

Minutes ~ June 3, 2015

Community Support Network Partners Meeting

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

3:20 – 3:30 **Attending CSN Partners** – 31 people attended, including Ardie Andrews, CASA; Barb Smith; Barb Withers, Above All Adventures; Bryan Levenson, Victor Community Support Services; Cathy Cross, Nevada County Public Health Dept.; Cindy Santa Cruz-Reed, Sierra College and Helping Hands Nurturing Center; Dena Valin, Friendship Club; Donna Fry, Nevada County Public Health; Guinevere Ewing, Community Parent; Holly Whittaker, Nevada County Public Health Dept.; Jessica Lime, SNCS; Jodi Benson, Hospitality House; Joyce Ash, Child Advocates of Nevada County; Lael Walz, EMQFF/SFMC/NAMI; Loydyne Lane, Parents' Resource Guide; Lynn Woerner, KARE; Lynne Lacroix, Nevada County Public Health Dept.; Mali Dyck, CalWORKs; Meg Luce, PARTNERS FRC; Megan Timpany, United Way; Melony Vance, Bear Yuba Land Trust; Mike Pugh, Above All Adventures; Mindy Oberne, California CareForce; Ned Russell, Got 40?, Drug Free Coalition, CSN; Roger Lewis, California CareForce; Sabrina Terrell, CoRR; Shona Torggrimson Duncan, Helping Hands Nurturing Center; Susan Leksander, Sierra Forever Families; Suze Pfaffinger, Big Brothers Big Sisters; Susan Sanford, CSN Coordinator.

3:30 – 3:40 **Welcome & Introductions** – Joyce Ash, Program Manager, Foothills/Truckee Healthy Babies

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

3:45 – 3:50 **40 Developmental Assets** – Ned Russell of Got 40?
Connectedness to School – Multiple Assets – see details on last page.

3:50 – 4:55 **Meeting Focus** – “Community Health Assessment: What Matters to You?”
Results and discussion of the CHA by Sarah Boxx and Sarah Marschall of Social Entrepreneurs, Inc. (SEI) on behalf of the Nevada County Public Health Department. A presentation of key aspects of the Community Health Assessment, followed by discussion and exercises to identify additional assets leading to increased community health; advocate the top public health areas to focus on improving; and recommend additional data that can be used to track and monitor public health moving forward.

Sarah Marschall presented an overview of the findings of the community health survey. Small work groups then took time to consider and report out on three questions. See below. Sarah Marschall and Sarah Boxx co-facilitated the small group time.

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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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Question #1 – Assets ~ What assets in your community contribute to the positive health conditions described in the presentation? A community asset (or a community resource) can be anything that can be used to improve the quality of community health. It could be a specific person, a physical structure or space (including spaces outside, in nature), a community service, church or faith-based group, or other institutions and businesses.

Question #2 – Most Important? ~ What do you consider the most important health issues to focus on improving and why? When prioritizing, consider issues that:

- impact a large number of the population
- have serious consequences
- show wide disparities between groups, or increasing trends
- are susceptible to proven interventions
- if addressed, is there potential of a major breakthrough in approaching community health improvement

Question #3 – Data? ~ What are suggestions for data to reliably monitor and determine change? (Discern between data we *need* to know versus data it would be *nice* to know. i.e., what will be done with the data acquired?) Data needs to be:

- related to community health
- reliable – data QA (Quality Assurance), frequency of collection, ability to compare to peer, state, or national data
- measurable and actionable – can it tell us something about what needs to happen to move the trend in a favorable direction?

Here's what came out of the six small work groups. Content was written on post-its and placed on easel pages on the wall. *Duplicate responses are included.*

Question 1 – Assets

low population = less stress; size lends to sense of community; sense of community; our size (population) as a county; arts & music; music, arts, culture; the arts!; lots to do outdoors; trails, access to outdoors; environment & geography; outdoor recreation; outdoor activity space; outdoor community events; variety of educational choices; Scotten school; good schools; farmers markets, access to healthy food; fresh produce at WIC; Sierra Harvest; farmers markets; focused commercial areas for gathering and connecting; collaboration; collaboration; intentional relationship-building; warm hand-off; collaboration between nonprofits and with County; seniors (elders) with experience and skills; our youth – and impact on changes; volunteers; Family Resource Centers (FRCs); Family Resource Centers (FRCs); parenting classes; agencies that are family safe; Nevada County Children's Behavioral Health Care system; Child behavioral health; KARE nursery; great community policing; concerned judges, specialty courts; Laura's Law; Community Support Network (CSN); nonprofits are contributing to community health; diverse and large number of nonprofits; Children's Bill of Rights for Nevada County; language – the words we use matter – use them well

