

Community Support Network of Nevada County

<http://csnnc.org>

Meeting Notes

February 6th, 2013 at the Madelyn Helling Library's Community Room

3:30 p.m. to 5:00 p.m.

3:15-3:30 **Greet Incoming Partners/Optional Open Networking** – CSN Coordinator, Paula Roediger

3:30-3:40 **Welcome and Introductions** – Lynn Woerner, KARE Crisis Nursery. Members approved notes from January's meeting, then introduced themselves. 36 present, including: Melinda Douros, CASA; Charleen DeWitt, CAPC; Suzanne Brevard, Dept of Child Support; Kristen McGrew, SSHS; Diane Malley, SJR FRC; Lynn Skrukud, Drug-Free Coalition; Tim Guiliani & Paige Anderson Torgrimson, 211 Nev Co; Anastasia Knight, CANC; Laurie Burkhart Frank, ADRC; Brandi Kolmer, Western Sierra Med Clinic; Lynn LaCroix, Nev Co Pub Hlth; Mary Graebner, SIGV, KARE; Laurie Blakemore, PARTNERS FRC; Cindy Santa Cruz Reed, CoRR; Loydyne Lane, Parents' Resource Guide; Pamela Aldridge, Grief Recovery Institute; Una Kobrin, WHEEL, School of Care; Guinevere Ewing, PLEAG; Ned Russell, Got 40?; Carol Viola, GVSD; Pam Aspinall, Native TANF; Cathy Fagan, Nev Co Diaper Pjct; Leanne Dozier, Gold Country Community Svcs; Michelle Cowie, Team 3 Family Counseling Center; Megan Timpani, United Way Nev Co; Lael Walz, Sierra Fam Med Clinic, EMQFF, NAMI; Lindsay Dunckel, First 5 Nevada County; Pam Davinson, CalWorks; Hilary Hodge, APPLE; Angela Niblock, Calif Solar Electric; Donna Glory, Dave Barnett and Joy, community members

3:40-3:45 **Network Moments** – Ned Russell of Got 40? presents a Developmental Asset: *Family Night - Multiple assets*

An evening without distractions (no TV, cell phones, computers, adult "homework", etc.) and all family members attending can be one of the most productive ways to build assets for everyone, adults included.

- Time available and attention paid for sharing successes and challenges.
- Time to discuss hopes and plans for the future, both short and long term – and to work on them.
- Time for family projects, games, reading inspirational books or just for fun.
- Time for discussing world and historical events, multicultural issues, what is integrity, honesty and is it ever okay to lie, and numerous other important areas.
- Time to discuss how to make family work better together.

Can build about 25 of the 40 assets

- half by practice/modeling, half by discussion.

In families with older kids, who have never been asked to spend an evening at home, start by asking the kids to find an hour or so to plan a short family outing, e.g. 1/2 day trip to Yuba Gold Fields, visit Gladding McBean or the Aerospace Museum, hike part of the Pacific Coast Trail. First session: choose the outing: something that appeals to all the kids and gives all a significant role in planning.

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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3:45-4:35 **Meeting Focus:** - *Asset Mapping and How 2-1-1 Nevada County Can Help.*
Tim Guiliani of [2-1-1 Nevada County](#) presented to CSN partners. 2-1-1 is a 27/7 comprehensive community resource for all health and human services. 2-1-1 simplifies access and increases the effectiveness of the entire health and human services community. 4,000 resources in their database. Available by phone or online. They are in the process of acquiring a local call center and updating their website. 2-1-1 collects, creates and repackages data; they update their information often. If your agency needs to update its info, visit their website and follow the prompts. 2-1-1 is funded through grants through Nevada County, MHSA, PEI & ADRC.

4:35-4:45 **Building the Network Moment** – Lynn Skrukrud of Drug-Free Coalition spoke about Rx drug abuse in Nevada County and ways to prevent it.

4:45-5:00 **2013 CSN Meeting Focus Topics** – Sticky dot voting: Partners showed their preferences for future meeting topics.

5:00 **Adjournment** - Next Meeting: March 6th, 3:30 to 5:00 p.m. at the Madelyn Helling Library's Community Room.

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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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