students in Broadus, a Self-defense program and a Healthy Relationship program.

Antonia reported large cuts to agencies providing mental health services in Montana and suggested the communities bring their concerns about the need for mental health services to decision makers. She reported that Mental Health First Aid will be presented in Miles City at Miles Community College, Room 106, 8-5 on Saturday, September 23rd by Extension and sponsored by the Miles City BHLAC and the Eastern Service Area Authority. She also encouraged Board membership on the Eastern Service Authority, a mental health board.

The group held a brainstorming session, and identified needs or concerns in the community that members of the Youth Issues Coalition were interested in addressing. The list included underage drinking, social media, healthy relationships, recreational drugs, bullying, getting rid of mental health stigma, equine therapy,

preventative programs/4-H; coping skills in schools, mindfulness, yoga, how to support friends/family with eating disorders, depression & anxiety; school breakfast program and healthy snacks, walking during class (brain breaks @ school); marketing what is available for mental health support, education on addiction and how drugs alter the brain. The list will be re-visited at the next meeting with suggestions of resources to address specific concerns.

The next meeting was scheduled for Wednesday, October 4th at 8:30 a.m.

Thanks!

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