

MINUTES ~ September 7, 2016

Community Support Network Partner Meeting

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

Attending CSN Partners – 20 attended (7 filled out evaluation forms). Allison Bischofberger, DVSA; Carol Viola, Grass Valley School District; Cindy Wilson, Nevada County Public Health Dept.; Donna Fry, Nevada County Public Health; Emily Perry, CoRR; Helen Williamson, NAMI/Nevada County Mental Health Board; Jennifer Lucas, Sierra Forever Families; Joette Collier, Foothills Truckee Healthy Babies; Jolene Hardin, AFLP - Cal-Learn; Joyce Ash, Child Advocates of Nevada County/FTHB; Justine Riley, Sierra Nevada Children's Services; Kristen McGrew, PARTNERS FRC/NCSOS; Lindsay Dunckel, First 5 Nevada County; Lourdes Vose, SNCS; Loydyne Lane, Parents' Resource Guide; Marley Mueller, CoRR; Meg Luce, PARTNERS/NCSOS; Ned Russell, Got 40?, CSN; Rachel Kaloian; CoRR; Rachel Roos, Victor Community Support Services; Rosnina Dort, Child Care Coordinating Council; Susan Sanford, CSN Coordinator.

Welcome & Introductions – Lindsay Dunckel, PhD, Executive Director, First 5 Nevada County and CSN-CAPC Board

Meeting Minutes & CSN Appreciations - Accepted minutes from June meeting

40 Developmental Assets – Ned Russell of Got 40?

Developmental Asset #36 – Peaceful conflict resolution (details on last page of minutes)

Meeting Focus – "What Does It Mean When We Say Quality Child Care and Why Does It Matter?"
Presenters

- Lindsay Dunckel, PhD, Executive Director, First 5 Nevada County
- Rosnina Dort, MA ECE, LPC | EQ Coordinator, Child Care Coordinating Council
- Justine Riley, BA, Program Director, Sierra Nevada Children's Services

Why does quality child care matter? – Lindsay Dunckel

~ We viewed a video called, "The First Five Years in a Child's Development." It's on youtube:

<https://youtu.be/QsBN368wyZw>

~ The biology of early development is that we are born ready to learn. 90% of brain growth happens in the first 5 years. Our brains use our experiences to lay down neural pathways, strengthen existing ones, and prune those that are not used.

~ Children learn in the context of relationships. Who's caring for them matters a lot...and how they're trained. Can't separate cognitive development from social-emotional development; impact of stress, trauma, high cortisol levels. Lacking solid relationships, young children cannot learn. In short, environment matters.

~ There is a Quality Rating Improvement System (QRIS).

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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

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~ Some Nevada County statistics from 2014 and 2015 - *kidsdata.org* is a rich resource for statistics

46% - Students Meeting or Exceeding Grade Level Standard in English Language Arts

35% - Students Meeting or Exceeding Grade-Level Standard in Mathematics

[35% - Students drop out of high school]

The Superintendent of Schools office here runs a large charter program that's based in LA, so our local numbers look artificially high. Ours may really be closer to 18%, but not sure.

32% - 7th graders report being bullied at school

35% - 9th graders report feelings of depression

62% - Children with working parents for whom child care is unavailable

~ Research shows that high-quality early care and education can have long-lasting positive effects.

Shown to impact a wide range of life outcomes such as:

- Grade retention
- Special education needs
- High school graduation
- College attendance
- Lifetime earnings
- Use of government assistance
- Likelihood of home ownership

Specifically, high-quality child care before age 5 is related to higher levels of behavioral/emotional functioning, school readiness, academic achievement, educational attainment, and earnings, and the gains are particularly pronounced for children from low-income families and those at risk for academic failure.

Everyone at the meeting brainstormed the key elements of quality child care. Here are the categories and specifics from brainstorming...

Educated Staff Relationships - Educated child care providers and teachers; Qualified teachers; Non-judgmental staff; Trusting adult to build a relationship with; Role models; Emotional support/nurturing; Compassionate teachers; Communication – with peers and adults, open-ended questions; Positive conflict resolution

Health - Nutrition; Basic needs addressed – food, sleep; Access to parenting information

Staffing - Individualized attention; Ratio of adults to children

Program – how it supports families, children, business - Available to everyone; Affordable; Affordable with good wages; Easy; Accessible location; Flexible, long hours; Family engagement

Experiential Learning for Children - Focus on the whole child; Interactive play; Outside time; Lots of PLAY; Age appropriate toys; Flexibility; Routine; Quality learning materials; Planned activities – different developmental domains; Variety of programs – developmentally appropriate: nap time, tactile, reading, physical activities, fun; Exposure to music and art; Intergenerational interactions

Facilities and Environment - Safety; Kid friendly space; Opportunity to explore environment; Access to nature/outdoors, physical play

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How do we define “quality child care?” – Rossnina Dort

