



## KITSAP COUNTY COMMISSION ON CHILDREN AND YOUTH June 4, 2020 4:30-6:00pm

Join Zoom Meeting

<https://zoom.us/j/96152757562>

Meeting ID: 961 5275 7562

Call in: +1 253 215 8782 US (Tacoma)

### THE PURPOSE OF THIS BOARD IS TO:

**Advise** County Commissioners and residents on the needs of children, youth, and families based on periodic assessments

**Facilitate** Coordination of information among agencies to maximize resources

**Advocate** for an environment that fosters healthy, self-sufficient, responsible and productive children, youth and families

# A G E N D A

- 4:30 WELCOME & INTRODUCTIONS**
- 4:35 APPROVAL OF THE MINUTES/AGENDA AMENDMENTS**
- 4:40 YOUTH REPRESENTATIVE REPORTS**
- 4:50 GRANT & FUNDING UPDATE**
- 5:00 UPDATING OUR BYLAWS**
- 5:30 WORKPLAN OVERVIEW & GOAL SETTING**
- 5:50 ANNOUNCEMENTS/PUBLIC COMMENT (2 min. limit)**
- 6:00 ADJOURNMENT & NEXT MEETING- JULY 2, 2020**

**Kitsap County Commission on Children and Youth**  
**AGENDA BRIEFING – June 4, 2020**  
**4:30 P.M. – 6:00 P.M.**  
**Zoom meeting- details provided on Agenda**

**4:30 p.m.     WELCOME & INTRODUCTIONS**

**4:35 p.m.     APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The May minutes will be approved and any changes to the June Agenda will be approved.

**4:40 p.m.     YOUTH REPRESENTATIVE REPORT**

Youth Representatives on the Commission and guests will have an opportunity to update the Commission on youth issues and activities in their community.

**4:50 p.m.     GRANT & FUNDING UPDATE**

Laura will provide a status update on last month's grant award decision, announcements and where we go from here.

**5:00 p.m.     UPDATING OUR BYLAWS**

Our bylaws are reviewed annually but the last update was in 2013. A draft was started during our March meeting and has been emailed to Board Members and Board Applicants earlier this month. The update discussion was postponed due to time constraints. Note, the April meeting was cancelled due to shelter in place orders and the May meeting was focused on the grant award decision. Suggestions for updates will be reviewed, discussed, and decided upon.

**5:30 p.m.     WORKPLAN OVERVIEW**

We will review our Work Plan and set goals for the rest of 2020 given the changes brought by the Covid 19 Pandemic. Work Plan Goals are assigned to specific committees and will be the topic of committee meetings. Progress is periodically reviewed by the Board.

**5:45 p.m.     ANNOUNCEMENTS AND PUBLIC COMMENT (2 MINUTE LIMIT)**

Members of the board & the public will announce events & share comments.

**6:00 p.m.     ADJOURNMENT & NEXT MEETING: JULY 2, 2020**

## Kitsap County Commission on Children and Youth

### MINUTES May 7, 2020

The Kitsap County Commission on Children and Youth meeting was held on Thursday, May 7, 2020 from 4:30 -6:00 p.m. via Zoom due to health and safety issues brought by the Covid 19 Pandemic and the current Shelter in Place orders. Jeff Allen, Board Chairperson facilitated this meeting and called the meeting to order. Laura Hyde served as staff and recorder.

#### I. **WELCOME & INTRODUCTIONS**

Jeff asked members and guests for self-introductions. It was noted that this is our first Zoom official Advisory Board meeting.

#### II. **APPROVAL OF THE MINUTES/AMENDMENTS TO THE AGENDA**

The March 2020 Meeting Minutes were approved and entered into the record. There was not an April meeting as all County Advisory Board meetings were cancelled due to Covid 19 orders.

#### III. **YOUTH REPRESENTATIVE REPORTS**

Youth Representatives on the Commission and guests updated the Commission on youth issues and activities in their community. It was noted that we have openings for Youth Representatives in Bremerton, Central and North Kitsap.

#### IV. **OVERVIEW GRANT APPLICATION REVIEW & FUNDING RECOMMENDATION PROCESS**

Laura provided an overview of the grant application review and funding recommendation processes, for our annual grant/RFP (Request for Proposals of the Programs That Reduce and Prevent the Impact of Adverse Childhood Experiences Through Building Resiliency) status and timeline. A grant application review committee met on May 5<sup>th</sup> evaluated the applications and have funding recommendations for the Board. Charles Stevenson presented a power point he created to review the selection process with the board. The Board approved by vote the recommendations of the Review Committee. Recommendation will be sent to the Board of County Commissioners who will determine the funding to be offered to the approved applicant.

#### V. **ANNOUNCEMENTS/PUBLIC COMMENT**

Program updates and events were shared.

#### VI. **ADJOURNMENT & NEXT MEETING**

The meeting was adjourned. Next meeting will be held on June 4, 2020.

