



Whatcom Family & Community Network  
2303 Moore St.  
Bellingham WA 98229

**Pick up your quarterly Hello Neighbor at local businesses!**

Hello Neighbor Newsletter is a collaborative effort. Mt. Baker Community Coalition's mission is to strategically build a strong community that offers well-being to all by focusing on youth and families through substance misuse/abuse prevention strategies and mental health promotion. We work together to provide education, resources, eliminate risks, increase protective factors, and leverage community strengths and assets.

Wa'Lynn Sheridan, CPP Coalition Coordinator  
[mbcoalition@wfcn.org](mailto:mbcoalition@wfcn.org)

Funded by: State Opioid Response Grant US Substance Abuse and Mental Health Services Administration, WA Health Care Authority, and Whatcom County Health Deptment.

**Want to support children & teens during COVID-19 pandemic?**

Check out this toolbox from the Department of Health. Download PDF here:  
<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/BHG-COVID19-FamilyToolbox.pdf>



# Hello Neighbor!

## Elevating Hope & Positive Community Norms to Inspire More Good

Wa'Lynn Sheridan, Coalition Coordinator, Mt. Baker Community Coalition

We are so proud of the families and community in Mount Baker! We know wonderful things and want to "Shout them Out!"

**Did you know?**

**More than 7 out of 10 Mount Baker High School Students say their families have clear rules about alcohol and drug use!**

In fact, 93.9% of 8th graders, 82.1% of 10th graders, and 72.2% of 12th graders said their families have clear rules about alcohol and drug use in the 2018 Washington State Healthy Youth Survey. **Way to go Baker Families!** We know it is important to keep conversations going throughout adolescence! Here are a few online resources for families:

[starttalkingnow.org](http://starttalkingnow.org)-Parent resources to prevent underage alcohol & marijuana use

[getthefactsrx.com/conversation-starters-parents](http://getthefactsrx.com/conversation-starters-parents) - Conversation starters from the WA Starts with One, Opioid Prevention Campaign

[whatcomfamilies.org](http://whatcomfamilies.org)-How Whatcom Families harness the power of positive interactions to prevent youth drug and alcohol abuse

Young people who learn about the risks of drugs are up to **50% less likely** to use them (Partnership for Drug-Free Kids). You can make a difference by talking to the young people in your life about risks of alcohol, nicotine, marijuana and prescription drugs.

**Did you know?**

**More than 7 out of 10 Mount Baker High School Students know they have Trusted Adults in their community!**

When 8th, 10th and 12th graders were

asked if there are adults in their neighborhood or community they could talk to about something important, between 72-79% said they do have adults they could go to. Research tells us that having just one trusted adult lowers risk for youth. We are so glad most students have someone they can go to outside of their home, if they need to talk about important issues. We also recognize there are some youth who do not know who could be a Trusted Adult in hard times. We want ALL youth to have at least one Trusted Adult! If you have youth in your life, we invite you to learn how to be a Trusted Adult. Visit [madhope.org/trusted-adult](http://madhope.org/trusted-adult).

**We Are Baker Strong!**



Fall 2020

# Hello Neighbor!

Brought to you by partners of Mt. Baker Community Coalition  
Pick up your quarterly newsletter at community locations

## A letter of gratitude and encouragement from the Parenting Academy

Megan Brown Douglas, Program Director, Parenting Academy, Brigid Collins

These continue to be unprecedented, challenging and strange times. First, I'd like to express the deepest gratitude for you, parent, teacher, partner, neighbor, and collaborator. When we envision a community where all children are healthy and thriving, the caretaking adults are the champions of this cause. **Thank you!** Now, with the pandemic lingering on, we will continue to be challenged as parents, caregivers, teachers and trusted guardians of our most precious community members as we navigate the months ahead.

I want to also extend some encouragement as this pandemic drags on. **You are not alone.** We are not alone. For every time we have experienced a horrible minute, day, week, month or year, we can rest assured that someone else out there has felt the same pain. We are not the only parent

trying to figure out how to work and keep our child on track with their schooling. We are not the only teacher navigating this new school year. We are not the only community member concerned for our fellow neighbors with the recent job losses, stressors, and increased conflicts due to living in quarantine during a pandemic. We are not the only person feeling like it is extra hard to get out of bed this morning, with the exhausting weight of all the world heavy on our shoulders.

