

Meeting Minutes: SWWA REGIONAL FYSPRT Meeting 8/18/25 Hybrid – River City Church

Participants:

- Kacey Bellamy
- Angelo Gonzales
- Michelle Karnath
- Emma O'Campo
- Meridian Bonser
- Elizabeth Edgton
- Jennifer Bell
- Lawrence Zapata
- Jacob Dickison
- Lily Dickison
- Brianna Holyk
- Christi Lusk
- Linda Zapata
- Lauren Woodbeck
- Stephanie DeGrandpre
- Ale Frausto

Group Guidelines/Comfort Agreement:

- Michelle Karnath outlined the rules:
 - Respectful listening and space sharing.
 - Acronyms explained as used.
 - Maintenance of confidentiality.
 - Muting cell phones.
 - Ensuring a safe, judgment-free environment.

Recording Notice:

The meeting was recorded for note-taking purposes; personal stories would remain confidential.

Boys and Girls Club – Brianna Holyk

- Origin from 1850; established as Boys and Girls Clubs of America in 1990.
- Mission: Strengthen youth, especially from marginalized groups.
- The local chapter has 8 clubs primarily in Vancouver.
- Program Offerings:
 - Safety, Fun, and Empowerment as core values.
 - Services include food assistance, mental health programs, college and career prep, arts, education, tech, and physical activities.
- Membership Structure:
 - Mandatory for program participation with yearly fees: \$50 for elementary students and \$10 for high school students.

Community Events:

- Back-to-school event on August 24th at Vancouver Heights United Methodist Church with supply giveaways.
- Further community resource discussions and supply event strategies were considered – Michelle will send out resources via email.

School Preparation Strategies:

- Discussion around essential school supplies, optimal bedtime routines, and sleep schedule adjustments for student wellbeing.

Youth Advocacy and Empowerment (YAE) Update:

- Monthly engagement; next meeting on September 8th covering social media impacts.
- Luke Wall from "Only 7 Seconds" to present on fostering friendships in the October 6th meeting.

FYSPRT Updates:

- Overview of regional operations connecting to legislative advocacy for youth behavioral health service improvements.