



## Minutes ~ November 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** – 24 attended (10 filled out evaluation forms) including: Cara Carvalho, Nevada County Child Welfare; Char Weiss-Wenzl, NCPHD; Cheryl Gonzales, Nevada County Child Welfare; Chris Espedal, NCSOS; Danita Sorenson, KARE Crisis Nursery; Jolene Hardin, Young Parents Program & CSN-CAPC Board; Karen Martin, Nevada County Child Welfare; Laura Gerhart, Sierra Forever Families; Lindsay Dunckel, First 5 Nevada County & CSN-CAPC Board; Lourdes Vose, SNCS & CSN-CAPC Board; Lucia Stewart, SNCS; Marge Biddle, WarmLine FRC; Mary Mackintosh, CoRR; Meg Luce, PARTNERS/NCSOS; Monica Lopez, FTHB; Morgan Welty, NCSOS; Ned Russell, Got 40?, CSN-CAPC Board; Nohemi Mead, GV PARTNERS FRC; Paul Platner, Grandparent; Savanna Court, SNCS; Sharon O'Hara, Citizens for Choice; Susan Sanford, CSN Coordinator.

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

**Building the Network Moment** – Chris Espedal, Safety and School Climate Coordinator for the Nevada County Superintendent of Schools Office (NCSOS) shared information about "Handle with Care." The program is designed for first responders to alert school staff about a student who may have suffered a trauma.

First responders ascertain whether a child has experienced a trauma. The child has to be present and seen by a first responder. In Nevada County, 211 Connecting Point manages the login page and database. First responders log in and enter the child's name, birthdate, and school. The HWC notification says, "This student may have suffered a trauma, please handle with care." Schools check email each day and notify everyone who has contact with the student of the possible trauma. No specifics are known or shared. Right now it's just used by first responders, but it would be great to add other organizations to the system.

Here's Handle With Care info from the 211 Connecting Point website:

<https://211connectingpoint.org/handle-with-care/>

Research shows that exposure to violence and trauma can seriously undermine a child's ability to learn, form relationships and focus appropriately in the classroom. To support students in Nevada County, a united effort among local agencies has led to the adoption and implementation of the Handle with Care program. Nevada County Handle with Care is modeled after the West Virginia Handle with Care and the Stanislaus County FOCUS program (Focusing On Children Under Stress <https://www.focuscalifornia.org/>).

This new initiative enhances communication and collaboration between first responders (law enforcement, fire fighters, emergency medical responders, etc.), and schools. A "Handle with Care Notification" alerts the school that a child may have been exposed to a traumatic incident (i.e. domestic violence, child abuse, death in the family, witness to a crime, loss of home due to a house fire, etc.). No specific details about the incident are given, just one simple request: to focus on the child and handle them with care. Confidentiality is maintained at all levels.

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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](http://www.csnn.org) ~ [csnnorg@gmail.com](mailto:csnnorg@gmail.com) ~ 530-913-0270 (messages)

When a child is exposed to violence or trauma, a first responder will send the designated official for the child's school a "Handle with Care" notification; no details of the incident are provided.

School staff members, while observing the student throughout the day, will aim to be especially sensitive to student needs. Provisions for a quiet place to rest, assistance with meeting basic needs, homework/test forgiveness or delay, a visit to the school nurse or counselor, or referral to an outside agency will be provided as needed.

The Nevada County Superintendent of Schools Office is grateful for the collaborative efforts of many local agencies to provide a safe and productive learning environment for our students as we seek to "handle every child with care."

For additional information on the Nevada County Handle with Care program, please contact Chris Espedal, NCSOS Safety and School Climate Coordinator at [cespedal@nevco.org](mailto:cespedal@nevco.org) or 530-478-6400, ext. 2047.

### **Meeting Minutes & CSN Announcements** – Accepted minutes from October meeting

#### **40 Developmental Assets** – Ned Russell of Got 40?

Intentional Asset Building – Core principle of 40 Developmental Assets - details on last page of minutes

#### **Meeting Focus** – *Trauma-Informed Parenting*

Presenters from Nevada County Child Welfare (new umbrella name that includes both Child Protective Services and Adoptions): Karen Martin, Ongoing Social Worker; Cara Carvalho, Resource Family Home Social Worker; Cheryl Gonzales, Adoption/Post Adoption Social Worker.

#### **Notes from the presentation**

- Attachment is the capacity to form and maintain healthy interpersonal relationships. Children who have experienced trauma cannot form healthy, trusting bonds with caregivers and other people because they experience the world as chaotic and unpredictable. They never know if their basic needs will be met or not.
- Adverse Childhood Experiences (ACEs) of children, and their parents when they were children, can have a huge, negative, long-term impact on physical and emotional health and well-being.
- Recommended TED talk: Dr. Nadine Burke-Harris on Adverse Childhood Experiences. Talk and transcript: [https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime/t\\_ranscript](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime/t_ranscript)
- Brain development is negatively affected by chronic stress. John Medina (author of *Brain Rules*) writes: "Severe and chronic trauma (living with an alcoholic parent, watching in terror as your mom gets beat up) causes toxic stress in kids. Toxic stress damages kids' brains. When trauma launches kids into flight, fight, or freeze mode, they cannot learn. It is physiologically impossible."
- Recommended film: "Paper Tigers," a 2015 film written and directed by James Redford. Includes the story of successes experienced in a school in Washington State after trauma-informed policies and practices were adopted.
- Natalie Turner, of WA State University's Area Health Education Center offers two simple rules:
  1. Take nothing a raging kid says personally. Act like a duck, let the words fall off your back like drops of water.

