

November 18, 2019 FYSPRT Meeting Minutes

4-6pm

Location: YWCA 3609 Main St., Vancouver, WA 98663

Meeting Opening

- Introductions
- Sign-In Sheet
- Comfort agreement
- General Announcements
 - A+K Ingenuity is conducting youth focus sessions with aim at designing a model of care for a residential facility using youth collaboration – work group is December 3, 5-6:30pm at Cascade Park Library, youth incentives will be provided

Community Needs Survey/Assessment Discussion: Rebecca Royce

- Rebecca, with Clark County Community Services in the Community Action, Housing and Development unit, discussed county wide Community Needs Survey/Assessment being conducted via online or through paper survey
- Community Needs Assessment (CNA) focuses on the needs of people with a low income in Clark County
- The first, largest and most important part of the CNA process is gathering feedback from people who are struggling financially through a Survey of Needs.
- The survey will be available starting November 1, 2019, through January 31, 2020
- The data collected through the survey is confidential and will be incorporated into our Community Needs Assessment that will be completed by November 2020
- The CNA is used to inform the County and the Community Action Advisory Board (CAAB) about what services should be prioritized for funding in the community
- The CNA is also provided to all community partners, public officials and other funders in Clark County so that they are aware of the needs in the community
- Another purpose of the CNA is to encourage youth and families to speak into the system
- Here is the link to the online survey:
www.surveymonkey.com/r/2020CNANeedsSurvey

Youth Advocacy and Empowerment Report Out –Violet McKinney

- YA&E gave update on last meeting

Reminder of the Youth Advocacy and Empowerment Group

- YA&E launched an Instagram page @swwa_yae Follow and support our page Please follow the Facebook page also <https://www.facebook.com/FYSPRT/>
- Next YA&E Meeting - We meet the first Monday of every month (December 2nd) at Hanna Hall Room 118 at Clark College from 5:30-7:30pm

Ted Talk Discussion – How To Make Stress Your Friend: (Video by Kelly McGonigal)

- https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en
- Video was watched and FYSPRT members discussed reactions and thoughts to the video including managing stress, empathy, and self-care

What did you hear? Activity: Michelle Karnath

- Activity focused on discussing favorite people with another FYSPRT member
- Discussion would conclude with report out of what you learned about that other person based on discussion
- Brené Brown on Empathy (Video) - <https://www.youtube.com/watch?v=1Evwgu369Jw>

Wrap up and Evaluations