

**College Community Services  
Wellness Center Central Advisory Board  
MEETING MINUTES**

**April 21, 2017 – 1:00pm to 2:00pm**

**Wellness Center Central of Orange County – 401 S. Tustin St. #C, Orange, CA 92866**

Attendees: Adam Goldman, Kristen Pankratz, Pennie Mack, Richard Jager, Johnny Case  
Guest: Danisha Soto, Olivia Rocha, Lisa Albert, Patti Pettit, Matthew (Janelle) Bartholemy.

**I. Call to Order – 1:03 pm**

- a) Welcome – Everyone asked to briefly introduce themselves.
- b) Approval of Agenda – The agenda was approved by Pennie Mack, seconded by Johnny Case.
- c) Approval of Minutes – The minutes were approved by Kristen Pankratz, seconded by Johnny Case.

**II. Reports**

- a) Program Director Report-
  - o Patti Pettit read the Program Directors Report.
- b) President's Report- Adam Goldman
  - o Adam discussed the upcoming mental health conference, Meeting of the Minds to be held on Thursday, May 25, 2017 at the Anaheim Marriott Hotel.
  - o He provided information about the conference topics and registration details.
  - o Adam informed the Board that Johnny Case, Susan McCoy, and Lucita Cardenas will be speaking at Meeting of the Minds.
  - o Adam also proudly announced the new LGBTQ support group that will be starting in June. The group will be facilitated by Marco Ramirez, clinician with OC ACCEPT.
- c) Sub-Committee Reports:
  - Health and Wellness (Frank Williams)
    - o Frank was not in attendance and subject was tabled.
  - Arts and Music (Richard Jagger and Deanna Lundberg)
    - o Richard attended the Shen Yun Performing Arts event and said it was an "awesome performance". He suggested and encouraged Wellness Center Central (WCC) attendance in the future as a cultural and social outing.
  - Data and Outcomes (Adam Goldman)
    - o No information was provided and topic was tabled.
  - Evaluations and Surveys (Pennie Mack)
    - o Pennie will meet with Danisha and Patti for group evaluations at the end of month.
  - Special Events (Johnny Case)
    - o Johnny commented that a lot of people collected resources at the Health Fair that was hosted on Wednesday, March 22, 2017.
    - o Johnny also stated that he felt the Health Fair was "outstanding". He reported that there were more vendors and more member participation than at previous events.
  - Membership Outreach (Kristen Pankratz)

- Kristen's meeting with social workers at Anaheim Global Medical Center was cancelled.
- Kristen will reschedule the meeting as she anticipates it to be a successful outreach opportunity.

Comments and Suggestions (Johnny Case)

- Johnny reported that one of the suggestions is to bring back some of the Karaoke songs that have been removed.
- An additional comment was made to have Karaoke earlier in the day.

Chat with MAB (Adam Goldman) – As a result of Adam's Chat with MAB event, the following items were presented by members:

- Have a casino night.
- Add more coat racks in the living room.
- Establish a card group for members.
- Add more computer classes.
- Schedule 12 step meetings on Mondays.
- Members expressed discontent with other members hanging bags instead of coats on the coat rack.
- Incorporate beach themed decorations for the summer.
- Schedule 12-Step Meetings earlier in the day.
- Establish a rule to have members stay at least 20 minutes in a group to avoid disruption.
- Reschedule groups to start at 1:30pm, after the community meetings on Wednesdays.
- Provide opportunities for Sarah to help members experiencing difficulties setting up their laptops.

**III. Unfinished Business**

- a. MAB members created a "Chat with MAB" schedule for March.
  - Richard and Adam Wednesday, May 3, 2017.
  - Johnny and Pennie-Wednesday, May 10, 2017.
  - Kristen-Wednesday, May 17, 2017.
  - Adam and Pennie Wednesday, May 24, 2017.
  - Johnny and Adam-Wednesday, May 31, 2017.

**IV. New Business**

- a. Community Resource Fair-Wednesday, April 19, 2017.

**V. Announcements**

- a. No announcements.

**VI. Open Forum (Visitors)**

- a. Johnny welcomed the visitor to the meeting.
- b. The visitor shared their story and explained how much better they have been since coming to and being a part of WCC.
- c. The same visitor reported enjoying attending Positive Thinking and Volleyball.
- d. Our visitor also suggested having Chat with MAB opportunities visible for the members (possibly in the living room), so they can see what Chat with MAB is about.
- e. Our visitor reported needing additional time to consider joining MAB. But feels like he can contribute by reaching out to our Transitional Age Youth (TAY).

**VII. Upcoming Calendar**

- a. Member Appreciation Day Friday, May 26, 2017 11:00am – 4:00pm.
- b. Need MAB members to help with tables at the Member Appreciation Carnival.
- c. MAB Retreat – MAB members will receive a presentation on CORE gifts, August 18, 2017 from 11:00am - 1:00pm. Patti encouraged members to come to WCC if they need a ride.
- d. Johnny will be speaking at Meeting of the Minds conference.
- e. Next MAB Meeting Friday, May 19, 2017, 1:00pm-2:00pm.

**VIII. Adjournment**

- Adam adjourned the meeting at 1:43pm.