2. Don't mirror the kid's behavior. Take a deep breath. Wait for the storm to pass and ask something along the lines of "Are you Ok?", "Did something happen to you that's bothering you?", "Do you want to talk about it?"

- Resource parents, have to simultaneously help the child attach while managing maladaptive behaviors.
- Tasks of a trauma-informed caregiver/parent:
  1. To Decrease Distress
  2. To Increase Pleasure
  3. You Are The Giver of Good ThingsTo build secure attachment is to build TRUST.
- Adapted from *The Nurtured Heart*, Glasser and Easley 2013:
  - Give energy and attention to the POSITIVE
  - Ignore (when safe) the negative
  - Lecture when calm on positive aspects
  - Link praise to self esteem
- Praise children, spend high quality time together, play non-competitive games together.
- State what you WANT the child to do rather than what you do not want.

#### About Resource Families

- From the California Dept. of Social Services website: <http://www.cdss.ca.gov/Resource-Families>  
"In California a Resource Family is a caregiver who provides out-of-home care for children in foster care. Resource Families include individuals, couples and families. They may be related, have a familiar or mentoring relationship, or no previous relationship with the child."
- In June 2017, Nevada County got its adoptions license.
- CPS wants to get Resource Families trauma-informed parenting training. They help families with resources. Lots of kin weren't planning on parenting again. Helps grandparents, for example, figure out how to take in teenage grandkids.
- Challenges:
  - ~ They have to help relatives navigate their grief and loss - grandparents have to acknowledge that their kids may not be able to parent.
  - ~ There's a huge stigma about CPS involvement. Children do best when placed with relatives. Non-kin families need to keep connection with kids' kin.
  - ~ #1 thing CPS hears from adoptive parents: "My child ran away." It's often because they went to be with someone like their birth grandma.
  - ~ Re: State of California with RFA (Resource Family Approval) process - it's constantly changing and evolving so everyone has to go with the flow.
  - ~ Having more staff would help.
- On the horizon:
  - ~ Doing a lot of recruiting for families. Some families who have done RFA training are open to taking in additional kids.
  - ~ Finding out how to support birth families because re-unification is the #1 goal. Parents' ACE (Adverse Childhood Experiences) scores may be high.
- Three takeaways
  1. CPS has to change the judgement about what's going on
  2. Don't label children
  3. Ask questions of the kids and answer theirs - pay attention to requests for connection with birth relatives - family finding program - ask child what goal is for when they turn 18. Find family and

connect them. Recommended book: "Twenty Things Adopted Kids Wish Their Adoptive Parents Knew" by Sherrie Eldridge.

Q: Is RFA only for kids removed from home or for kids who have gone to live with other family out of preference?

A: It's for kids in the CPS system. Other people need to craft a safety plan if needed.

**Network Announcements & Meeting Evaluations** – Attendees made the following announcement and filled out evaluation forms. Info is either already on the CSN website News page, or will be posted there soon. [www.csnn.org](http://www.csnn.org).

- Report on Read To Your Child Halloween Book Giveaway - Ned Russell - Overall things went well. We gave out 1051 books.
- Helping Hands Nurturing Center does some Trauma-Informed Parenting training. Placer Co TIP training is led by already-trained parents which builds peer support.
- Morgan Welty, NCSOS - Melissa Marcum will be doing a Nurtured Heart training on Nov. 17<sup>th</sup>. Contact Melissa if interested in attending 530-478-6400 ex 2020.

**Adjournment** – ***Remember...CSN Partner meeting goes on hiatus for December.*** Next meeting January 2, 2019, Gene Albaugh Community Room, at the Madelyn Helling Library.

***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***

## 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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### Intentional Asset Building – Core principle of 40 Developmental Assets – November 7, 2018

Joseph T. Hallinan's blog on Psychology Today\*: A study asked a group of radiologists to examine a series of chest x-rays, just as they would if looking for lung cancer. Unknown to the radiologists, though, the researchers had inserted into the x-rays a picture of a gorilla. The picture of the gorilla was about 45 times the size of the average cancerous lung nodule. **83 percent of the radiologists missed the gorilla.** (Drew, Vö & Wolfe (2013). The invisible gorilla strikes again: sustained inattention blindness in expert observers. Psychol. Sci., Sep;24(9):1848-53. Epub 2013 Jul 17.)

Confirmation bias is a version of this with numerous examples on social media, reading only posts which match one's beliefs, thus confirming those beliefs are true.

*To help build assets in our youth we need to actively look for opportunities to do so – we won't see them otherwise. We also need to look for what they do right, not what they do wrong.*

\* <https://www.psychologytoday.com/us/blog/kidding-ourselves/201404/we-see-what-we-want-see>

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).