



WESTMINSTER

YAP Meeting Minutes

Date 12/11/2024

Time 6 – 7:30 pm

Location Colorado River Room -Westminster City Hall

- I. **Names of Officers**
 - a. **Chair: Sam**
 - b. **Vice Chair: Lucy**
 - c. **Secretary: Ava**
 - d. **PIO: Aditi**
 - e. **Community Service Committee: Milo, Victoria, Akimi, Aditi**
- II. **Important Information from Officer Meeting (if applicable):**
 - a. **Aric Otzelberger – new Parks, Rec, and Libraries Director @ January meeting**
- III. **Roll Call and Introductions:**
 - a. **Sam**
 - b. **Ava**
 - c. **Aditi**
 - d. **Max**
 - e. **Koet**
 - f. **Manny**
 - g. **Sage**
 - h. **Ida**
 - i. **Maite**
 - j. **Hagen**
 - k. **Victoria**
- IV. **Speaker(s) (if applicable): Community Reach Center (mental health)**
 - a. **Mike Marsico VP of Clinical Operations presentation and Q&A**
- V. **Debrief of Speakers:**
 - a. **Mission: to enhance the health of our community**
 - i. **Respecting diversity**
 - ii. **Building lasting relationships**
 - b. **What does CRC do?**
 - i. **Serves 13,000 consumers in approximately 100 locations**
 - c. **Key programs**

- i. **Outpatient Care**
 - ii. **Residential**
 - 1. **ECA (Empowerment Center for Adolescents)**
 - a. **10-bed Shelter for Youth (ages 12-17) who need emergency placement**
 - b. **Help connect youth to wraparound services to reunite them with family or relatives or a long-term stable home**
 - c. **When their parents are in a homeless shelter (only allows ages 18+), kids go here**
 - d. **Encouraged to make welcome kits for youth transitioning into ECA**
 - i. **Providing needs for them like food, drinks, warmth, and hygiene**
 - iii. **Community-Based Programs**
 - iv. **Justice Accountability & Recovery**
 - v. **School-Based Programs**
 - vi. **Day Treatment**
- d. **What services do these key programs provide?**
 - i. **Individual therapy**
 - ii. **Group Therapy**
 - 1. **If you don't feel comfortable with individual therapy**
 - iii. **Family Therapy**
 - iv. **Peer Support**
 - v. **Anger management**
- e. **Building a new courthouse over where the old one was**
 - i. **Colocation (getting everything you need in one place in relation to ECA and supporting youth)**
- f. **How do people know about this program and to get help from them?**
 - i. **Spreading the word about these programs (talking to panels, schools/colleges, youth)**
 - ii. **Encouraging people to reach out**
 - 1. **"Everyone can benefit from therapy"**
- g. **Everyday Youth Services**
 - i. **Youth therapy**
- h. **Co-response team**
 - i. **Going with police, fire fighters, paramedics and EMT to help people with the mental side of traumatic experiences involved with these services**

- ii. **Mostly negative interactions**
 - i. **Mental Health First Aide**
 - i. **Trainings you can take to learn how to help support someone struggling with mental health**
 - ii. **Similar to first aide**
 - 1. **Helping someone with mental health until a mental health professional arrives**
 - j. **How do you help someone who can't reach out or isn't comfortable reaching out?**
 - i. **Talking to a friend you trust about what's going on**
 - ii. **Friend can recommend and encourage them to speak to a therapist**
- VI. Recap of Meeting Minutes (Short Summary of Last Meeting):**
- a. **Growing Homes transportation initiative**
 - i. **Shuttle service from last meeting**
- VII. Liaison Announcements:**
- VIII. Officer Announcements:**
- IX. Old Business:**
- a. **Summit planning update – confirm date and time**
- X. New Business:**
- XI. Wrap Up/Announcements:**
- XII. Adjourn: 7:21**