

CONTINUED FROM FRONT PAGE:
We are Baker Strong!

Talk About How Your Kids Can Communicate Boundaries

"Hey, how are things going at school with your friends? ... I have heard some other parents talk about a few situations of kids experimenting with drugs. Have your friends been talking about that at all? ... You know, if you are ever offered drugs, you should feel totally confident just saying "no thanks." But if you feel uncomfortable, know that you can always blame it on me and say that your mom/dad would take away your phone/sport/car/etc. if you got caught. And know you can always call me to come pick you up if you are some place you don't feel comfortable."

Share Why & How Prescriptions are Used

"I saw a story on the news today about kids trying their parents' or their friends' parents' prescription drugs. You know, prescriptions are only for the people the doctor prescribes them to for many health and safety reasons. People are often allergic to certain medications and almost all medicines have side effects, which can affect people differently. It is really important to only take the medications prescribed to you by your doctor to keep you safe. What would you say if someone offered you their prescriptions or asked to have some of ours? ..."

It can be tempting to talk about your own experiences with drugs. Keep the conversation to how you communicated boundaries and keep the door open for your child to talk about their own experience.

"When I was your age, I remember people in my class experimenting with drugs on the weekends. I know the times have changed, but drugs are just as dangerous, and peer-pressure is just as real. I wasn't perfect, but I played soccer and wanted to keep myself fit and out of trouble, and most people at school understood that. With all the things you have going on, be confident in saying you aren't going to try anything because you need to keep yourself healthy for (activity)."

Check in About Stress and Wellbeing

"Hey, how are things going? ... I know there is a lot of change at school this year. Some of it is really exciting and some of it might be a challenge. Just know that if things start to get stressful, I am here for you and so is (trusted adult). If you are ever feeling overwhelmed, let us know and we will help find a way to work through it. Just know that drugs or alcohol are not going to get you through the stress or make more friends, they can actually lead to anxiety and broken relationships. I really love and care about you and will help get you through whatever you are facing."

If You Know Your Child Has Experimented with Drugs, Be Direct and Offer Support

"I know you have been drinking/smoking/using drugs, and it is really upsetting to me. I know you are afraid of getting in trouble, but I already know, so now I really just need to know what is going on and what got you started even experimenting. I love you and care about you and want to help you through this. You deserve to be happy and healthy, and I am here to support getting you there."

For additional conversation starters and tips for talking to your kids, check out this resource from Partnership for Drug-Free Kids.

drugfree.org/article/talk-with-your-kids/

**Starts with One getthefactsrx.com/conversation-starters-parents

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 to age 3

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

All families welcome, apply online at oppco.org or in person at 1111 Cornwall Ave. Ste 200 in Bellingham. There is no charge to participate in these programs. Questions? 360-734-8396

Whatcom County Al-Anon

When you don't know where to turn... Because someone drinks too much... Al-Anon Family Groups can help. Learn more by attending a confidential meeting in your community. 888-4AL-ANON or al-anon.org Online video meetings available visit whatcomafg.org

EWRRC Hours of Operation

Your local community center welcomes you Monday, Wednesday, Thursday and Friday 9 am to 12 pm and 1 pm to 4 pm for grab and go services. Please note we are closed 12 - 1 pm for staff lunch. Call 360-599-3944 to leave a message with the best way to get in touch with you, we will return your call as soon as possible.

Where Will the EWRRC Teen Time D&D Campaign Take You?

Join us for Teen Time ONLINE register @ bit.ly/TeenTimeDD (please note: capitals and lowercase matter for bit.ly links) May 22nd through August 28th. Every Friday from 4 to 6 pm. Questions? Please call the EWRRC 360-599-3944 or email abby_mckinley@oppco.org or jessica_bee@oppco.org

CONTINUED FROM PAGE THREE: Unity Care Health Insurance Access

needs. Enrollment assistance can generally be provided over the phone.

Enrollment in a new health insurance plan is usually restricted to a certain time of year in the Fall. But if you have recently experienced a "life event," such as becoming unemployed, you may be eligible to apply for health insurance coverage outside of the Open Enrollment period or get help to cover your Medicare costs. Depending on your income, you may also be eligible to enroll in Apple Health, or Medicaid. Applications for Apple Health can be submitted throughout the year. For more information, call (360) 788-2669 or visit unitycarenw.org/insurance-resources-and-enrollment/.

