

MINUTES ~ February 1, 2017
Community Support Network Partner Meeting

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

~~~~~

**Attending CSN Partners** – 32 attended (12 filled out evaluation forms) including Amber Aldrich; Barb Smith, Adult Family Services Commission; Caitie Avery Dalzell, Hospitality House; Candy Schleef, Nevada County DSS; Charleen DeWitt, Steps to Respect; Chris Espedal, NCSOS; Cindy Wilson, Nevada County Public Health Dept.; Dena Valin, Friendship Club; Donna Fry, Nevada County Public Health; Frank McClain, Transforming Our Culture of Violence/DVSAC; Grant Goodlin, Samuel Merritt University student; Helen Williamson, NAMI/Nevada County Mental Health Board; Joette Collier, Foothills Truckee Healthy Babies; Jolene Hardin, AFLP - Cal-Learn; Joyce Ash, Child Advocates of Nevada County/FTHB; Kristen McGrew, PARTNERS FRC/NCSOS & CSN-CAPC Board; Lily Marie, Healing Through Loss & Grief; Lisa Nowlain, Nevada County Library; Lourdes Vose, SNCS; Mali Dyck, DSS CalWORKs; Marina Bernheimer, CANS; Mary DeWitt, LCSW; Meg Luce, PARTNERS/NCSOS; Melissa Marcum, NCSOS; Ned Russell, Got 40?, CSN-CAPC Board; Nicola Murphy, Sierra College; Sephra Engel, PARTNERS FRC; Stephanie Fischer, DVSAC; Tim Giuliani, Connecting Point; Tom Cross, Community Volunteer; Trevina George, Connecting Point; Susan Sanford, CSN Coordinator.

**Welcome & Introductions** – Jolene Hardin, Adolescent Family Life Programs/Cal-Learn Case Manager, Nevada Joint Union High School District, and CSN-CAPC Board

**CSN Documents** – Accepted minutes from November meeting (January meeting cancelled due to power outage).

**40 Developmental Assets** – Ned Russell of Got 40?

Developmental Asset # 34 – Cultural Competence (details on last page of minutes)

**Meeting Focus** – Panel ~ "Creating a Culture Based on Character Strengths & Kindness"  
Programs & Presenters

- Positive Behavioral Interventions & Supports (PBIS) – *Chris Espedal, Safety and School Climate Coordinator for the Nevada County Superintendent of Schools Office (NCSOS)*
- Green Dot Bystander Education – *Stephanie Fischer, Domestic Violence and Sexual Assault Coalition (DVSAC)*
- Transforming the Culture of Violence workshops – *Frank McClain, EvolutionAccess*

**Christine Espedal ~ Positive Behavioral Interventions & Supports (PBIS)**

Extensive information on PBIS is here: <https://www.pbis.org/>. Some info from Chris's PowerPoint presentation:

- PBIS is...

Framework for enhancing the adoption of

A continuum of evidence-based interventions to achieve

Important academic and behavioral outcomes

For ALL students

Page 1 of 4

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)*

*Contact ~ CSN Coordinator - [csnncorg@gmail.com](mailto:csnncorg@gmail.com) - 530-913-0270 (messages)*

- Deer Creek School in Nevada City has a poster that says,  
Be Fawntastic!  
Deer Creek Promises
  1. Be responsible
  2. Be safe
  3. Be kind
- Nevada Union High School has a code of conduct for classroom behavioral expectations which are to be: respectful, responsible, safe, and ready to learn.
- Acknowledgment Systems help to promote school climate by increasing positive interactions between all members of the school environment.
- Good relationships between everyone in the school are the key to success.

### **Stephanie Fischer ~ Green Dot Bystander Education**

What is Green Dot? Excerpts from this web page: [https://www.livethegreendot.com/gd\\_overview.html](https://www.livethegreendot.com/gd_overview.html)

“Visualize for a moment that...image of small red dots spreading across a computer generated map of the US, symbolizing the spread of some...epidemic — each tiny red dot representing an individual case...the three or four single dots multiply and spread until the whole map emits a red glow...of a zillion tiny dots.

Now imagine...a map of your town, campus, military base, community, state or neighborhood. Each red dot on this map represents an act of power-based personal violence (partner violence, sexual violence, stalking, bullying, child abuse, or elder abuse) — or a choice to tolerate, justify or perpetuate this violence.

