

CSN Meeting 4.6.22

Attendees: Melody, Alyssa, Barb-Facilitators. Dana Malakiean; Sydney Curry; Bobbie McKenzie; Eli Gallup; Jim Amaral; Monica L'Etoile; Susan Sanford; Bernadette Revak; Ebony Chambers; Cori Ove.

Melody shared the great work Nevada County is doing for CAP Month. Melody then presented on the Be The One initiative, created by Yolo County. The focus is the power of connection-to prevent and to heal child abuse. Shared an excellent TedTalk by Drew Dully on [Everyday Leadership](#).

Melody asked participants to share their “Lollipop” moment, when they inspired someone, or someone inspired them with a small action. Then, we thought about what actions you are committed to starting to support our community, and what would you stop doing? Great ideas included:

- Dana would love to see restorative practice in schools. How to intervene to prevent or stop bullying.
- Monica sees young parents who cannot obtain a drivers license because they have no car to practice with and take the driving test.
- Monica also hears youth that are “overwhelmed, and do not feel heard” Think about ways to foster social connections. Bobbie suggested the Peanut App, where you can connect with women who are at a similar stage in life—from fertility, pregnancy and motherhood through to menopause.
- Alyssa cited that Nevada County is the second highest county in the state for deaths due to drug overdose. How to help? Prevent? Sydnee shared YOURCA through the Granite Wellness Center for free treatment, education, etc., focus is 12–24-year-olds.
- Katie shared that she found high school difficult, was very pessimistic and had to learn how to develop a growth mind set. Youth are so guarded; they try to meet other’s expectations. Folks shared the use of the “Big Life Journal”. Alyssa noted that it is critical to change neuroplasticity in the brain to combat negative thinking. The parenting workshop coming up on HOPE is one example.

Thinking about what we can stop. Melody wants to stop hate, and start incorporating racial equity into our work. Alyssa wants to stop division and address implicit bias. Also, change thinking from “we already tried this, and it didn’t work”, to “it has not worked YET”!

For the community report out section, Melody thanked Alyssa for a job well done in planning and executing CAP Month! Also, on May 9th there will be a Parenting Summit on Nevada County Media.

The next CSN meeting is May 4th, and the focus will be Mental Health Services.