

## Community Support Network of Nevada County

www.csnn.org

### Agenda – CSN Partners Meeting

February 4, 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** – Guinevere Ewing, PLEAG Parent  
PLEAG = Parent Leadership Empowerment and Advocacy Group
- 3:40 – 3:45 **Meeting Minutes** – Accept meeting minutes from January meeting
- 3:45 – 3:50 **40 Developmental Assets** – Ned Russell of Got 40?  
Developmental Asset #2 – Positive Family Communication
- 3:50 – 4:40 **Meeting Focus** – “Growing County-Wide Love Capacity with Triple P Parenting and Circle of Security” – Meg Luce, LMFT
- 4:40 – 4:50 **Building the Network**
- Sara Morrison and Rhonda Goldstone from RSVP (Retired and Senior Volunteer Program) – a virtual volunteer center connecting non profits and volunteers of all ages. [www.volunteernevadacounty.org](http://www.volunteernevadacounty.org)
  - 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: March 4, 2015, Gene Albaugh Community Room, at the Madelyn Helling Library. ***Please pick up any materials you displayed on the back tables. We welcome your help stacking tables and chairs! 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, [csnncorg@gmail.com](mailto:csnncorg@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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### **Developmental Asset #2 – Positive Family Communication – February 4, 2015**

#### ***Parents and youth communicate positively; youth seeks advice and counsel from parents.***

- Underlies emotional safety and trust.
- Research shows yelling & negative communication just as harmful as physical abuse.
- Essential for building positive relationships (for anyone).
- As important when disciplining and in times of stress as in good times.
  
- Look for positives in youth in all encounters.
- Consciously think about positives before addressing problems.
- Get emotions under control: count to ten, take a break, meditate.
- Educate others in family about importance of positive communication.

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