#### IX. **ATTENDANCE**



# Helping Children Cope During and After a Disaster

## A Resource for Parents and Caregivers

The amount of damage caused from a disaster can be overwhelming. The destruction of homes and separation from school, family, and friends can create a great amount of stress and anxiety for children. They may not fully understand what is going on. A child's reaction and signs of stress may vary depending on age and previous experiences and typical coping behavior with stress.

### What You Can Do to Help Children Cope with a Disaster

Set a good example by managing your own stress through healthy lifestyle choices, such as eating healthy, exercising regularly, getting plenty of sleep, and avoiding drugs and alcohol. When you are prepared, rested, and relaxed, you can respond better to unexpected events and can make decisions in the best interest of your loved ones.



The following tips can help reduce stress before, during, and after a disaster or traumatic event.

#### Before

- Assure your children that you are prepared to keep them safe.
- Review safety plans before a disaster or emergency happens. Having a plan will increase your children's confidence and help give them a sense of control.

#### During

- Stay calm and reassure your children.
- Talk to your children about what is happening in a way that they can understand. Keep it simple and appropriate for each child's age.

#### After

- Give your children opportunities to talk about what they went through. Encourage them to share concerns and ask questions.
- Encourage your children to take action directly related to the disaster so they feel a sense of control. For example, children can help others after a disaster, such as volunteering to help community or family members in a safe environment. Children should NOT participate in disaster cleanup activities for health and safety reasons.
- Because parents, teachers, and other adults see children in different situations, it is important for them to work together to share information about how each child is coping after a traumatic event.
- Help your children to have a sense of structure, which can make them feel more at ease or provide a sense of familiarity. Once schools and child care opens again, help them return to their regular activities.



## FAMILY FUN ACTIVITY WEBSITES

Board-Free Family Fun: 3 Games to Play Over the Holidays!

[www.huffingtonpost.com/sadie-dingfelder/family-games\\_b\\_2338027.html](http://www.huffingtonpost.com/sadie-dingfelder/family-games_b_2338027.html)

6 Family Valentine's Day Activities. ... <https://www.aol.com/.../13/the-10-best-u-s-cities-for-raising-a-family>

10 Easy Ways to Celebrate Spring as a Family

[www.huffingtonpost.com/...easy-ways-to-celebrate-spring-as-a-family](http://www.huffingtonpost.com/...easy-ways-to-celebrate-spring-as-a-family)

10 Easy Ways to Celebrate Spring as a Family. By Rebecca Green. ... So, yes, we have a Spring Bucket List of 60+ activities to enjoy this season.

10 Best U.S. Cities for Budget-Friendly Summer Travel ...

<https://www.aol.com/article/finance/2015/06/10/best-us-cities...>

10 Best U.S. Cities for Budget-Friendly Summer Travel. ... And the city has tons of family-friendly activities. A few favorites include the Discovery ...

50 Fun Summer Activities That Burn 50 Calories | HuffPost

[www.huffingtonpost.com/...activities-burn-50-calories\\_n\\_3530330.html](http://www.huffingtonpost.com/...activities-burn-50-calories_n_3530330.html)

50 Fun Summer Activities That Burn 50 Calories. ... Baseball's a great way to have fun with friends and family, and you'll burn 58 calories in just 10 ...

The Most Kid-Friendly Cities In America | HuffPost

[www.huffingtonpost.com/2014/04/10/kid-friendly-cities-usa\\_n...](http://www.huffingtonpost.com/2014/04/10/kid-friendly-cities-usa_n...)

The countless museums and monuments will make for the ultimate history lesson during the family vacay. 4 New York, NY. ... Part of HuffPost Lifestyle ...

### **American Idol Night.**

Have two people in your family be the judges and the rest can be contestants. If you have a smaller family (and you don't mind embarrassing yourself), invite some neighbors over to join in the fun. A karaoke machine is a fun way to spice this night up as well.

### **Guest of Honor Night.**

Have this night be focused on one person in your family or outside your family. Create a unique list of questions to ask this person during dinner that highlights things about their personality unbeknownst to the rest of the family. Another option is to invite a willing guest to share in their area of expertise. Leave time for your kids to ask them questions.

### **Home Video Night.**

All kids love to see themselves when they were younger. Pop in a tape of their younger days or create a slideshow using pictures of them growing up. Kids are also fascinated by their parents' wedding tapes. Just make sure to fast forward if your video is 6 hours long. The point is not to bore them to death.

Sign up to volunteer at a local place that needs help. Specifying your volunteer work to something your child is interested in is a great way to start. If your child loves animals, volunteer at the humane society.

### **Individual Dinner Night.**

Having a family with multiple children can often make it hard to spend one-on-one time together. Have a night where you and your spouse take your children out individually and let them be the center of attention for the night.

### **Backyard Campout Night.**

Camping doesn't have to take place in the forest. Popping up the tent in the backyard is a great way to have a convenient vacation. Remember to include all the things that you normally would at a campsite: S'mores, flashlights, sleeping bags, etc.

### **Concert Night.**

Taking your kids to a concert exposes them to music/culture that they might not hear otherwise. Outdoor concerts in the summer are great because they are more relaxed. In the winter, take your kids to a symphony. Sometimes orchestras customize their concerts to put a twist on some songs that your kids might know!

