

## Minutes ~ April 5, 2017

### Community Support Network Partner Meeting

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

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#### **Attending CSN Partners** – 25 attended (14 filled out evaluation forms) including:

Caroline Hart, Sierra Mental Wellness-CSU; Cassie Rodriguez, Friendship Club and WSMC; Dena Valin, Friendship Club; Donna Fry, Nevada County Public Health; Gail Sullivan, Second Step; Jennifer Singer, Friendship Club; Jolene Hardin, AFLP - Cal-Learn; Joyce Ash, Child Advocates of Nevada County/FTHB; Kris Youngman, NJUHSD/AFLP; Lenda Welz, Welz Family Children's Foundation; Lourdes Vose, SNCS; Loydyne Lane, Parents' Resource Guide; Marina Bernheimer, CANC; Mary DeWitt, LCSW; Meg Luce, PARTNERS/NCSOS; Megan Murphy, VCSS; Molly Fisk, Nevada County Poet Laureate; Ned Russell, Got 40?, CSN-CAPC Board; Rachel Kaloian, CoRR; Sephra Engel, PARTNERS FRC; Shera Banbury, Nevada County Mental Health and Substance Use Advisory Board; Susan Iversen, DVSAC; Suze Pfaffinger, Big Brothers Big Sisters; Trevina George, Connecting Point; Susan Sanford, CSN Coordinator.

**Welcome & Introductions** – Cindy Wilson, Director of Public Health Nursing, Nevada County Public Health Department, and CSN-CAPC Board Member

**Meeting Minutes** – Accepted minutes from March meeting

**40 Developmental Assets** – Ned Russell of Got 40?

Developmental Asset #18 – Child & Youth Programs ~ details on last page of minutes

**Meeting Focus** – “ACE & Resilience – from Adverse Childhood Experiences to Confident, Creative Adulthood”

**PART ONE** – Meg Luce, MS, LMFT provided background about how the Adverse Childhood Experiences survey was developed, what was learned about how ACEs are correlated with health and well-being. Some key points from Meg's presentation:

- High levels of toxic stress in childhood affect the structure of the brain.
- 67% of the population surveyed had at least one Adverse Childhood Experience.
- A key researcher is Dr. Nadine Burke-Harris. Here's a link to a TED talk by her:  
[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime).
- Things that can help with stress are: good sleep, exercise, nutrition, mindfulness meditation, mental health resources, healthy relationships.
- Mindfulness helps us learn to check in with ourselves. Self-talk is very powerful. We can use it to calm ourselves rather than re-traumatize or re-trigger ourselves.
- Keeping people informed can help people to feel more in control (in a good way).
- Treat people with respect.
- Even doing the ACE survey and sharing results has been found to help people and have positive effect. They can experience relief and release sense of shame.
- Be gentle with clients and co-workers.
- With clients, it's very important to know their background re: ACEs, important to educate people about the effects of toxic stress, and what can be done about it.

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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.

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*Contact ~ CSN Coordinator - [csnncorg@gmail.com](mailto:csnncorg@gmail.com) - 530-913-0270 (messages)*

- Attendees all had a chance to do the ACE survey to learn their ACE score, then talk with a partner about these two questions: Does your score surprise you? Does your score help you make sense of some of the things you've struggle with in your life?
- Even low ACE scores can have a huge effect on people and they may need to talk about it.
- Meg provided a list of local resources for anyone wishing for support.
- The ACE survey and list of resources will be posted with these minutes on the CSN website's Meetings page.

**PART TWO** – Molly Fisk, just named by the Nevada County Arts Council and the Board of Supervisors as the first Nevada County Poet Laureate. Molly is also a radio commentator, life coach, writing, teacher, public speaker, and more. Here are some key points of Molly's talk:

