

Community Support Network of Nevada County

www.csnn.org

MINUTES – CSN Partners Meeting

January 7, 2015 – 3:30 to 5:00 pm

Gene Albaugh Community Room at the Madelyn Helling Library

- 3:20 – 3:30 **Greet Incoming Partners** – 57 attended including: Al Schafer, Kiwanis, Keeping Kids Safe Festival; Anita Bagwell, Western Sierra YouthBuild; Charleen DeWitt, CAPC; Christina Verdone, SNCS; Cindy Santa Cruz-Reed, Sierra College; Guinevere Ewing, PLEAG; Jessica Lime, SNCS; Julianne Henry, NJUHSD Student Assistance Program, Kari Stehmeyer, The Karing Closet; Kristen McGrew, PARTNERS FRC; Lael Walz, EMQFF/SFMC/NAMI; Laurie Chamberlin, Child Advocates of Nevada County; Laurie DeMartini, PARTNERS FRC, Penn Valley; Lynn Woerner, KARE; Marley Mueller, CoRR; Meg Luce, Partners FRC; Melissa Marcum, NCSOS-FYS; Paula Roediger, 211/IHSS; Bob Roediger; Rachel Peña Roos, Victor Community Support Services; Sabrina Giannoni, NCBH, Service Coordinator; Pat Rose, PFLAG Vice President; Dan Galbraith, Community Member; Mary Remillard, Community Member; Jan Atwood, DVSAC; Sharon Saunders; Sherlyn Williges; Chloe Williges; Stephanie Layton, Sierra Forever Families; Wendy Haworth; Kim Blix, FREED; Bobbie Swanson; Lee Druktenis, Women of Worth; JoAnn Weber, Women of Worth; Linda Miller, retired teacher; Nancy Gillespie; Michelle Katz, NCSOS; Dave & Nancy Finch; Lani Brunmeier; Laurie Kastenholz; Mary Furney; Claire Sullivan; Ellen Denninger, NCBH; Gail Sullivan, 2nd Step; Caitlyn King, EMQFF; Bob Peña; Marcia Westbrook, Child Care Coordinating Council; Susan Sanford, CSN Coordinator.
- 3:30 – 3:40 **Welcome & Introductions** – Rachel Peña Roos, LCSW, Executive Director, Victor Community Support Services
- 3:40 – 3:45 **Meeting Minutes** – Accepted minutes from November meeting
- 3:45 – 3:50 **40 Developmental Assets** – Ned Russell of Got 40? (Rachel presented on Ned’s behalf) – Stress Control & 40 Developmental Assets ~ see details on last page of minutes
- 3:50 – 4:40 **Meeting Focus** – “Using Mindfulness to Help You and the Families You Serve” – Rachel Peña Roos, LCSW and CSN Coordinator Susan Sanford. Rachel presented a PowerPoint entitled, “Being of Service, Mindfully.” It will be posted on the CSN website along with the meeting’s handout. Susan facilitated two mindfulness activities.

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CSN Vision Statement

All families in Nevada County have ready access to a well-integrated and coordinated support network that is easily available and well funded.

CSN Coordinator – Susan Sanford, 530-913-0270, csnn.org@gmail.com

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4:40 – 4:50

Building the Network

- Karing Closet of Nevada County. Kari Stehmeyer shared info about the January Children's Clothing Giveaway. It will be on January 24 and donations will be accepted until January 16.
- Rachel provided an update on Children's Bill of Rights. The CBOR overview handout was distributed at this meeting. The March CSN meeting will be on CBOR.

4:50 – 5:00

Network Announcements and Meeting Evaluation

- Pat Rose, PFLAG – On 1/24, PFLAG will host a "Summit for Teens." This event will cover what is involved in having an alliance at their school/s and how to strengthen existing GSA Clubs. The Gay-Straight Alliance in the Bay Area is co-sponsoring.
- Al Schafer, Kiwanis – The Keeping Kids Safe Festival will be May 9 at the Public Safety Training Center at Sierra College – Kiwanis hosts KKSF and would like many children-oriented nonprofits to participate in the event (no sales of tickets, etc). They will have 10 pop-up tents and would like participating organizations to do something to really engage with kids – read to them or have giveaways for elementary age kids.
- 20 evaluation forms were received.

5:00

Adjournment – Next Meeting: February 4, 2015, Gene Albaugh Community Room, at Madelyn Helling Library. "Growing County-Wide Love Capacity" by Meg Luce, LMFT

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Community Support Network of Nevada County Meeting Agreements

- Make decisions by consensus.
- Create an atmosphere of mutual respect that includes active listening and listening without judging.
- Start and end on time.
- Maintain a sense of humor and a positive attitude.
- Bring concerns to the whole group. Don't take them to the parking lot after the meeting.
- Set up the room in an inclusive way.
- Take responsibility for a task only if you have the time to accomplish it.
- Everyone is empowered to be a process observer and take ownership for the health of the meeting and is responsible for the health of the whole meeting.
- Be sensitive to others' need for more information. Make sure everyone understands.
- Be careful of injecting your self-interest and label it as such. Be able to layout your agency's interest and be open to other's interests.
- Meetings are meaningful and have a shared purpose.
- This is a living document and can be changed as needed.

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#### **Stress Control & 40 Developmental Assets – January 7, 2015**

- A low level of stress (pressure to do something) is often beneficial, but stress that causes worry, tenseness, anxiety, or depression is always harmful, sometimes even leading to mental breakdown or physical health problems.
- Controlling negative stress both within families and individual youth can help youth acquire more of the assets.
- Within families
  - Asset #1 - Family support (high levels of love and support)
  - Asset #2 - Positive family communication
  - Asset #10 - Safety (especially feeling emotionally safe at home)
  - Asset #16 - High expectations (but clearly within reach)
  - Asset #17 - Creative activities (lots of evidence negative stress reduces creativity and innovation)
  - Asset #36 - Peaceful conflict resolution
- Youth - in addition to above
  - Asset #31 - Restraint (including avoiding drugs and alcohol)
  - Asset #32 - Planning & decision making
  - Asset #35 - Resistance skills (resisting negative peer pressure and dangerous situations)
  - Asset #37 - Personal power (control over things that happen to them)
  - Asset #40 - Positive view of personal future
- Youth, families, and agencies need healthy tools to control stress; mindfulness is one of those tools.
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