EWRRC 7th Annual Kids Dayz of Summer

Coming to Columbia Valley, Maple Falls & Glacier on the Mt. Baker School District Summer Meals bus every Thursday July 2nd through August 6th. We are excited to offer FUN activities delivered to you! Activity packs for local youth ages 1 through 18 each week! **Enter to win:** send activity photos or stories to kidsdayz@oppco.org or call 360-599-3944 each week to be added to the end of summer drawing to win awesome prizes! Be sure to leave your contact phone number, age and name to be entered. One entry per child per week. Activities do not need to be complete to enter.

Lifeline Connections

Telehealth Connections. We meet you where you are for substance use treatment using secure technology. Call today. 360-922-3030



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
(360) 255-7489 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 Dept.



Summer 2020

Hello Neighbor!

Brought to you by partners of Mt. Baker Community Coalition

Did You Know... We Are Baker Strong!

Find us on Facebook "Mount Baker Community Coalition"

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 - Parent resources to prevent underage alcohol and marijuana use.

getthefactsrx.com/conversation-starters-parents - Conversation starters from the WA Starts with One, Opioid Prevention Campaign.

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 percent 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. We Are Baker Strong!

Find conversation starters on the back!



DID YOU KNOW?

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

2018 WA State Healthy Youth Survey

Reflections from YOUR EWRRRC

Jessica Bee, EWRRRC Coordinator

What wild and unusual times we are living in. Here at your friendly neighborhood resource & community center we miss your visits to the EWRRRC, while we also really appreciate your thoughtful efforts to stay home and stay healthy whenever possible. We know it is not easy. . .

Even so, we are here to serve you and are open Mondays, Wednesdays, Thursdays, and Fridays 9AM-12PM & 1-4PM to offer essential grab and go support. Some services we have been able to help with in these past weeks include: work related printing, faxes for services, seeds, referrals for utility bill support, food access, and much more! Call us at 360-599-3944 if you have any questions or needs we might help with. We'd love to hear from you!

On the exciting news front we are delighted to say we will be hosting the Kids Days of Summer by sending out packets of activities once a week on the MBSD Summer Meal buses to help youth stay active and well during this summer. Look for these packets starting in July. See back page for details.

If you have driven by on a Tuesday morning recently you have likely seen the Foothills Food Bank is in full swing at their new home and offers drive up distribution every Tuesday 9-11:30AM and Senior Meals from Whatcom Council on Aging!

As always, but especially now, we at the EWRRRC admire our community. So many of you have stepped up to help a family or an elder in our community and we will never forget these moments. These challenges are the ones which bring us closer together even when we have to stay physically apart.



Nicholas Perigo, Principal at Kendall Elementary, opening the new gate at the school's east garden, a project of Common Threads & Kendall PTA.

SEAS - Single Entry Access to Services

Deirdra Brummer, SEAS Navigator, Opportunity Council

SEAS (Single Entry Access to Services) connects children and youth ages birth - 21 who have or may have special needs to community services. SEAS is an essential service. We're still open during COVID-19 restrictions. Contact SEAS to learn more about local resources to support your children. This includes resources for early childhood development, support from the local school districts, mental health resources, evaluation resources, special therapy wait list information, and more! Call SEAS today to discuss resources and support for your child and family: 360.715.7485.

SEAS is also the gateway for Whatcom County ESIT Programs. ESIT (also known as Early Intervention or Birth to Three) continues to accept children ages birth to three years old who might be experiencing a developmental delay. This can include children who may not be walking or talking on time, struggles with feeding or behavior, or just having concerns about your child's development. Through ESIT, you and your child will have a team of support. You and your child will receive specialized instruction or different therapies from an occupational therapist, speech therapist, physical therapist or others. You will also receive support accessing other local resources. Don't wait! Call SEAS now to find out more about ESIT in Whatcom County: 360.715.7485.

