



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

**Friday, May 17, 2019 – 11:00am to 12:30pm**

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

Attendees: Johnny Case, Kimberly Johnson, Frank Williams, Deanna Lundberg, Pennie Mack, Anthony Questel, Deloise Moore.

Guest: Jeff Reitz, Sohail Eftekhazadeh, Lisa Albert, Cynthia Gouker, Celia Rennie, Cynthia Aguilar, Cynthia Alvillar, Celia Rennie, Olivia Ramirez.

**I. Call to Order – 11:06 am**

- a) Welcome – Everyone was asked what talents, skills or knowledge do they bring to Wellness Center Central (WCC).
- b) Approval of Agenda – The agenda was approved by Kimberly Johnson, seconded by Johnny Case.
- c) Approval of Minutes – The minutes was approved by Kimberly Johnson, seconded by Deanna Lundberg.

**II. Reports**

- a) Program Director Report-Sohail Eftekhazadeh
  - Sohail recognized Pennie for providing support and resources to members who were struggling with housing.
  - Sohail read the Program Director's Report.
- b) President's Report- Johnny Case
  - Johnny thanked the MAB for their support.
  - Johnny thanked Pennie for her encouragement and insight so he can be a better president.
  - Johnny was pleased to meet the mayor of Costa Mesa during the Ridiculous Goodness event.
  - Johnny thought it was great that the mayor came dressed casual and really wanted to understand mental health and find ways to help.

**III. Unfinished Business**

- a) Reading a portion of the MAB bylaws.
  - Pennie read the Mission Statement on page 3 of the bylaws.
  - Johnny would like the MAB to be a role model for WCC and to speak up and stand out.
  - Sohail reminded the MAB about confidentiality and to be mindful of what is spoken about others and where it is spoken.
- b) Calendar of Assignments for *Chat with MAB* (June 2019).
  - Wednesday, June 5, 2019: Anthony Questel and Kimberly Johnson.
  - Wednesday, June 12, 2019: Education Fair.
  - Wednesday, June 19, 2019: Deanna Lundberg and Johnny Case.
  - Wednesday, June 26, 2019: Talent Show.
- c) Vote to select MAB time keeper.
  - Sohail explained the job duties and function of the Time Keeper. He explained how to use the sand dials when necessary.
  - MAB members nominated both Deloise and Anthony, Deloise was voted as the new Time Keeper. Anthony will be Time Keeper when Deloise is not able to attend a meeting.

- d) Teamwork and Collaboration.
  - Deloise stated that it would be best to start planning events three months in advance.
  - Deloise would also like to create a new sub-committee for events.
  - Deloise then encouraged Johnny and the other MAB members to attend an event planning meeting so that they can see and understand what goes on behind the scenes.
- e) Review Monthly Contract Goals.
  - Sohail explained and reviewed the April 2019 WCC monthly contract goal achievement.

#### **IV. New Business**

- a) Member Appreciation Carnival.
  - Johnny asked MAB members to sign-up and volunteer to help during the upcoming Member Appreciation Carnival.
- b) MAB Sub Committee.
  - Sohail explained what the Sub-Committees are.
  - Sohail would like to get more members involved with the sub-committees.
  - Pennie announced she is head of a sub-committee and would like to add more people under her sub-committee.
  - Sohail asked MAB to encourage members at the WCC to help and be part of a sub-committee.
  - Sohail liked the fact that MAB subcommittees had been meeting on their own. He indicated this showed ownership on their part.
- c) Peer Partnering Support Program (PPSP).
  - Johnny explained the Peer Partner Support Program (PPSP) new member's recovery go a lot smoother.
  - Sohail thanked Deanna for providing support to another members by helping them de-escalate.
  - Sohail thanked Pennie for helping members gain shelter.
  - Sohail explained that PPSP is members helping members.
  - Wednesday May 22<sup>nd</sup> there will be a PPSP training, soon to have a PPSP badge along with orientation. (Sohail)
  - Deloise enjoys seeing other strengths that people bring to WCC.
  - Deanna announced that she took Mental Health First Aid and Peer-to-Peer at the Recovery Education Institute (REI).
  - Sohail thanked Kim for taking the initiative of communicating via email with all the MAB members.
- d) WCC Talent Show.
  - Sohail explained the WCC Talent show is scheduled for June 26, 2019. He asked MAB members to encourage members to participate.
- e) Review Chat with MAB results.
  - Kim announced that instead of taking suggestions and requests, she had the opportunity to engage members and just took the time to get to know them.

#### **V. Announcements (MAB Members)**

- a) Kim enjoyed attending the Meeting of the Minds conference. She thanked the WCC for giving her the opportunity to go.

#### **VI. Open Forum (Visitors)**

- a. Cynthia Gouker, Jeff Reitz, Celia Rennie, and Cynthia Alvillar introduced themselves.
  - Jeff stated he would like to be on the MAB to be with Johnny.

- Cynthia A. and Celia would like to see if there is room in the budget for some more ukuleles.
- Celia shared that there is only a limited supply of ukuleles and some members don't feel as involved if they don't have a ukulele.
- Sohail acknowledged the increase in the group's attendance and agreed to the purchase of more ukuleles.
- Celia added that she enjoyed the MAB meeting.

**VII. Upcoming Calendar**

- a. WCC Education Fair – Wednesday, June 12, 2019, 1:00pm - 3:00pm.
- b. WCC Talent Show – Wednesday, June 26, 2019, 1:00pm - 3:00pm
- c. Next MAB Meeting – Friday, June 21, 2019, 11:00am - 12:30pm.

**VIII. Adjournment**

- a) Johnny adjourned the meeting at 12:30pm.