

**DRAFT - Minutes ~ May 4, 2016**  
**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** – 33 attended (18 filled out evaluation forms). Ardie Andrews, CASA; Barb Smith, Adult Family Services Commission; Beth Moore, NJUHSD DOR-TPP Coordinator; Casey McCormick, Sierra Forever Families; Charleen DeWitt, Steps to Respect; Christine Norwood, FREED; Cindy Santa Cruz-Reed, Helping Hands Nurturing Center & Sierra College; Darryl Quinn, Nevada County Behavioral Health; Deborah Stevenson, EMQ FamiliesFirst; Dirk Gifford, Nevada County DSS; Elena Bennett, NCSAR CI Team; Gregory Cirillo, Hospitality House; Helen Williamson, NAMI/Nevada County Mental Health Board; Joette Collier, Foothills Truckee Healthy Babies; Joy Nocerino, Insight Respite Center; Joyce Ash, Child Advocates of Nevada County/FTHB; Kathy Barale, FTFB; Liz Pickell, FREED/TBI Coordinator; Loyd Lane, Parents' Resource Guide; Marley Mueller, CoRR; Melissa Marcum, NCSOS; Melissa Parrett, NCSOS; Michele Violett, Nevada County; Ned Russell, Got 40?, CSN; Paul Johnson, SNRDCSS; Renée Racik, Sierra Forever Families; Sandy Dickinson, DVSAC; Sheri Meckler, NCAT/Reach Family Counseling; Tamaran Cook, Nevada County DSS; Tracy Zenor, SNCS; Trevina George, NCW; Valerie Dembrowsky, Nevada Union Adult Ed; Susan Sanford, CSN Coordinator.

**Welcome & Introductions** – Joyce Ash, Program Manager, Foothills/Truckee Healthy Babies, and a CSN Steering Committee member

**Meeting Minutes & CSN Appreciations**

- Accepted minutes from April meeting
- We honored Cindy Santa Cruz-Reed (present) and Lael Walz (in absentia), both of whom have needed to step off the CSN Steering Committee/CAPC Board due to work commitments. We are grateful for their many years of outstanding and generous service.

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

Positive Relationships - Core principle of 40 Developmental Assets (details on last page of minutes)

**Meeting Focus** – "Mental Health Crisis Resources"

- Joy Nocerino, Program Director, Insight Respite Center, a program of Turning Point Community Programs
- Darryl Quinn, Adult Program Manager, Nevada County Behavioral Health which works closely with the Crisis Stabilization Unit at Sierra Nevada Memorial Hospital.

Darryl and Joy did a PowerPoint presentation, then answered questions from attendees. The PPT is posted, with permission, as a PDF file on the CSN website Meetings page: <http://csnnc.org/meetings/>

**Some key information from the presentation slides...**

- Nevada County Behavioral Health (NCBH) Crisis Line is (530) 265-5811. 24 hours, daily for anyone in the community. Clients, family, and others can call if worried about someone who may be in a mental health crisis. Supportive phone counseling. Referrals for non-crisis services at Behavioral Health (BH) and other agencies.
- Insight Respite Center (IRC) - For info contact BH access line (530) 265-1437 or IRC staff directly at (530) 273-0631. An adult may have a home but needs respite to handle an escalating mental health problem (e.g., psychosis, depression, anxiety, suicidal thoughts). Home environment, staffed 24 x 7 with

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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](http://www.csnnc.org)*

*CSN Coordinator – Susan Sanford, 530-913-0270 (messages), [csnncorg@gmail.com](mailto:csnncorg@gmail.com)*

peer supporters. May stay up to 2 weeks. Needs to be medically stable and able to do chores and negative on drug/alcohol screen. Does not have to be client of BH or Turning Point (IRC is a service of Turning Point Community Programs). Services are free.

- Crisis Stabilization Unit (CSU) - Located next to Emergency Department at Sierra Nevada Memorial Hospital. Adults, 18 years and older only. Entry occurs via the Emergency Dept. For information call NCBH Crisis Line at (530) 265-5811.

### **Q&A**

- Kids cannot come to stay with parents at IRC
- Some of the requirements for staying at IRC: must be 18, able to manage meds; have a home to return to; anyone with a mental health situation can go; average length of stay is 11 days, no limit on total amount of time they can stay (can be 2 weeks, then away, then back); fresh assessment each time.
- Odyssey house - 10 beds - a large county-owned house. 5 bedrooms staffed 24/7 - state licensed facility for adults. People come from long term institutional care to OH to begin transition to more normal life. OH is very structured. IRC not as much
- IRC does not need to be state licensed and is not.
- If someone is 5150'd to a psych facility, stay is usually about a week. What happens when they go home is an immediate assessment by BH to identify next best steps.
- SB-82 (Investment in Mental Health Wellness Act of 2013) currently funds IRC. Community will need to support in the future.
- How are peer counselors trained? There is an initial training, plus continuing regular additional trainings.

**Building the Network** – Helen Williamson, National Alliance on Mental Illness (NAMI) and Nevada County Mental Health Board. Helen shared info about the "Our Voices Matter" program, including her personal 5-minute "Our Voices Matter" story. People can call NAMI at (530) 272-4566 to request that someone come to their organization to share their story. Helen also recommended a book: "I Am Not Sick, I Don't Need Help! How to Help Someone with Mental Illness Accept Treatment" by Xavier Amador.

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

- Joyce Ash announced on behalf of Nevada County Public Health a presentation on May 23 called, "Substance Use: Implications for Pregnant Women and Infants." Info will be posted on the CSN website News page: <http://csnnc.org/news/>
- Loydyne Lane, Parents' Resource Guide - New issue of the magazine is out. Camp fair is May 7. ALSO...PRG always wants articles that help get info about our CSN Partner organizations out to the community. 300-400 words. Consider writing in such a way that if you were a parent, what kind of article would drive you to the organization you're writing about?
- Tamaran Cook, Nevada County Public Guardian - Upcoming presentation on how to protect yourself from fraud on May 13 at the Rood Center. <http://csnnc.org/protect-yourself-from-fraud-presentation-may-13/>

**Adjournment** - 5 pm

***2016 CSN Partner Meeting Dates ~ January 6, February 3, March 2, April 6, May 4, June 1, July & August-hiatus, September 7, October 5, November 2, December-hiatus.*** 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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### Positive Relationships – Core principle of 40 Developmental Assets – May 4, 2016

"... the quality of parent-child relationships is 10 times more powerful than demographics (race, ethnicity, family composition, and family income) in predicting whether children are developing critical character strengths they need to be their best in school and in life...."

- Relationships are most powerful when they involve five essential actions:
  1. **Express Care:** Show that you like me and want the best for me.
  2. **Challenge Growth:** Insist that I try to continuously improve.
  3. **Provide Support:** Help me complete tasks and achieve goals.
  4. **Share Power:** Hear my voice and let me share in making decisions.
  5. **Expand Possibility:** Expand my horizons and connect me to opportunities.
- Sharing power was the most consistently and most strongly associated with a range of important character strengths. However, it is one of the least common things parents do.

The text above is from [www.ParentFurther.com](http://www.ParentFurther.com)'s description of Search Institute's "Don't Forget the Families," a study of 1,085 parenting adults of 3 - 13-year-olds. Although Search Institute is aiming this toward families, it is applicable for neighbors and community members in building positive relationships with youth (Assets 1-8, +), and for organizations in building relationships with employees and clients.

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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