

College Community Services
Wellness Center (Central) Advisory Board
MEETING MINUTES
Friday, October 16, 2015 – 12:30pm to 2:00pm
Wellness Center of Orange County – 401 S. Tustin St. #C, Orange, CA 92866

Attendees: Heidi Sweeney, Michelle Montero, Patty Golden, Patricia McIntosh, Anthony Pflaum, Armand Trecroce, Rubin Estrada, and Alonzo Whitson

Guest: Carlos Espinoza, Adam Goldman, Babu Pillutla, Sohail Eftekhazadeh, Jenny Nghe, Danisha Soto, Katherine Lee, and Patti Pettit

I. Call to Order – 12:30pm

- a. Welcome – Heidi welcomed MAB members and guests.
- b. Approval of Agenda – The agenda for October 16, 2015 was approved by Patty G. and seconded by Rubin.
- c. Approval of Minutes – The minutes from September 18, 2015 was approved by Michelle and seconded by Heidi.

II. Reports

- a. Program Director Report - Patti
 - i. Patti reported that Saturday attendance has been up.
 - ii. Patti spoke in detail about the Job Fair set for Thursday, October 29, 2015 1:00pm to 4:00pm. Some of the hiring representatives from the community set to be in attendance are: The NAMI OC WarmLine, Labor Ready, First Transit, OC One Stop, Decton Staffing, and Goodwill Industries. Raymelle is busy with helping members to prepare for the job fair (i.e. assisting them with “dressing for success”, practicing interviewing skills, and updating their resumes).
 - iii. Patti reported two staff members attended the Mental Health First Aid training course in September. The Mental Health First Aid training teaches a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis.
- b. President’s Report – Heidi
 - i. Heidi introduced two new potential board members Adam Goldman and Babu Pillutla, both long time Wellness Center members. Adam works as a peer mentor for the NAMI OC WarmLine. He is a graduate of the Paraprofessional Certification Program, WC’s Scrabble extraordinaire, attends many groups, and also enjoys co-facilitating groups. Babu enjoys displaying and sharing his passion for Art and Poetry with the Wellness Center. He currently attends Saddleback College through the REI program to obtain his certification in Mental Health. Babu actively volunteers in the community and has been volunteering with St. John Medical Center for over 10 years. Babu is present

daily at the Wellness Center and enjoys attending groups and interacting with other members.

- ii. Heidi reviewed the new process for potential MAB members.
 1. Interested candidates should first complete a MAB application.
 2. Join a MAB meeting as a guest.
 3. Brief follow-up meeting to see if they are still interested in becoming a MAB member.
 4. Interview with the Executive Board
 5. MAB will then vote at the next scheduled meeting.
- iii. Heidi gave a report on the Ornament Making with the MAB project. The ornaments have been ordered, ornaments will be made with members on November 5th and November 12th from 10:00am to 11:30am in room 111. Rada (peer mentor) will be assisting with the project.
- iv. Heidi spoke to board members about the Holidays and the emotional toll it can have on members and the board. She asked board members to be aware of this (if anyone should see a member, even a MAB member him/herself, having a hard time), bring it to staff/management's attention immediately.
- v. Heidi asked for more participation from the MAB members, such as working on special projects and sub-committees. When MAB is assigned a project, it means that each member takes a task to be completed, and all members need to work together to complete the project. It does not mean one person from the MAB works on the project alone to complete it for the whole MAB. Heidi asked for all members to work together as a team.
- vi. Heidi reminded board members to be present and be active at the Wellness Center, to not just attend the monthly MAB meetings. She also stated when present at the center, board members need to interact with members. Heidi gave an example of how a simple "Hello" to a member helps. Heidi explained how MAB members need to be present at the center to support each other, the members, management and staff.

III. Unfinished Business

- a. A picture of the Member Advisory Board members was taken by Danisha in the common area of the Wellness Center and displayed on the wall along with the staff pictures.
- b. Heidi nominated Patricia M. to become a Board Member from an Alternate, agreed by all. Anthony nominated Rubin to become a Board Member from an Alternate, agreed by all. Kristen was also voted to become an alternate, however, Kristen had an emergency and was unable to attend the meeting. The MAB will vote on Kristen becoming an alternate at the November 20, 2015 meeting.
- c. Subcommittee Reports
 - i. Health and Wellness (Reuben) – Ruben reported the sub-committee has been working with Patrick (peer mentor) on setting the date for the Nurse Wellness

Check and Dr. Sanchez Presentation which will be December 9th, 2015, flyers will be made. Rubin also stated the Annual Health Fair will be in March of 2016.

