

Minutes ~ June 7, 2017

Community Support Network Partner Meeting

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

Attending CSN Partners – 26 attended (9 filled out evaluation forms) including: Anita Bagwell, Western Sierra YouthBuild; Ann Guerra, Connecting Point; Cassie Rodriguez, Friendship Club and WSMC; Char Weiss-Wenzl, NCPHD; Dena Valin, Friendship Club; Donna Fry, Nevada County Public Health; Gary Brown, WHV & Emmanuel Episcopal Church; Hayley Elrod, Nevada County Children’s Behavioral Health; Heather Heckler, Connecting Point; John Fairchild, Twin Cities Church; Jolene Hardin, Young Parents Program; Joyce Ash, Child Advocates of Nevada County/FTHB; Kristen McGrew, PARTNERS FRC/NCSOS & CSN-CAPC Board; Kristina McLean, SAEL; Lindsay Dunkel, First 5 Nevada County; Loydyne Lane, Parents’ Resource Guide; Megan Murphy, VCSS; Melissa Marcum, NCSOS; Ned Russell, Got 40?, CSN-CAPC Board; Nicola Murphy, Sierra College; Rebekah Thompson, LivingWell Medical Clinic; Sephra Engel, PARTNERS FRC; Serenity Jolley, CoRR & Coalition for a Drug Free Nevada County; Virginia “Jenna” Drouin-Jones, Adoption Assistance Program/Foster Care/CalWORKS; Whitney Polk, Foster Youth Services, NCSOS; Susan Sanford, CSN Coordinator.

Welcome & Introductions – Kristen McGrew, Countywide Coordinator, PARTNERS Family Resource Centers, and CSN-CAPC Board Chair

Meeting Minutes – Accepted minutes from May meeting

40 Developmental Assets – Ned Russell of Got 40?

Change of Attitudes – Core principles of 40 Developmental Assets – details on last page of minutes

Meeting Focus – Panel ~ **Successful Transitions to Adulthood**

Programs & Presenters

Nevada County Children’s Behavioral Health – Hayley Elrod, LMFT, Child and Adolescent Therapist

- They serve about 900 children in the county in collaboration with other contracted partners. Have about 300 they serve on a week to week basis.
- Clients referred by probation department, Child Protective Services, a teacher, parent, anyone can refer
- Three levels of services provided: mild, moderate, and severe. NCBH works mainly with moderate to severe.
- See kids 0-21 and transition age youth up to 25 years old. Usually 6-18 months, but some are in and out of system for years. Work with both child and family and to build a support system.
- Do different kinds of therapy: play, sand tray, Parent Child Interactive Therapy (PCIT), motivational interviewing, cognitive behavioral therapy, trauma focused cognitive behavioral therapy
- Community supports and “wrap” services are very important.
- Partner closely with Sierra Forever Families, Victor Community Support Services,
- Serve Western Nevada County and Truckee
- Mutual support with other endeavors and organizations in the community: probation, Yes court, DVSAC, schools (e.g. emotional disturbance classroom at some schools)
- NCBH therapists go to schools every week
- Funding sources: primarily MediCal but also First 5, Educationally Related Mental Health Services
- Summer Camp program (building social skills and more)
- Parents or guardian have to be involved

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CSN Vision Statement

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Nevada County Superintendent of Schools Office (NCSOS) – Several programs including: Foster Youth Services, Independent Living, Indian Education, THP Plus (Transitional Housing Program Plus) - Melissa Marcum, Program Coordinator

- Melissa oversees five programs for the Nevada County Superintendent of Schools Office
- 1. Foster Youth Services for K-12. Among other things, the program helps students prepare for college
- 2. Independent Living Program for foster youth ages 16-21. Help with college, getting a job, how to apply for food stamps, how to clean your house, money management, various other classes. Regular meetings with other service providers to help the youth become self-sufficient. Take trips to see colleges. Ed Summit in Sacramento (along with FYS). Relationships with collaborators are very important for providing comprehensive wrap services. Please connect all foster youth ages 16-21 with Melissa so they can get full range of available benefits available to them.
- 3. THP Plus (Transitional Housing Program Plus) – about 9 slots a year. Program can pay for housing. Reimburse some food and other things. AB 12 is option to voluntarily stay in foster care until age 21.
- 4. Indian Education – refer kids to Melissa.
- 5. Kin care – foster parent trainings, and other trainings all free to anyone in the community. Support group and training for foster parents.