Though it is easy to feel and see the suffering all around us, remember you are not alone, and we are in this together. There are people in our midst who have come up with solutions and can help and support. And there are people out there who you can help, too. The resiliency found in helpers and community is so critical for the healthy development and well-being for our children and youth, especially during these times. So, don't hesitate to reach out for help and to offer help!

At the Parenting Academy, we seek to partner with parents, caregivers and schools to offer support for navigating the school year during the pandemic. Thanks to funding from the Building Healthy Communities Grant, in partnership with Whatcom Family and Community Network, we are able to continue to offer **free parent coaching to families in the Mount Baker Community.** And thanks to ongoing generous donations, we are able to offer a sliding scale fee for those who might otherwise not be able to participate in services. Our weekly seminars and parent coaching are currently being provided virtually over Zoom and we are always looking

### Strengthening Families Program

- 7 weekly classes for youth and their caregivers
- Families with youth aged 10-14
- Programs will be live & presented online
- A great opportunity to connect with your family and gain some tools to support family dynamics.

For more information follow along on Facebook [facebook.com/strengtheningFamiliesWhatcom/](https://facebook.com/strengtheningFamiliesWhatcom/) Please visit [extension.wsu.edu/whatcom/fch/sfp/](http://extension.wsu.edu/whatcom/fch/sfp/) to be notified when classes are scheduled.

for more creative ways to connect. You can learn about the help we offer at the Parenting Academy on our website [parenting-academy.org](http://parenting-academy.org), by sending us a quick email at [contact@parenting-academy.org](mailto:contact@parenting-academy.org) or by calling (360) 922-3600. You can also visit our Facebook page for weekly parenting tips and other encouragement and motivation.



You are not alone. We are all heading into uncharted territory this school year. The Parenting Academy is here to support you and your family with virtual seminars and parent coaching, right when you need it!

**Find the right fit for your family.**

**VIRTUAL ONE-ON-ONE PARENT COACHING SESSIONS**  
Meet with a specialized parenting coach to focus on achieving the unique goals you have for your child and for yourself as a parent.

**VIRTUAL ONE-ON-ONE PARENT COACHING SESSIONS**  
These 60-minute seminars focus on a range of topics for parents and provide research-based, practical tips for everyday parenting! Seminars are held twice each week and topics include *Coping with Stress, Work/Life Balance, Instant Homeschooler, Parenting in the Digital Age* and more! Limit of 12 participants.

To register to attend or learn more, call (360) 922-3600 or email [contact@parenting-academy.org](mailto:contact@parenting-academy.org)

114 W. Magnolia Street #300

[www.parenting-academy.org](http://www.parenting-academy.org)

### Early Head Start & Preschool

**Early Head Start:** Program consists of weekly home visits that focus on developmentally appropriate play, establishing a family goal, and two socialization experiences per month. Prenatal - age 3

**Preschool:** Classes are offered four days/week including quarterly home visits and school conferences to establish child and family goals. Ages 3 - 5

**All families welcome!**

Apply at [oppco.org](http://oppco.org) or in person 1111 Cornwall Ave. Ste 200.

**No charge** to participate in these programs. Questions? 360-734-8396

## Elevating Hope: Continued

We launched our first ever **Positive Social Norms Campaign: We Are Baker Strong!**, this Spring/Summer, 2020: The campaign uses data from the 2018 Washington State Healthy Youth Survey (HYS) conducted by WA Department of Health & the 2019 Community Perceptions of Youth Substance Use Survey, to highlight healthy behaviors already happening in community. Messages were selected by youth and parents and tested in focus groups of middle and high school students and adults. Furthermore, messages focus on life choices practiced by the majority of local youth & families. However, the community as a whole can be unaware of facts. Research tells us it is common for communities to have misconceptions about choices their fellow community members are making. Ensuring accurate perception is powerful. It is most powerful to focus on positive behavior that is “normal” or “most common”, possible solutions & what we can create together.

