

# Community Support Network of Nevada County

www.csnncc.org

## Minutes – CSN Partners Meeting

February 4, 2015 – 3:30 pm to 5:00 pm

Gene Albaugh Community Room at the Madelyn Helling Library

3:20 – 3:30 **Greet Incoming Partners** – 30 attended: Sharon O’Hara, Citizens for Choice, AAUW, Soroptimist International; Ned Russell, Got 40? and Drug Free Coalition; Mary Kober, One Stop; Stephanie Layton, Sierra Forever Families; Amber Potter, Sierra Forever Families; Mike Pugh, Above All Adventures; Meg Luce, PARTNERS FRC; Allison McCann, DVSAC; Helen Williamson, NAMI/Nevada County Mental Health Board; Joyce Ash, Child Advocates of Nevada County; Marcia Westbrook, Child Care Coordinating Council; Lindsay Dunckel, First 5; Sandi Hedenland, First 5; Donna Fry, NC Public Health; Charleen DeWitt, CAPC; Shavati Karki-Pearl, One Stop Business and Career Center; Jessica Lime, SNCS; Kristen McGrew, PARTNERS FRC; Marley Mueller, CoRR; Sara Morrison, RSVP; Lisa Fuller, Above All Adventures; Lael Walz, EMQFF/SFMC/NAMI; Melissa Marcum, NCSOS-FYS; Nicole Ebrahimi-Nuyken, NCBH; Rev. Donna Glory, Rubber Meets the Road Ministry; Jo Wamser, CASA; Suze Pfaffinger, Big Brothers Big Sisters; Cindy Santa Cruz-Reed, Sierra College; Barb Smith, AFS Commission; Susan Sanford, CSN Coordinator.

3:30 – 3:40 **Welcome & Introductions** – Kristen McGrew, Countywide Coordinator, Safe Schools Healthy Students.

3:40 – 3:45 **Meeting Minutes** – Accepted minutes from January meeting.

3:45 – 3:50 **40 Developmental Assets** – Ned Russell of Got 40? Developmental Asset #2 – Positive Family Communication

3:50 – 4:40 **Meeting Focus** – “Growing County-Wide Love Capacity with Triple P Parenting and Circle of Security” – Meg Luce, LMFT. Meg teaches parenting classes at PARTNERS Family Resource Centers, [www.partnersfamilyresourcecenters.org](http://www.partnersfamilyresourcecenters.org). Here are websites for the two programs Meg teaches: *Triple P Parenting* ~ [www.triplep.net](http://www.triplep.net) and *Circle of Security Parenting* ~ [www.circleofsecurity.net](http://www.circleofsecurity.net)

Triple P Parenting is evidence-based and has been around for about 30 years. The three “Ps” stand for: Positive Parenting Program. The Triple P program is built around five core principles of positive parenting:

1. Ensuring a safe, interesting environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent

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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, [csnncorg@gmail.com](mailto:csnncorg@gmail.com)

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Triple P offers parenting information, strategies, and tips in four main areas:

1. Developing positive relationships
2. Encouraging desirable behavior
3. Teaching children new behaviors and skills
4. Managing misbehavior

The goal is to make the program available to every parent by providing scholarships, childcare, food, etc. There are assessments to evaluate program effectiveness.

Some data: 27 Triple P classes (the entire course) were held throughout Western Nevada County since January 2011. 353 parents have attended. Parents had 451 children (211 five or under). 70% completion rate. Meg shared additional data showing important and statistically significant positive outcomes from taking the classes.

Nevada County Superintendent of Schools (NCSOS) has funded a class for Spanish-speaking families in partnership with Grass Valley School District. Hopefully it will be offered this spring.

Effective parenting classes such as Triple P and Circle of Security build love capacity by addressing the Five Family Protective Factors: social connections; social and emotional competence of children; parental resilience; knowledge of parenting and child development; concrete support in times of need.

Parenting classes may help reduce stress and household dysfunction thereby reducing Adverse Childhood Experiences. See the ACEs Connection (Adverse Childhood Experiences) – ACE study led by Dr. Vincent Felitti and Dr. Robert Anda.