Nevada Joint Union High School District – Young Parents Program – Jolene Hardin, Young Parents Program/Cal-Learn Case Manager

- Program is run by Jolene and a colleague.
- Jolene was a teen parent and as an adult can look back and see all the things that supported her, but what she remembers most is her relationship with her case manager. Showed her what healthy relationships are. Not just what they look like, but what they feel like. She modeled it in a way the made Jolene feel worthy. “I take that with me every day. I’m so honored and privileged to be able to spend every day trying my best to provide that relationship to the young people that I work with.”
- Handout on adolescent development includes info about behaviors that are age appropriate.
- YPP exists to support this unique population with its unique challenges and it does so in many different ways. It’s been in the county in some form for 30 years.
- YPP provides case management services to all expectant and parenting youth in the county. It’s free to all youth up to age 19.
- The purpose of the program is to address the social, health, educational, and economic consequences of adolescent pregnancy by providing comprehensive case management services to expectant and parenting youth and their children.
- There are many consequences adolescent pregnancy.
- Program goals are to: improve high school graduation rates of expectant and parenting youth; improve linkages and create networks for expectant and parenting youth and their children; improve the health of the expectant or parenting youth, thus supporting the health of the child; and reduce repeat pregnancies.
- Program is on the Silver Springs high school campus. Access to HS staff and info, and being on campus sets the tone for what we value with education.
- Early Head Start is on the Silver Springs high school campus.
- Case load and outcomes info from Jolene’s PowerPoint:
 - *Maximum caseload of 25 participants.*
 - *In each of the last 3 years YPP/Cal-Learn served between 27-40 youth in Nevada County.*

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- *Outcomes 2015/2016-*
 - *100% of enrolled youth had health insurance, 100% received prenatal care, 100% of the children of enrolled youth had health insurance, 100% of both youth and their children received primary preventative healthcare.*
 - *0% of live births were low birth weight, 0% of live births were preterm, and there were 0% repeat pregnancies.*
- *33 were enrolled in High School or equivalent program with 10 graduating youth.*
- *Approach and Tools from Jolene's PowerPoint:*
 - *Case Management services are offered through a strength based relationship focused approach.*
 - *Positive Youth Development*
 - *Developed by the California Department of Public Health, Maternal, Child and Adolescent Health Division.*
 - *An approach to working with adolescents which aims to develop their resilience by strengthening their developmental assets.*
 - *Focusing on resiliency factors utilizing a resiliency framework*
 - *Utilizing motivational interviewing*
 - *Identify and build upon the adolescent's strengths and resources.*
 - *Ability to provide transportation.*
 - *Connected with Nevada Joint Union High School District.*
 - *Partnership with Early Head Start/Infant Toddler Center on Silver Springs Campus.*
 - *Case Management as the underlying building block for success.*
- *Case Management from Jolene's PowerPoint:*
 - *Establishing rapport and trust through a strength based relationship focused approach.*
 - *Visiting in the home.*
 - *Identify individual needs.*
 - *Assist youth in identifying their own goals and steps to reach set goals, developing skills to meet set goals.*
 - *Assisting youth in identifying strengths, healthy relationships, and healthy life choices.*
 - *Check in on education/work, health/health care, healthy relationships, and family planning.*
 - *Assisting youth in accessing services- Medical care (including prenatal and postpartum), oral health, family planning, school support services, social services, substance abuse intervention, mental health services, parenting education, health education, domestic/relationship violence, legal assistance, employment opportunities, housing assistance, nutrition counseling, continuing education.*

The Friendship Club and Western Sierra Medical Clinic – Cassie Rodriguez, Development Assistant for TFC and Youth Outreach Coordinator for WSMC

- WSMC recently received a gigantic federal grant for a pilot program for MAT (Medication Assisted Treatment). WSMC's goal is to reduce substance abuse in Nevada and Placer Counties. A portion of the grant is directed to youth services.
- Cassie's background is in working with youth and adults in mental health. When she got her Masters in Public Health she knew she wanted to come back and build a program in Nevada County. She comes from a background with a lot of substance abuse so knew she wanted to work with youth who were suffering from substance abuse or who have parents who have a long standing mental health problem or are addicted.

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- Program has been going since October. Partners with CoRR and Coalition for a Drug Free Nevada County, NCSOS.
- Spends time in schools with staff and students educating about substance abuse and life skills.
- WSMC doesn't have resources to direct people to beyond basic medical care, so Cassie wants to know what's available elsewhere so she can refer people to services.
- Working some in Placer County now.
- The Friendship Club – Mission is to engage, educate, and empower youth in our community, especially young girls. It's a referral service.

