



AGENDA ~ January 3, 2018

Community Support Network Partner Meeting

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

- 3:20 – 3:30 **Greet Incoming Partners** – Laurie DeMartini, CSN-CAPC Board Member and Susan Sanford, Coordinator. *Please sign in. Partners may place announcements to share on the back table.*
- 3:30 **Welcome** – Laurie DeMartini, Penn Valley PARTNERS Family Resource Center and CSN-CAPC Board Member
- 3:30 – 3:45 **Play Time – Improv Games** – Lindsay Dunckel
- 3:45 – 3:50 **Introductions, Meeting Minutes, & CSN Announcements**
Accept minutes from November meeting; Children’s Bill of Rights
- 3:50 – 3:55 **40 Developmental Assets** – Ned Russell of Got 40?
Laughter, Humor, & 40 Developmental Assets
- 3:55 – 4:50 **Meeting Focus** – *A Guide to Self-Care to Start the Year Off Well*, an interactive meeting presented by the CSN-CAPC Board
- 4:50 – 4:55 **Building the Network Moment** – *Five Protective Factors and Family Cafés* – Lindsay Dunckel, Executive Director, First 5 Nevada County and CSN-CAPC Board member
- 4:55 – 5:00 **Network Announcements and Meeting Evaluation** – Partners may make short announcements about upcoming events/programs. Attendees complete meeting evaluation forms and leave in designated box at back of meeting room.
- 5:00 **Adjournment** – Next meeting February 7, 2018, 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!***

2018 CSN Partner Meeting Dates ~ January 3, February 7, March 7, April 4, May 2, June 6, July & August-hiatus, September 5, October 3, November 7, December-hiatus

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

Contact ~ CSN Coordinator - 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.

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### Laughter, Humor, & 40 Developmental Assets – January 3, 2018

It's difficult to imagine a loving and supportive household without the children frequently smiling and laughing, but there are many developmental benefits as well. Can boost:

- Vocabulary, knowledge of different meanings of words, and interest in reading
- Social skills and social circles of friends
- Creative and critical thinking
- Knowledge of people and situations
- Assets:
  - Asset #1 - Family support (high levels of love and support)
  - Asset #17 - Creative activities
  - Asset #25 - Reading for pleasure
  - Asset #38 - High level of self esteem
  - Asset #32 - Planning & decision making
  - Asset #33 - Interpersonal competence
  - Asset #35 - Resistance skills
  - Asset #37 - Personal power (control over things that happen to them, especially stress reduction)

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

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