

Meeting Minutes: SWWA REGIONAL FYSPRT Meeting 10/20/25 – Hybrid

Attendees:

- Michelle Karnath
- Kacey Bellamy
- Angelo Gonzales
- Emma O'Campo
- Linda Zapata
- Jacob Dickison
- Riley Leonard
- Isabella Acevedo
- Jonathan Ug
- Lily Dickison
- Aaron Helenihi
- Grayson Tillman
- Kevyn Tillman
- Lawrence Zapata
- Angie Williams
- Angela Kennedy
- Lauren Woodbeck
- Amy Steed
- Mariusz Bista
- Ro Linn
- Stephanie DeGrandpre
- Meridian Bosner
- Sara Sanderson

Presentation: NAMISW – Jennifer Bell

- Programs Offered:
 1. Support Groups:
 - Connection support groups are available for adults, both in-person and remotely, for those aged 18 and above.
 - There are specialized groups targeting women, families, and adults living with autism.
 2. Youth Programs:
 - Ending the Silence: Educates middle school, high school, and college students about mental health and suicide prevention.
 - NAMI on Campus: Assists high school and college students in establishing mental health clubs.
 - You Talk Washington: Provides online resources for youths with family members suffering from mental illnesses.
 - Mindful Me: Offers age-appropriate mental health education for kindergarten to fifth-grade children.
 3. Workplace Training:
 - Calm Training: Offers de-escalation training for businesses, guiding staff to handle mental health crises with empathy and understanding.
 4. Fundraising Events:
 - NAMI Walks: An annual event aimed at raising funds and awareness, with the next event scheduled for spring.

Staff and Volunteers:

- The organization is operated by a team of 4 full-time staff members and approximately 50 volunteers.

Community Engagement:

- An Open House is planned for December to enable community members to familiarize themselves with NAMI's array of programs and services.

Real Talk: How do we stay connected to people?

1. Personal Connectivity:
 - Emphasized the importance of connections during and post-pandemic through creative means like online games and shared media experiences.
 - Highlighted the value of small gestures such as messages or calls to show care and maintain contact.
2. Social Media Usage:
 - Discussion on using social media platforms like Facebook or Instagram to stay connected with friends and family, with an emphasis on openness and initiating contact.
3. Quality of Friendships:
 - The meeting underscored the quality over quantity in friendships.
 - Metaphor of friendships as parts of a tree: leaves (casual), branches (regular), and roots (close, reliable).
4. Reciprocity in Relationships:
 - Talked about mutual effort in friendships and the importance of not maintaining one-sided relationships.

YAE Update:

1. Youth Engagement:
 - Efforts are being made to actively engage young people in discussions about mental health and to ensure their voices are heard within the community.
 - Emphasis on creating platforms where youth can express their concerns, share experiences, and connect with peers facing similar challenges.
2. Mental Health Topics:
 - There was a focus on addressing issues that particularly affect the youth, such as seasonal affective disorder, and planning upcoming discussions on these topics.
 - The importance of empowering youth to recognize mental health signs early and seek help or support when needed was highlighted.
3. Collaborative Efforts:
 - Encouraged collaboration with youth networks and integrating support systems to foster a supportive environment for young people.
 - Discussions around how different organizations and initiatives can work together to enhance mental health support for youth.
4. Future Meetings:
 - It was noted that future meetings, including the one scheduled for November 3rd, would continue to delve into key issues pertinent to young adults, ensuring that topics remain relevant and engaging for youth attendees.

Next regional meeting scheduled for November 17th via Microsoft Teams.