

CSN General Meeting
March 13, 2018
9-10:30am
Racker
3226 Wilkins Rd, Ithaca

In Attendance: Elizabeth Wolff, Ted Schiele, Serena Ward, Tamie Pushlar, Wendy Gutman, Renee Hettich, Sally Ryan, Jeff Dunlap, Beverly Chin, Cathy Sinnott, Sally Manning, Nora Rucker, Jaydn McCune, Amy Jo DeKoeper, Tommy Miller, Anna Steinkraus

Review of CSN Principals and Purpose; Reflection:

- The School Avoidance Summit reflected all of the principles.
- Focusing on a particular issue with this lens helps us to move forward in our work.
- Struggling most with the Family Driven piece in own personal work, want to apply it in the Ithaca City School District.
- Very action oriented.
- Trauma-informed is coming more into the light. Learned about it through the CSN and saw the recent 60 Minutes piece. Recognize that this work is ongoing.
- At AFFCNY (Adoptive and Foster Family Coalition of New York), every client served has trauma. Would like to move from trauma-informed to trauma responsive and then to resiliency and healing.
- Shared understanding and experiences between agencies, professionals, and community.

Report on School Avoidance Summit: Around 80 people attended with a mix of parents, students, school staff, and community providers. The summit began with a panel and then moved into breakout groups where three questions were asked. Here are the highlights:

What is working/has been successful? Support system, collaboration, CSN, CARE Team meetings, stable nurturing adult, acceptance vs blame, flexibility from schools, safe spaces, therapy animals.

What are the challenges? Social media, bullying, lack of support for family and students, insufficient number of providers, transitioning between schools, punishment view, large classes, schools lack a clear protocol.

Miracle questions...what if all the problems went away, what would it look like? Flexible, more staffing, training, opportunities to move physically, more student and family voice, strong relationships.

Evaluations: Appreciated the opportunity to be heard and connect with others, want to move toward solutions, wish there were more school administrators present.

Update on Meet and Greet: Happening April 26th from 3-6pm at The Space. This event is designed to bring together therapists and agencies/programs; those who support the mental health of youth in our community. There will be light refreshments and networking. People can come and go. Programs/agencies can have a table and one corner will be reserved for 5-10 minute talks by different programs for anyone interested. Also, a PowerPoint with agency information will be running during the event.

May is Mental Health Month Collaboration?: Should the CSN take on a project? Elizabeth Wolff spoke about hoping to bring another screening of the film, Resilience with a focus on inviting families. Perhaps it can be screened at the end of a day focusing on resilience. Enfield School wants to show the film as well. Different agencies will be doing things for Mental Health Month and there's a possibility of coming together. Jaydn McCune will send out an email for the planning meeting once it's planned.

Future of Subgroup and Hub: De-stigma subgroup is currently lacking leadership. Perhaps it would be better to focus on projects rather than just meeting to meet. Projects give us energy and focus. It makes more sense to select projects to work on around the different subgroups. Jaydn shared that the Hub has been reinvented about 5 times. Who is willing to facilitate a meeting? Anyone interested can meet with Jaydn to create an agenda. The CSN has just 6 meetings a year.

Community Announcements: AFFCNY is starting a Reframing Parenting series April 7th. It is open to adoptive, foster and kinship families. There is also a conference coming up, May 10th-12th called Nurture and Heal. There are scholarships available to families.

Cornell Cooperative Extension will be holding a Community Café host training on March 21st from 9-3:30 at CCE. They would like to encourage people to come with others they're interested in hosting with.

March 15th, Tommy Miller will be speaking at Coalition for Families about his programs.

April 19th Davie Mosie will be talking about iJump.

April 18th Renee Hettich will be giving a 6 hour presentation on trauma responsive care. The training will take place from 9-4 at 4-H Acres.

Bev Chin shared information about an upcoming Health Careers Expo at Ithaca College. There will be workshops to expose youth to different career opportunities. Anyone with ideas about the expo should contact Bev. It will take place in October.

Jeff Dunlap shared about an educational program in which there is a mock teenager/student group. They will talk about obscure references to drugs and what to look for. The Alcohol and Drug Council will be supporting families in responding how they would want to in a particular situation.

March 14th is National Walkout Day. Ithaca City School District is supporting the walkout, but not condoning it.

Amy Jo DeKoeyer shared that there will be a SUPAC workshop held on April 10th from 9:30-12 at The Country Inn and Suites. The workshop will be, Understanding Diploma and Credential Options for Students with Disabilities. There is also a job fair taking place on April 5th from 3-6pm at The Hotel Ithaca.

Meeting Facilitator and Food for Next Meeting: Sally Ryan will facilitate the next meeting which will happen on May 1st, 9-10:30am. Cathy Sinott will bring snacks. Ted Schiele will check on the availability of the Rice Room at the Health Department for the meeting.

Evaluation: Evaluations were completed by 12 people in attendance. In response to, "The meeting was well planned and organized", "The meeting was well facilitated", "There were clear action steps resulting from this meeting", all respondents indicated that they either agreed or strongly agreed.

Some things I really appreciated about the meeting are... flow of conversation with focus, open discussions, new opportunities, connection with community voices, Sally is a strong, flexible and sharp facilitator, food, focus more on projects, sharing, open, welcoming, always well worth the time, the facilitation creates a welcoming atmosphere for participants to speak, announcements.

Some things that concerned me about the meeting include... not enough time for announcements, air time for some participants.

Other comments... helpful to have a plan for now to keep CSN meetings happening and how, such a great group of caring people.