Circle of Security Parenting – The CoS program is based on attachment research and is a “promising practice.” CoS is a journey inward whereby parents explore their attachment histories and how this affects their relationships with their children.

*There was a handout showing a graphic of the Circle of Security.* Parents can provide both a “secure base” for safe exploration of the world and a “safe haven” for physical and emotional support. Parents are to: “Always: be bigger, stronger, wiser, kind. Whenever possible: follow my child’s needs. Whenever necessary: take charge.”

Circle of Security has been funded by First 5 Nevada County for parents with children five or younger; however, it is applicable to different ages, and to different mental and physical abilities.

Activity ~ Share with a partner...

- + Where did I get the most support on the Circle of Security when growing up?
- + Where could I have used a little extra support?
- + How does my past experience on the Circle influence my relationships today?

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Sharing with larger group – “I was a shy kid and my parents did not know how to recognize that and support me...could depend on which parent I went to...I did not do a lot of exploring as a kid (or even as an adult) because my mom did not want us to do anything where we might get hurt...This is a lot of work, especially for single parents. Need to build support network of extended or “chosen” family, and the wider community...When we have enough help, we have more capacity to love...Gender differences and generational differences can affect experiences.”

Activity ~ From the Triple P curriculum there was a handout to consider a “Planned Activities Routine” (PAR) for addressing a difficult situation and making a desired change. Set up a practice session: e.g: a new morning routine – try on the weekend first; going to the grocery store.

- + prepare in advance (e.g. the alarm clock, picking out clothes the night before)
- + talk about rules (e.g. practice whispering before a trip to the library)
- + select engaging activities (something fun and interesting)
- + use rewards for appropriate behavior (can be social rewards, “thank you!!!”)
- + use consequences for misbehavior (e.g. being gentle with a new puppy – if play gets too rough, puppy goes back in the kennel for a while)
- + hold a follow-up discussion (“You did “x” really well. But “y” was not okay, so we can work on that.”)

4:40 – 4:50

### **Building the Network**

- Sara Morrison from **Volunteer Nevada County** [www.volunteernevadacounty.org](http://www.volunteernevadacounty.org) and **RSVP** (Retired and Senior Volunteer Program – for volunteers 55 and older). **Volunteer Nevada County** is a virtual volunteer center connecting nonprofits and volunteers of all ages. **People can post volunteer requests** for specific events if there’s someone from the organization to supervise. Needs to be a public or nonprofit agency. Web interface is very useful and helpful for connecting people and projects. Cindy Santa Cruz-Reed shared that a request for “baby cuddlers” was posted and it was very successful.

4:50 – 5:00

### **Network Announcements and Meeting Evaluation**

- + Sharon O’Hara, Citizens for Choice and AAUW – One Billion Rising Nevada County event – Valentine’s Day, 1-3 pm, Grass Valley Safeway on Neal St. And an event following at the Holiday Inn. Info: [onebillionrisingnevadacounty.org](http://onebillionrisingnevadacounty.org)
- + Joyce Ash, CAoNC – Cultural Proficiency workshop. Info: <http://csnncc.org/cultural-proficiency-workshop-mar-26/>
- + Helen Williamson, NAMI & Mental Health Board – 2/14/15 – League of Women Voters program – Our community’s relationship with law enforcement at Peace Lutheran Church – 10am. Info: <http://www.lwvwnc.org/calendar.html>
- + Allison McCann, DVSAC – DVSAC Daddy-Daughter Dance this Sat. and an upcoming training for crisis volunteers.

5:00

**Adjournment** – Next Meeting: March 4, 2015, Gene Albaugh Community Room, at the Madelyn Helling Library.

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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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### Developmental Asset #2 – Positive Family Communication – February 4, 2015

***Parents and youth communicate positively; youth seeks advice and counsel from parents.***

- Underlies emotional safety and trust.
- Research shows yelling & negative communication just as harmful as physical abuse.
- Essential for building positive relationships (for anyone).
- As important when disciplining and in times of stress as in good times.
  
- Look for positives in youth in all encounters.
- Consciously think about positives before addressing problems.
- Get emotions under control: count to ten, take a break, meditate.
- Educate others in family about importance of positive communication.

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