SEAS
Single Entry Access to Services
phone: 360.715.7485
fax: 360.676.6729

Common Threads: Announcement

Common Threads

Common Threads is a local nonprofit that gardens and cooks with kids across Whatcom County. During these unusual times, Common Threads is working hard to meet the community's changing needs through:

- **Online classes:** Sign up your child for cooking classes (offered on a "pay what you choose" basis) on our website. This summer we will also collaborate with the East Whatcom Regional Resource Center to support written recipes and zoom cooking classes focused on how to prepare yummy, nutritious meals with your food bank box.
- **Gardening advice:** Sign up for free to attend online "garden office hours" with Farmer Joe on Wednesday mornings. He'll answer your questions big and small!
- **Healthy food access:** Sign up for our newsletter to hear about our Microgreen kits or reach out to us (contact below) to find out how to access produce grown in school gardens.
- **Volunteer:** Sign up on our website to help maintain a school garden, following Covid-19 safety protocols. **Kendall Elementary is seeking a lead volunteer garden coordinator.** Contact the Kendall PTA for information, contact@kendallpta.org.

For more information visit commonthreadsfarm.org, follow us on social media @[commonthreadsfarm](https://www.instagram.com/commonthreadsfarm), contact info@commonthreadsfarm.org or call/text 360-927-1590.

Have you seen this bus???

Danielle Humphreys, Making a Difference, Helping People Everywhere (MAD-HOPE)

Keep your eyes open for WTA buses featuring student artwork asking people in our community to "Be the Trusted Adult that Youth Need!" Did you know that having at least one Trusted Adult in a youth's life is a strong protective factor, increasing resilience, strength, and healthy choices? Many of us can think of at least one adult who we knew cared for us and would be there if we needed to talk. It doesn't take much to be a Trusted Adult, but it can make all the difference to the youth in our community.

Whatcom County youth describe Trusted Adults as any adult that listens, shows up, believes them, says, "I'm here if you want me."

If you would like to learn more about being a Trusted Adult in a young person's life, please visit our new webpage: madhope.org/trusted-adult



Library Announcements

Katrina Carabba, Deming Branch Manager, WCLS

Summer reading is a great tradition at all Whatcom County and Bellingham Public Libraries! Early readers, kids, teens and adults can take part any time from June 1 to September 30 by printing a Summer Reading bingo card from wcls.org/summer-reading, calling your library to pick up a card with your holds or have bingo cards mailed directly to your home. Everyone can participate! Young people set a personal reading goal and record it on their BINGO card. Once that goal is met, they choose a new, free book to keep. Adults who complete their BINGO cards enter into a prize drawing. Stay tuned for more information on how to redeem your card for prizes. Browse free summer library programs for all ages at wcls.org. These programs include madlibs, scavenger hunts, cre-

ativity times for different ages, a writing club for teens, a movement time for little ones, and more!

Schedule your curbside pickup!

During Phase 2 of Washington's Safe Start plan, Whatcom County Library System (WCLS) staff are ready to go with a safe phased approach to services. All library branches are now offering curbside pickup of hold through Phase 2. Place your request, wait to receive either a phone or email notification that your hold has arrived. Call your local library to schedule a time to pick up your hold between 10am to 6pm Monday through Friday and 10am to 5pm on Saturday. We look forward to hearing from you!

Whatcom Dispute Resolution Center: Summer Events

7/29 2-4pm: Tools for Tough Conversations - Explore Biases, Identify Opportunities for Exclusion
8/12 & 8/19 2-5pm: Understanding Conflict
8/25 2-4pm: Tools for Tough Conversations - Practice Speaking Up When it Matters Most
9/24 1-4: REACH: Exploring Equity and Cultural Humility
whatcomdrc.org/wdrc-events

Whatcom County Al-Anon & Alateen Family Groups

The Whatcom County Al-Anon and Alateen family groups are offering weekly virtual meetings where friends and families of alcoholics come together to share their experience, strength, and hope with each other so that they may solve their common problems and recover from the effects of problem drinking.

Find out more about online meetings and the program at whatcomafg.org.

Unity Care Health Insurance Access

Jennifer Moon, Unity Care NW

The COVID-19 pandemic has brought much hardship to our community, including significant job losses. As unemployment rates have increased, we've seen uninsured rates rise too. In early 2020, the health insurance uninsured rate was about 6 percent. Now, it has nearly doubled to 11.8 percent.

There is help and hope! If you or someone you know has lost a job and health insurance, Unity Care NW can help. Our Outreach and Enrollment team offers free health insurance enrollment assistance to any Whatcom County residents. Our Enrollment Specialists have been trained and certified as In-Person Assistors by the Washington State Health Benefit Exchange, and the information they provide about the various health plan options is unbiased. Whether you are a Unity Care NW patient or not, they can help you find a health insurance plan that is affordable and meets your **READ MORE ON BACK PAGE >>>>**