

# Community Support Network of Nevada County

<http://csnnc.org/>

## Notes

April 3, 2013 – Madelyn Helling Library

Gene Albaugh Community Room

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

3:20 – 3:30

**Greet Incoming Partners** – Paula Roediger, Coordinator

34 present, including: Charleen DeWitt and Marcia Westbrook, CAPC; Connie Moller, Kristen McGrew & Meg Luce, SSHS; Ned Russell, Got 40?; Gary Brown, Welcome Home Vets; Lisette deMiranda, Cathy Edwards & Betsy Hatten, CASA; Chaplain Dennis Fruzza, Vets For Vets; Stephanie Terrassa, DVSAC; Gail Johnson Vaughen & Jeff Landre, MFS; Patricia Gore, Sierra Nevada Child Support; Nicola Murphy, One-Stop Bus & Career Ctr; Sharon O’Hara, Citizens for Choice; Lynn Woerner, KARE; Robin Wallace, Healthcare for All CA; Amanda Scheerer, Aurora Mortensen & Joette Collier, FHB; Guinevere Ewing, PLEAG; Lael Walz, EMQFF/NAMI; Laura Harter, Joyce Ash & Jan MacDonald, CANC; Pam Davinson, DSS; Cindy Wilson, Public Health; Lindsay Dunckel, First 5; Manda Jensen, Hospitality House; Una Kobrin, School of Care

3:30 – 3:40

**Welcome – Introductions** – Marcia Westbrook of the Child Care Coordinating Council

3:40 – 3:45

**Meeting Notes** – Accepted March’s meeting notes. All in favor.

3:45 – 3:50

**Network Moments** – Ned Russell of Got 40? Presents:  
Developmental Asset #34 – Cultural Competence

Youth knows about/has comfort with people of other cultural/racial/ethnic backgrounds.

- Pay attention to what you say and how you say it about other cultures, religions, people, and ideas.
- Watch for and discuss stereotypes when you view television and movies.
- Watch especially for cultural slurs that are disguised as political comments.
- In conversations with your children, emphasize what all people have and want in common.
- Visit museums and read about contributions that people of all cultures have given everyone.
- Make opportunities for you and your children to chat with people of other backgrounds.

### 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.

CSN Coordinator: Paula Roediger, 530-913-0270

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3:50 – 4:40

**Meeting Focus** – *Family Trauma: Its Effect on Children*, presented by Connie Moller, ECE Behavior Consultant and Robert Heirendt, LCSW, Nevada County Children’s Behavioral Health. They spoke of the different kinds of stress, responses to stress, symptoms of stress, and what you can do to help children and families experiencing trauma. Additionally, Dr. Bruce Perry’s workshop “The Impact of Trauma and Neglect on the Developing Child” will be live-streamed free to the Rood Center on May 10<sup>th</sup>. See: [http://www.humkids.org/index.php?option=com\\_content&view=section&id=38&Itemid=391](http://www.humkids.org/index.php?option=com_content&view=section&id=38&Itemid=391)

4:40 – 4:55

**Building the Network Moment** – Pam Davinson of Nevada County Veterans Services, Gary Brown of Welcome Home Vets, Chaplain Dennis Fruzza of Vets For Vets spoke to partners about the Veterans Collaborative Partnership. Dennis has been speaking with law enforcement agencies and encourages them to call him if they encounter a veteran. Gary says their primary goal is to serve the social and mental health needs of veterans and their families. He encourages our partners to screen for military experience. Ask, “Has anyone in the family served in the military?” If so, their organizations may be able to help them. PTSD and related problems affect the whole community. Pam says they’re trying to tap into all the services which can help vets and wrap services around them. For more information see <https://welcomehomevets.org/> and <http://www.mynevadacounty.com/nc/hhsa/dss/vets/Pages/Home.aspx>

4:55 – 5:00

**A Message from CAPC** – Lindsay Dunckel, Board President for the Child Abuse Prevention Council of Western Nevada County gave information about the new “And How Are the Children” CSN t-shirts and her upcoming presentation to the Board of Supervisors at their meeting on Tuesday, April 9<sup>th</sup>, 9:00-9:10 a.m. She encouraged people to attend this quick presentation and wear CSN shirts as a sign of support and unity for the well-being of Nevada County children. She said CAPC was gratefully accepting \$10 donations for the shirts which can be picked up before the BOS meeting. Order your shirt at: <http://www.surveymonkey.com/s/ZWWBDMB>

Announcement:

Ned Russell announced “Report Card to the Community” on April 18<sup>th</sup>, 3:30-5:00. Presented by Coalition for a Drug-Free Nevada County and Safe Schools Healthy Students. For more information see <http://csnnc.org/a-walk-through-the-community-on-april-18th/>

5:00

**Adjournment** – Next Meeting: May 1<sup>st</sup>, 2013.  
Meeting focus: *Self Care for Caregivers in Honor of Mental Health Month*

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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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