



## Minutes ~ February 6, 2019

### Community Support Network Partner Meeting

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

**Attending CSN Partners** – 18 attended (7 filled out evaluation forms) including: Bernadette Stocher, Sierra College; Beth Kemplin, VCSS; Char Weiss-Wenzl, NCPHD; Crystal Betito; Eli Gallup, NCSOS; Joette Collier, Foothills Truckee Healthy Babies; Jolene Hardin, Young Parents Program & CSN-CAPC Board; Laura Harter, PARTNERS FRCs; Lindsay Dunkel, First 5 Nevada County & CSN-CAPC Board; Marge Biddle, WarmLine FRC; Mary Mackintosh, CoRR; Morgan Welty, NCSOS; Sharon O'Hara, Citizens for Choice; Shera Banbury, Nevada County Mental Health and Substance Use Advisory Board; Sommer Wadman-Huntley, CoRR; Whitney Polk, Nevada County Social Services, CalWORKS; Susan Sanford, CSN Coordinator.

**Welcome & Introductions** – Lindsay Dunkel, Executive Director, First 5 Nevada County, and CSN-CAPC Board Member

**Meeting Minutes & CSN Announcements** – Accepted minutes from January meeting

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

Asset # 4 - Caring Neighborhood - details on last page of minutes

**Meeting Focus** – *Maternal, Child, and Adolescent Health: Community Input*. Presenter: Charlene Weiss-Wenzl, Public Health Nurse, Nevada County Public Health Department. Every five years the MCAH program is required by the state and federal governments to do a needs assessment to determine local priorities for the maternal, child, and adolescent population. This must be done with input from community members. The information gained from meeting participants will help the MCAH program prioritize what to focus on for the next five years. With her permission, Char's PowerPoint will be posted on the CSN website Meetings page. The charts and other info below are also included with permission.

### **Notes from the presentation and questions the meeting addressed**

#### **A brief overview of the Title V Maternal, Child and Adolescent Health Program**

- Enacted in 1935 as part of the Social Security Act, the Title V MCAH program provided funds to states to improve health, safety and well-being of mothers and children, including children with special health care needs.
- The program seeks to:
  - Assure access to quality care, especially for those with low incomes or limited access to care
  - Reduce infant mortality
  - Provide and ensure access to comprehensive prenatal and postnatal care.
  - Increase the number of children receiving health assessments and follow-up diagnostic and treatment services
  - Implement family-centered, community based systems of coordinated care for children with special health care needs

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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.  
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- Provide toll-free hotlines and assistance in applying for services to pregnant women with infants and children who are eligible for Medi-Cal

### The Title V 5-year Needs Assessment

- State Title V programs are required to conduct a statewide comprehensive needs assessment every five years
- In California, each local health jurisdiction conducts a need assessment of their population in order to:
  - Obtain extensive stakeholder input at the local level
  - Identify needs and issues specific to that community that would be missed when only analyzing state-level information
  - Identify priority areas specific to each jurisdiction to focus on in the next five years

### Community composition

- Population: 98,453
- 88% white
- 9% Hispanic
- Approximately 875 live births annually
- 978 square miles
- Major industry: service providers, education/health/leisure, government
- Newest industry with multi-agency involvement: cannabis
- 23% of households with severe housing problems\*

\*2010-2014 data

### Local data, including bright spots and areas needing improvement

What We Do Well!		
Indicator	Nevada County	California
Pre-pregnancy overweight or obesity per 100 females delivering a live birth	37.9	50.0
Gestational diabetes per 100 females age 15-44 delivering a live or still-born infant in-hospital	6.7	9.1
Cesarean births per 100 low risk females delivering a live birth	18.8	25.8
Exclusive breastfeeding 3 months after delivery per 100 live births	47.3+	29.1
Exclusive in-hospital breastfeeding per 100 females delivering a live birth	89.6	69.6
Births per 1,000 females age 15-19	11.3	21.0
Percent of children, ages 0-18 years living in poverty	38.1%	46.7%

+ Rate reported is for regional data as county level rate is too unstable.

