

Minutes ~ January 6, 2016

Community Support Network Partner Meeting

3:30 to 5:00 pm ~ Gene Albaugh Community Room at the Madelyn Helling Library

Attending CSN Partners – 20 people attended (15 signed in/10 filled out eval forms), including: Amie Weaver, SNCS; Barb Smith, Adult Family Services Commission; Cindy Wilson, Nevada County Public Health Dept.; Donna Fry, Nevada County Public Health; Elena Bennett, NCSSAR CI Team; Jessica Lime, SNCS; Joette Collier, Foothills Truckee Healthy Babies; Kristen McGrew, PARTNERS FRC; Marley Mueller, CoRR; Mary DeWitt, Community Member; Melissa Davie, Public Health Dept. Student Nurse; Ned Russell, Got 40?, Drug Free Coalition, CSN; Sara Busse, Sierra Forever Families; Sylvia Pichitino, Sierra Forever Families; Valerie Dembrowsky, Adult Ed Nevada County; Susan Sanford, CSN Coordinator.

Welcome & Introductions – Kristen McGrew, PARTNERS Family Resource Centers Countywide Coordinator

Meeting Focus – *Rejuvenation for the New Year ~ practical yoga & meditation for self-care.* Presenter Mary Jane Ryan-Connelly led us in some meditation, and in yoga exercises you can do in regular work clothes in a chair, standing up, and at a wall. We were reminded that even a little bit of time for this kind of self-care during the work day can have a big positive effect. Mary Jane teaches "Sunday Morning Yoga Sanctuary" at Wild Mountain Yoga Center in Nevada City, 9-10:30 a.m. <http://wildmtyoga.com/class-schedule-wild-mountain-yoga/#sunday>.

Meeting Minutes & CSN updates

- Accepted minutes from November meeting.
- Anyone interested in serving on the CSN Steering Committee is invited to apply. Application forms were at meeting and are on CSN website home page.

40 Developmental Assets – Ned Russell of Got 40?

Developmental Asset Principle – Have fun! – details on last page of minutes

Building the Network – Elena Bennett, M.S. - Trauma Intervention Program. More info at <http://tipnational.org>. Contact info for Elena: 530-615-9404 or energyhealeryes@gmail.com

Network Announcements and Meeting Evaluation

- Jessica Lime, SNCS - Children's Community Chest has small amounts of funding for emergency situations.
- Gem Platte, One Stop - will be having a youth event on Feb. 17th.
- Valerie Dembrowski, Adult Ed - Located on the Nevada Union High School campus, the Adult Ed program offers GED prep, HS diploma, digital literacy and more.

Adjournment by 5 pm.

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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.

Community Support Network of Nevada County ~ www.csnn.org

CSN Coordinator – Susan Sanford, 530-913-0270 (messages), csnnorg@gmail.com

Upcoming 2016 CSN Partner Meeting Dates ~ February 3, March 2, April 6, May 4, June 1, July & August-hiatus, September 7, October 5, November 2, December-hiatus. Gene Albaugh Community Room, at the Madelyn Helling Library.

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 Principle – Have fun! – January 6, 2016**

Asset building can turn the joys of parenting into a "job" if we lose sight of the larger picture. While adults have a responsibility to help our youth thrive, it shouldn't always be serious. Make life fun for youth and have fun with them often.

*To learn more about the 40 Developmental Assets (Got40?), call 530-271-5617 or email [info@Got40.org](mailto:info@Got40.org) or [NedRussell@pacbell.net](mailto:NedRussell@pacbell.net).*

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