

CSN General Meeting

September 12, 2017; 9-10:30am

Cornell Cooperative Extension

In Attendance: Celia Clement, Serena Ward, Kelsey Rossbach, Nora Rucker, Sally Manning, Tamie Pushlar, Rebecca Columbus, Jennifer Gray, Linda Cimasky-Barr, Renee Hettich, Wendy Gutman, Margo Polikoff, Matt Bishop, Jeff Dunlap, Cathy Sinnott, Melissa Dhundale, Tina Hallock, Robin Pape, Jaydn McCune, Bev Chin, Charles Niven, Kris Bennett, Anna Steinkraus, Marisa Matsudaira, Rebecca Cogan, Melanie Little, Alex Scher, Margie Shaw, Karen Kiechle, Pat Vincent

Sharing of the Promise Statement and Core Values of the Collaborative Solutions Network. Individuals introduced themselves and shared something they've been doing lately to take care of themselves.

Community Announcements

- Renee Hettich from AGAPE shared resources for adoption and guardianship support. An array of services is offered including case management, referral to services, and parent education on trauma-informed care. 4 counties are covered with the office located in Ithaca. Families do not "age out" of the program. Website: <http://affcnny.org/post-adoption-southern-tier-finger-lakes/> There will be a parenting series beginning October 12 at GIAC. For more info, contact Renee at renee@affcnny.org or 607-272-0034 X115.
- Bev Chin shared info about the Worksite Wellness Coalition. They are piloting a mental health toolkit for employers. Contact John Mazzeo if interested at jmazzeo@hsctc.org.
- Linda Cimasky-Barr from the College Discovery Program shared that there will be a wine tasting fundraiser at Coltivare on November 2nd.
- Kelsey Rossbach from United Way talked about the Fall Grant Cycle and Pledge 4 Ithaca which is an organization addressing sexual violence and supports for kids K-12. They are looking to create a community summit. Contact Kelsey at kstafford@uwtc.org for more info.
- Matt Bishop of Open City Labs shared that he develops software to help connect people to Social and Government services, streamline paperwork and reduce duplication.
- Anna Steinkraus shared about three upcoming professional development opportunities. Two different Community Café host trainings Friday September 22nd or Friday November 3rd. 'Standards of Quality for Family Strengthening & Support' National Certification Training Friday, October 20, 8:30am-5:00pm. PS: It Works! Strength Based Communication Skills Professional Development Training Thursday AND Friday, November 16 & 17, 8:30am to 4:30pm.
- Jeff Dunlap from Tompkins County Drug and Alcohol Council told us about a screening of "Generation Found" at Cinemapolis, Thursday September 14th from 5-7.
- Alex Scher shared about an event being planned with Jaydn McCune, DSS staff and school social workers to enhance relationships and collaboration. September 27th from 9-11 at Tompkins County Public Library.
- Margo Polikoff, Family Outreach Worker for Children with Special Health Care Needs shared that the Health Department is working to expand their program and provide more trainings and

develop programs for older kids. They are currently identifying barriers to care and trying to learn more about older kids.

- Jaydn McCune shared about the expansion of the CARE Team meetings. There will be 2 half day trainings (October 19th and November 16th) to train more CARE Team facilitators. Anyone interested will be required to attend both training days, shadow a meeting and lead a meeting over the course of the year. We are asking agencies to share resources. If you're interested in the training, contact Jaydn at jaydnmcss@rackercenters.org.

Sub Group Updates

Family Support: Planning for more Community Cafes in various locations. Discussed how to bring more families in to become leaders of the cafes. An effort will be made to reach out to local natural leaders to potentially host. Anyone interested in joining the Family Support group should contact Serena at serenaw@rackercenters.org.

De-Stigma: This group has met once and will plan to support a mental health event in May. The group will plan to meet again in October. Anyone interested in joining should contact Serena at serenaw@rackercenters.org.

