

**Minutes ~ May 6, 2015**  
**Community Support Network Partners Meeting**

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

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- 3:20 – 3:30 **Greet Incoming Partners** – 27 attended. Charleen DeWitt, CAPC; Ned Russell, Got 40?, Drug Free Coalition, CSN; Melissa Marcum, NCSOS-FYS; Jessica Lime, SNCS; Helen Williamson, NAMI/Nevada County Mental Health Board; Marc Nocerino, One Stop Job Training Center; Nicola Murphy, One Stop Job Training Center; Meg Luce, PARTNERS FRC; Kristina McLean, 211 Nevada County; Nick Ready, CPS; Ardie Andrews, CASA; Dena Valin, Friendship Club; Laura Harter, Child Advocates of Nevada County; Jo Wamser, CASA; Crystal Arnold, NC WTW; Shona Torgrimson, Helping Hands Nurturing Center; Cynthia Wiberg, Our Playhouse Too; Jodi Benson, Hospitality House; Susan Leksander, Sierra Forever Families; Barb Smith; Joyce Ash, Child Advocates of Nevada County; Lael Walz, EMQFF/SFMC/NAMI; Mali Dyck, CalWORKs; Suze Pfaffinger, Big Brothers Big Sisters; Barb Withers, Above All Adventures; Cindy Santa Cruz-Reed, Sierra College and Helping Hands Nurturing Center; Susan Sanford, CSN Coordinator.
- 3:30 – 3:40 **Welcome & Introductions** – Lindsay Dunckel, PhD, Executive Director, First 5 Nevada County
- 3:40 – 3:45 **Meeting Minutes** – Accepted meeting minutes from April meeting.
- 3:45 – 3:50 **40 Developmental Assets** – Ned Russell of Got 40? – Positive Relationships – Core Principle of 40 Developmental Assets – specifics at end of minutes.
- 3:50 – 4:50 **Meeting Focus** – ACE (Adverse Childhood Experiences) Study
- Viewed TED talk by Nadine Burke Harris.  
[http://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)
  - Viewed DVD – “Wounds That Won’t Heal” – 2005 – A big change since this was produced is that there is a better understanding of the brain science involved.
  - We got a form for determining our own ACE score. It’s available here:  
[http://www.acestudy.org/files/ACE\\_Score\\_Calculator.pdf](http://www.acestudy.org/files/ACE_Score_Calculator.pdf)
  - Additional resources  
<http://www.acestudy.org>  
<http://www.npr.org/blogs/health/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>  
<http://www.cdc.gov/violenceprevention/acestudy/index.html>  
<http://www.cdc.gov/violenceprevention/acestudy/prevalence.html>

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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.csnn.org](http://www.csnn.org)  
CSN Coordinator – Susan Sanford, 530-913-0270, [csnncorg@gmail.com](mailto:csnncorg@gmail.com)

- DISCUSSION FOLLOWING VIDEOS

~ We have to be mindful of how we use this information so that people are not additionally and unintentionally re-traumatized. Providers need to be non-judgmental and create a safe situation for learning about and exploring this information. Don't open it up if you don't have the time, resources, and skills to deal with it and close it appropriately. Have we, as providers, done our own work around these things if they apply to us?

~ Would be great to have Rebecca Slade speak to a CSN meeting about Trauma Informed Care.

~ Things that can help: Protective Factors, Mindfulness practices, EMDR, reconnecting with body

~ Considerations: PTSD, Anxiety, Depression

4:50 – 5:00

**Network Announcements and Meeting Evaluation** – Partners may make short announcements about upcoming events/programs.

- Barb Withers – Above All Adventures announced their upcoming AAA summer programs
- Jessica Lime – SNCS – June event – she will send info to CSN Coordinator
- Lael Walz – NAMI meets 4<sup>th</sup> Thursdays. Judge Tom Anderson is speaker at next meeting.
- Helping Hands – help yourself to business cards
- Marc Nocerino – One Stop workshops at library – CSN Coordinator will post info
- KKSF this Sat. 5/9/15

5:00

**Adjournment** – Next Meeting: June 3, 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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### ***Positive Relationships – Core Principle of 40 Developmental Assets – May 6, 2015***

For a youth, a positive relationship exists when he or she trusts and feels safe with and comfortable seeking advice from another person, school, neighborhood, or community.

- Physical safety is paramount.
- Positive relationship are:
  - Built with consistently kind and respectful words, active listening, time, and praise.
  - Not damaged when discipline is focused on guidance for the youth's benefit, not on punishment.
  - As important with extended family, neighbors, school, and community as with family.

If parents have not experienced positive relationships as children, they will have a difficult time building them with their own children.

Neighbors and community members need to recognize their roles in healthy child development.

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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