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## AGENDA ~ February 7, 2018

### Community Support Network Partner Meeting

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

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- 3:20 – 3:30 **Greet Incoming Partners** – Susan Sanford, Coordinator.  
*Please sign in. Partners may place announcements to share on the back table.*
- 3:30 – 3:40 **Welcome & Introductions** – Lourdes Vose, Sierra Nevada Children's Services and CSN-CAPC Board Member
- 3:40 – 3:45 **Meeting Minutes & CSN Announcements**  
Accept minutes from January meeting; invitation to apply for board service; Children's Bill of Rights; Collaboration Mixers
- 3:45 – 3:50 **40 Developmental Assets** – Ned Russell of Got 40?  
Asset # 14 – Adult Role Models
- 3:50 – 4:45 **Meeting Focus** – *Mapping the Five Protective Factors in Western Nevada County* ~ Lindsay Dunkel, PhD, Executive Director of First 5 Nevada County and a CSN-CAPC board member. The Five Protective Factors are: Parental resilience, Social connection, Knowledge of parenting and child development, Concrete support in times of need, Social and emotional competence of children.
- 4:45 – 4:55 **Building the Network Moment** – State and local activities for Child Abuse Prevention Month in April ~ Kristen McGrew, PARTNERS Family Resource Centers Countywide Coordinator 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 March 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](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.

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### Asset # 14 – Adult Role Models – February 7, 2018

Name the behavior vs. labeling the person:

- A child who has stolen instead of labeling the child as a thief.
- A youth who bullies another instead of a bully.
- A person without a home instead of a homeless person.
- A person who uses drugs or is addicted instead of drug user or addict.

A label implies the behavior or situation is imbedded in a person's core and cannot change while focusing on behavior/situation gives both the person and ourselves hope for change. In a study, the more that students believed that others could change, the lower their stress, the better their health, and the higher their grades at the end of the year (June, 2014 *Journal of Personality and Social Psychology* by David Yeager, et al).

Body-shaming, weight-teasing, and criticizing other physical characteristics in children, can lead to:

- Decrease in self-confidence
- Decrease in self esteem
- Depression
- Withdrawal

All people, youth and adults, need to be comfortable with whatever body they have.

With some leaders of both major political parties frequently doing the opposite of what is suggested here as good practice or behavior, it is more important than ever that we be positive role models for youth:

- addressing behaviors of people vs. labeling people with whom we disagree
- avoiding attacks on physical characteristics

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

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