Resource Mapping: This group has been exploring how people get info in our community. Looking to produce paper copies of resources to be available to families at "points of entry" (doctors, schools, etc.). A "Find Help" button has been added to the CSN website which provides info about resources focused on mental health. Everyone is welcome to take a look and think about what could be added and what families would want.

CSN Leadership Discussion

Jaydn shared a brief history of leadership of the CSN:

- In 2007 there was a recognition that there was a need for regional planning rather than silos around mental health.
- In 2009 a federal grant was received which resulted in "CHAMPS". This was very structured and had a paid facilitator.
- In 2011 we received some NY State Systems of Care money. From the strategic planning session it became clear that more structure was needed. A leadership team (HUB) was created which attempted to have broad representation from across the system: DSS, Family and Children's, Schools, OPWDD, Juvenile Justice, Families.
- As of last year, the HUB had dwindled to three: Jaydn, Jake Parker Carver, and Alex Tharp. Alex has moved and Jake has stepped down from this role which leaves us with a blank slate.
- A particular challenge with the leadership of the CSN is that we're a network, not an organization.
- The essential elements of the CSN leadership include planning meetings, facilitating meetings and responding to community identified issues and events.

Possible options discussed in small groups:

1. A self-identified group/team of 5-6 people. The members should include broad representation from across the system. The role of facilitator would rotate among members.
2. A self-identified group/team of 3-4 people with the same structure as number 1.
3. A single facilitator.
4. Other ideas?

Large group discussion of options:

- A group of 5-6 would be ideal made up of people with a passion to be on it, cross-sector. Some people are missing from our group and we should identify gaps and barriers and provide structure.
- The group should be a physical representation of the community.
- If one person can't go, a particular agency might still be represented.
- Youth and family need to be part of the leadership.
- Concerns won't be missed if there is broad representation.
- A group of 3-4 might make it easier to lead. Representation from different agencies and a passion to attend.
- Connection and network are important.
- Identify the perks of leadership: how do we get people to step up? Create a social connection.
- 6 people would work with one person facilitating each meeting over the course of the year.
- The existing leadership should do outreach to agencies.
- There needs to be clarity about the time commitment and role. Will the agency approve?
- More than one point-person per agency.
- Sub-group representation in the leadership group.
- How do we harness the passion of the group?
- Helpful to send info about time commitment.

A Survey Monkey survey will be sent to the CSN to continue moving this process forward. If you are willing to take a look at the results of the survey, please indicate this in the survey.

Evaluations: 19 individuals completed the evaluations. All either agreed or strongly agreed that the meetings was well planned and organized and well facilitated. Three people were neutral about there being clear actions steps resulting from the meeting while all others either agreed or strongly agreed.

*Some things I really appreciated about the meeting are...*connecting with others about shared concerns, small groups worked well, great facilitation that permits all people to be heard and voice an opinion, broad representation from the community, combo of small group discussions and large group format, good to meet folks in field, discussion on leadership, actionable next steps, seeing all our peers and talking a bit, the sharing of community resources was very educational for those new to the area, the small group discussion was beneficial to the idea of this being community supported, very helpful meeting, open feedback, my first meeting – loved seeing all the dedicated people in the room, the variety of community agencies represented, meeting more CSN/community agency folks, stuck to time frame, sharing/community announcements, time for all to talk, small group discussions, lots of familiar faces, ongoing commitment/passion, keeping meeting focused and moving – energy, sharing and small group work, clear agenda and time frame (that were adhered to), the variety of organizations.

Some things that concerned me about the meeting... name tags or asking people to say their name and organization when introduced or before they spoke (to help the newbies), not many people of color in attendance, lack of diversity, need for more people to help with leadership, I would like to hear more from the working groups (goals, current work, next steps), less time for community updates, Jaydn being alone at the helm.

Other: great start for fall, excellent next steps identified, good time management, thanks for the opportunity to participate, maybe announce next meeting at end, thank you, looking forward to future of CSN, will comment on Survey Monkey.