**NOTES – February 5, 2020**

**Gene Albaugh Community Room at the Madelyn Helling Library**

**2:30 to 3:15** - Be the One Subcommittee/Work Group met prior to the meeting to discuss how to increase awareness of ACES and use of Be the One and to discuss showing the movie Resilience in the community. For more information contact: Laura Harter [lharter@nevco.org](mailto:lharter@nevco.org)

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| *3:20* | **Greet Incoming Partners** – CSN-CAPC Board Members  *Please sign in. Partners may place announcements to share on the back table.* |
| *3:30*  *3:35* | **Welcome & Introductions** – Laura Harter, Coordinator of the Family Resource Centers and CSN-CAPC Board Chair  Meeting Minutes for December – Reviewed and Accepted  A reminder to look for and complete the CSN Survey was announced  40 Assets – Ned Russell presented |
| *3:40* | **Meeting Focus** – 2020 Census  Heather Heckler and Brett Shady Connecting Point presented information about the 2020 Census and helped us examine our own feelings about the importance and accuracy of the census. They discussed the hard to reach communities in Nevada County and asked for ideas and help for reaching them. A link for more information: [*https://connectingpoint.org/census/*](https://connectingpoint.org/census/) |
|  | **Network Announcements** –  Warm Line is having a document preparation “party” for parents of students with special needs called “Let’s Get Organized.” For more information or to register: <https://www.eventbrite.com/e/lets-get-organized-342020-registration-83724408961>  PARTNERS FRC Nurturing Parenting Program is having a new session starting March 24th to May 19th on Tuesday nights 5:30 to 7:30 at Grass Valley Charter School. Call Annie Keelingfor more information 530-268-5086. Or email [akeeling@ncsos.org](mailto:akeeling@ncsos.org) |
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|  | Next meeting March 4 and we will report on the survey and Be the One next steps.  ***Upcoming 2020 CSN Partner Meeting Dates:*** *January-hiatus, February 5, March 4, April 1, May 6, June 3, July & August-hiatus, September 2, October 7, November 4, December-hiatus* |

Developmental Asset #1 – Family provides high levels of Love & Support February 5, 2020

It’s almost Valentine’s Day so a good time to reflect on what Love & Support means:

• Providing physical safety and emotional security at all times.

• Building feelings of being valued.

• Awareness of and quick, sincere response to children's needs.

• Listening to "trivial" problems and acknowledging feelings.

• Making space and schedule adjustments for school work.

• Soliciting and using children's input on family matters.

• Emphasizing guidance with kindness, instead of punishment, when required, allowing for mistakes and forgetfulness, and keeping your own emotions in check.

• Adults other than parents in household, older siblings, frequent visitors, day care providers held to the same high levels of love and support for those younger.

To learn more about the 40 Developmental Assets (Got40?), call: 271-5617 or email: NedRussell@pacbell.net.

The Be the One campaign raises awareness of the power of connection. Changing a person’s life for the better can happen with one positive connection with just one person. We know this in our hearts and there is research to support it.

Being the One for others is a simple way to put trauma/healing informed practices into action and transform our own lives, our families, and our communities. The Be the One campaign is a way to dialog about the impact of Adverse Childhood (and Community) Experiences (ACES) and the science of resilience to harness the power of connection. ACEs have deep and lasting harmful impacts on the lives of those that experience it, and positive connections build resilience to overcome ACEs. Join us! Learn more at [csnnc.org/be-the-one](https://csnnc.org/be-the-one/)

**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 articulate your agency’s interest and be open to other’s interests.
* Meetings are meaningful and have a shared purpose.