



College Community Services
Wellness Center Central Advisory Board
MEETING MINUTES

Friday, August 21, 2020 – 11:00am to 12:30pm
Wellness Center Central – 401 S. Tustin St. #C, Orange, CA 92866
REMOTE MEETING, Conducted on WebEX
Meeting Number: 928 330 861

Attendees: Debbie A., Kimberly J., Deanna L., Justine P., Paulina S., Deloise M.

Visitor: Lucy A.

Guest: Sohail E., Julia A.-K., Aly W.

I. Call to Order – 11:36 am

- a) Welcome and Introductions
 - i. Welcomed everyone (Deanna L.)
 - ii. Icebreaker-If you could fly to one place where would it be? (Deanna L.)
 - i. All answered.
- b) Approval of Agenda – Agenda approved by Kimberly J., seconded by Paulina S.
- c) Approval of Minutes – Minutes approved by Kimberly J., seconded by Paulina S.

II. Reports

- a) Program Director Report-Sohail E.
 - i. Sohail read the Program Director's Report.
- b) President's Report- Johnny Case, not in attendance. No report given.
- c) Vice President-Deanna L., called upon to give report
 - i. WCC is getting face masks, hand sanitizers, and face shield for members when the center opens up.
 - ii. Deanna has been going to WRAP group every week, along with let's exercise. She likes how Peer Staff Dianna, sends her emails with the chapters for the group. She is working the WRAP program every day at home.
 - iii. Kim J. goes to goal setting, community meeting, coping with anxiety, and self-empowerment.
 - iv. Justine P. is attending healthy living and NAMI connection.
 - v. MAB members like the tele-groups because they keep them busy while at home. It is helping them continue their recovery.

III. Unfinished Business

- a) Reading a portion of the MAB bylaws
 - i. Read MAB Article 1-Section 1, Activates (Sohail E.)
- b) MHSA Art Calendar
 - i. The MHSA Art Calendar Fair had always been conducted in July. Other behavioral health programs in OC have submitted art and participated. Due to the unprecedented year we are in, WCC is working with the County in order to produce a calendar for 20/21. The tentative plan is to do three year retrospective calendar and have a committee judge between what was previously submitted to create the new one. No new art will be collected due to COVID precautions. We

will be working with a new vendor for design, as the previous vendor has not been responsive to requests. The goal is to get everything completed by December. (Sohail E.)

IV. New Business

- a) Group Co-Facilitation
 - i. In July there were 8 group co-facilitations. There has been an increase already this month. Our county contracts indicated 34 monthly. Staff are brainstorming how to increase co-facilitation with remote. MAB is encouraged to promote co-facilitation, and participate themselves. (Sohail E.)
- b) Community Meeting
 - i. Community meeting co-facilitation and participation is also part of our contractual goals. Please continue to attend, help facilitate, and encourage others to do the same. This week's community meeting is going to be the Multicultural celebration, If you would like to be included please let me know. (Sohail E.)
- c) Community Integration
 - i. The Community Integration contractual goal tracks the number of participants who go into the community with WCC. The counties idea behind this goal is to aid members in integrating more into the community. Since transitioning to remote services, this number has been zero. Working with the county to capture community integration that is happening virtually. Many members are doing online activities that are beyond the center that we have encouraged them to participate in. (Sohail E.)
 - ii. Could doing virtual tours at local museums also count? (Debbie A.)
 - iii. Would need members to self-report when they engage in these events (Sohail E.)
- d) PPSP
 - i. This is a program WCC created. We count PPSP, not as a formal contractual goal, but still are encouraging members to self-report when they engage with other members in support. We want to be able to show the county that members are not only getting support from staff but also from each other (Sohail E.)
- e) Volunteering
 - i. Volunteer hours has been zero or very low. We are encouraging members to self-report their volunteer hours. (Sohail E.)
- f) Virtual Camp Fire
 - i. Saturday 8/22 from 3:30pm-5:30pm with Mount Respite. Sohail has registered himself. Many members have indicated they have also registered. If you need the link to register, let us know. (Sohail E.)
 - ii. Link on our blog to register the campfire. There is no limit in the number of people who can register so encourage others to come! (Julia A-K)
- g) Multicultural Celebration
 - i. Diversity is one of the most important part of our program. We wants to celebrate that and have everyone participate that is able and interested. Unfortunately we can't meet in person, but wanted to still celebrate and educate members during

the community meeting on Wednesday August 26th. Anyone interested, please let us know for Wednesday. (Sohail E.)

V. Announcements (MAB Members)

- a) Deanna L.-One of the members, Jeannie, wants to know if all three music classes can be done outside when the wellness center opens up.
 - i. Sohail E.-Yes we can move some of the music classes outside but we will need to be mindful of our next door neighbor (REI) and to those who are studying. If it does not cause too much disturbance to others, can do so. We will also want to let Treehouse know, but this is doable outside.
- b) Deanna L.-Yesterday during Meet with the Director, one person wanted to know if more Music Academy groups can be scheduled on the calendar, it is being requested that it is on the calendar once a week.
 - i. Sohail E.-Having more music academy is a funding issue, but will definitely consider it. Will talk about it in our management meeting to see if we can increase our music groups.
- c) Julia A-K.-There was also a request to add ukulele.
 - i. Sohail E.-Will bring up in management meeting to see if this is something that they are interested in doing. Will talk with ukulele members to see if they are interested in co-facilitating.
- d) Debbie A.-During last month's steering committee, Dr. Jeff Negal was talking about the budget saying there will be a million dollar deficit. Due to this, they are seeking new revenue for 20/21. Debbie has been looking into some way to look for solutions and research for the budget deficit. She knows how important the wellness center is and hasn't been able to go to tele-groups because she is spending much of her time trying to look at the big picture in regards to the funding and deficit. We are all working together to see what solutions will come out of it. Will let everyone know more updates as they come.

VI. Open Forum (Visitors)

- a) No comments.

VII. Upcoming Calendar

- a) WCC Costume Contest October 30, 2020-TBD
- b) Next meeting, Friday September 18, 2020 11:00am-12:30pm

VIII. Adjournment

- a) Sohail adjourned the meeting at 12:36 pm