



Minutes ~ JUNE 6, 2018

Community Support Network Partner Meeting

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

Attending CSN Partners – 35 attended (17 filled out evaluation forms) including: Charleen DeWitt, Chicago Park School Board; Cindy Wilson, Nevada County Public Health Dept.; Daniela Fernandez, Connecting Point/211; Danita Sorenson, KARE Crisis Nursery; Dena Valin Malakian, The Friendship Club; Frank McClain, Balanced Relationships Project; Joette Collier, Foothills Truckee Healthy Babies; Jolene Hardin, Young Parents Program & CSN-CAPC Board; Judy Fuller, Trauma-Informed Yoga teacher; Judy Knapp, PreventionWORKS; Kasha Kiley, Connections Counseling Services; Kristen McGrew, PARTNERS FRC/NCSOS & CSN-CAPC Board; Laura Gerhart, Sierra Forever Families; Laura Harter, CBV; Lily Marie, Healing Through Loss & Grief; Lourdes Vose, SNCS & CSN-CAPC Board; Lucia Stewart, SNCS; Lydia Seely, OT; Marge Biddle, WarmLine FRC; Maureen Gerecke, FREED; Morgan Welty, NCSOS-ILP/THP+; Ned Russell, Got 40?, CSN-CAPC Board; Paul Platner & grandson Gage, Burgeoning Communities; Rebecca Campbell, Nevada County CalWORKS; Remy Lindsey, Nevada County Public Health; Sara Busse, Sierra Forever Families; Savanna Court, SNCS; Schuyler Bright, Holistic Trauma Recovery; Serenity Madison, CoRR & Coalition for Nevada County Youth; Sharon O'Hara, Citizens for Choice; Shera Banbury, Nevada County Mental Health and Substance Use Advisory Board; Suze Pfaffinger, Big Brothers Big Sisters; Tiffany Looney, Deer Creek School; Tom Cross, Community Volunteer; Whitney Polk, Nevada County Social Services, CalWORKS; Susan Sanford, CSN Coordinator.

Welcome & Introductions – Laurie DeMartini, Community-School Liaison, PARTNERS Family Resource Center, Penn Valley and CSN-CAPC Board Member

Meeting Minutes & CSN Announcements – Accepted minutes from May meeting. Announcement about Kids Corner at the Nevada County Fair in August.

40 Developmental Assets – Ned Russell of Got 40? Social Connections - see detail on last page of minutes.

Meeting Focus – *Becoming a Trauma-Informed Community*

Speakers:

Cindy Wilson, Director of Public Health Nursing, Nevada County Public Health Department, & CSN-CAPC Board member ~ Report on the Trauma-Informed Care Training presented by Strategies 2.0 on 5/31.

Schuyler Bright, Founder & Director, Holistic Trauma Recovery Institute ~ Trauma-Informed Yoga & Ayurveda.

Judy Knapp, Director of PreventionWORKS, co-founded the El Dorado ACEs Collaborative in 2015 ~ Trauma-Informed Communities.

Cindy Wilson, Director of Public Health Nursing, Nevada County Public Health Department, & CSN-CAPC Board member ~ Report on the Trauma-Informed Care Training presented by Strategies 2.0 on 5/31/18

- Attended an ACEs training years ago that really had an effect on her. It's so impactful to all of us. We all know and care about somebody who has been traumatized.
- So what do we do about it? What can we do? What's the flip side of the coin? Five Protective Factors. Trauma-Informed Care. Originally, it all seemed to be directed to mental health providers. But the question is: how to prevent trauma in the first place?

CSN Partner Meeting Minutes ~ June 6, 2018 ~ 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 ~ csnnorg@gmail.com ~ 530-913-0270 (messages)

- Public health is good at prevention. We want trauma-informed communities so we bring kids up in a resilient way.
 - A case study activity at the TIC training gave write-ups of different days of the same week to different working groups, who therefore got just one view of the case study family. Each group developed different impressions of what was going on. A reminder that it requires lots of eyes, ears, hands to do prevention, find out what to do.
 - A personal story from my family...3 years ago on the 4th of July my daughter and son-in-law saw a bus with a sign that said "would you be interested in being a parent of an international refugee child?" They decided yes. Two boys - brothers - came from a tribe in Nepal, which had been subjected to tribal racism and relocation. The boys were born in a refugee camp. Lost both parents very young. Came to USA with other family members and were then abandoned by those family members. When boys were 13 and 11 they came into my daughter's home. About a year in the older boy was being threatening to my daughter and his brother. He was given a choice to stay or go. He opted for a group home. Youngest stayed. Still has issues that arise. He's making progress and appreciating the support he's getting. The parents are going day to day trying to be consistent, loving, model and provide appropriate boundaries, etc.
 - Invitation to others who attended the May 31st training to share what has stayed with them.
- Tiffany Looney: Troy (Troy Nichols, the trainer) talked about secondary trauma - the need for providers to take care of themselves - gratitude, mindfulness, healthy food, exercise, support system.
- Lourdes Vose: Family case study - how much things can change day to day
- Laura Harter: Ugly furniture has an impact on clients. Important how clients perceive place. The notion that an agency or provider can unintentionally retraumatize someone. Paperwork can retraumatize.
- Jolene Hardin: How Troy touched on brain development, especially with infants. Sometimes trauma is not something we can remember. Instead of "what's wrong?" ask "what happened?"
- Joette Collier: Kids who spend a lot of time in hospitals can be traumatized.
- Dena Valin Malakian: Ditto all above. Self care is very important. Really check in with staff.
- Comment from attendee Paul Platner: Transition can cause trauma.

