
Health Needs and Human Services Commission Minutes

Wednesday, November 19, 2025 12:00 p.m.

Harrigan Centennial Hall

Commission Members:

**Michelle Kavouras, Crystal Duncan, Amanda Roberts,
Lawrence "Woody" Widmark, Amy Wilson, Sophia Schwantes
JJ Carlson (Assembly Liaison)**

I. CALL TO ORDER

Chair Kavouras called the meeting to order at 12:00 p.m. and provided a land acknowledgement.

II. ROLL CALL

Commissioners Present: Michelle Kavouras, Amy Wilson, Sophia Schwantes, Amanda Roberts

Commissioners Absent: Crystal Duncan (excused), Woody Widmark (excused)

III. CORRESPONDENCE /AGENDA CHANGES

No agenda changes.

IV. PERSONS TO BE HEARD *(Public participation on any item off the agenda. All public testimony is not to exceed 3 minutes for any individual, not to exceed 3 minutes)*

None.

V. APPROVAL OF MINUTES

A. October 15, 2025

Wilson moved to approve the minutes of October 15, 2025. Motion passed 4-0 by a roll call vote.

VI. REPORTS

Chair – Kavouras recognized former Commissioner Annette Evans and announced that Chair and Vice-Chair nominations would be included in the December meeting agenda.

Commissioners – None.

City Staff – None.

Assembly Liaison – Carlson highlighted the service award for Evans at the recent Assembly meeting. She also noted the Assembly's vote to request up to three REPLs from the state, with the CBS application to be reviewed by the ABC Board at their December 2 meeting.

Other(s) – None.

VII. UNFINISHED BUSINESS

B. Discussion/Decision on amendments to Sitka General Code Chapter 2.30 “Health Needs and Human Services Commission”

All members spoke in support of the suggested changes, but desired to postpone the vote until next month after member Duncan returns to provide clarification on bi-annual presentations from STA. The decision to postpone this item to the next meeting was unanimous.

C. Updates from working groups

Kavouras provided a working group update addressing the goal “Mental Health and Suicide Prevention/Postvention.” The “Health and Racial Equity” working group did not have an update.

VIII. NEW BUSINESS

D. Update and next steps on the status of the City and Borough of Sitka’s petitioning the Alaska State Alcoholic Beverage Control Board to issue up to three additional restaurant or eating place licenses.

Kavouras desired to write a letter in opposition to the ABC board from the Commission, but it was explained the Commission may not write a letter to an outside organization without Assembly approval. Schwantes wanted data that correlated an increase in REPLs with an increase in youth alcohol use. Roberts highlighted the value of Sitka Counseling’s work and suggested this data be used to raise community awareness of youth risks.

IX. PERSONS TO BE HEARD (For items on or off the agenda, not to exceed 3 minutes)

JJ Carlson told of a Sitka Strategic Plan meeting this weekend and offered to share anything from the commission.

X. ADJOURNMENT

Roberts moved to adjourn the meeting. Hearing no objections, the meeting adjourned at 12:31 p.m.

Attest:

Holley Bayne
Deputy Municipal Clerk