

Location: Norwescap MCCYC Steering Committee Conference Call

Date: 6/6/2019

Time: 2 p.m.

Facilitator: Elisabeth Davidson, MAED, TED

Agenda items

2 p.m.— 2:50 p.m.

Welcome to 8 MCCYC members who called in:

The General Council Committee meeting will be in one week on 6/12/19 and we will discuss the big topics we worked on from both the Education and Health Committees.

Elisabeth Davidson explained she is on the Norwescap Gala Committee and is meeting from The Imperia Board Room, where the Gala will occur. The information was posted to the June 2019 calendar.

Board Room, 1714
Easton Ave,
Somerset, NJ 08873

Discussion

This is what we talked about:

Preparing Community Partners for the Challenges Ahead

- Action plan for the next meeting on 6/12/19, specifically, the goals, action steps, and follow-up needed.

Enable them, their families, and council to thrive

- Nurtured Heart Approach, ACT Raising Safe Kids Program, and CarePlus on building inner wealth and sustaining the meaningful relationships with these community partners.

Through vital tools

- Our strategy is to put the time and effort to develop sustainable leadership roles so they are prepared for challenges that they will face. This will be possible through vital tools such as a strong internal guidance system and inner wealth, all Protective Factors, building meaningful parent-community relationships, and networking to access the necessary resources.
- Continuing alignment of the sequence of conversations of the last few MCCYC committee meetings, including sustainability of the Protective Factors, health mindfulness of parent, the MCCYC holistic integrative approach, and relevant relationships.

Skillsets they will need for success.

- Rationale and intent of the parents is to address their needs by focusing on enhanced and effective communication of the deficiencies they experience.
- Parents will play a partnership role by promoting and sustaining each Protective Factor in their families and communities.
- The new models will positively impact how MCCYC parent leaders **prepare to** manage their children's behavior.
- The council will continue to promote advancing diversity and inclusion.
- A community partner reported that contact was made with one referral, and a Spanish-speaking intern was working with her. She will be taking over the case, and it is going well and the family is engaged. She also mentioned the Community Reinforcement and Family Training support, methods of the program, specialized services, why use the CRAFT model, how we can participate, the focus of self-regulation, motivation, change, communication, problem-solving, positive reinforcements, and understanding. This initiative is to combat substance use and help and support the family members and give them skills, including how to communicate to help build the family and gently nudge into recovery.
- Elisabeth Davidson reported that she investigated with Parent's Inc. about a stipend for transportation and a translator. She said they unfortunately do not have a translator and there is

no stipend for transportation. Elisabeth also investigated the possible use of a local community partner's van, but it was not available. She said the members of the Sparta support group attend for free and asked if we would like to start a group in Morris County. Elisabeth Davidson said yes, as long as it overlaps with the infrastructure of the council. Elisabeth shared that the English and dual-language speakers could not attend for various reasons. The Spanish-only speakers were not interested when they learned they did not have an interpreter.

- A community partner talked with parents and community partners to proactively reframe and redirect. It is important to notice the correct things children and all MCCYC members are doing to be on time, get more information, and help the MCCYC committees' progress and sustain.
- "I see, notice, etc. that you are (fill in emotionally nutritious word) because..."(describe specifically what evidence you have of this by their actions) with all council members, including the parents, their children, and other family members.
- We all need to understand and be recognized for what we are doing right.
- Parents will become self-aware and identify their deep-rooted patterns and how to positively change them by interpreting using emotionally nutritious words.
- Tactfully using nutritional words will guide MCCYC thoughts to affect behavior toward sustaining growth.
- A parent said the parenting approaches are definitely helping her to be more present and to reflect to her children a more practical recognition.
- MCCYC members understand better that this will help to reduce internal anxiety and co-occurring disorders, and help them address and make targeted corrections.

Successful leadership roles the MCCYC members are undertaking

- These include: interpreting, recruiting, presenting, informing, networking, co-chairing, fostering knowledge and development of skills, steering and other committee contributors, guides, etc.
- Parents will identify deficiencies in the use of services and supports, analyze situations, and suggest solutions.
- Elisabeth Davidson and other council partners promote parent-community partner-driven roles, action steps, and follow-up successes.
- No matter what challenges they face, they should pursue the ideals set forth by the Morris council and the other programs previously mentioned.
- Conversations fully support the standards of the Norwescap MCCYC, including those of Grow NJ Kids, EHS/HS, Protective Factors, and Strengthening Families etc.
- The MCCYC members want to see positive improvements to some of the gaps.
- A community partner will be attending the Childcare Aware Conference. She also reported on the free therapy sessions offered by Family Intervention Services.
- A community partner talked about a certified FAS peer support mentor opportunity with a stipend available for the mothers. A discussion of the opportunity followed.
- A parent said she loved the meetings last year and that the peer training was helpful and empowering, and that it is good to share it with all the women on our council.
- A parent mentioned how she was super proud of our council because of all our accomplishments.

Follow-up

- On 6/12/19, community partners and parents will provide their perspectives on how to transition and then sustain the use of the customized emotionally nutritious words and phrases, then:

- How to take action to change negative, deep-rooted thought, behavior, and emotion patterns that create obstacles to a positive mindset.
- We will talk about how to undo deep-rooted ways of parenting and build up inner wealth every day. We will discuss need to be more tuned-in and conscious of own habits.
- Elisabeth contacted the parents and asked them to prepare a list for the meeting of 6/12/19 of the unique emotionally nutritious words and phrases they use to describe the positive things they see their children doing and the value this shows. Question posed: Will the parents come with the list customized to their children?
- Sustaining this momentum is an ongoing process.
- A community partner will talk about how ACT delivers increased access to other parenting tools: new parenting and conflict resolution skills, and practical methods of discipline. This will help with the discussions on 6/12/19.
- Elisabeth Davidson mentioned that going forward, we would use Norwescap MCCYC to reflect the single Norwescap team theme.

Target Dates

- Next General Council meeting is on 6/12/19.

Additional information

- We look forward to continue to discuss the big topics and the priorities discussed above.

Additional instructions or comments here:

- For a link to next month's activities click [here](#).