



Department of Human Services

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DEPARTMENT OF HUMAN
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North Kitsap Substance Abuse Prevention Coalition

Monday, March 10, 2025

1:00 p.m. - 2:30 p.m.

[JOIN the Meeting](#)

Meeting ID: 699 110 4058

Call in: 1-253-215-8782

In-person: Kitsap Regional Library 700 NE Lincoln Rd.
Poulsbo

AGENDA

- Welcome and Land Acknowledgment
 - Ice Breaker and Introductions
 - Youth Voice Opportunity
- Coalition and Community updates
 - Mark your calendars

Prevention Education

- **Spotlight:**
 - Quick Start informational cards – workgroup
 - Socktober – Community Connections activity - workgroup –
 - Secure Medicine Take Back – partner engagement

Prevention Efforts

- Events, Activities, and Public Presence
 - Fetal Alcohol Syndrome Awareness event – workgroup
 - Developing leaders – workgroup to be announced
- Progress – where are we and what's next

New Business

- Action Items
- Reminders

Community Comments

Please limit individual comments to 2 minutes. Written comments may also be submitted to the advisory board if this timeframe is insufficient.

Next Meeting Dates: 4/14/25, 5/12/25 and 6/9/25. Upcoming meeting at Kitsap Regional Library 700 NE Lincoln Rd. Poulsbo. Hope you can join us.

<https://www.kitsapgov.com/hs/Pages/PREVENTION-Landing.aspx>

Mission: To create a framework of resources, support and partnerships to combat youth substance abuse in North Kitsap thus providing for a safe and healthy environment for all.





North Kitsap Substance Abuse Prevention Coalition

Thursday, February 10, 2025

ANNOUNCEMENTS:

- Steve announced that Coffee Oasis has many socks they will donate to him for “Socktober”.
- Quick Start cards are well underway with drafts coming soon.
- All members are invited to the Fetal Alcohol Awareness event workgroup, Feb. 19, contact Deanne for details.
- Kitsap Black Student Union is in Olympia, we will ask for feedback when they return.
- New brochures need to be created with the new logos, a workgroup will be formed soon.
- The group recognized the coalition champions.

PARTNER HIGHLIGHTS:

- Rene reported that she has a lunch event coming up soon with her youth.
- Gene, from Freedom 13, gave a presentation around the negative impacts of social media/internet use among teens. Teens spending between 2-5 hours a day on social media are more likely to be diagnosed as “clinically depressed”. There is a significant difference in this impact based on gender, female teens depression rates based on social media use is drastically higher. Girls who spend only 30 minutes per day on social media have an increased depression rate of up to 15%. Freedom 13 suggests a 1–2-hour reduction in internet/social media use per day. They suggest when you get your teen a phone, to only get the talk/text plan so they have less access to the internet.
- Current activities: Positive Action with KBSU, Guiding Good Choices with G2G2, Communities Mobilizing on Change for Alcohol (CMCA) with KBSU, Social Media campaigns.

MOVING FORWARD – NEXT STEPS:

- The group participated discussed “preparing for change”, reviewing the updated list of potential activities and events based on capacity. Volunteers will be needed for the upcoming events/activities.
- The group is asked to consider ways to combat smoking/vaping, ideas on what we can do.

EVENTS:

- Building a Healed Community: A Connections & Resource Event – February 26
- Multi-Cultural Fair – July (TBD)
- Fetal Alcohol Awareness event – September (TBD)
- KPHD Overdose Awareness Day Event – TBD
- Socktober – October (TBD)
- Kitsap Youth Rally – March 25
- Salish Recovery Meeting – February 20
- Olympic Prevention Partnership Meeting – March 11