

Community Support Network of Nevada County

<http://csnnc.org>

Meeting Notes

March 5, 2014 – Madelyn Helling Library Community Room

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

- 3:15 – 3:30 **Greet Incoming Partners** – Paula Roediger, Coordinator
28 present, including: Ned Russell, Got 40?; Lynton Daniel, Shriners; Charleen DeWitt, CAPC; Sharon O'Hara, Citizens for Choice; Suzanne Skrabo, Sierra Forever Families; Anne Wolf, SNCS; Heather Carver & Nicola Murphy, One-Stop Workforce Center; Mary Jane Huenergardt, Gold Country YMCA; Cindy Santa Cruz Reed & Guinevere Ewing, CoRR/PLEAG; Helen Williams, NAMI/Mental Hlth Board; Allison McCann, DVSAC; Alice Johnson & Tim Guliani, 211; Lael Walz, EMQFF/Nami; Kim Blix, FREED; Loydyne Lane, Parents' Resource Guide; Dena Valin, Friendship Club; Kristen McGrew, PARTNERS FRC; Melissa Marcum, NCSoS; Rachel Pena Roos, VCSS; Anastacia Knight, Foothill Healthy Babies; Michele Violett, Nevada County Behavioral Health; Alison Schwedner & Emily Diepenheim, CCTT.
- 3:30 – 3:40 **Welcome – Introductions** – Lindsay Dunckel, Executive Director of First 5 Nevada County
- 3:40 – 3:45 **Meeting Notes** – Accept meeting notes from February meeting. All approved.
- 3:45 - 3:50 **40 Developmental Assets** - Ned Russell of Got 40? presents Developmental Asset #31 – Restraint: Youth know it is important to avoid alcohol, drugs, and sexual activity.
- Role model, role model, role model! What adults do but kids cannot is irresistible to youth.
 - MRI's show youth brains not mature until early to late 20's in areas of impulse control.
 - Media influence great - know & limit what youth watch & listen to on TV, computers, cell phones, etc.
 - Everyone needs acceptance. Help kids find acceptance among positive peers.
 - From earliest ages, kids need healthy ways to deal with stress/conflict. Examine you own methods.
 - Help each child find his/her passion in life - in arts, learning, sport, animals, service, science, history.
 - Open communication with children and teens.

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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3:50 - 4:00 **Building the Network Moment** - Rachel Pena Roos spokeP about Mental Health First Aid.

Rachel spoke of Mental Health First Aid training. It's a very useful, evidence-based, 8 hour course. Training helps you recognize signs of needing intervention, and what can be done for an individual until help arrives. It changes the way you think about mental health and crises. Rachel can provide no-cost training for groups and encourages organizations to send staff to the course. For more information, call Rachel at 530- 273-2244 or visit www.mentalhealthfirstaid.org.

4:00 – 5:00 **Meeting Focus** – *Standards of Quality for Family Strengthening and Support*
Alison Schwedner, Director of the Community Collaborative of Tahoe Truckee and
Emily Diepenheim of the Family Resource Center of Truckee
- Presentation/group work/small group conversations

See their presentation here:

http://www.cnfsn.org/uploads/1/0/8/2/10824388/program_self-assessment_tool_january_20_2014_edition.pdf

5:00 **Adjournment** – Next Meeting: April 2rd . Focus: *Nevada County's Child Protection Services Updates CSN Partners and Talks Trends*

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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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