



**POPULATION
HEALTH TRUST**
ADVISORY COMMITTEE

Skagit County Board of Health

Peter Browning, Chair
Ron Wesen, Commissioner
Joe Burns, Commissioner

PHT Meeting Minutes
May 7, 2026, 8:30-10:00 am

Chinook Meeting Room

Members: Thomas Boucher, Patty Codd, Keren Gott, Bill Henkel, Jeremy Hiatt, Lindsay Lopes, Julie Merriam, Maureen Pettitt, Lyndie Simmonds

Community Stakeholders: Chris Baldwin, Kas Church, Alex Gee, Monica Negrila, Neil Panlasigui

Ex-Officio: Howard Leibrand

Guests: Rachel Lucy

Welcome/Steering Update

Kas welcomed the group and provided an overview of the day's agenda. Bill shared updates from the most recent Steering Committee meeting.

Activity: Narrowing Youth Wellness Focus

Drawing on professional experience and the data sets provided, members discussed the issues most concerning them regarding youth wellness. Below is a summary of the issues discussed during a full group share out,

Area of Concern

- Lack of data (Child Wellness Survey)
- Lack of support for caregivers/parents of young children
- Parents/caregivers personal challenges with mental health and addiction
- SDOH- housing, food, childcare, etc.
- Inadequate prenatal care (access, education, peer support)
- Everything comes back to supporting parents of young children
- Kindergarten readiness, childcare, and preschool are so interrelated that solution should encompass all three
- Mental health concerns (stress, anxiety, etc.)
- School safety
- Childcare workforce issues drastically affect ability to make positive impacts in all areas

In addition to areas of concern, some members considered potential strategies to improve youth wellness.

Potential Strategies

- Connect/build relationships
- Physical activity
- Youth programs
- Ways to screen and treat children experiencing mental health concerns but need to build resources to treat youth.
- Kindergarten readiness- support curriculum certification for providers-reduce barriers
- Need for culturally sensitive initiatives
 - Specifically for tribal youth, family reunification, wrap around services
- Access to behavioral health treatment services
 - Utilize peer specialists to bridge the gap while waiting for services
 - Support access-> incentives for providers to obtain child specialty MHP
 - Increase capacity in schools

At the next Trust meeting, members will focus time on identifying community organizations currently supporting youth wellness as part of the CHIP process.

Adjourn

The Trust will not meet in July, so the next PHT meeting is on Thursday, August 6th.