

Minutes ~ May 3, 2017

Community Support Network Partner Meeting

3:30 to 5:00 pm ~ Gene Albaugh Community Room at the Madelyn Helling Library

Attending CSN Partners – 21 attended (10 filled out evaluation forms) including: Barb Smith, Adult Family Services Commission; Casey McCormick, Sierra Forever Families; Char Weiss-Wenzl, NCPHD; Cindy Wilson, Nevada County Public Health Dept.; Cora Loechler, LivingWell Medical Clinic; Cynthia Meilicke, Hospice of the Foothills; Donna Fry, Nevada County Public Health; Jolene Hardin, AFLP - Cal-Learn; Kristen McGrew, PARTNERS FRC/NCSOS & CSN-CAPC Board; Lorena Schoch, 211/Connecting Point; Lourdes Vose, SNCS; Loydyne Lane, Parents' Resource Guide; Ned Russell, Got 40?, CSN-CAPC Board; Rebekah Thompson, LivingWell Medical Clinic; Serenity Jolley, CoRR & Coalition for a Drug Free Nevada County; Stephanie Mandel, 211 Nevada County/Connecting Point; Susan Keever, Common Goals; Suze Pfaffinger, Big Brothers Big Sisters; Tim Collins, CASA; Trevina George, Connecting Point; Whitney Polk, NCSOS; Susan Sanford, CSN Coordinator.

Welcome & Introductions – Ned Russell, Got 40? and CSN-CAPC Board

Meeting Minutes – Accepted minutes from April meeting

40 Developmental Assets – Ned Russell of Got 40?

Noticing & Praising Good Behavior – details on last page of minutes

Meeting Focus – “Compassion Fatigue” ~ Susan Keever, Counselor at Common Goals Substance Abuse Counseling Services

Susan Keever's PowerPoint (saved as a PDF), and the Compassion Fatigue self-assessment attendees had a chance to do, will be posted on the CSN website Meetings page here: <http://csnnc.org/meetings/>
Topics covered in the PowerPoint...

- What causes Compassion Fatigue
- Compassion Fatigue burnout symptoms – cognitive, emotional, behavioral, spiritual, and somatic
- Self Care that's authentic and sustainable

Some of Susan's comments augmenting the PowerPoint...

- It's important to know that a client's failure is not my failure.
- If I'm experiencing Compassion Fatigue, I may get angry at the wrong people...my loved ones.
- I need to give myself credit for the things that go well.
- “No.” is a complete sentence.
- I would work harder on my clients' recovery than they would.

Q&A & Comments

- It's important to express your needs verbally
- You have to know what fills your bucket
- There are differences between women and men – men may be better able to compartmentalize, leave things at work.

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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.

Community Support Network of Nevada County ~ www.csnnc.org

Contact ~ CSN Coordinator - csnncorg@gmail.com - 530-913-0270 (messages)

- There's always going to be someone in need.
- Positive self-talk is important.

Building the Network Moment – Cora Loechler RN, and Rebekah Thompson, Community Educator, from LivingWell Medical Clinic.

- Full range of services at the clinic for pregnancy, STDs, etc.
- Education and prevention focus
- Thrift Store – expected to re-open early June
- Education about options so clients can make the best decisions for themselves
- Don't refer for abortions, but talk about the aspects of process.
- Offer counseling for all decisions
- Community Outreach – Going to schools to educate junior and senior high school students about sex ed, STDs, healthy relationships
- Help equip parents, grandparents, and other adults to have these conversations with young people
- The law requires a lot of specific education about STDs, different gender identifications, options available for family life education
- Talks at schools have info about HPV, including that a vaccine is available. Also info about hepatitis.
- Talk about same-sex stuff
- CA Healthy Youth Act

Network Announcements

- Trevina George – Connecting Point is offering free stress management classes. Call for info.
- Loydyne Lane, Parents' Resource Guide – Camp Fair on 5/6
- Serenity Jolley, CoRR and Coalition for a Drug Free Nevada County – flyers in back for Parent U on 5/23; Dr. Lasich presentation 5/25; PLEAG on Thursdays

Meeting Evaluations – Attendees filled out evaluation forms.

Adjournment – Next meeting June 7, 2017, Gene Albaugh Community Room, at the Madelyn Helling Library.

2017 CSN Partner Meeting Dates ~ January 4, February 1, March 1, April 5, May 3, June 7, July & August-hiatus, September 6, October 4, November 1, December-hiatus

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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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### **40 Developmental Assets – Noticing & Praising Good Behavior – May 3, 2017**

Most, if not all, of you know that it is important to praise youth for their effort and that one often has to make a deliberate effort to notice when effort has been made. We forget sometimes that adults appreciate people recognizing the same.

Try every week to notice the efforts made by individual staff, supervisors, co-workers, friends, neighbors, even strangers, to make either the whole community or a little piece of it better, and tell them you noticed.

To learn more about the 40 Developmental Assets (Got40?), call 530-271-5617 or email [info@Got40.org](mailto:info@Got40.org) or [NedRussell@pacbell.net](mailto:NedRussell@pacbell.net).

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