One assumption in community can be that youth think it is okay for friends to consume alcohol and use substances, yet the HYS shows us that across grades 6, 8, 10 & 12, more than 82% of students actually think it's wrong for someone their age to use. This shows a misunderstanding in community about youth and their relationship with

alcohol and substances. The main goals of our campaign are to eliminate these misconceptions and substitute them with the positive facts that inspire individuals to act in healthy ways. To see all of our messages, learn more about why these are important, and/or order a banner/yard sign visit [wfcn.org/WeAreBakerStrong](http://wfcn.org/WeAreBakerStrong).

Between July and November, campaign yard signs and banners will be posted at schools, businesses and on private property. Our hope is this campaign will nurture a community that is more connected, takes pride in one another, and believes in the integrity and capacity of our youth. Our goal aims at a strong, positive culture that enables youth to thrive.

### Wondering how to get connected and/or follow our work?

Contact our Coalition Coordinator, Wa'Lynn Sheridan, [mbcoalition@wfcn.org](mailto:mbcoalition@wfcn.org) Follow us or send a message on Facebook: [facebook.com/MBCommunityCoalition](https://www.facebook.com/MBCommunityCoalition)

Founded 3 years ago, in the fall of 2017, The Mt. Baker Community Coalition (MBCC), serves all those living within the boundaries of the Mount Baker School District service area—from Glenhaven to Glacier. We strategically build a strong community that offers well-being to all, through substance

use/abuse prevention strategies and mental health promotion. We work together to provide education, resources, eliminate risks, increase protective factors, and leverage community strengths and assets. This is made possible by many community volunteers and collaborative relationships.

Join us as we meet on the 3rd Monday of each month, except August and December from 1:45 to 3:45 p.m. We currently meet virtually via Zoom. When face to face meetings are allowed, the Mount Baker School District administration offices in Deming will again host our meetings.

### How is this work funded?

Currently, MBCC is funded by Community Prevention Wellness Initiative (CPWI) managed from WA HCA/DBHR and funded through WCHD. In spring of 2020, we applied for a federal Drug Free Communities (DFC) grant from the CDC. We will receive notification of the status of our award for DFC funding in December 2020. We continue to seek in kind donations and collaborative partnerships to ensure sustainability of prevention in Mount Baker.

## It's Not Too Late to Complete the 2020 Census!

Sara Bernardy, Census Coordinator, Whatcom Council of Governments

Counting people through the census is how funding gets where it's needed for the next ten years—for things like our schools, affordable housing, hospitals, and public transportation. An accurate count also determines how many representatives Washington State will have in Congress. For our community, be counted! Go to [2020Census.gov](http://2020Census.gov) to complete the census or call 844-330-2020.

**Census 2020: 10 Questions, 10 Minutes, 10 Years of Impact!**

As our communities shift how we interact with one another, you can still make a huge difference for your community right now! Take this time to complete your Census 2020 questionnaire. You can choose any one of the three following ways to respond:

1. Online. Look for your letter from the Census that provides an internet link and a personalized code to participate. This is a great opportunity to involve your children! [2020census.gov](http://2020census.gov)
2. By phone: Call 844-330-2020 for English. You can complete the census by phone in 13 other languages or TDD. Phone numbers are here: [2020census.gov/en/ways-to-respond/responding-by-phone.html](http://2020census.gov/en/ways-to-respond/responding-by-phone.html)
3. By mail. Some people will get a census form in the mail to complete by hand

You should not be asked to fill out a decennial census form by email, and you will never be asked to provide your social security number, bank account numbers, or other private security information. If you are, ignore it—that is a scam. There is no citizenship question on the census. The results cannot go to law enforcement, ICE, or your landlord. It is safe and secure as required by law.

