

# Community Support Network of Nevada County

<http://csnnc.org>

## Meeting Notes

September 4<sup>th</sup>, 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

3:30 – 3:40

**Welcome – Introductions** – Lael Walz, EMQFF, NAMI, CSN Steering Committee

29 present, including:

Martha Millar, Law Office of Martha Millar; Kristen McGrew, SSHS; Guinevere Ewing, CoRR/PLEAG; Cindy Santa Cruz Reed, CoRR; Delores Davis, Healthcare; Bob Kroeger, HCA/CASA; Dena Valin, Friendship Club; Terry Wardley, Senator Ted Gaines; Charleen DeWitt, CAPC; Ned Russell, Got 40?; Laura Harter & Anastacia Knight, CANC; Betsy Hatten, LWWTV/CASA; Raelene Van Otten, SPIRIT; Deb Abbey, 211 Nevada County; Susanne Brevard, Nev Co Child Support; Pam Davinson, Cal Works/Vets; Melissa Marcum, FYS/ILP; Lyn Woerner, KARE; Rachel Pena Roos, Victor Support Services; Heather Carver, Workforce Center; Halli Ellis, NEO, Tamara Cook, Adult Services

3:40 - 3:45

**40 Developmental Assets** - Ned Russell of "Got 40?" presents *Supporting People In Recovery*:

- There's not 1 or 2 assets that are more or less important for people in recovery - like anyone else, the more they have of the 40, the better their chances for overcoming their difficulties. However, there are several assets that stand out for agencies and people who want those in recovery to succeed.
- Most of us can easily think of someone who has helped us in a time of crisis, maybe after a death in the family, divorce, problems at work, health problems, auto accident, "lost" child, "lost" parent, etc. We all need people in our lives who we trust and who care for us, and who give us support when we need it. Often family, but often not.
- The path to recovery is *not* a straight line, and support is an important element for recovery.
- Asset #1 - Family Support. Even the best of families sometimes give up on a person who repeatedly makes steps toward recovery and falls back into old habits. Families need to understand what is involved in recovery and provide support.
- Asset #4 - Caring neighborhood. Friends and neighbors give up sometimes, also, but their support is needed.
- Asset #3 - Other adult relationships.
- If a person in recovery does not have a supportive family, others need to step up and provide support.
- Principles of 40A's to keep in mind: build consistent, positive relationships, build on each person's strengths.

3:45 - 3:50

**A Personal Story** - Scottie Hart from "Our Voices Matter"

Scottie spoke to us about her struggles with bi-polar disorder, anxiety and alcoholism. With the support of her family and friends, she began her slow recovery.

*"Mental Health Recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential. - SAMHSA"*

### 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 – 4:25

### **Meeting Focus** – *The State of Change in the Recovery Movement*

Panelists:

- Mary Lowe, AOD Program Manager for Nevada County Behavioral Health: She spoke to partners about some of the key ingredients of recovery and the challenges people face and some of the basic principles behind the integrated healthcare model where people are treated for physical, alcohol and other drug and mental issues at the same time. She said there is compelling evidence that integrated health care is clinically effective and cost effective. Approximately 50% of people with schizophrenia or bipolar disorder also have alcohol and/or drug challenges. She said there's a huge overlap between individuals with substance use disorders, mental health challenges and primary health care issues. Behavioral Health targets this overlap. On average, people with serious mental illness die 25 years earlier than people without serious mental illness - from physical health related diseases and there is recognition that we need to look differently at treatment due to the mortality rate. Mary talked about the importance of integrated treatment rather than sequential treatment for people with co-occurring disorders and co-morbid conditions. Integrated treatment needs to be offered by experienced, cross-trained clinicians or teams.

- Theresa Hodges, Adult and Adolescent Counselor for Common Goals: She says our community welcomed her with open arms when she was at her lowest point. From there she became involved in helping others recover. Change is hard. A lot of Common Goal's clients arrive with co-occurring disorders; they are integrated with their other clients. They also refer out to other agencies. The process of drug use to drug abuse tends to happen much more quickly in youth than in adults.

- Ginny Cutler, Integrated Mental Health Services Director for CoRR: CoRR is an AOD continuum of program which serves children to adults. They offer out-patient, residential, parenting, and other resources, with a lot of collaboration between fields. They are a strengths-based organization. She's seen a lot of positive shifts in clients' lives.

4:25 – 4:45

### **Audience Questions and Answers**

Common Goals has a sliding scale fee....CoRR has a weekly free AOD education night. They're working on establishing a monthly, free family educational night.... The H.O.I.T. program is overseen by a team who coordinate a person's care. It's in its early stages.

4:45 - 4:50

**Partner Survey** - Paula handed out a survey; the CSN steering committee would like feedback about our meetings and topics.

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4:50 – 5:00

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

1. Cindy Santa Cruz Reed of [Community Recovery Resources](#):

- The new PLEAG group is a great support system for parents. They are beginning to collect coats. There will be 3 different distribution sites.
- September is Recovery Awareness Month.
- Also, there's a new parenting class beginning. Contact her at [cindy@corr.us](mailto:cindy@corr.us) or 530-273-9541 x221.

2. Loydyne Lane of [Parents' Resource Guide](#): Her magazine would like to do an article on service organizations. Their mission is to be a resource for parents and families. Please send her articles, 300-500 words about any parenting issue. Contact her at [loydyne@sierrasourcemediacom.com](mailto:loydyne@sierrasourcemediacom.com) or 530-274-1188.

3. Kristen McGrew of Safe Schools Healthy Students: [Day Of the Young Child](#) will be happening on 9/14 at Sierra College. CSN will have a small table at the event. Call Karen Wallack-Eisen to help out, at 530-273-4059.... Also, the Halloween Book Giveaway will be happening on 10/31. Helpers are needed to work the event at The Center For The Arts. Call Kristen at 530-478-6400 x264.

4. Rachel Pena Roos of Victor Support Services is hiring a Parent Partner. For more information, see [victor.org](http://victor.org).

5. Halli Ellis of [NEO](#): They are working to open a Youth Center and are raising funds for "The Village." They are looking for people to share skills. They also have a yard sale coming up. For more information, contact her at [halli@ncneo.com](mailto:halli@ncneo.com) or 530-263-3763.

6. Heather Carver of the [Workforce Center](#): Their Open House is tomorrow, 3:30-5:30 p.m.

7. Lael Walz of EMQFF/NAMI: An IEP training is happening next week. Designed for parents. Also, a 6-part series program is now airing on NCTV, called The Elephant In The Room. Coming up: a Mental Health Conference on October 10th. It will feature a Resource Fair and speakers on a panel representing 5 different areas: education; law enforcement/justice system; health; faith/spiritual community; employment. More information coming through CSN.

8. Guinevere Ewing of PLEAG/[WarmLine FRC](#): An exploring walk and parents' coffee time are coming up.

5:00

**Adjournment** – Next Meeting: October 2<sup>nd</sup>, 2013. Focus will be *Service Organizations: Enhancing Our Community*

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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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