- Molly met Dr. Vince Felitti from Kaiser Permanente in San Diego, one of the principal researchers on the ACE study, in 1991. He got the CDC (Centers for Disease Control and Prevention) involved. Now it's a great public health tool.
- No one wants to volunteer this information, so it's important to make people aware of it. It can open some very important doors. Molly's ACE score is 3, which seems low for how bad it was. Something the questions don't deal with is: if you were sexually abused, etc, was it by more than one person?
- Has been writing poems since 1991. Started having repressed memories come up. "I'm here because of poetry. I needed to have an intellectual interest that was strong enough to not drive my car off a cliff."
- Early on, she read poems in public and was not aware of how it might re-traumatize people. Now she maybe reads one at a reading and gets into and out of it very mindfully. "It had been a secret I had been made to keep. There can be a stage where people feel they have been hurt so badly that they don't have to play by the rules. Victim entitlement. You can get to where you don't have to take things out on other people."
- She read her poem, *The Hero*.
- The thing that really opened the door was the poem *Wild Geese* by Mary Oliver.
- Molly told a bit about her writing background.
- A lot of it is about permission. ACE study shows that these things are real. This happens, people survive it. If people could get outside themselves and see the people, the events, see the story outside their own bodies, it can help them heal. You could write your own story in the third person.
- You don't get over a life like that, you learn to live alongside it. You learn what you care about and what you're going to do for the rest of the world.
- Talks about this stuff with other survivors and just a few friends. Most people don't want to hear her talk about it.
- I think I've helped people because I was able to talk about it. I've saved some peoples' lives.
- She comes from a family of privilege. Several generations have gone to Harvard.
- She read her poem, *Belonging*.
- Our culture does not allow for enough complexity, especially with mixed feeling about family members. If her father was alive she would want him in jail, but she also loved him.
- Make room for more than seems normal. It's normal to have thousands of feelings, and for them to change.

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## **Q&A**

Q: On ACE survey, death is not specified. Why?

A: I don't know. There is a question about disappearance of a parent.

Q: How can you get young girls started on doing some writing?

A: I've taught cancer patients at the hospital for 18 years. If you write about your experiences and feelings it can boost the immune system for 6 weeks. Give people something small and specific – sensory stuff, opinions, but all very mild.

Comment from audience: Online you can find templates for “Just Because” poems that can help shatter stereotypes.

Q: Could you have had other supports?

A: Good question. My parents were both awful and nice. I tried to call for help by doing bad things at age 9 or 10. I relied other peoples' moms for support, and lots of friends. I did the best I could with the tools I had. It's not easy to understand how helpless kids are. I was a good girl so I would not get attention.

- Molly said people can be in touch if they have more questions [mollyfisk@gmail.com](mailto:mollyfisk@gmail.com)

- Her website is <http://www.mollyfisk.com/>

- Molly's books of poems and essays:

*Blow-Drying a Chicken*

*Houston, We Have a Possum*

*Listening to Winter*

*The More Difficult Beauty*

*Using Your Turn Signal Promotes World Peace*

**Building the Network Moment** – Cindy Wilson shared information about the Parent Cafés part of Project LAUNCH. The Parent Cafés program will begin with a chance for service providers and potential collaborators to learn more about them. These kickoffs will be 4/18 in Western Nevada County and 4/19 in Truckee. WNC gathering will be April 18<sup>th</sup>, 9am-noon at NCSOS training room, 380 Crown Point Circle, Grass Valley.

## **Network Announcements**

- Lenda Welz, Welz Family Foundation. The Foundation is soliciting Letters of Interest for its annual grants. Info will be posted on the CSN website News page and run in the e-news.
- Loydyne Lane, Parents' Resource Guide. The Camp and Activity Fair is coming up in May.
- Marina Bernheimer, Child Advocates of Nevada County. See's Candy is on sale at Fowler Center.

**Meeting Evaluations** – Attendees invited to fill out evaluation forms.

**Adjournment** – Next meeting May 3, 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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### Developmental Asset # 18 – Child & Youth Programs – April 5, 2017

Young person spends time each week in sports, clubs, or other organizations at school and/or in the community – at least once/week, 3+ hours/week for older youth.

Now is a good time for parents to seek out and plan for youth summer activities, ones that meet a known interest, or a variety, one of which may become a lifelong passion.

Structured activities are best with adult guides/mentors/role models, rules, cooperative teamwork

- Volunteering, when organized well, can provide the same benefits as costly programs
- Selected activity can often boost other assets
  - Asset #3 Other Adult Relationships
  - Assets #14 & #15 Adult & Peer Role Models
  - Asset #17 Creative Activities – for example, a dance production
  - Asset #26 Caring – fund raising or donation drive, yard sale, mentoring younger youth
- Teamwork & passion can boost Assets: #27 Equality & Social Justice, #32 Planning & Decision Making, #33 Interpersonal Competence, #34 Cultural Competence, #36 Peaceful Conflict Resolution, #37 Personal Power, #38 Self Esteem, #39 Sense of Purpose, #40 Positive View of Future

Especially with excess time in summer, our kids need engaging activities that are fun, educational, developmentally healthy, and minimize any tendency to hang out with other kids who also have nothing to do.

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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