

Minutes ~ October 7, 2015
Community Support Network Partners Meeting

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

Greet Incoming Partners – 34 people attended (27 signed in/19 filled out eval forms), including: Charleen DeWitt, Community Volunteer; Cindy Santa Cruz-Reed, Sierra College and Helping Hands Nurturing Center; Debi Stevenson, EMQ FamiliesFirst; Dena Valin, Friendship Club; Gem Platte, One Stop (AFWD); Helen Williamson, NAMI/Nevada County Mental Health Board; Jennifer Lucas, Sierra Forever Families; Jessica Lime, SNCS; Joette Collier, Foothills Truckee Healthy Babies; Kim Blix, Nevada County; Kristen McGrew, PARTNERS FRC; Lael Walz, EMQFF/SFMC/NAMI; Laurie DeMartini, PARTNERS FRC, Penn Valley; Lindsay Dunckel, First 5; Lynn Woerner, KARE; Mali Dyck, CalWORKs; Marley Mueller, CoRR; Meg Luce, PARTNERS FRC; Michelle Goodwin, EMQFF; Ned Russell, Got 40?, Drug Free Coalition, CSN; Sharon O’Hara, Citizens for Choice, AAUW; Sheri Meckler, Reach Family Counseling; Shona Torgrimson-Duncan, Helping Hands Nurturing Center; Sierra Sparks, Milhous Children's Services; Stephanie Fischer, DVSAC; Suze Pfaffinger, Big Brothers Big Sisters; Sylvia Pichitino, Sierra Forever Families; Tammy Veralrud, Nevada County Works - IHSS Public Authority; Vicki Winters, Salvation Army; Susan Sanford, CSN Coordinator.

Welcome & Introductions – Lynn Woerner, Executive Director, KARE Crisis Nursery

Meeting Minutes - Accepted minutes from September meeting

40 Developmental Assets – Ned Russell of Got 40?

Developmental Asset #37 – Personal Power - details on last page of minutes

Honoring Charleen DeWitt - We thanked Charleen for nearly 10 years of service on behalf of children in our community as a Child Abuse Prevention Council (CAPC) Board and CSN Steering Committee.

Meeting Focus – "Trauma and Trauma Informed Care" by Rebecca Slade, LMFT, Interim Behavioral Health Director for Nevada County. The presentation was a wonderful follow-up to our May meeting about the Adverse Childhood Experiences (ACE) study. Rebecca explained the relevance of the ACE study information to Trauma Informed Care and shared specifics of what trauma and trauma informed care are and look like, and what can be done to address trauma and provide TIC.

PowerPoint presentation:

"Trauma and Trauma Informed Care" by Rebecca Slade, LMFT, Interim Behavioral Health Director for Nevada County will be posted on Meetings page of CSN website here: <http://csnnc.org/meetings/>

Handouts at meeting:

- Attendees had the opportunity to fill out the 10-question ACE survey. Available here: http://www.acestudy.org/files/ACE_Score_Calculator.pdf.
- Here's what everyone should know about the ACE study: http://www.acestudy.org/yahoo_site_admin/assets/docs/ACEsFlyer.127152239.pdf
- Info about the original study and principal investigators: http://www.acestudy.org/yahoo_site_admin/assets/docs/ARV1N1.127150541.pdf

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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
CSN Coordinator – Susan Sanford, 530-913-0270, csnncorg@gmail.com

Q&A and sharing of relevant stories, including:

- A great question to ask: "What's that/it been like for you?"
- Do presentations on ACE study to schools to teach anyone who works with kids what the signs are?

Additional ACEs resources

- Here's a link to additional info specific to California: <http://acestoohigh.com/2014/11/05/most-californians-have-experienced-childhood-trauma-early-adversity-a-direct-link-to-adult-onset-of-chronic-disease-depression-violence/>
- The research on ACE scores by CA county...

~ Here's the page with the link, and to other docs, too:

<http://www.centerforyouthwellness.org/what-we-are-doing/policy--advocacy/>

~ Here's the link directly to the PDF: <https://app.box.com/s/nf7lw36bjjr5kdfx4ct9>

ACEs resources from CSN meeting minutes from May 6, 2015

- TED talk by Nadine Burke Harris.

http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

- 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

- 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>

Building the Network – Shona Torgrimson-Duncan, Helping Hands Nurturing Center. Shona provided an overview of services and said they are in the process of creating a nonprofit arm of the organization. People can visit the facility by prior arrangement.

Network Announcements and Meeting Evaluation

- Halloween Book Giveaway planning is in great shape. Event is Friday, Oct. 30 at The Center for the Arts in downtown Grass Valley.
- Vicki Winters - Salvation Army - sign-ups for 2015 Christmas Assistance
- Stephanie Fischer - DVSAC - training Nov. 6 - Human Trafficking of Minors: Victim Advocate Training
- Jessica Lime - Children's Community Chest program
- Sharon O'Hara - AAUW - North Star House scholarship fundraiser - Oct. 11; Citizens for Choice will rent Nevada Theater for fundraiser to show "Sister" a film about reproductive rights workers - Nov. 4
- Kristen McGrew - FRCs - Triple P Parenting wine tasting fundraiser on Nov. 8 - Meg Luce has info
- Lynn Woerner - KARE - Oktoberfest on Sat. Oct. 10
- Parent Cafe meets on Saturdays

Info about all or most announced events is, or will be, on CSN website News page.

Adjournment by 5 pm – Next Meeting: Nov. 4, 2015, Gene Albaugh Community Room, at the Madelyn Helling Library. **Thank you!**

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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 # 37 – Personal Power – October 7, 2015

*Young person feels he or she has control over "things that happen to me."*

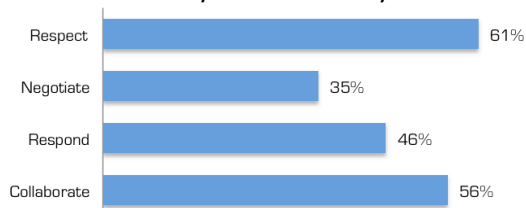
Sharing power helps develop many assets in youth, for example: #33 Interpersonal Competence, #38 Self-esteem, #32 Planning and decision making, #36 Peaceful conflict resolution. It assists in building self-confidence and social skills, and is a model for all relationships both inside and outside of the family.

The following is from Search Institute's web site: [www.ParentFurther.com](http://www.ParentFurther.com). The 4 key actions in sharing power in relationships:

- **Respect**—Take each other seriously and treat each other fairly.
- **Negotiate**—Give each other a voice in decisions that affect them.
- **Respond**—Understand and adjust to each others' needs, interests, and abilities.
- **Collaborate**—Work together to accomplish goals and solve problems.

### How Do U.S. Families Share Power?

U.S. parents of 3 to 13 year olds surveyed who score high on the four actions that are part of sharing power:



SOURCE: Search Institute survey of 1,000 parenting adults in the United States. Made possible with generous support from Walt Disney Parks and Resorts.

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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