Now imagine a green dot in the middle of all those red dots on your map. A green dot is any behavior, choice, word, or attitude that promotes safety for all our citizens and communicates utter intolerance for violence...A green dot is simply your individual choice at any given moment to make our world safer.”

There are two kinds of Green Dots – proactive and reactive. Proactive Green Dots seek to create a culture in which violence is not tolerated and everyone has a part in making the world safer. Reactive Green Dots are responses to behaviors or situations that are inappropriate, concerning, or possibly dangerous.

The three key strategies of reactive Green Dots are: direct, distract, delegate. So in any given situation a bystander can choose to act directly with the people involved; create a distraction; or delegate intervention by calling on another peer, a police officer, store manager, etc. Green Dot Bystander training gives you tools you can use right away.

*Page 2 of 4*

#### 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)*

*Contact ~ CSN Coordinator - [csnncorg@gmail.com](mailto:csnncorg@gmail.com) - 530-913-0270 (messages)*

## **Frank McClain ~ "Transforming the Culture of Violence"**

Frank teaches introductory seminars and follow-up training/study groups through the Domestic Violence and Sexual Assault Coalition (DVSAC). He does separate ones for women and men.

Learning how to transform the culture of violence matters because:

- Violence produces trauma.
- Trauma influences attitudes and behaviors.
- Attitudes and behaviors are the way we live and work together.
- Each of us can take actions to reduce trauma.

How can we change? We can learn to identify both physical and mental patterns that may contribute to perpetuating undesired behaviors. Once aware of what they are, we can apply ourselves mindfully to changing them. We can also...

- Consider the attitudes and behaviors that produce trauma
- Take daily action to cease perpetuating those attitudes and behaviors.
- Communicate in language intended to decrease the expression of attitudes and behaviors that produce trauma.

Peoples' patterns change when they want them to.

## **Building the Network – "Continuum of Care"**

- Tom Cross, Community Volunteer, Member of the Coordinated Entry Subcommittee of Continuum of Care
- Tim Giuliani, Program Manager, Connecting Point

In working with people who are homeless, the aim is to get more of them into the system. Have them call 211. Get people into shelters so they can get services. New homeless count numbers are not in yet. Need data to apply for grants. 211 is now helping people with trip planning. Working with First 5 to do screenings of children who may have developmental disabilities. 211 can provide info about gaps in services, which may help organizations apply for grants. Affordable housing is almost non-existent. California has highest number of homeless people in the nation.

## **Network Announcements and Meeting Evaluation**

- Lourdes Vose – Sierra Nevada Children's Services – brought brochures about Children's Community Chest – a funding of last resort program for direct benefit to children
- Meg Luce – PARTNERS Family Resource Centers –Triple P parenting classes are starting again soon
- Lisa Nowlain – Nevada County Youth Librarian – early literacy and up to age 18
- Stephanie Fischer – DVSAC – state mandated training course starting soon

**Adjournment** – Next meeting March 1, 2017., Gene Albaugh Community Room, at the Madelyn Helling Library.

***2017 CSN Partner Meeting Dates*** ~ January 4, February 1, March 1, April 5, May 3, June 7, July & August-hiatus, September 6, October 4, November 1, December-hiatus

Page 3 of 4

### 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)*

*Contact ~ CSN Coordinator - [csnncorg@gmail.com](mailto:csnncorg@gmail.com) - 530-913-0270 (messages)*

## 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.

---

### Developmental Asset # 34 – Cultural Competence – February 1, 2017

Youth knows about/has comfort with people of other cultural/racial/ethnic backgrounds.

- Pay attention to what you say and how you say it about other religions, people, ideas, and cultures, remembering that this includes cultures defined by job, political view, economic situation, gender and many other characteristics that tend to group-identify people.
- Watch for and discuss stereotypes when you view television, movies, and social media.
  - Stereotypes pigeonhole people by group identification, and they prevent people from understanding one another.
- Watch especially for cultural slurs that are disguised as political comments.
- In conversations with your children, emphasize what all people have in common.
- Visit museums and discuss contributions that people of all cultures have given to us.
- Make opportunities for you and your children to chat with people of other backgrounds.

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).

*Page 4 of 4*

#### 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)*

*Contact ~ CSN Coordinator - [csnncorg@gmail.com](mailto:csnncorg@gmail.com) - 530-913-0270 (messages)*