

Community Support Network of Nevada County

<http://csnnc.org>

Meeting Notes

May 1, 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
22 present, including: Ned Russell, Got 40?; Marcia Westbrook & Charleen DeWitt, CAPC; Laurie DeMartini, PARTNERS FRC; Amanda Scheerer & Anastacia Knight, FHB; Stephanie Terrassa, DVSAC; Loydyne Lane, Parents' Resource Guide; Martha Millar, Law Offices of Martha Millar; Lael Walz, EMQFF/SFMC/NAMI; Heather Carner, One-Stop Bus&Career Ctr; Donna Glory, community member; Pam Davinson, CAPC/CalWorks/Nev Co. Vets; Cindy Wilson, Public Health

3:30 – 3:35 **Welcome – Introductions** – Guinevere Ewing of Parent Leadership, Empowerment and Advocacy Group

3:35 – 3:40 **Meeting Notes** – Accepted notes from April's meeting

3:40 - 3:45 **Inspirational Reading** - Lindsay Dunckel. Lindsay was unable to attend.

3:45 - 3:50 **CAPC Proposal to CSN** – Lindsay Dunckel. Lindsay was unable to attend. Tabled for June meeting.

3:50 – 3:55 **Network Moments** – Ned Russell of Got 40? presents Developmental Asset #19: Religious Community

Youth spends time with religious institution: 1+ hours of activity/week (age 12-18), age appropriate for younger.

- For youth, assets building: Positive peer values, adult relationships and role models, constructive use of time, caring, positive view of future, self esteem, programs, and more.
- For parents: social connections, concrete support, resilience support, models for parenting.
- Continuity and instant support when moving to a new community.
- No easy substitute of a non-religious institution, with same value for both parents and kids.
- Significant involvement in some organizations provides some of the benefits, e.g. Friendship Club, 4H, Scouts, NEO, perhaps others.

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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3:55 – 4:40

Meeting Focus – *Self-Care for the Caregiver*: Karen Wallack-Eisen of PARTNERS Family Resource Center in Grass Valley: Karen led us in relaxation and laughter exercises, stretches and guided imagery. We heard about creating a space for ourselves where we can relax and mentally “visit” our favorite locations. Facts about laughter: “Laughter increases the white blood cell activity and changes the chemical balance of the blood. This is believed to boost the body’s production of chemicals needed for alertness and memory. Laughter reduces stress, and low stress enhances the brain’s receptivity to learning. According to researchers, laughing (having fun) also boosts the body’s immune system for three days – the day of the fun and the next two.” From: *Start Smart! Building Brain Power in the Early Years*, Pam Schiller, Gryphon House, Inc., 1999, pg. 49.

4:40 – 4:50

Building the Network Moment – Lael Walz of EMQFF and NAMI presents self-empowerment and screening tools: Lael reminded us that seeking help is not a sign of weakness but rather a sign of strength. The tools she presented are available through [SAMHSA](#) (Substance Abuse and Mental Health Services Administration.) Use these mental health assessment tools to start a conversation with your physician. Lael says this past January was a record month for 5150 evaluations; 130. 2/3 of the people showing up at SNMH for care are not currently in our local mental health system. We have great infrastructure in place in our community for mental health, however Nevada County’s suicide statistics are higher than the state average.

4:50 – 5:00

Network Announcements – Members may make short announcements about their upcoming events:

- Cindy Santa Cruz Reed of CoRR: Multi-cultural festival this Saturday. See CSN website for more info.
- Pam Davinson of Nevada County Veterans announced there will be a tour of Nevada County bridges on Memorial Day, 5/27. For more info call 477-8480.
- Lael says EMQFF will soon be sending out a survey to partners, to find where gaps in services exist.
- Donna Glory, a community volunteer, says there is a caregivers’ support group. For more info see www.lotsahelpinghands.com.

5:00

Adjournment – Next Meeting: June 5th, 2013.

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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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