



AGENDA ~ January 2, 2019

Community Support Network Partner Meeting

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

- 3:20 **Greet Incoming Partners** – Susan Sanford, Coordinator
Please sign in. Partners may place announcements to share on the back table.
- 3:30 **Welcome & Introductions** – Ned Russell, Got 40? and CSN-CAPC Board Member
- Meeting Minutes**
Accept minutes from November 2018 meeting
- 3:35 **40 Developmental Assets** – Ned Russell of Got 40?
Multiple Assets – Family Night
- 3:40 **Meeting Focus** – *Taking Care of You: Trauma Stewardship for effective service and self-care.* Presenter: Laura Harter, Coordinator, PARTNERS Family Resource Centers, who will introduce us to *Trauma Stewardship*, the work of Laura van Dernoot Lipsky.
TED talk: <https://www.youtube.com/watch?v=uOzDGrcvmus>
Brief writing and conversation on these questions: What brought you to this work? What is most satisfying about your work? Does your employer do anything to help?/Is there something you can identify and suggest? What do you do on the self-care list (meeting handout) that works? Have numbing, cynicism, apathy, or avoidance ever been an issue – can you see a way through or how did or do you get through?/Have you ever been relentless, can you relate to the Laura van Dernoot's passion and self-described "self-righteousness"?
- 4:40 **Mindfulness Meditation** – Loving Kindness / Befriending Meditation
- 4:55 **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 6, 2019, 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!***

2019 CSN Partner Meeting Dates ~ January 2, February 6, March 6, April 3, May 1, June 5, July & August-hiatus, September 4, October 2, November 6, 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.csnnc.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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### Multiple Assets – Family Night – January 2, 2019

An evening without distractions (no TV, cell phones, computers, adult “homework”, etc.) and all family members attending can be one of the most productive and fun ways to build assets for everyone, adults included.

- Time away from day-to-day tasks.
- Time available and attention paid for sharing successes and challenges.
- Time to discuss hopes and plans for the future, both short and long term – and to work on them.
- Time for family projects, games, reading inspirational books or just for fun.
- Time for discussing world and historical events, multicultural issues, what is integrity, honesty and is it ever okay to lie, and numerous other important areas.
- Time to discuss how to make family work better together.

Can build about 25 of the 40 assets

- half by practice/modeling, half by discussion.

In families with older kids, who have never been asked to spend an evening at home, start by asking the kids to find an hour or so to plan a short family outing, e.g. 1/2 day trip to Yuba Gold Fields, visit Gladding McBean or the Aerospace Museum, hike part of the Pacific Coast Trail. First session: choose the outing: something that appeals to all the kids and gives all a significant role in planning.

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).

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