



## CONNECTICUT FAMILY SUPPORT COUNCIL

### September 19, 2013 Minutes Annual Retreat

**Location** - Camp Harkness, Waterford, CT

**In attendance:** Sharon Dexler, April Dipollina, Sylvia Gafford-Alexander, Ann Gionet, Colleen Hayles, Steven Hernandez, Karen Hlavac, Erin Lamb (representing the Birth-to-Three ICC as a parent), Sara Lourie, Linda Mizzi, Lisa Sheppard, Renee Toper, Mona Tremblay, Robyn Trowbridge, Robin Wood

**Excused Absence:** Terry Cote, Tesha Imperati, Mark Greenstein

**Absent:** Maureen Smith

**Call to Order:** 9:52 am

#### **Introductions**

**Public Comment:** None

#### **Announcements:**

April Dipollina provided a brief description of Camp Harkness and reviewed statistics from the August monthly report highlighting the large number of individuals, families and agencies which use the camp for picnics, day visits, and tent/cabin camping. She talked about several fund raising activities done by Friends of Camp Harkness helping to support campership sponsors, renovations, etc.

**Review of July Minutes:** July minutes were reviewed. Colleen Hayles made a motion to accept the minutes with one spelling correction; the motion was seconded by Robin Wood and the motion was passed.

#### **Election of Officers:**

There was extensive discussion about the Co-Chair role and the challenges for family members taking this on as a volunteer. This opened up a larger discussion about membership in general and specifically the need to recruit family members for the Council.

Suggestions for recruitment of family members include: Partners in Policy Making, Parent Leadership Training, Family Support Network e-list and other council/committees on which families participate. Membership recruitment will be added as a standing agenda item to future meetings. In addition there is a Family Support Network conference on October 10 and it was suggested that recruitment be prioritized at this event. It was also emphasized that all Council members have a responsibility to recruit potential members and a reminder provided that family members can attend meetings as guests/public participants while waiting for legislative appointment.

With regard to election of Co-chairs, Robyn Trowbridge and Lisa Sheppard had graciously agreed to continue in the role of Co-Chair until elections were held at this September meeting. All potential candidates identified by the Nominations Committee declined and nominations were opened to the floor. Karen Hlavac nominated Mona Tremblay and Robyn Trowbridge for Co-Chair. Robyn agreed to continue her term until the next Annual Meeting or the end of her term on the Council whichever comes first. There were three requests for other nominations from the floor and after none were offered, Karen Hlavac made a motion to close nominations which was seconded by Linda Mizzi. Sara Lourie made a motion to accept the slate as presented and Linda Mizzi seconded it and the new Co-Chairs were elected by the Council membership.

### **Guest Speaker - Shauna Tominey, PhD**

The rest of the retreat day was devoted to a presentation by Shauna Tominey, PhD from the Yale Center for Emotional Intelligence and Yale Child Study Center. Shauna presented "RULER" which is an evidence based approach developed for the school environment which emphasizes the infusion of emotional intelligence and promotion of a positive social and emotional climate. RULER stands for:

R=Regulating Emotions  
U=Understanding Emotions  
L=Labeling Emotions  
E=Expressing emotions  
R= Regulating Emotions

Utilizing real life examples, study results and exercises, Shauna walked participants through the elements of "RULER" and discussed how to apply this as a skill teaching method for children, teachers, administrators and parents. Thus far, "RULER" has been tested in kindergarten through 8<sup>th</sup> grade and Yale Center for Emotional Intelligence is in the process of piloting it in pre-school and high school. Shauna was able to make this very relevant through the sharing of how she personally has used "RULER" as a parent and teacher. Shauna agreed to provide a copy of her power point with the Council.

**Meeting adjourned at 2 pm**

**Next meeting: October 10, 2013**

Minutes recorded by Sara Lourie, Secretary