

Community Support Network of Nevada County

www.csnncc.org

Agenda – CSN Partners Meeting

January 7, 2015 – 3:30 pm to 5:00 pm

Gene Albaugh Community Room at the Madelyn Helling Library

- 3:20 – 3:30 **Greet Incoming Partners** – Susan Sanford, Coordinator
(Members may place announcements to share on the back table)
- 3:30 – 3:40 **Welcome & Introductions** – Rachel Peña-Roos, Executive Director, Victor Community Support Services
- 3:40 – 3:45 **Meeting Minutes** – Accept meeting minutes from November meeting
- 3:45 – 3:50 **40 Developmental Assets** – Ned Russell of Got 40?
Stress Control & 40 Developmental Assets
- 3:50 – 4:40 **Meeting Focus** – “Using Mindfulness to Help You and the Families You Serve” – Rachel Peña-Roos and CSN Coordinator Susan Sanford
- 4:40 – 4:50 **Building the Network**
- Karing Closet of Nevada County. Kari Stehmeyer shares info about January Children’s Clothing Giveaway.
 - Update on Children’s Bill of Rights
- 4:50 – 5:00 **Network Announcements and Meeting Evaluation** – Partners may make short announcements about upcoming events/programs. Attendees complete meeting evaluation forms. *On back of evaluation form you can share any info or ideas about how you use, or would like to use, the CSNNC website and newsletter.*
- 5:00 **Adjournment** – Next Meeting: February 4, 2015, Gene Albaugh Community Room, at the Madelyn Helling Library. ***Please pick up any materials you displayed on the back tables. Thank you!***

CSN 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 – Susan Sanford, 530-913-0270, csnnccorg@gmail.com

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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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### **Stress Control & 40 Developmental Assets – January 7, 2015**

- A low level of stress (pressure to do something) is often beneficial, but stress that causes worry, tenseness, anxiety, or depression is always harmful, sometimes even leading to mental breakdown or physical health problems.
- Controlling negative stress both within families and individual youth can help youth acquire more of the assets.
- Within families
  - Asset #1 - Family support (high levels of love and support)
  - Asset #2 - Positive family communication
  - Asset #10 - Safety (especially feeling emotionally safe at home)
  - Asset #16 - High expectations (but clearly within reach)
  - Asset #17 - Creative activities (lots of evidence negative stress reduces creativity and innovation)
  - Asset #36 - Peaceful conflict resolution
- Youth - in addition to above
  - Asset #31 - Restraint (including avoiding drugs and alcohol)
  - Asset #32 - Planning & decision making
  - Asset #35 - Resistance skills (resisting negative peer pressure and dangerous situations)
  - Asset #37 - Personal power (control over things that happen to them)
  - Asset #40 - Positive view of personal future
- Youth, families, and agencies need healthy tools to control stress; mindfulness is one of those tools.

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