

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

Friday, April 20, 2018 – 1:00pm to 2:00pm

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

Attendees: Kristen Pankratz and Deanna Lundberg.

Guest: Sohail Eftekhazadeh, Orlando Vera, Jenny Nghe, Danisha Soto, Kenya Bradley, Debbie Acosta, and Dolores Moore.

I. Call to Order – 1:10 pm

- a) Welcome – Everyone introduced themselves.
- b) Approval of Agenda – The approval of the agenda was tabled, not enough board members in attendance.
- c) Approval of Minutes – The approval of the minutes was tabled, not enough board members in attendance.

II. Reports

- a) Program Director Report – Sohail Eftekhazadeh.
 - o Sohail read the Program Director's Report.
- b) President's Report – No President Report, President and Vice President not in attendance.
 - o Sohail announced Adam resigned from the MAB.

III. Unfinished Business

- a) Voting for potential new members was tabled, not enough board members in attendance.
- b) Kristen asked for more clarification about the Peer Partnering Support Program.
 - o Orlando explained that the main objective would be to provide support and engagement for new and existing members.
 - o Sohail stated that he wants members to eventually support each other, possibly out in the community, and long term.
- c) Vote to change the MAB meeting date was tabled, not enough board members in attendance.
- d) Calendar of Assignments – Chat with MAB for May 2018.
 - o Not completed, not enough board members in attendance.
 - o Wednesday, May 9th, 2018 – Deanna Lundberg.
 - o Sohail asked Kristen if she could send an email to the MAB members not in attendance to request dates they may be available for Chat with MAB.
 - o Kristen announced that she is resigning from the MAB.
 - o Kristen added that she would be unable to facilitate Depression Coping Skills class as well.
 - o Sohail expressed his appreciation and thanked Kristen for her service on the MAB. Sohail also thanked Kristen for facilitating the Depression Skills class.
 - o Sohail asked Deanna if she would send the email to the MAB members. Sohail offered to assist Deanna with sending the email when she was ready.
- e) Travel Reimbursement Proposal.

- Sohail announced that members cannot be compensated for travel and from events or outreach. However, members who are going for outreach can be provided transportation, staff will assist with getting them there.
- f) Review data and outcomes.
 - Sohail spoke briefly about the Satisfaction Survey. He noticed that the WCC scored high in most categories. One area of concern was the satisfaction with the frequency of groups and activities.
 - Sohail stated that in May, he would have the Satisfaction Survey available for the MAB to review further.
- g) Outreach.
 - Kristen visited Golden West College on March 22, 2018. Kristen was able to provide brochures and calendars to 8 officers attending the Crisis Intervention, Level 3 training. She was able to talk about the WCC for a few minutes.
 - Kristen announced that she is in the process of scheduling outreach in Fullerton at St. Jude Hospital. Kristen stated that her contact person is very busy and hard to reach. Kristen expressed St. Jude would be a good outreach opportunity to possibly assist with increasing the older adult membership.
 - Kristen stated that it was very fulfilling to serve on the Membership Advisory Board and to hear when agencies visit the center as a result of the outreach she was a part of.
 - Sohail thanked Kristen for her outreach efforts and her service on the MAB.
 - Sohail announced that he would bring a panel of 3 members to California State University, Fullerton on Thursday, May 3rd. The members will be able to talk about their recovery stories and present information about the WCC.
- h) Special Events
 - Wellness Center South Health Fair, Monday, April 23rd, 12pm to 1pm.
 - Collaboration Sports Day, Thursday, May 10th, 12pm to 3pm.
 - Day in the Park (Mason Park), Friday, May 11th, 11am to 3pm.
 - Membership Appreciation Carnival, Friday, May 25th, 11am to 4pm.

IV. New Business

- a) Reading a portion of the MAB bylaws.
 - Kristen and Deanna read Section I: Activities of Article 1: Wellness Center "Membership Advisory Board" (MAB) Functions, page 3.
- b) Review Chat with MAB results and other member feedback.
 - Deanna announced that a member repeatedly asked her to mention that a movie that was shown during social hour was not appropriate to show at the Wellness Center because a scene showed a women's bare back.
 - Kristen stated that during Chat with MAB, it was helpful for her to redirect some members by assisting them with thinking about possible solutions and also what they hoped to gain by bringing up their concern.
- c) Review MAB group evaluations.
 - Sohail announced the MAB group evaluations are complete. He thanked MAB members for their feedback.
- d) Review WCC Member Satisfaction Survey.

- Sohail stated that he mentioned the preliminary results earlier in the meeting. He stated he would provide more information during the next meeting.

V. Announcements

- a) Kristen announced that a representative from DBSA inquired about possibly presenting during the community meeting. Sohail asked that Kristen ask the representative to contact him to make arrangement.
- b) Kristen asked that she be allowed to tell the members in the Depression Coping Skills class of her decision to no longer facilitate the class. Sohail stated that it should be fine for her to make the announcement herself.

VI. Open Forum (Visitors)

- a) Delores asked if Sohail heard if MHA decided to sponsor the choir for Meeting of the Minds.
 - Sohail stated that the MHA representative was unable to provide free entry for the choir members. However, there is a discounted price of \$25 each for choir members who wanted to participate in the whole conference. Otherwise, choir members can show to perform free of charge.
 - Debbie suggested choir members can ask a non-profit program to sponsor them for the Meeting of the Minds conference.
- b) Kenya announced that she is looking forward to being on the MAB.
- c) Delores asked if there was a Peer to Peer class she could attend.
 - Sohail stated that the Recovery Education Institute (REI) has a Peer to Peer course.
- d) Debbie stated that she has a lot of ideas and is looking forward to sharing them with the MAB. She would like more time to think about becoming a member. Debbie stated she wanted to attend the May meeting as a guest again.
- e) Sohail expressed to the guests how important it is for MAB members to be active in the program. He suggested all MAB members attend the center at least 3 times a week so that they are available to interact with members.

VII. Upcoming Calendar

- a) Wellness Center South Health Fair, Monday, April 23rd, 2018, from 12:00pm to 3:00pm
- b) Collaboration Sports Day, Thursday, May 10th, 2018, from 12:00pm to 3:00pm.
- c) Day in the Park (Mason Park), Friday, May 11th, 2018, from 11:00am to 3:00pm.
- d) Membership Appreciation Carnival, Friday, May 25th, 2018, from 11:00am to 4:00pm.
- e) Next MAB meeting, Friday, May 18th, 2018, from 1:00pm to 2:00pm.

VIII. Adjournment

- a) Kristen adjourned the meeting at 2:11pm.