- ~ California is in the process of implementing a common system to rate the quality of their programs. It’s the California Quality Rating Improvement System, or QRIS.
- ~ The goal of IMPACT is: through partnerships between First 5 California (F5CA) and counties, children ages 0 to 5 and their families thrive by increasing the number of high-quality early learning settings, including supporting and engaging families in the early learning process.
- ~ There are seven key elements of quality child care – all of which came up in the group brainstorming.
 - Adult-child interactions
 - Staff education, experience, and professional development
 - Staff compensation and stability
 - Adult-child ratios and group size
 - Curricula and foundations
 - Indoor/outdoor environments
 - Family partnership and comprehensive services
- ~ There is a detailed matrix of criteria with a point system for determining quality ratings of programs.
- ~ Nevada, Placer and Sierra County have joined together to form the Early Quality Matters (EQM). EQM is a region-wide program to facilitate QRIS in Nevada, Placer and Sierra counties. The partnership between three counties helps ensure effective and accountable use of limited resources.
- ~ Nevada County has the opportunity to:
 - Develop a shared definition of child care quality based on reliable and validated research
 - Develop a tool for parents to make informed decisions about child care
 - Work together to offer a coordinated and centralized system of information and support to increase capacity of high quality preschool programs so that all children thrive
- ~ Nevada County is currently recruiting child care programs to be part of EQM. A streamlined set of standards connected to supports and financial incentives are provided to help child care programs meet and maintain the standards of quality. Through First 5 Nevada County, NCSOS, Placer County Office of Ed, SNCS, Nevada Local Planning Council and the Child Care Coordinating Council, we will be offering target-specific workshops, professional coaching and a variety of resources to help early childhood professionals continually improve the level of school readiness offered in their programs, help families identify high quality child care and preschool options for their young children, and increase consumer awareness about – and demand for – high quality childcare.

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How can people access quality child care here in Nevada County? – Justine Riley

Here's the outline of Justine's presentation.

I. Sierra Nevada Children's Services: 1978

- a. Mission: to enrich the community by supporting quality child care & empowering families to aspire to lifelong success
 1. Child Care Resource & Referral
 2. Subsidy Programs
 3. Child Care Provider Trainings & Support
 4. Community Outreach
- b. Child Care Referrals - FREE
 1. Help parents match family needs to list of providers
 2. Connect families to community resources

II. Child Care Subsidy Programs: designed to assist income eligible families in paying for all or part of their child care costs, family may have a share of cost.

- a. CalWORKS Stage 1 (California Department of Social Services)
- b. CalWORKS Stage 2 & 3 (California Department of Education, or CDE)
- c. Alternative Payment Program (CDE)
- d. Family Child Care Home Education Network (FCCHEN/"Network") (CDE)

III. Who is Eligible?

- a. Income eligible or referral by Child Protective Services (CPS)
- b. Need for service:
 1. Working/looking for work
 2. Attending School or in training
 3. Homeless/Incapacitated
 4. CPS/at risk

IV. Central Eligibility List (CEL)

- a. Apply in person or online
- b. NOT first come, first serve
- c. Determines which families served first based on family rank
- d. Rank determined by family income, size, needs
- e. Children receiving CPS or at risk given priority
- f. Child living with Guardian/Foster parent? Only child's income is used to determine rank

Any time a family has a question about needs or providers, they can contact Sierra Nevada Children's Services at 530-272-8866. Their website is: www.sncc.org. SNCS also has offices in Sierra County and Truckee.

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Some Info, Questions, and Answers

Info: A family doesn't need to know what they're eligible for. SNCS can help them figure that out.

Q: Are there likely markers for qualification?

A: Cash aid. If people are in any aspect of CalWORKS, they can get an immediate referral.

Q: Is every family that applies given info about all the providers?

A: Yes, including state preschools. If family wants a specific provider, that provider needs to be under contract to SNCS.

Q: What can we do to be helpful?

A: Being aware that the ratings system is coming out...talk about it. By December, providers will be part of system or not. Parents can ask their providers if they're part of the Early Quality Matters program.

Info: Loydyne Lane would love to publish this info in the Parents' Resource Guide. Needs an article with info.

Info: CSN will post links to where info about EQM programs and ratings will be available, including First 5 Nevada County.

Building the Network – Kristen McGrew, PARTNERS Family Resource Center, CSN-CAPC Board Member. Kristen shared information about the 15th Annual Read To Your Child Halloween Book Giveaway. It will be on Monday, October 31 at the Center for the Arts in Grass Valley. It's one of CSN's big annual events, and is part of the Grass Valley Downtown Association's Safe Trick or Treat event. A volunteer sign-up sheet was circulated, and there will be info on the CSN website about how to volunteer.

Network Announcements and Meeting Evaluation

- Loydyne Lane - Parents' Resource Guide. Handed out copies of last year's wish list that they published along with forms for organizations to submit their wish list for this year. The due date is September 15th. CSN will post wish list submission forms.
- Marley Mueller – CoRR – Recovery month event, "Rally for Recovery" on September 16th. Every Thurs. evening is PLEAG – free dinner and childcare. CoRR has regular job openings for child care providers.
- Cindy Wilson - Nevada County Public Health. Job opening for a public health nurse to do maternal visiting and more.
- Lindsay Dunckel – First 5. Job opening for a preschool teacher. Teach 8:30-12:30.
- Carol Viola – Grass Valley School District. Three openings for after school program.

Adjournment – 4:50 pm – Next meeting: October 5, 2016, Gene Albaugh Community Room, at the Madelyn Helling Library.

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.

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 #36 – Peaceful conflict resolution – September 7, 2016**

Youth seeks to resolve conflicts nonviolently.

Perhaps more than any other asset, youth need to see parents and other adults modeling peaceful conflict resolution between themselves and between adults and youth in order to learn how to apply it. It takes *instruction* and practice for adults and children to use it when needed. Encourage parents to take a class.

Ground rules for starters:

- Physical outbursts, whether hitting or throwing or breaking things, have no role in peaceful conflict resolution.
- If strong emotions are involved, people need to cool off before addressing the issues.
- All parties need to show respect towards others regardless of the conflict.
- Shouting, calling demeaning names, insulting, or other disrespectful behavior will be counterproductive for all.
- Focus on and put into words how you are feeling, not what the other party did or didn't do, does or doesn't do.
- Listening to the other party express his/her feelings is just as important as stating your own feelings.

*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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