Q&A and Comments

- Q: What ages for summer camp? etc. A: any kids that are enrolled in NCBH
- Q: Is there any official coordination of case management between organizations? A: Yes, in Foster Youth Services
- Comment: Anita Bagwell – people at organizations will call in other people and resources as needed
- Q: Is there anything like The Friendship Club in the area for boys? A: Not at this time. It's a huge need.
- Q: What is MIOCR program? (in one of Hayley's slides) A: Mentally Ill Offender Crime Reduction program.
- Q: When are kin care trainings? They will be listed on NCSOS website: www.nevco.org
- Q: In ILP program, does it include kids in kinship care? A: It's a loaded question, so always refer and Melissa will check eligibility.
- Q: Any holes you see in the system for kids? A: Kids who are not in foster care don't have safety net/access to services. Transition age youth. Youth who are couch-surfing and homeless kids. Youth who age out of NCBH Children's program need to be much more mentally ill to be eligible for adult mental health services, so they often go without help that could keep things from getting worse. Stigma to asking for services
- Q: Runaways...kids end up in juvenile hall. A: Anita Bagwell (attendee): Having parents do the 911 call that kid has run away is an important first step for access to services. People who harbor a runaway are legally liable. Our juvenile hall is great. A: Megan Murphy (attendee): Victor Community Support Services has a contract to provide services to kids in juvenile hall.
- Q: If we didn't have issues with housing or jobs, how would that impact what you do? 2. Which would impact the most? A: Melissa: At 18 many foster youth end up on the streets, engaged in criminal activity because they end up homeless. Having housing longer makes a huge difference. Need the stability of housing. A: Whitney Polk (attendee): NCSOS program has the money to put kids in homes, but where? There's no place to rent. Can't begin to address other barriers until there's a stable home. Ages 18-25 is a gap.

Building the Network Moment – 2017 Summer Camps and Activities – Loydyne Lane, Advertising & Marketing Director, Parents' Resource Guide

- 6th year of the Camp and Activity Fair
- gave out a brochure of this year's camps
- there's an article in the back of current issue of the Parents' Resource Guide magazine

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Network Announcements

- Lindsay Dunckel, First 5 – Step Up to Kindergarten. Still have some slots open at some sites. Any child in Nevada County who is going into kindergarten is eligible. Info at www.first5nevco.org.
- Serenity Jolley – CoRR and Coalition for a Drug Free Nevada County. PLEAG meets Thursday evenings. Family Recovery Education Series meets Friday evenings. Info will be in upcoming CSN e-new along with a link to a survey about under age drinking.
- Megan Murphy, Victor Community Support Services – VCSS is recruiting – Parent partner position – a parent with lived experience having a child in the mental health system and succeeding – GED and life experience – victor.org
- Kids Corner at the Nevada County Fair – watch CSN e-news for how to volunteer at the fair in August
- Heather Heckler, Connecting Point – CalFresh Market Money program doubles money up to \$10 per farmers market. For more information about the program call 211 (2-1-1 or [877-847-0499](tel:877-847-0499)) or check out website at 211nevadacounty.org.
- List of local farmers markets: <https://www.nevadacitychamber.com/nevada-city-events/farmers-market/>
- Loydyne Lane, Parents' Resource Guide – Organizations are invited to send activities to PRG for calendar and also send articles
- Nicola Murphy, Sierra College – ongoing enrollment for Fall – lots of great student support programs. One program is called RISE. <https://www.sierracollege.edu/student-services/support-programs/rise.php>

Meeting Evaluations – Attendees filled out evaluation forms.

Adjournment – ***CSN Partner meetings on hiatus for July and August.*** Next meeting will be September 6, 2017. In the meantime, people can **volunteer for Kids Corner at the Nevada County Fair, August 9-13.** The September meeting will, as usual, be in the 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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### Change of Attitudes – Core principles of 40 Developmental Assets – June 7, 2017

| Instead of                        | Think and emphasize                            |
|-----------------------------------|------------------------------------------------|
| Young people's problems           | Young people's strengths                       |
| Professionals' work               | Everyone's work                                |
| Young people absorbing resources  | Young people <i>as</i> resources               |
| Programs                          | Relationships                                  |
| Only for troubled young people    | All young people                               |
| Accountable for only own behavior | Accountable for other adults' behavior as well |
| Incidental asset building         | Intentional asset building                     |
| Blaming others                    | Claiming responsibility                        |

#### Grading Grown-Ups:

|                                        | % believe important | % that do it |
|----------------------------------------|---------------------|--------------|
| Encourage success in school            | 90                  | 69           |
| Expect parents to set boundaries       | 84                  | 42           |
| Teach shared values                    | 80                  | 45           |
| Teach respect for cultural differences | 77                  | 36           |
| Guide decision making                  | 76                  | 41           |
| Have meaningful conversations          | 75                  | 34           |
| Give financial guidance                | 75                  | 36           |
| Discuss personal values                | 73                  | 37           |
| Expect respect for adults              | 68                  | 67           |

Data from Search Institute – The data for 40 Assets has been developed for youths up to age 18. However, the 40 experiences and qualities don't cease to be valuable on one's 19th birthday. Parents, agencies, and community members need to continue their efforts in building assets in and for all of us, of any age.

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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