



Minutes ~ January 2, 2019

Community Support Network Partner Meeting

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

Attending CSN Partners – 28 attended (16 filled out evaluation forms) including:

Anne Wolf, Placer Community Action Council/Kidz Community; Aurora Packard, The Friendship Club; Bernadette Stocker, Sierra College; Char Weiss-Wenzl, NCPHD; Cheryl Morris, CASA; Colleen Baker, Hospice of the Foothills; Cynthia Meilicke, Hospice of the Foothills; Daniela Fernández, Connecting Point/211; Joette Collier, Foothills Truckee Healthy Babies; Jolene Hardin, Young Parents Program & CSN-CAPC Board; Joyce Ash, Child Advocates of Nevada County/FTHB & CSN-CAPC Board; Karen Wellhoff, DSS; Laura Harter, PARTNERS FRCs; Lori Chambers, HSS; Lourdes Vose, SNCS & CSN-CAPC Board; Marge Biddle, WarmLine FRC; Meg Luce, NCSOS; Melinda Douros, CASA; Morgan Welty, NCSOS; Ned Russell, Got 40?, CSN-CAPC Board; Nick Ready, CPS; Nicola Murphy, Sierra College; Paul Platner, community member; Sarah Eastburg, Salvation Army; Schuyler Bright, Holistic Trauma Recovery; Serenity Madison, CoRR & Coalition for Nevada County Youth; Shera Banbury, Nevada County Mental Health and Substance Use Advisory Board; Tex Ritter, Nevada County DSS; Susan Sanford, CSN Coordinator.

Welcome & Introductions – Ned Russell, Got 40? and CSN-CAPC Board Member

Meeting Minutes & CSN Announcements – Accepted minutes from November meeting

40 Developmental Assets – Ned Russell of Got 40?

Multiple Assets - Family Night - details on last page of minutes

Meeting Focus – *Taking Care of You: Trauma Stewardship for effective service and self-care.* Presenter Laura Harter, Coordinator, PARTNERS Family Resource Centers, introduced us to *Trauma Stewardship*, the work of Laura van Dernoot Lipsky.

Notes from the presentation

- It's important to take responsibility for your self-care so you can avoid negative consequences of helping others and offer the best service possible. Trauma Stewardship is basically to help create a plan and practice for caring for yourself.
- Trauma Informed Care (TIC) approach asks, "What happened to you?" rather than "What's wrong with you?" Providing TIC requires understanding, being present, and hearing or seeing or responding to trauma. It has an impact. Providing TIC includes understanding how one's own trauma impacts the quality of work, as well as how the cumulative impact of hearing others' trauma impacts may influence our ability to be effective.
- Trauma Stewardship is a framework and practice for social workers, emergency workers, lawyers, doctors, judges, anyone hearing, observing, or responding to people in traumatic situations and understanding the consequences of the work and developing a plan for self-care.
- Stewardship is caring for something entrusted to your care - in this case, serving others as well as oneself so you can help others.

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

- Laura Van Dernoot Lipsky defines “Trauma Stewardship” as a daily practice through which individuals and organizations tend to the hardship, pain, or trauma experienced by humans, other living beings, or our planet itself.

- Recommended resources:

Books

~ *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky with Connie Burk

~ *The Age of Overwhelm: Strategies for the Long Haul* by Laura van Dernoot Lipsky

~ *The Compassion Fatigue Workbook* by Françoise Mathieu

Website - traumastewardship.com

TED Talk - <https://www.youtube.com/watch?v=uOzDGrcvmus>

- We viewed van Dernoot Lipsky's TED talk: <https://www.youtube.com/watch?v=uOzDGrcvmus>
- We did brief writing and conversation on these, and some other, questions in small and large groups: 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? righteousness”?
- We did a *Self-Care Assessment Worksheet* with the following categories: Physical Self-Care, Psychological Self-Care, Emotional Self-Care, Spiritual Self-Care, Workplace or Professional Self-Care, Balance.
Source: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)
- The Trauma Stewardship book talks about 16 negative consequences of witnessing and caring for traumatized people without proper self-care: Feeling Helpless and Hopeless, A Sense That One Can Never Do Enough, Hypervigilance, Diminished Creativity, Inability to Embrace Complexity, Minimizing, Chronic Exhaustion/Physical Ailments, Inability to Listen/Deliberate Avoidance, Dissociative Moments, Sense of Persecution, Sense of Persecution, Guilt, Fear, Anger and Cynicism, Inability to Empathize/Numbing, Addictions, Grandiosity: An Inflated Sense of Importance Related to One’s Work.
- We did a mindfulness meditation: the Loving Kindness, or Befriending, Meditation.

Network Announcements & Meeting Evaluations – Attendees made the following announcements and filled out evaluation forms. Info is either already on the CSN website News page, or will be posted there soon. www.csnn.org.

- Schuyler Bright, Holistic Trauma Recovery Institute - Starting Jan. 17 co-leading a group on love, lust, and romance in the age of Me Too. Four Fridays. Yoga included.
- Serenity Madison, CoRR & Coalition for Nevada County Youth - PLEAG meetings this month and beyond
- Meg Luce - Jan. 17 - Triple P Parenting Class begins
- Daniela Fernández, Connecting Point - CP is offering a variety of free classes and is also taking over what used to be the RSVP volunteer program. The RSVP program was for seniors who wanted to volunteer. The new CP program welcomes volunteers of all ages for the database.
- Cynthia Meilicke, Hospice of the Foothills - The hospice is having a three month film series on end of life care. Films will be followed by discussions. The first film in the series will be screened on Jan. 24.

Adjournment – Next meeting February 6, 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

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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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### 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).