- ii. Arts and Music (Tony and Alonzo) – Tony reported he would like to contact and work with the artists to submit art pieces to display at events the Wellness Center has. Tony stated he would like to have a poetry reading/writing group; he would also like to read the poetry entered into the Art Calendar Contest either at the community meetings or ice breaker meetings. He shared in February 2016 the Wellness Center will be having an Art Day, each room will have a different art them.
Alonzo – reported that members showed an interest in a spoken word group. He created a power point. Jenny asked Alonzo to elaborate on spoken word. Alonzo read a spoken word piece he wrote.
- iii. Special Events (Michelle) – Michelle reported on December's event, "Meditation Day". This event is to be held on December 7th, 2015, from 1:00pm to 4:00pm. Michelle shared that there would be an hour in the garden of quiet time, an Instrumental hour, and a member forum hour. Julia and Jim will be working with Michelle on the coordination of the event.
- iv. Surveys and program evaluation (Patricia) – Patricia reported that in the next couple of weeks the committee will be looking at the 605 group surveys and compiling a report that contains answers to the surveys.
- v. Data and Outcomes (Armand) – Armand reviewed the August's outcomes. There were 99 unduplicated members who participated in community integration, 21 unduplicated members received assistance, 9 members enrolled in educational courses, and 9 members gained employments. Armand mentioned that when reviewing group attendance numbers, "Educate Yourself" continues to have low attendance. After a brief discussion, it was determined we would audit the class and come up with ideas to improve attendance. Heidi will attend "Educate Yourself" and report back with suggestions at the November meeting.
- vi. Membership Outreach (Heidi) – Heidi reported the sub-committee would like to take the inactive survey comments a step further by creating a folder or link on the website to help those inactive members become active members again. This folder or link would contain items to help combat isolation, symptoms, integrating back into the community, some examples: Coping Skills, Best I can Be, DBSA, Connections, the Peer Mentor/Recovery Partner Program, Wellness Center Outings, and Volunteerism in the Community. Some name ideas for the folder or link we have are "Connect to Recovery" or "Back to Recovery".

IV. New Business

- a. Job Fair – This was covered in detail by Patti in her Program Directors Report.
- b. Wellness Center Harvest Festival Friday, October 30, 2015, from 2:00pm to 4:00pm. The Harvest Festival will consist of a Costume Contest. Members are encouraged to participate by dressing up in creative costume attire.
- c. Wellness Center Holiday Events.
 1. Thanksgiving Feast – November 2015 from 12:00pm to 2:00pm
 2. Holiday Lunch – December 17, 2015 from 12:00pm to 2:00pm
 3. Heidi advised all board members that they would be helping with both events by setting up, cleaning up, serving members, and insuring that members enjoy the events.

V. Announcements (MAB Members)

- a. Michelle announced that her dog turned 1 years old.
- b. Heidi announced it was Babu's birthday. The group sang Happy Birthday to Babu.
- c. Ruben mentioned members asked that he bring up that the kitchen seems to not be as clean as it usual is. Patti stated she was made aware of this concern and staff/ambassadors are being diligent in making sure that members clean up after themselves and that the kitchen stay as clean as possible.

VI. Open Forum (Visitors)

- a. Babu told the MAB members that he felt they were doing a great job.
- b. Adam suggested more groups be added to Thursday afternoons. Patti thanked Adam for his input and replied her and staff will review Thursday's calendar and see what adjustments might be able to be made.
- c. Babu suggested a laughing session at the community meeting. Patti and Katherine both suggested adding a 5min laugh session to the end of the community meeting in the future.

VII. Upcoming Calendar

- a. Job Fair – Thursday, October 29, 2015, 1:00pm to 4:00pm
- b. Harvest Festival – Friday, October 30, 2015, 2:00pm to 4:00pm
- c. Next Meeting – Friday, November 20, 2015, 1:00pm to 3:00pm

VIII. Adjournment

- a. Heidi adjourned the meeting at 1:43pm