### **Dessert Out Night.**

Surprise your kids by eating dinner at home and announcing that you're taking them out for dessert! If it's warm, head to an outdoor ice cream parlor and if it's colder, go out for warm apple pie.

### **\$5 Dollar Shopping Night.**

Take your kids to a store such as Target, Wal-Mart, or Dollar Tree and give them each \$5. Make it a contest to see who can buy the best item for the family just using that amount. Let them know that they can buy numerous items and combining them to make their final purchase. (e.g., buying letter stickers and spelling out your family's name on a small scrapbook).

### **13. Costume Night.**

Go to a consignment shop or Goodwill and have them pick out a funny outfit. Then, go for a picnic in the park as a group of random personalities. Make sure to take pictures of this night!

### **15. Formal Etiquette Night.**

Have your kids dress in their best and get out the good china! Take this opportunity to teach your kids some lessons at the table. This will also be a great time of laughing while your kids try to play grown up. Talking in British accents and pretending you're having afternoon tea is fun as well.

### **16. Twisted Bowling/Miniature Golf Night.**

Sometimes these activities can get old after a while, so add a little twist. Have specific instructions for each hole or frame. For instance, "At this hole, you have to swing the putter behind your back." Or, "During this frame, try to only knock down the two pins on the end."

### **17. Picture Night.**

Have a fun photo shoot with your kids by inviting a friend over who does photography for a hobby. Don't just stick to classic poses and matching outfits. Make sure you allow your kids' goofy personalities to shine through. Take them to the store and let them pick their favorites to print off.

### **19. Interactive Movie Night.**

Watch a movie together as a family. Some ways to keep this family-friendly and interactive include: watching a film with a controversial message and discussing it afterwards or hanging a sheet on a wall outside of your house and having your own drive-in type show.

### **20. A How-To Night.**

Learn something together! Some ideas could be: how to cook a certain kind of food, change a tire/the oil in a car, plant a garden (the kids can pick out the seeds), start a campfire, create a budget (save money) or play a sport (golf).



# **Kitsap County's Mental Health & Crisis Support Lines**

**Kitsap County Crisis Line 1-888-910-0416**

**National 1-800-273-8255 (TALK)**

**The Coffee Oasis Teen Crisis Text Line 360-377-5560**

Text line is for any youth age 13-25 years old who is experiencing a crisis or just needs to talk.

**YWCA 24-Hour Domestic Violence Hotline 1.800.500.5513**

or **Text Line 360.277.7607**

**Scarlet Road's Survivor Support Line 360-362-5143**

Survivor's Support Line for anyone who is or has experienced sexual exploitation.

**National Suicide Prevention Lifeline 1-800-273-8255**

**Veterans Crisis Line 1-800-273-8255 (Press 1)**



**“Solitude is fine but you need someone to tell that solitude is fine.”**

*Honoré de Balzac*

# Kitsap County Commission on Children and Youth

## Announcements and Resource Sharing information

Kitsap County Emergency Operations Center Coronavirus Resource and Information Page

<https://www.kitsapgov.com/Pages/coronavirus.aspx>

Kitsap County Services During the Coronavirus Response

<https://www.kitsapgov.com/Pages/online-Services.aspx>

Kitsap Public Health Coronavirus Information Page

<https://kitsappublichealth.org/CommunityHealth/CoronaVirus.php>

**Jessica Guidry wanted to share the following announcement:**

**Child Care, Youth Development, and Summer Day Camps During the COVID-19 Outbreak guidance now available.** As Washington State progresses through the phases of reopening, more families will return to work. This means the availability of care and youth development opportunities are critical as we move through the summer. In order to reduce the risk of virus transmission between children, youth, and staff; businesses, non-profits, cities, counties, and other entities planning for summer 2020 should use this guidance for all programs serving groups of children and youth from multiple households. Authorization to open specific types of programs is governed by Governor Inslee's Safe Start Washington Recovery Plan and the ongoing guidance issued under the Plan. In keeping with the public health approach, it is anticipated that this guidance will be in effect through the summer months.

**Full guidance [here](#).**

Important things to note:

- Any day camp that includes sports related activities must also follow forthcoming guidance for youth sports.
- Future guidance will cover:
  - Overnight camps
  - Youth sports and athletics (example: leagues, recreation teams, clubs)
  - Activities included as part of K-12 basic education or special education programs



# Have Fun, Stay Healthy

Let's keep on the path to recovery!

As some parks and outdoor activities reopen, it's still critical to take steps to prevent the spread of COVID-19. We're not out of the woods yet.



Stick close to home



Stay within your household group



Practice physical distancing



Avoid crowds



Bathrooms may not be open. Plan ahead and bring soap or sanitizer.

Pack out trash and pet waste. Keep our parks clean for all to enjoy.



## STAY INFORMED

[coronavirus.wa.gov](https://coronavirus.wa.gov) | [kitsapgov.com](https://kitsapgov.com)  
[kitsappublichealth.org](https://kitsappublichealth.org) | 1-800-525-0127



KITSAP PUBLIC  
HEALTH DISTRICT

