

~~~~~  
Minutes ~ May 3, 2023

## Community Support Network Partner Meeting

3:30 to 5:00 pm

Via Zoom

3:30 Welcome: Jim Amaral - CSN/CAPC Board Member

- Welcome and introductions
- Ice breaker - What is your favorite self-care activity?

3:47 Nevada County Mental Health & Suicide Prevention Presentations:

Presenters:

- Karolina Hjord - Mobile Crisis Youth Unit

Started June 2022- run crisis services next to the ER 4 bed unit for crisis intervention asses and apply 5150 holds they go with sheriffs on crisis calls. Follow ups at home or school, requests from schools, parents or LE and then evaluate, Crisis resources available- can go to anywhere in Nevada County

- Corinne Amezcua - Nevada County Public Health - Alcohol and Other Drug Prevention/Suicide Prevention- Know the signs watch for changes talking about death, distance or looking happier- expressing hopelessness- putting affairs in order. trust your intuition, start a conversation, ask directly, devote your time and make time to get them help create a safety plan, be direct with no judgment, keep a safe space. educate before you reach out

- Jennifer Winders - Whats Up Wellness - Stress Reduction/Mental Wellness  
Early prevention work for elementary schools. Teen screen- whats up wellness mental health check ups 8th grade plus, consent with parents and students, public health intervention groups girls circle, story telling, stress reduction and yoga, Narcan trainings in schools and public-parenting groups for next year- family and kid support groups

Questions for parents for Presenters:

- What data/trends are we seeing around youth/adult suicide currently? How many in 2020, 2021, 2022?-Nevada County is 2x higher than the ca average 2022 was the lowest suicide death year, Family history is a huge factor and puberty is a risk factor
- What resources are available for the youth, families, and community when this happens?

Nevada County Support Helpline

4:35 Q&A from Presentations:

- Meeting participants/attendees to ask questions and presenters to answer questions  
Is there any support for elementary age kids? Not yet it can be adapted but has not been yet  
The whitehouse started programs for teachers and parents starting in preschool

4:43 CSN Partner and Community Member Report Out:

- Community members please report out on your organization/agency happenings  
Successful CAP month Barbecue, craft project, board of supervisors, HOPE training  
Open house SNCS may 25th

BFFY 8th grade graduation party, cinderella project

Raise them up fair

County mental health training may 22 and 30th  
CBV groups tuesday morning virtual Thursday 530-7  
Know the signs May 24th

- Please complete the survey in Survey Monkey
- Next CSN Meeting is June 7, 2023 3:30pm to 5pm
- Close meeting

4:55 Adjourn

Attendance

Melody Easton

Jim Amaral

Cera Blades

Amber Macleod

Lael Walz

Debbi Sutton

Sara Fetterly

Suzan Sanford

Corinne Amezcua

Lina Hjord

Dena Malakian

Chie Newsom

Crystal Clark

Anne Wolf

Sue Van Wazer

Morgan Welty-Geisick

Marie Kittle-stanford

Mike Kumaguy

Nicholas Ready

Jen Rhi Winders