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Question 2 – Most important things to focus on?

allergies and asthma; car-centric community impacting exercise; substance use; drug/alcohol abuse; normalization/glorification of substance use/economy; mental illness resources; depression; lack of resources for early treatment of mental illness; youth and high rates of suicide – why?; suicide; mental illness; lack of help for children with mental illness in schools; substance abuse with co-occurring mental health disorders; not connecting mental health to health issues – lack of whole body approach – mental, health, dental, meds; intergenerational trauma; not enough medical providers; not enough doctors to handle Medi-Cal; punitive approach if Medi-Cal; vaccination rates – risk of outbreak; childhood obesity rates; shortage of psychiatrists in county; County services (lack of) for healthcare; access to medical care; access to healthcare; lack of primary care instead of emergency room; lack of resources for dental; dental care; more community clinics – free days; access to guns; smoking – it is high here; nine hour desk jobs; expense to live in Nevada County; child appropriate care; lack of affordable housing; housing – low income; limited employment opportunities; lack of job opportunities; food / [food insecurity]; transportation; lack of transportation to get to medical care; transportation; air quality; water – sources and quality, especially in drought; correlation of more time in nature to improved health (see book “Your Brain on Nature”)

Question 3 – Data?

use dial 211 call system data; availability of teen activities in county; under employed and part-time employed and affect on health; pay scales; number of lower paying jobs in county; housing burden; use of parks and trails; how close are parks and trails to where people live/transit stops?; health classes and wellness centers at high schools; number of truancies, repetitive juvenile delinquent rates; ACE (Adverse Childhood Experiences) study; survey transportation; track why do people not show up to appointments; why do people go out of county (for health and wellness services); PEDNCS – Pediatric Nutrition Surveillance System; Native supports, client services with lost TANF [writing on note unclear...does this mean “what supports and services are available to Native people who lose TANF (Temporary Assistance for Needy Families) benefits”?]; track a cohort of families short to long term; how many medical providers; wait time for medical treatment; data wait time to get into Dr./medical treatment; track 5150 records at hospital; social and environmental impacts of cannabis growing in the county; “Legacy mining” impacts: heavy metals: contaminated dust and dirt, contaminated well water, mercury in fish. Resources:

- The Sierra Fund, <http://www.sierrafund.org/projects/health-outreach/>
- Sierra Streams Institute, <http://www.sierrastreamsinstitute.org/CHIME.html>

Last question for whole group – we had a few minutes to begin to consider the following: Disparity & Disproportionality: Who are the groups that are most at risk and how do you know that?

elderly – access to health care; youth depression and suicide, and young people ages 18-29; foster youth at risk for homelessness, pregnancy, incarceration; alcohol use in Truckee; families in poverty

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4:55 – 5:00

Network Announcements

- Loydyne Lane – June 15 is deadline for next Parents' Resource Guide. People are invited to consider advertising their events in PRG.
- Cindy Santa Cruz-Reed – Thank-you certificates for all who helped with the Kiwanis Keeping Kids Safe Festival on May 9.
- Mike Pugh – Above All Adventures is doing two programs, July and August. Looking for teens who would really benefit, and for businesses to sponsor students.
- Megan Timpany – United Way, June 18 Day of Action – let them know if you have a project that needs doing
- Jessica Lime – June 6 event at Sierra Nevada Children's Services

5:00

Adjournment – No July meeting – CSN on summer hiatus

Next Meeting: Wednesday, August 5, 2015, ***DIFFERENT LOCATION & FORMAT TBA***
[The CSN Steering Committee later decided to stay on hiatus for August.]

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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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### ***Connectedness to School – Multiple Assets – June 3, 2015***

The second strongest predictor that a youth will reach his or her potential is connectedness to school. (First is a loving and supportive home). Many assets contribute to connectedness.

- Caring school climate(#5) - A sensitive, compassionate, and encouraging climate.
- School safety (#10)- free from bullying by peers and adults, physical and emotional, at school as well as to and from school.
- School boundaries (#12) - Safe play, respectful speech and behavior, responsibilities.
- High expectations (#16) - High, but do-able, expectations help lead youth to feelings of self-worth.
- School engagement (#22) - Cares about and enjoys learning.
- Bonding to school(#24) - Young person cares about his/her school.
- Adult role models (#14) - When school is full-day, teachers often spend more awake time with children than their parents do. The effect of positive adult role models at school is to make school a more welcoming place for all students by boosting numerous assets: Interpersonal competence, Honesty, Integrity, Self esteem, Peaceful conflict resolution, Positive peer influence, Equality & social justice, Caring, and others.

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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