



Minutes ~ January 3, 2018

Community Support Network Partner Meeting

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

Attending CSN Partners – 20 attended (14 filled out evaluation forms) including:

Beth Kemplin, VCSS; Char Weiss-Wenzl, NCPHD; Frank McClain, Balanced Relationships Project; Gail Sullivan, Second Step; Joette Collier, Foothills Truckee Healthy Babies; Jolene Hardin, Young Parents Program & CSN-CAPC Board; Kris Youngman, NUHSD/AFLP; Kristen McGrew, PARTNERS FRC/NCSOS & CSN-CAPC Board; Laurie DeMartini, PARTNERS FRC, Penn Valley & CSN-CAPC Board; Lindsay Dunckel, First 5 Nevada County & CSN-CAPC Board; Meg Luce, PARTNERS/NCSOS; Mike Horney, Adopted Family Benefactor; Ned Russell, Got 40?, CSN-CAPC Board; Sara Busse, Sierra Forever Families; Schuyler Bright, Holistic Trauma Recovery; Serenity Madison, CoRR & Coalition for a Drug Free Nevada County; Susan Iversen, CBV; Tammy Veralrud, Connecting Point; Virginia “Jenna” Drouin-Jones, Adoption Assistance Program, Foster Care, and CalWORKS; Susan Sanford, CSN Coordinator.

Welcome – Laurie DeMartini, Penn Valley PARTNERS Family Resource Center & CSN-CAPC Board Member

Play Time – Improv Games – Lindsay Dunckel led the group in several improv games. Laughter ensued.

Introductions, Meeting Minutes, & CSN Announcements

Accepted minutes from November meeting; highlighted Children’s Bill of Rights

40 Developmental Assets – Ned Russell of Got 40?

Laughter, Humor, & 40 Developmental Assets ~ See detail on last page of minutes

Building the Network Moment – *Five Protective Factors and Family Cafés* – Lindsay Dunckel, Executive Director, First 5 Nevada County and CSN-CAPC Board member

The Family Café is a really powerful and well-designed idea. Families come together for 90 minutes. There’s transportation, childcare, and food. The space is set up like a café. There are prompting questions, attention to communication skills, active listening, acknowledgement that parenting is a hard job, what happens in the café stays in the café. Each café is focused on one of the Five Protective Factors, five research-based factors that help families weather the storms of family life. There’s also a parent leadership development piece to the program. Attendees often exchange contact info. Program is focused more on parents of younger children, mostly 0-8, but won’t turn anyone away.

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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

Contact ~ CSN Coordinator - csnncoq@gmail.com - 530-913-0270 (messages)

Each café meeting focuses on one of the Five Protective Factors. The five evidence-based factors are:

- Parent resilience
- Knowledge of parenting and child development
- Social and emotional competence of children
- Social connections
- Concrete support in times of need

Here's info about the free series:

- WHAT ~ First 5 Family Cafés
- WHEN ~ Mondays, 10-11:30 am, Jan. 8 & 22, Feb. 5 & 26, Mar. 12
- WHERE ~ Sierra Nevada Children's Services, 420 Sierra College Drive #100, Grass Valley
- INFO & TO RESERVE YOUR SPOT ~ Sandi@first5nevco.org or 530-274-5361. Please call if you need transportation so we can arrange it.
- More info here: <http://csnnc.org/first-5-family-cafes-start-jan-8/>

Meeting Focus – *A Guide to Self-Care to Start the Year Off Well*, an interactive meeting presented by the CSN-CAPC Board

At the beginning of the meeting gift bags for self-care were handed out. They included a scalp massager, chocolate, the Make Time for Yourself brochure and Conversation Starter card, and information about the Five Protective Factors, and Reflexology.

1. Ned Russell spoke about how self-care cultivates Resilience, one of the Five Protective Factors. CSN has adapted Yolo County's Make Time for Yourself brochure and Conversation Starter Card. These documents are resources for self-care. A number of the recommendations are things that help build community and connection. The Conversation Starter card is a way for providers to engage with parents. The brochure is available in English and Spanish and all are on the CSN website at www.csnnc.org/resources. *The link to this page is on home page (because we don't have room to add more menu tabs).*
2. Laurie DeMartini did a raffle drawing.
3. Susan Sanford facilitated several mindfulness practices.
 - *Harvard MRI Study Shows That Meditation Rebuilds Brain's Gray Matter In Just 8 Weeks* ~ Study published here: <http://www.plosone.org/article/info:doi/10.1371/journal.pone.0108359> (PLOS = Public Library Of Science). Lay person's overview posted November 30, 2014: <http://thehigherlearning.com/2014/11/30/harvard-mri-study-shows-that-meditation-rebuilds-brains-gray-matter-in-just-8-weeks/>
 - A web search on "mindfulness" will reveal a universe of resources to explore, including "Loving Kindness" or "Metta" or "Befriending" meditations. There are many versions on the web.
 - Website for the book, *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World* by Mark Williams & Danny Penman ~ <http://franticworld.com> & free audio meditations from the book including a "Befriending" meditation and the "Mindfulness of Body & Breath" meditation ~ <http://franticworld.com/free-meditations-from-mindfulness/>
 - The basic Sedona Method basic emotional releasing technique (we did a slight variation) ~ <https://www.sedona.com/How-It-Works.asp>

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- “5:1” – developed by Susan Sanford based upon this information quoted on page 18 in "Just One Thing" by Rick Hanson, PhD: "Lasting, good relationships typically need at least a 5:1 ratio of positive to negative interactions (Gottman 1995)."
 - Think of one thing that you wish was different right now, or something that you're feeling unhappy or upset about. Notice how you feel as you think of this.
 - Now think of five things that are going well, that you're happy about, and/or appreciating. Notice how you feel as you think of these things.
This is a quick way to shift focus and body chemistry into positive territory.
4. We went around the circle to answer the following questions: What do you do to play? How many people do you feel close enough to that you can talk with them about anything?

Network Announcements

- Habitat for Humanity is offering two Application Information Meetings, January 10th and 13th.
<http://csnnc.org/home-ownership-opportunities-with-habitat-for-humanity-info-meetings-jan-10-or-13/>
- Serenity Madison of CDFNC and CoRR announced several programs. Info to come for the CSNNC Quick Links post. <https://www.corr.us/>
- Kristen McGrew – Homeless count on January 25 needs volunteers, who will need to be trained. We will try to get info for CSNNC News.
- Schuyler Bright is offering a number of trainings in the coming months. Info will be in CSNNC News.
- Frank McClain is teaching The Balanced Relationships Project at Community Beyond Violence.
frank.mc@comcast.net (530) 955 3150
- Meg Luce is teaching two Triple P parenting classes starting January 17th and 18th. <http://csnnc.org/triple-p-classes-power-of-positive-parenting-at-alta-sierra-and-ready-springs-start-jan-17-18/>

Meeting Evaluations – Attendees filled out evaluation forms.

Adjournment – Next meeting February 7, 2018, Gene Albaugh Community Room, at the Madelyn Helling Library.

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

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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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### 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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