

College Community Services
Wellness Center Central Advisory Board
MEETING MINUTES

Friday, March 16, 2018 – 1:00pm to 2:00pm

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

Attendees: Adam Goldman, Johnny Case, Kristen Pankratz, Pennie Mack, Frank Williams and Deanna Lundberg.

Guest: Sohail Eftekhazadeh, Orlando Vera, Jenny Nghe, Kenya Bradley, Olivia Rocha, Debbie Acosta, Dolores Moore, Madeline Leon, and Johnice Williams.

I. Call to Order – 1:00 pm

- a) Welcome – Everyone introduced themselves and disclosed what place they would like to visit as an ice breaker activity.
- b) Approval of Agenda – The agenda was approved by Johnny Case, seconded by Pennie Mack.
- c) Approval of Minutes – The minutes were approved by Pennie Mack, seconded by Johnny Case.

II. Reports

- a) Program Director Report- Sohail Eftekhazadeh
 - o Sohail read the Program Director's Report.
- b) President's Report- Adam Goldman
 - o Adam announced that MAB needs more membership.
 - o He would like to have members advocate from the LGBTQI community and the Asian community.
 - o Adam would like get membership outreach for MAB in the upcoming Newsletter.
 - o Adam announced the upcoming MHA's Meeting of the Minds conference.
 - o Kristin added a possible discount for consumers who are interested in attending Meeting of the Minds.

III. Unfinished Business

- a) Adam announced that Richard Jager resigned from the MAB, February 5th, 2018; he also read Richard Jager's letter of resignation.
- b) Sohail reviewed the Peer Partnering Support Program with the MAB. He asked that MAB Members brainstorm ideas on how Peer Partnership can be improved.
 - o Sohail announced that Wellness Center Central (WCC) would like to educate our members about the new Peer Partnering Support Program.
 - o Sohail is going to start leading the new Peer Partnering Support group to start a foundation. Orlando will continue as group leader.
 - o Sohail stated that the WCC staff will also help-engage with the Peer Partnering Support Program if a Peer Partner is unavailable.
 - o Sohail added that whenever possible, Peer Partners will accompany Staff during tours so that new members will have a familiar person next time they visit.
 - o Johnny stated that members participating in the Peer Partnering Support Program should be encouraged to be 100% fully committed to it.

- The Peer Partnering Support Program is a good idea for existing WCC members to socialize and explore new opportunities within the Center. (Frank)
- A suggestion would be to have WCC members trained before being a Peer Partner just so they have some guidelines and boundaries. (Frank)
- c) Calendar of Assignments – Chat with MAB for April 2018
 - Wednesday, April 4th, 2018 – Johnny Case
 - Wednesday, April 11th, 2018 – Adam Goldman
 - Wednesday, April 18th, 2018 – Community Resource Fair
 - Wednesday, April 25th, 2018 – Pennie Mack
- d) Review data and outcomes.
 - Sohail reviewed the WCC contract goals.
 - Sohail asked how the MAB can assist with encouraging members to volunteer in the community and co-facilitate groups.
 - Johnny suggested having members fill out papers to see what their interests are and what places they would like to volunteer.
 - Kristen suggested that WCC host a Volunteer Fair; ask volunteer programs and non-profits to come in and announce their volunteer opportunities to the WCC members.
- e) Upcoming Outreach.
 - Kristen visited Telecare in Santa Ana on February 7, 2018. Kristen spoke about the Wellness Center and provided calendars to approximately 12 people.
 - Kristen announced that she is in the process of confirming an outreach in Fullerton at St. Jude Hospital on April 23, 2018.
- f) Special Events
 - Health Fair, Wednesday March 21st, 1:00pm-3:00pm.
 - Resource Fair, Wednesday April 18th, 1:00pm-3:00pm.
 - Sohail announced that there will be a table available for MAB at both fairs.

IV. New Business

- a) Reading a portion of the MAB bylaws
 - Frank read the Mission Statement from the MAB bylaws on page 3.
- b) Discussion about making the MAB more appealing to the WCC community.
 - Johnny suggested during the community meetings someone from MAB explain to members what the MAB is and make it sound fun.
 - Sohail suggested changing “Chat with MAB” to “Meet the MAB”.
 - Frank suggested that MAB members talk about the MAB in an uplifting way and explain to members that they are able to meet the MAB.
 - Kristen suggested explaining the benefits and opportunities MAB members have received by being a part of the MAB. For example, leadership skills.
- c) Review Chat with MAB results and other member feedback.
 - Adam stated that during Chat with MAB, a member had a concern regarding the computer lab being too loud.
 - Kristen stated a member suggested having a LGBTIQ Awareness Day in October 2018. The member wanted to have pictures of famous people who identify as LGBTIQ throughout the center on the day of the event.
 - Kristen stated a member suggested to have paintings or pictures of different religious symbols displayed in the art room.

- Sohail announced that there will be a new group in April called “Trans-Folks”. The group will be facilitated by a member and is available only to those who identify as Trans-Gender.
- d) Review any group evaluations that were done.
 - Sohail announced that the MAB group evaluation period has concluded.
- e) Kristen made a proposal for parking and mileage reimbursement.
 - Sohail stated that he would need to discuss travel reimbursement with the Regional Director and the county monitors.
- f) Adam asked MAB members to consider moving the MAB meetings to the fourth Friday of the month instead of the third Friday.
 - MAB members voted unanimously to change the MAB meetings to the fourth Friday of every month.
 - Sohail asked that the board first review the bylaws before officially changing the meetings.

V. Announcements

- a) Sohail announced that it is time to complete the yellow group evaluations forms. He asked MAB members to try to be available to assist members with completing the group evaluations forms.

VI. Open Forum (Visitors)

- a) Debbie stated that when members are doing the Peer Partnering Support Program it’s important to have people connect with one another. She also asked, “If members aren’t comfortable explaining their recovery story while being a Peer Partner, do they have to?”
 - Sohail stated Peer Partners are not required to share their personal recovery stories to establish a connection with a new member.
 - Frank added that sharing recovery stories may help new members be open to start new relationships with others.
- b) Madeline encouraged members to fundraise to help with the cost to attend Mountain Respite Camp. She added that the camp is designed to get members involved and to socialize in a different setting.
- c) Kenya believes the Peer Partnering Support Program is a good idea and would like to get involved. (Kenya Bradley)
- d) Sohail asked MAB Members to encourage WCC members to meet Staff in the community for outings and volunteerism to increase community integration at the Center.
- e) Kim would like to thank the MAB for having her as a guest for the MAB meeting.
- f) Kenya, Debbie, and Dolores expressed that they were interested in being a part of the Member Advisory Board.
- g) Sohail informed Dolores that since she has now attended a few meetings consecutively, she would need to fill out an application for review and vote.

VII. Upcoming Calendar

- a) Health Fair, Wednesday March 21st, 2018, from 1:00pm to 3:00pm.
- b) Community Resource Fair, Wednesday April 18th, 2018, 1:00pm to 3:00pm.
- c) Next MAB meeting, Friday, April 20th, 2018, from 1:00pm to 2:00pm.

VIII. Adjournment

- a) Adam adjourned the meeting at 2:28pm.