

CSN General Meeting

January 9, 2018

9-10:30am

Racker

3226 Wilkins Rd, Ithaca

In Attendance: Tamie Pushlar, Rebecca Cogan, Cathy Sinnott, Celia Clement, Margo Polikoff, Olivia Smialek, Nora Rucker, Sally Ryan, Kris Bennett, Elizabeth Wolff, Sally Manning, LaDawn Penn, Tommy Miller, Amy Jo DeKoeyer, Jason Bean, Serena Ward, Jaydn McCune

Leadership Hub Update: Cathy Sinnott, Jacyn McCune and Bev Chin met in December to decide on the role of the Leadership Hub moving forward. There will be 3-4 co-leaders who will take turns facilitating CSN meetings. They will meet on the month opposite of the CSN meetings to decide on an agenda and speakers for the next meeting. They are looking for additional members to join and hope that the membership of the hub will represent the various aspects of the community. Connect with Jaydn, Cathy or Serena for more information.

Subgroup Updates: Family Support: Discussed the NAMI presentation, "Ending the Silence" and possibility of approaching schools about bringing the presentation into health classrooms. Resource Mapping: No meeting took place in December, but the group is working to determine the best ways of connecting the community to resources. De-Stigma: Hoping to plan ongoing events/opportunities to reduce stigma around mental health. Jeff Dunlap and Sally Manning will move things forward for the group and plan a meeting in the next few weeks. Anyone interested in joining should contact Sally or Jeff.

Program Highlight: LaDawn Penn and Jason Bean from the Southern Tier Transformation Plan presented information about Therapeutic Support Groups being offered in our area. The support groups are co-facilitated by LaDawn (Regional Support Peer Partner) and Jason (therapist). They are designed to be a judgement-free zone for parents to be able to vent, followed by learning skills and tools to cope. No diagnosis is required, but individuals should have concerns about mental health or substance abuse. No one will be turned away. Groups are 1.5 hours long and food is provided. These new support groups are hoping for referrals and support from agencies in Tompkins County.

School Avoidance Summit: Scheduled for March 7th from 2-5pm. The summit will have a panel made up of parents, students, school, PINS, pediatrics, CPS and mental health. This event will be seen as a first step in which people will have an opportunity to have their voices heard and info will be gathered. Registration is available on the Racker website. The hope is to have lots of families and students in

attendance. Families that would like to have their voices heard who may not be able to attend should contact Tamie Pushlar. There is a meeting scheduled for January 12th at noon at TST BOCES, Smith School for those interested in helping with the planning. Several members of the CSN suggested that a follow-up to the summit be planned in advance to capitalize on the enthusiasm and energy of the summit.

Spring CSN Networking Event: Renee Hettich from AFFCNY (Adoptive and Foster Family Coalition New York) is interested in doing a meet and greet with service providers which prompted the idea to do this in collaboration with the CSN. The idea would be to plan some sort of networking event for providers and families to come together and share resources with one another. Anyone interested in helping to plan for this should contact Sally Manning.

Community Announcements: Tommy Miller shared that his Fatherhood Initiative is currently working with families involved in Family Treatment Court. He also shared that there will be a month-long Africa and Diaspora festival coming up. On February 6th, there will be a storytelling event at Lifelong about racial healing. Contact Tommy if you are interested in telling your story.

Celia Clement announced that Northeast Elementary received an IPEI grant to work on the Zones of Regulation with students which helps individuals to self-identify their regulation and develop strategies.

Elizabeth Wolff shared about an upcoming "Thriving with Your Spirited Child" class being held in Dryden in addition to a cooking class for parents and kids.

Kris Bennett shared that County Youth Services will be offering "What's Class Got to do With It" on January 25th. There is also a pitch contest happening on February 15th for grant money ranging from \$500-\$5000 for project ideas that focus on the Achieving Youth Results identified areas.

Evaluation: Evaluations were completed by 14 people in attendance. In response to, "The meeting was well planned and organized", one person answered neutral and all others either agreed or strongly agreed. "The meeting was well facilitated" had the same responses. In response to, "There were clear action steps resulting from this meeting", 50% responded neutral while the rest responded agree or strongly agree.

Some things I really appreciated about the meeting are...networking, speakers, discussions, discussion of diversity pertaining to network activities, learning about more supports for families, room for conversation, specific plans of action were generated, coordinating efforts to meet identified needs in our community, representation from wide range of agencies, great presentation, collaboration.

Some things that concerned me about the meeting include...lack of diversity on the committee itself, lots of discussion, little concrete action/planning.

Other comments...excited about new initiatives: community resource fair and anxiety summit, valuable sharing for benefit of the group