

CSN General Meeting

June 13, 2017

9-10:30am

TST BOCES

In Attendance: Serena Ward, Frances Mulberry, Alexandra Tharp, Samantha Granison, Sarah Bonawitz, John Mazzeo, Tina Hallock, Ted Schiele, Tamie Pushlar, Kris Bennett, Beth Midura, Amy Jo DeKoeper, Pat Vincent, Cathy Sinnott, Bev Chin, Jaydn McCune, Jake Parker Carver, Jeff Dunlap

CSN Subgroup Updates

The **De-stigmatization** group met May 10th on the Commons. They have decided to continue to meet monthly and are hoping to plan a large event for next spring and possibly some smaller events as well. They also discussed opportunities for funding projects. Let Jake know if you would like to join this group.

Resource Mapping met twice and spoke about creating a one-page mental health resource guide for families that would be available at doctor's offices and schools. This would help families learn about how to connect with a therapist. The CSN website used to be linked to 211, but this is no longer possible. This group will also be working on creating an easy to find database of services and creating a link to 211 from the CSN website. They will be limiting the list of resources based on relevancy.

The **Parenting Support** group met in May. They will be working to bring more family voice to the CSN and also work to establish a foundation of families in this group. They are hoping to restart Community Cafes to involve more parents. Alex Tharp will be leaving and is seeking her replacement for this group and the CSN.

13 Reasons Why Update: Two community conversations were held in May around this Netflix series. The central themes that have come out of these meetings are that there is a need for more connections between adults and youth, a need for safe spaces and a need for more training in schools and the community. Suicide Prevention is connecting with various camps over the summer with information at tables, "13 Reasons Why Not". Jaydn and Tamie spoke with the Ithaca Youth Bureau and they will be connecting with Suicide Prevention around this. Lee-Ellen Marvin will take the lead of this group in the future and could use some support.

Guest Speaker: J McKnight J led us through a group breathing activity followed by a conversation around self-care and cultivating hope.

Networking/News

The Mental Health Association's Kids First Camp will be starting July 2nd. They still have openings and some scholarship money. The application can be found on their website. They are also still looking for some volunteers to help run the camp.

Sarah from Tompkins County Workforce shared information about the BEAM program. They will work one-on-one with students who have stopped post-secondary school and help them to return.

The Family Navigators have been holding a monthly book club for parents of children who struggle. They are currently reading, "Shut Up About Your Perfect Kid!". There will be a new book in the fall. All families are welcome to attend. Contact Serena for more info: serenaw@rackercenters.org or 607-592-0486.

Frances shared information about the Challenge Summer Youth Program. They will be holding a class for youth on Fridays from 9-12 at TCPL (July 7-August 11). CSN members are invited to come by and see the program in action.

Jake shared that the Mental Health First Aid classes will be taking a break over summer, but there will be more in the fall.

Jaydn is working with Alex Scher and DSS to bring school personnel and DSS together for greater collaboration. A meeting is planned for September 27th at TCPL.

The HUB is looking for more members to help set the agenda for CSN meetings. The HUB meets every other month (opposite of CSN meetings).

It was decided that the next CSN meetings will take place in September.

Evaluations: 15 evaluations were completed. All participants either agreed or strongly agreed that the meeting was well planned, organized and well facilitated. Regarding clear action steps resulting from the meeting, three people responded neutrally while one person disagreed.

Some things I really appreciated about the meeting are...Having J McKnight present, very clear agenda and focused timeline, thinking about self-care especially as it relates to us, not just for the other people we work with, how many people participated, opportunity to share and to be vulnerable in a safe supportive environment, J McKnight's presentation, networking and announcements, J McKnight was engaging and helpful in talking about self-care, bold agenda, conversations, diversity of the group who comes together, different perspectives around a central topic is good, mindfulness, open discussion is comfortable, self-care presentation, mindfulness is always helpful.

Some things that concerned me about the meeting include...I am not sure I learned a lot about self-care from the breathing exercise, the discussion was better.