

**College Community Services
Wellness Center Advisory Board
MEETING MINUTES
Friday January 16, 2015 – 1:00pm to 3:00pm
Wellness Center of Orange County – 401 S. Tustin St. #C, Orange, CA 92866**

Attendees: Alonzo, Mike, Patty, Michelle, Anthony, Armand and Heidi
Guest: Patti, Katherine, Jenny, Rachel, John, Danisha and Amber

I. Call to Order – 1:00 p.m.

- a. Welcome – All board members and guest introduced themselves.
- b. Approval of Agenda
 - i. Approved by Heidi seconded by Mike
- c. Approval of Minutes from 12/19/2014 meeting
 - i. Approved by Mike seconded by Heidi

II. Reports

- a. Program Director's Report - Patti did not have a Program Director's report to present for December; as there was no meeting the month of December. Patti however present on activities for the month of February. The Wellness Center will be having a Lunar New Year celebration on Friday, February 20, 2015. The celebration is to include food, drumming, and many other activities for members to enjoy. The center will also be celebrating Black History Month on Friday, February 27, 2015. Preparations are well under way for the celebration; many members are volunteering their time creating props for the many activities planned to take place that day. Members will also enjoy music, drumming, a play from the drama group and food at the event. Patti also spoke about the upcoming Health Fair to be hosted at the Wellness Center on March 19th. Just some of the vendors that were mentioned to be in attendance where the American Heart Association, Cal-Optima, Denti-Cal, and 211.org. Patti then introduced John R. to present on the Wellness Centers new Wellness Center Guides and Recovery Partners Program starting on January 26th.

John presented on the goal of the new program. To support and assist our members to stay connected to the Wellness Center and to engage in their recovery. To promote inclusion and acceptance of all involved. He then explained the purpose of the program. To utilize the vast life experiences of our Mentors and Ambassadors alike and to assist our members when they need assistance. Guides and Partners will listen and share their experience when necessary in order to make one on one connection with members. John then explained the role of the recovery partners. Each day designated ambassadors will be available to initiate engagement with new members; they will welcome and direct new members to the wellness guides. He provided the names of the assigned wellness guides and their assigned alphabet. John then explained the role of the wellness guide. Members will be assigned to a Wellness Guide according to their last name. Guides include full-time and part-time Peer Specialists, who will be available to assist and engage with new members and existing members. Once John was done with the presentation of the new program, Katherine asked all MAB members if they approved of the new program, all MAB members approved.

- b. President's Report – Heidi presented the presidents report. Heidi first reported on the meeting that The MAB members held on January 7th. This meeting was held to brain storm ideas and map out the direction the board members would like to see the MAB board go. Heidi stated during the meeting the MAB members spoke about many different ideas; a survey to the inactive members, a public speaking group, a talent show and tool box suggestions during morning Ice Breakers. Unfortunately the meeting was cut short as members had other obligations to attend too. Heidi then shared about positive progress within the Wellness Center. She shared that individuals had a previous negative experience at the Wellness Center and had chosen not to return to the center. Heidi had since encouraged them to revisit the center and to give it another chance.

She was elated to report they did revisit the center, had a completely positive experience and are active daily members now. Heidi congratulated everyone on the positive improvements and progress that has been accomplished at the Wellness Center.

III. Unfinished Business

IV. New Business

- a. Review Responsibilities of Member Advisory Board Members and Officers Duties - Heidi read from the MAB Bylaws amendments dated 07/18/14 Section III: Duties of Officers, the duties of the Executive Board, the President, Vice President and Security. Heidi explained one of the duties of all of the MAB members is to attend groups and to provide feedback on the groups attended, to all interact with members and provide member feedback. Danisha and Katherine then explained that all MAB members are to participate in Article I Wellness Center "Membership Advisory Board" (MAB) Functions; Section I: Activities.
- b. Brief Summary of December WC Suggestion/Comments and Responses - Heidi gave a brief overview of the December 2014. There were only seven suggestion/comments for December.
- c. Report on Groups Attended and Member Contact – Each MAB member reported on the groups they attend, how the group was facilitated, their thoughts on the group and any recommendation they had. Most MAB members had positive feedback for groups attended and recommend all facilitators. Heidi reported that members have stated that the third Social Hour is too much; they would like to have groups through the afternoon instead. Also, the third Social Hour seems to be lowering group attendance.
- d. Sub-Committee Updates – Heidi mentioned that some of the committees are struggling but all are trying. Heidi wanted to acknowledge Mike and Outcomes committee for the outstanding job they are doing with the outcomes. Mike then gave a brief Outcomes report. We then talked about each committee reporting monthly.

Anthony then shared the many ideas he has for the center and the members.

V. Announcements

- a. Bowers Museum - Chinese Art Work

VI. Open Forum

- a. Sexual Harassment – Verbal/Physical

VII. Upcoming Calendar

- a. Lunar New Year Celebration Friday, February 20, 2015 5pm-8pm
- b. Black History Month Friday, February 27, 2015 11am-2pm
- c. Next Meeting Friday, March 20, 2015 1:00pm

VIII. Adjournment

- a. Meeting Adjourned at 2:35p.m.