



Minutes ~ February 7, 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 (9 filled out evaluation forms) including: Cindy Morgan, NCBH; Dena Valin Malakian, The Friendship Club; Heather Heckler, Connecting Point; Hillary Hansen, Legal Services of Northern California; Joette Collier, Foothills Truckee Healthy Babies; John Fairchild, Twin Cities Church; Kristen McGrew, PARTNERS FRC/NCSOS & CSN-CAPC Board; Lindsay Dunckel, First 5 Nevada County & CSN-CAPC Board; Lindy Beatie, Big Brothers Big Sisters; Lisa Nowlain, Nevada County Library; Lourdes Vose, SNCS; Mary Mackintosh, CoRR; Ned Russell, Got 40?, CSN-CAPC Board; Phil Alonso, CAP Center; Schuyler Bright, Holistic Trauma Recovery; Serenity Madison, CoRR & Coalition for a Drug Free Nevada County; Shera Banbury, Nevada County Mental Health and Substance Use Advisory Board; Stacy Prater-Vigil, Community Member; Suze Pfaffinger, Big Brothers Big Sisters; Susan Sanford, CSN Coordinator.

Welcome & Introductions – Lourdes Vose, Sierra Nevada Children's Services and CSN-CAPC Board Member

Meeting Minutes & CSN Announcements

Accepted minutes from January meeting; people invited to apply for board service; Children's Bill of Rights; info about Collaboration Mixers

40 Developmental Assets – Ned Russell of Got 40?

Asset # 14 – Adult Role Models ~ See detail on last page of minutes

Meeting Focus – *Mapping the Five Protective Factors in Western Nevada County* ~ Lindsay Dunckel, PhD, Executive Director of First 5 Nevada County and a CSN-CAPC board member. The Five Protective Factors were introduced at our January meeting and will be a recurring theme this year. They are: Parental resilience, Social connection, Knowledge of parenting and child development, Concrete support in times of need, Social and emotional competence of children. Attendees were given the handout found here:

<https://www.cssp.org/reform/strengthening-families/basic-one-pagers/Strengthening-Families-Protective-Factors.pdf>

We had small groups at five tables, each group to brainstorm one of the five protective factors, making notes on large index cards. Then each small group came forward to pin the cards on the wall, organized by protective factor. The whole group then identified gaps in services. This meeting is the start of a larger project to map services that support the Five Protective Factors in Western Nevada County. The results from this initial brainstorming are in a separate document that will continue to evolve.

Building the Network Moment – *State and local activities planned for Child Abuse Prevention Month in April.* Kristen McGrew, PARTNERS Family Resource Centers Coordinator and CSN-CAPC Board member and Phil Alonso, Project Manager, Statewide CWS (Child Welfare System) AmeriCorps Program, the Sacramento area Child Abuse Prevention (CAP) Center.

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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 ~ csnncorg@gmail.com ~ 530-913-0270 (messages)

Kristen noted these events:

- Due MARCH 26 - Entries in Statewide kids art contest for CAP month. Info will be in CSN e-news
- APRIL 18 - Summit in Sacramento – Toward a Trauma-Informed Northern California
- APRIL 19 - Kids Day at the Capitol – Thursday, April 19. Governor will do proclamation, vendors, activities, food trucks. <http://www.cdss.ca.gov/inforesources/OCAP/CAP-Month>.
- Our local CAP month plans.
 - Have car magnets made with a positive message: “Are all the children well?”
 - Presentation to Board of Supervisors. Probably info about Five Protective Factors Mapping

Phil shared information about two of their programs: the AmeriCorps Programs that are inviting agencies to join their partnerships, and Strategies 2.0 Trainings and Learning Communities. We are encouraged to use Strategies 2.0 – get involved in the Learning Communities. We have requested a **Trauma Informed Training with Strategies**.

Network Announcements

- Serenity Madison, CoRR and CDFNC ~ upcoming "Teens and Marijuana" educational events at Bear River HS and Nevada Union HS. Info on CSN website.
- Phil Alonso (as a private citizen, separate from his CAP Center affiliation) ~ Phil is seeking volunteer opportunities with Nevada County non-profits to assist with the development of the tools and processes agencies use to carry out their operations, especially using Microsoft Excel, Word, Power Point, Google Applications Docs, Sheets, Forms, and website builder applications such as Weebly. philedalonso@gmail.com

Meeting Evaluations – Attendees filled out evaluation forms.

Adjournment – Next meeting March 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

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](mailto:info@Got40.org) or [NedRussell@pacbell.net](mailto:NedRussell@pacbell.net).