Schuyler Bright, Founder & Director, Holistic Trauma Recovery Institute ~ Holistic Trauma Recovery

- There are personal effects of trauma, including: hyper- or hypo-vigilance, dissociation, insomnia, depression, anger, and anxiety.
- There are longer term effects of trauma, including: poor self-care (perhaps brought on by chronic pain, depression), addiction, auto-immune disease, system imbalances, cancer.
- There are societal effects of unresolved trauma, including: strain on medical and insurance systems, various kinds of violence, strain on justice system and correctional institutions.
- Trauma feeds sense of "I can't" while resilience feeds sense of "I can."
- In the book "Trauma and the Body" by Pat Ogden there is discussion of a "window of tolerance" between hyperarousal and hypoarousal zones.
- Three types of care that are complementary: talk therapy, sensory self-care routines, mindfulness & mindful movement.
- In the book "Trauma and the Body" by Pat Ogden there is discussion of top-down and bottom-up approaches. Top-down is more cognitive, bottom-up is more movement.
- Yoga is a bottom-up therapy and has been found to be effective in treating symptoms of PTSD.
- Mindfulness has many benefits. They can provide stability for getting through turbulent times.
- Valuable to have yoga and other self-care teachers who are trauma-informed and trained. They have the skills to support students/clients through emotions that may arise.
- Top-down and bottom-up approaches work well together.
- Hormonal balance can be affected chemically or through diet, yoga, and other self-care practices. Self-care practices may take longer than chemical approaches, but without side effects that may come with chemicals.

CSN Partner Meeting Minutes ~ June 6, 2018 ~ Page 2 of 4

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- Self-care practices can encourage slowing down, a positive attitude, and appreciation for life.

Judy Knapp, Director of PreventionWORKS, co-founded the El Dorado ACEs Collaborative in 2015 ~ **Trauma-Informed Communities**

- In addition to Adverse Childhood Experiences there are Adverse COMMUNITY Experiences. Trauma also manifests at the community level. As we treat individuals, also treat the community.
- The cost of doing nothing is high. A November 2014 study from the Perryman Group found: "Each 2014 first-time case of child maltreatment costs the U.S. economy approximately \$1.8 million in total expenditures over their lifetime."
- There are many benefits of adopting trauma-informed approaches including: increased safety for all; improved social environment; creating a community of hope, healing, and recovery; increased success and satisfaction at work; promoting organizational wellness; improved bottom line.
- Trauma-informed care is becoming a social movement.
- All sectors of a community, and many individuals are needed to address trauma. And people and organizations need to know about trauma and its effects, and they need to know about trauma-informed approaches.
- Creating a trauma-informed community is greatly served by forming a small community collaborative to drive the initiative. The initiative is owned by the community collectively.
- Look at many factors, including: generations, genders, ethnicities, geographies, economic classes.
- There will be barriers. For example, from PowerPoint slide, "Recognize that deep-rooted attitudes—for example, a belief in individual responsibility and self-sufficiency—may present barriers to understanding ACEs and resilience, and that such attitudes take time to change."
- Develop resilience by working for positive outcomes to outweigh negative outcomes.
- Connected, collaborative communities have: less crime, homelessness, substance abuse and increased school success, and mental and physical health.
- The goal with all systems: change shame, blame, and punishment to understanding, nurturing, and healing.
- Seek community; nourish yourselves; remember that you - and many others - wish to create a more just, compassionate and healthy world.

Network Announcements & Meeting Evaluations – Attendees made the following announcements and filled out evaluation forms.

- Frank McClain - Balanced Relationships Project provides workshops relevant to a trauma-informed approach.
- Schuyler Bright - doing a webinar on Trauma Informed Mindfulness, Mindful Movement and Self-Care for Family Wellness and Providers. Wednesday, July 18 from 10:30 to noon.
- Lourdes Vose - Sierra Nevada Children's Services is having a family appreciation day on August 4.
- Laura Harter - Community Beyond Violence is doing a crisis intervention training August 18-November 10.

Collaboration Mixer – A chance to get better acquainted in small groups

Adjournment – Next meeting September 5, 2018, Gene Albaugh Community Room, at the Madelyn Helling Library. CSN Partner meetings are on hiatus in July & August.

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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### Developmental Asset #9 – Service to Others – June 6, 2018

Youth spend 1+ hour/week serving community; younger have opportunities to help.

Agencies can play a major role in providing opportunities for youth to serve the community: create volunteer slots for youth, organize events, designate a youth liaison, help in the office. And it's easier to start during the summer when school schedules are out of the way.

Contributes to building numerous assets: Other adult relationships, Adult role models, Peer role models, Youth programs, Caring, Equality and social justice, Responsibility, Planning and decision making, Interpersonal competence, Personal power, Self-esteem, Sense of purpose, Positive view of personal future.

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).