

Community Support Network of Nevada County

csnnc.org

Meeting Notes

May 7, 2014 – Madelyn Helling Library

Gene Albaugh Community Room

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

3:20 – 3:30 **Greet Incoming Partners** – 45 present, including: Ned Russell, Got 40?; MaryJane Huenergardt, Gold Country YMCA; Tamara Cook, Nev Co; Charleen DeWitt, CAPC; Cindy Santa Cruz Reed, CoRR; Kim Leland, DVSA; Michele Violet, Ellen Denninger & Sabrina Gionnoni, Nev Co Behav Hlth; Lynton Daniel & Frank Edwards, Shriners; Melissa Marcum, Nev Co Foster Youth; Marianne Sippel, Sierra Forever Families; Alice Johnson, 211 Nev Co; Nicola Murphy and Heather Carver, One-Stop; Gail Sullivan, 2nd Step; Donna Fry & Jan Bishop, NCPHD; Loydyne Lane, PRG; Brian Lewis & Michele Goodwin, EMQ FF; Anastacia Knight & Sharon Shafran, CANC; Jo Wamser, CASA; Kristen McGrew, SSHS; Dena Valin Friendship Club; Kathleen Hare, LCSW; Mike Bello, Anew Day; Jim Ciaffoni, Guardian; Cynthia Wiberg, community member.

3:30 – 3:40 **Welcome – Introductions** – Lael Walz, Behavioral Health Care Coordinator for Sierra Family Medical Clinic

3:40 – 3:45 **Meeting Notes** – Accepted meeting notes from March meeting

3:50 – 4:40 **Meeting Focus** – *Becoming an Adult: Challenges for Teens and Young People with Mental Health Conditions.*

Lael and 3 guests: Scottie; Alyssa and Lynn spoke to CSN partners and guests.

Questions and Answers:

Q: Safety Net means...?

A: Strengthening our concern for young people. It's a team approach.

Q: Are we considering certain models?

A: Yes. More to come.

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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Q: Can you recommend any questions to use when reaching out to a loved one I suspect has a mental health condition?

A: No one question. Be kind, be available and present with people. They have to feel emotionally safe to begin speaking and sharing with. Sometimes conversation is not needed but rather simply being with your loved one. Come with compassion and kindness.

4:50-5:00

Network Announcements and Meeting Evaluation - Partners may make short announcements about upcoming events/programs. Audience completes meeting evaluation forms.

- Mark Vance of Music in the Mountains will hold their upcoming Family Music Faire on June 21st. 11:00 a.m. at the Fairgrounds. Call him at 530-265-6173 for more information and for free tickets for your organization.
- Michele Violet of Behavioral Health spoke about Mental Health First Aid. For more information contact Suzy Cheney at suzy.cheney@co.nevada.ca.us or 530-265-1743.
- Lynton Daniels of the Shriners spoke about this Saturday's Keeping Kids Safe Festival at 213 Sierra College Drive in Grass Valley.
- Loydene Lane of the Parent's Resource Guide says they're always looking for articles submitted. Contact her at loydyne@sierrasourcemediacom or 530-274-1188.
- MaryJane Huenergardt of the Gold Country YMCA says they will hold a summer camp for 2 sessions, for grades K-6 in Memorial Park. For more information: goldcountryymca@ymcasuperiorcal.org.
- Melissa Marcum spoke about the upcoming Foster Youth Action Team at the Empire Room in the Rood Center on May 20th, 3:30-5:15p.m. For more information contact her at 530-470-8510 x202.
- On May 27th, CSN and partners will be before the Nevada County BOS at 9:00 a.m. that day for a short presentation. Please come and support us.

5:00

Adjournment – Next Meeting: June 4th.

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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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