

## Minutes ~ February 3, 2016

### Community Support Network Partner Meeting

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

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**Attending CSN Partners** – 22 people attended (22 signed in/10 filled out eval forms), including: Allison Bischofberger, DVSA; Amie Weaver, SNCS; Barb Smith, Adult Family Services Commission; Charisse Jones, IHSS Public Authority; Charleen DeWitt, Steps to Respect; Chris Espedal, NCSOS; Cindy Wilson, Nevada County Public Health Dept.; Dena Valin, Friendship Club; Espi Espinoza, Warmline FRC; Jeff Dodson, CoRR; Jennifer Lucas, Sierra Forever Families; Josie Garcia, Child Support Services; Joyce Ash, Child Advocates of Nevada County; Kristen McGrew, PARTNERS FRC/NCSOS; Lael Walz, EMQFF/SFMC/NAMI; Loydyne Lane, Parents' Resource Guide; Meg Luce, NCSOS; Melissa Marcum, NCSOS; Ned Russell, Got 40?, Drug Free Coalition, CSN; Shawn Greenberg, Parents' Resource Guide; Suze Pfaffinger, Big Brothers Big Sisters; Susan Sanford, CSN Coordinator.

**Welcome & Introductions** – Cindy Wilson, Director of Public Health Nursing and Maternal Child Adolescent Health Director

#### **Meeting Minutes & CSN updates**

- Accepted minutes from January 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 # 1 – Family life provides high levels of love and support – details on last page of minutes

**Meeting Focus** – *School Safety*. Presenter Christine Espedal, Safety and School Climate Coordinator for the Nevada County Superintendent of Schools (NCSOS). Handout will be posted on CSN website "Meetings" page. Following are some key points from Chris's presentation.

- Types of school violence: verbal and physical threats, and bullying
- What contributes to school violence: home environment, mental/physical health, weapons, stress & anxiety, media, abuse, group effect, sports & teams, gang-related, lack of services, no guidance in difficulties, bullying
- Offender profiles - there is no one profile. Types of behavior - some of the things we look for: non-stop video game playing, impulsive, speech (talk of plan), loner
- What can we do?
  - Emergency Management Institute Training
  - Collaborative meeting with first responders and school administration
  - Comprehensive school safety plans - site specific, incident specific; training of staff and students (CERT team training); practice - drills; know the resources on your campus and in your county; BE the eyes, ears, and mouth of your campus; know your environment, know your staff, know your students
- Need to know what each agency, etc means by terminology, e.g. "shelter in place" can mean different things to different agencies.

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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](http://www.csnn.org)

CSN Coordinator – Susan Sanford, 530-913-0270 (messages), [csnncorg@gmail.com](mailto:csnncorg@gmail.com)

- **Relationships** are the key to preventing school violence.
- "Lessons learned" is how we make changes in protocols. Alert, inform as event unfolds in real time; risk and threat assessments can only be effective if we KNOW our students; relationships are essential.
- Know your environment. Parking lot; lockers; class room; common areas; cafeteria; theater, library, office; outside area - fields, stadium, gyms, locker rooms; know the 2-mile radius of your school - what happens & where. Bus routes, malls, theaters; don't be complacent!
- Know your staff - who are your co-workers; who is your support staff; who comes on campus; how are staff identified; volunteers; supervision/extra duty; good days/bad days. Sign in and sign out when visiting school campuses (accountability...if building collapses who do we need to search for?)
- Know your students - recognize early warning signs.
- New word: "Isonnection" - connected (online) but completely isolated. Can be, do, or design whatever s/he wants in the online environment.
- We viewed a short video about lessons learned from Sandy Hook (ABC News report)
- Some of the Warning signs: violent content in personal writing or artwork; a pattern of bullying; intolerance or prejudice; drug or alcohol abuse; gang activity
- **Relationships can change outcomes**
- Another short video about empathy..."if you had knowledge of their experiences"
- Building relationships - establishing goodwill: can help minimize classroom disruptions; improve student engagement; reduce stress for everyone; protect the student's self-esteem
- In conclusion - changing trends related to school violence requires us to: know our environment; know our staff; know our students
- All these things can be taken off school campuses to: workplace, home, places you travel

**Building the Network** – Cindy Wilson ~ new laws that may affect CSN Partner organizations and their clients. Handouts will be posted on CSN website "Meetings" page.

**Network Announcements and Meeting Evaluation**

- Susan Sanford on behalf of Gem Platte, One Stop (AFWD) - They will be having a youth event on 2/17
- Meg Luce - new Triple P Parenting Class begins 2/17 at Deer Creek school
- Loydyne Lane - Parents' Resource Guide - camp & activity fair in April - seeking vendors (if you offer summer activities); and scholarships for the camps - organizations need to apply to be chosen (if you want your group to receive funds, you need to apply)
- Espi Espinoza- WarmLine - free IEP training in Nevada City on 2/27. Doing a Spanish version (maybe in May). Just started a referral service.
- Amie Weaver - SNCS - Has a group for "Grandparents of Preschoolers" and a "Tots and Twos" program. SNCS still has Community Chest funds. Info: 530-272-8866

**Adjournment** by 5 pm.

***Upcoming 2016 CSN Partner Meeting Dates ~ 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.

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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 # 1 – Family life provides high levels of love and support – February 3, 2016**

Valentine's Day is all about love. Or is it? My favorite description of love is "a need to act in another person's best interests." Jewelry, fancy dinners, candy, and store bought sentiments on one day is fine as long as meaningful love is shown the rest of the year. Regardless of your belief of what constitutes love, I hope it includes giving your time for fun and building positive relationships, listening, showing respect in the same way you wish to receive it, showing your loved ones you are pleased to see them, and lots of praise, hugs, and smiles.

*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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