

Minutes

Human Services Advisory Board held March 11, 2024

Members present: Beth Eden, Theresa Chemnick and Amy Ray.

Staff present: Richard Uri and Jami Mitchell

Guest: Mary Uri, New Day Recovery Café, Friday Harbor

No one from the public was in attendance.

Ray called meeting to order at 1:30pm and made the public service announcement. All attendees introduced themselves.

Agenda: Board approved the agenda.

Minutes: Board approved the February meeting minutes.

Mary Uri presented information about the recovery café:

- She gave a virtual tour and described current program, use, and needs.
- Radical hospitality, all are welcome, people don't feel judged, so masks come off.
- Not just substance use, also social anxiety. Activities help, such as playing games, etc.
- Now 4 people are member-leaders, 4 hrs/wk received stipend, provide peer support, help sign up for DSHS, etc.
- Intake process: guest attends 3-4 times to be sure they want to participate. Participants must not be under the influence, must come 1 hr/wk to their recovery support group (or call), and must be of service (e.g. sign up on chores board).
- Open Tues-Fri 2-7pm. Dinner 4 nights a week. Also Thursday mornings walks.
- Funding provided by HCA grant, which is split with Lopez. Some supplies are donated. Uri added that life skills classes can be assigned through therapeutic court, so CJTA funding may be possible. Eden
- They are part of a cohort of 68 in US and 1 in Canada.
- Age range 20-79.
- In addition to support group time, most hang out 3+ days/week. Also classes are offered in budgeting, nutrition, etc. A journaling group is offered.
- If funded, hours could be increased, a more accessible location could be found (now on 2nd floor)
- Uri clarified difference between AA and recovery café: AA is 1 hour, sharing structure is different, and mental health part is not dealt with. Some recovery café members also attend AA.
- Eden noted that the islands have people with deep concern who would raise funds.
- Eden suggested increasing reach to include auxiliary support (like alanon)
- Child care not part of model now. Participants are mostly single.
- Recovery Café also serves as a hub for services. Narcan/naloxone is available on site.
- Having a designated, clean, inviting space is important. It belongs to members, they are valued.
- Community members are invited to hang out, listen, have dinner.
- If members show up under the influence or are disruptive, handled by saying today is not good...
- Wellness fundraiser fair to be planned for September.

- HSAB stated desire to help support.

Uri added to his report:

- He is finalizing the drafts of items to be included in the Next Step kits. Cost will be less than \$10 per kit **assuming** because there will be no cost for naloxone.

Mitchell added to her report:

- She covered for staff who were out over the past month.
- Senior services position was posted in February and there are 12 applicants.
- Community Health Assessment results are being analyzed.
- DEI (diversity, equity and inclusion) plan should include developmentally disabled.
- Family caregiver support (no financial eligibility to qualify): now there is a need to codify access and expectations so acute needs for respite can be addressed.

HSAB membership and roles: Mitchell noted that according to county code, increasing board membership to 9-12 and adding subject area committees are recommended. Minimum is 6 meetings per year. Committees could include prevention, DD, and/or early childhood education. ECE has asked Mitchell about a citizens advisory committee that would provide input a few times per year. Discussion ensued. Comments included difficulty in recruiting, benefits of fewer meetings, benefits of a smaller (less than 12) group for conversations, defining extra work for committee members, etc.

Next meeting April 8 at 1:30pm

Meeting adjourned at 2:45pm