## Areas For Improvement

Indicator	Nevada County	California
% of women delivering a baby who received prenatal care beginning in the first trimester of pregnancy	73.5	83.3
Substance use diagnosis per 1,000 hospitalizations of pregnant women ages 15-44	58.3	18.8
Any smoking during the 1 <sup>st</sup> or 3 <sup>rd</sup> trimester per 100 females with live births	12.4+	2.7
Substance abuse hospitalizations per 100,000 ages 15-24	901.9	778.5
Mental health hospitalizations per 100,000 ages 15-24	1706.0	1473.0
Motor vehicle injury hospitalizations per 100,000 children age 0-14	24.7	15.1
Prenatal depressive symptoms and postpartum depressive symptoms	17.2+ 17.1+	14.1 13.5

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### Additional areas of interest

- Higher rates of smoking in females 18 and older in Nevada Co. (per 100: NC=15.6, state=9.3)
- Lower Tdap Immunizations during pregnancy in 100 females delivering a live birth (NC=45.2+, state=50.4)
- Higher rates of death per 100,000 pop of 20 to 24 year olds (NC=92.7, state=68.1)
- Percentage of days with ozone above regulatory standards (NC=8.2, state=4.9)

### A summary list of areas for improvement

## Where We Can Improve:

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### Questions addressed with Partner input

- What do you think are the most important needs for pregnant women, mothers, children, teens and families in Nevada County?
- What can we do better to help connect families to what they need?
- What system-based, community-based, and/or individually-based changes are needed to meet their needs more effectively?

How would you prioritize the issues?

○ Criteria for Prioritizing Issues:

- ✦ Size: How many people are affected?
- ✦ Seriousness: Deaths, hospitalizations, disabilities?
- ✦ Trends: Is it getting better or worse?
- ✦ Equity: Are some groups affected more?
- ✦ Intervention: Is there a proven strategy?
- ✦ Values: Does our community care about it?
- ✦ Resources: Build on current work; available money?
- ✦ Others: Social determinants – Root cause?

- Data will be collected from multiple community partners and members.
- Results will be circulated as to what our community believes to be the primary focus of MCAH work over the next five years.
- Results will establish priorities and frame our Title V five year work plan.

### Some Questions and Info

- What programs for teens? Young Parents Program. Contact Jolene Hardin.
- Lack of providers in some areas
- Lots of cracks people can fall through
- Would be great to have a place where all resources are accessible (people to talk with about the various aspects of getting care and support)
- *Community members are invited to fill out the MCAH survey.* Find the survey here: <https://www.surveymonkey.com/r/MCAHTitleVNeedsAssessment>  
More info at: <https://www.mynevadacounty.com/CivicAlerts.aspx?AID=1029>  
The survey is due March 1<sup>st</sup>.

**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](http://www.csnn.org).

- Marge Biddle - Feb. 23 - WarmLine Baby sign language class at library for 0-3 year olds
- Bernadette Stocher - Sierra College is having financial aid and scholarship workshops - counselor for undocumented students available
- Sharon O'Hara - Citizens for Choice has moved downstairs to a larger space on Richardson St. in Grass Valley
- Lindsay Dunckel - This year is the 20<sup>th</sup> anniversary of First 5 - 20<sup>th</sup>. On 2/26 there will be a celebration at the Board of Supervisors meeting.

**Adjournment** – Next meeting March 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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### Asset # 4 – Caring Neighborhood – February 6, 2019

A caring neighborhood also provides positive adult role models (Asset #14), support from adults other than parents (#3), and leads to neighbors assisting with boundaries for youth (#13). Here are some ways to be part of a caring neighborhood. (From a Search Institute list.)

- ⇒ Learn the names of kids who live around you and what interests them.
- ⇒ Treat neighbors of all ages with respect and courtesy.
- ⇒ Spend time in front yard or apartment/condo gathering places to greet/chat with others.
- ⇒ Take personal responsibility for building asset in the neighborhood.
  - When you see inappropriate behavior, kindly let the person know why it bothers you.
  - State your appreciation when a youth/anyone does something nice.
- ⇒ With other neighbors, develop strategies for long-term building in neighborhood.
- ⇒ Take time to play or just be with the young people, talk and listen.
- ⇒ Attend a neighbor youth's game/play/event and congratulate the person afterward.
- ⇒ Invite neighbors (especially those with children and teenagers) to your home.
  - Get to know each other and find out what you have in common.
- ⇒ Once in a while, for all ages, leave an appreciative message by note on door or chalk on sidewalk.
- ⇒ If you have children, talk to other parents about boundaries/expectations they have for their kids.
  - Discuss how you can support one another in areas where you agree.
- ⇒ Figure out what you can provide for young people in your neighborhood.
  - Basketball hoop, space for a garden, play softball, transportation, help with homework, music lessons, auto repair.
- ⇒ Share any concerns about neighborhood with others with same concern; form a working group.
- ⇒ Start a neighborhood support group.
- ⇒ Pay attention whenever you see a young person.
- ⇒ Be aware of graduations and other major events in the lives of children.
- ⇒ Organize a neighborhood event: book swap, yard sale, pot luck.

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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