



**CITY OF MUKILTEO, WA
MUKILTEO YOUTH ADVISORY
COMMITTEE**

MEETING MINUTES

October 13th, 2020

Via Zoom

Call to Order Executive Assistant Lindsey Arrington called the meeting to order at 6:03 pm

Attendance Councilmember Marine, Elisabeth Crawford, Lindsey Arrington, Council Vice President Kneller, Muhammad P., Muhammad K., Chloe Lee, Eric Bae, Lorencia, Amiya McLean, Allison Seo, Ramya Arumilli, Tyler Lo, Aaron Lee, Alice Zhang, Shubham Bansal, Rohini Arangam, Bomi Kim, Mina Wang

Absent:

N/A

Agenda Items

1. Confirm subcommittee members

- a. Art Contest:
 - i. Chairs: Ramya Arumilli, Rohini
 - ii. Members: Shubham, Amiya
 - iii. Plan: Social justice theme; advertise and ask for submissions, put together presentation, send to judges, present awards
- b. Social Justice Event:
 - i. Chairs: Aaron Lee
 - ii. Members: Tyler, Bomi, Muhammad P., Muhammad K
 - iii. Plan: Centered on Social Justice because everyone can relate to this. Virtual event. Themes not decided yet but can include the following: BLM, etc. Find new organizations for this event.
- c. Mental Health/Addiction/COVID:
 - i. Chairs: Lorencia and Alice
 - ii. Members: Allison, Lorencia, Chloe, Mina, Alice
 - iii. Plan: Set as podcast but may change; topics focused on change, intersection between race and mental health, schools, and other factors. Anything that

can be applied. Includes mental health issues such as depression, anxiety disorder, etc. Reach out to the audience through social media, posting to spread awareness and caring. Spread information, educate the public. Maybe the social media team.

2. Communication Updates

- a. Communication for now is over email. Maybe switch to Slack.

3. Subcommittee meeting time

- a. Mental Health Subcommittee:
 - i. Podcast: Feature members, maybe feature Tim? Series of episodes for both youth and adults about mental health. About 20 minutes.
 - ii. Three teams:
 1. advertisement (post through city's social media): Chloe, Elisabeth, Allison, Lindsey
 2. outreach: Elisabeth, Lorencia, Alice, Lindsey
 3. podcast editing team: Eric, Mina, Lindsey
 - iii. Went through some plans of what and who we can feature in podcasts.
 - iv. Assigned roles:
 1. Graphics team:
 - a. create podcast cover image and maybe use wavve.co
 2. Outreach team:
 - a. download streak maybe
 - b. create email template. Include an overview/mission statement of the Podcast when sending out email.
 - c. find 4 essential workers
 3. Podcast editing team: get Audacity and get used to it
 4. Whole Team:
 - a. Question for essential worker podcast: Ask them, can you explain your side for Covid and what happened to you? "Since Covid 19, how has your mental health been impacted? What things have you done to improve your mental health and what you would recommend to others? What have you noticed about other's mental health? How is your workload?" (Guideline is on mental health).
 - v. Mission for podcast: Mental Massage is a monthly podcast series by the Mukilteo Youth Council exploring mental health from unique angles. Ranging from essential workers' stories to the intersection of race and mental health during this time, we hope to give our community new ideas, thoughts, and tips.

4. Subcommittee chairs' report of meetings

- a. Art Contest Summary:
 - i. Date of event (flexible): January 23; Date of deadline (flexible): December 26
 - ii. Started on the advertisement poster (due October 21, finish sending by October 23)

- iii. Making spreadsheets for contacts of schools, judges, and local businesses.
 - iv. Once the poster is finished, begin asking local businesses for sponsors.
 - v. Seminar style zoom meeting Maybe posting on city resources.
- b. Social Justice:
- i. Roles:
 1. Chair - Aaron
 2. Secretary - Muhammad P.
 3. All Around Help - Tyler and Muhammad K.
 - ii. Decided on a tentative date as well. (February because it is black history month and the project is focused on black injustice).
 - iii. Plan to reach out to Niko Battle and Alex (organized Mukilteo protest) by next meeting
 - iv. Do not include parents because children feel uncomfortable; parents can come in at the end to ask any questions
 - v. Three pronged approach: History Lesson (origins of slavery to now), what we need to do as individuals (self-improvement), understanding policy actions and how we can positively influence them (lobby legislature to improve legislation), and reach out to other people for awareness
- c. Mental health:
- i. Project: podcast and social media account if approved for clips of podcast and to advertise it
 - ii. Overviewed possible topics and brainstormed for new topics, speakers and questions
 - iii. Monthly podcast (no specific date)
 - iv. Three teams within subcommittee: advertisement, outreach, podcast editing
 - v. Asked questions for the December topic.
 - vi. Start document for november podcast. Monthly podcast

Closing Remarks The next MYAC meeting is Tuesday, November 10th at 6:00 pm, via Zoom.

Adjournment The meeting was adjourned at 7:25 pm.

These minutes are excerpts from the meeting, and there is no recording.

Prepared by:

Chloe Lee and Eric Bae