### Mt. Baker 2020 Community Survey

ONLINE SURVEY ENGLISH  
[research.net/r/WHMTBAEN2020](https://research.net/r/WHMTBAEN2020)

ONLINE SURVEY SPANISH  
[es.research.net/r/WHMTBASP2020](https://es.research.net/r/WHMTBASP2020)

Paper copies of the survey are available in Russian, Spanish and English upon request, [mbcoalition@wfcn.org](mailto:mbcoalition@wfcn.org)

### Why do this?

The census count will impact:

- How much money our communities receive in federal funding for programs like education, Medicaid, student loans, Section 8 housing vouchers, Head Start, child care, and transit. In 2016 Washington State received funds equaling \$2,319 for each resident. Multiply that by 10 years, and each person really DOES have an impact!
- The distribution of hospitals, schools, fire departments, parks and more
- The power of our political voice—how many representatives Washington gets in Congress and in the Electoral College.

In the State of Washington, \$16.7B in tax dollars for our communities are at stake, along with our democratic representation in Congress. We cannot afford to miss counting anyone in this census, especially historically undercounted communities of color, immigrants, tribes, rural areas, and young children.

### Whatcom Dispute Resolution Center

[Free Online Workshops](#)

Youth Poetry

Ages 4-18, Wednesday, Sept. 16, 4-5 pm

Understanding Conflict for Kids

Ages 7-11, Thurs., Sept. 17 4:30-5:15pm

### 2020 WDRC Youth Peace Poetry Contest

Each year, the Youth Peace Poetry Contest inspires youth to imagine what healthy and happy relationships, and their community as a whole, could look like. Youth are invited to submit any kind of short creative writing piece for this contest. This contest is open to all youth in Whatcom County ages 4-18. Submissions will be accepted until September 25th, 2020. For more information or to submit a poem, visit: [whatcomdrc.org/youth-peace-poetry-contest](http://whatcomdrc.org/youth-peace-poetry-contest)

### WDRC Virtual Community Services

- Mediation for families, neighbors, businesses, & organizations.
- Supervised Visitation for parents and children.
- Conflict Resolution and Restorative Practice Education for youth, schools, and community agencies.
- Facilitation and coaching for groups and individuals.
- Conflict Resolution and Communication Trainings.

## YOUTH ART CONTEST!

**\$100 FOR THE TOP 3 ENTRIES!**

**CONTEST TOPIC: WHAT DOES A TRUSTED ADULT MEAN TO YOU?**

**What is a Trusted Adult?**

*A Trusted Adult is someone who you feel comfortable going to in times of need; someone you can count on to listen and help you no matter what!*

**ALL ENTRIES WILL RECEIVE A PRIZE! INTERESTED?**

Please visit [madhope.org](http://madhope.org)

**Entries accepted until October 30th**

Sponsored by M.A.D.-H.O.P.E.

(Making A Difference - Helping Other People Everywhere)

A youth suicide prevention program started by concerned youth and caring adults to end youth suicide and support youth mental health in Whatcom County.



### Mount Baker Neighbor Pantry

Where: St. Peters Catholic Church, 6210 Mt. Baker Hwy.

When: Thursday from 3:00-5:00pm.

You're invited to pick up shelf stable food, clothing, small household items, pet food, diapers/depends, & feminine care. One pair of socks, and a Bonus Item each week. The last Thursday of each month we will distribute a 4 pack of toilet paper and laundry soap. See you soon!

### Free library & Seed exchange

Brand new Van Zandt Free Library & Seed Exchange Hutch at the Van Zandt Hall 4106 Hwy 9.

Facility is provided by the South Fork Valley Community Association, visit our website and see our documentary video at [southforkvalley.org](http://southforkvalley.org) No donation is too large or too small

### Columbia Valley Community Connections

October 14 at 6 to 7:30 pm

Join us for a presentation by Columbia Valley Park & Recreation District.

email [mbcoalition@wfcn.org](mailto:mbcoalition@wfcn.org) to be added to the CVCC invitee list

### Dungeons & Dragons

EWRRRC Teen Time Online

[register bit.ly/TeenTimeDD](https://register.bit.ly/TeenTimeDD)

Fridays 4:30 - 6:30 through Oct. 30

Questions? 360-599-3944

**DID YOU KNOW?**

**More than 7 out of 10 Mount Baker High School Students say their families have clear rules about alcohol & drug use.**

**WE ARE BAKER STRONG!**

2018 WA State Healthy Youth Survey