

**College Community Services
Wellness Center Advisory Board
MEETING MINUTES
Friday, July 17, 2015 – 11:00am to 3:00pm
Wellness Center of Orange County – 401 S. Tustin St. #C, Orange, CA 92866**

Attendees: Alonzo, Mike, Patty, Tony, Michelle, Heidi, Armand, Kim and Patti
Guest: Kim, Diana, Katherine and Danisha

I. Call to Order – 12:30pm

- a. Welcome – Heidi welcomed MAB members to first annual Membership Advisory Board retreat. Heidi thanked everyone for an excellent year.
- b. Approval of Agenda – The agenda for July 17, 2015 was approved by Heidi and seconded by Mike.
- c. Approval of Minutes – Mike commented that section IV. c. of the June 19, 2015 minutes needed revision. The minutes from June 19, 2015 were then approved by Heidi and seconded by Tony.

II. MAB Retreat

- a. Barbecue – Patti and Heidi thanked everyone for pitching in to cook and set-up the tables.
- b. WRAP Training – Diana facilitated WRAP training for MAB members during the retreat.

III. Unfinished Business

- a. The Social Agreement was revised to include information about solicitation. MAB members unanimously approved the revision.

IV. New Business

- a. Sub-committee Reports
 - i. Outcomes – Mike mentioned the steady increase of groups facilitated by members.
 - ii. Outreach
 1. Heidi announced that the Inactive Member Survey was approved by the county. MAB Members voted unanimously to send the Inactive Survey to members who became in-active from January 2015 to June 2015.
 2. Armand mentioned that not all the links on the Wellness Center website open and/or does not work properly.

- iii. Music and Arts – Tony explained that this year’s Calendar Art Fair will be planned by the Wellness Center. He is working closely with Patti to make sure the event is well planned. He will speak to members about getting their artwork ready to submit soon. The Calendar Art Fair is planned for September 24th. Michelle suggested a sign for the art wall “Do not remove art work.”
 - iv. Events and Activities
 - 1. Michelle reported that the Basketball Tournament will be the first Friday, August 7th. She will have a sign-up sheet for members available at the front reception desk.
 - 2. Michelle will handle the Multi-Cultural Celebration. There will be dancing, music, and more.
 - v. Health and Wellness – Ruben announced that there will be two health screenings at the Wellness Center in August on the 5th and the 12th. On the 12th Dr. Sanchez will speak to members during the community meeting about integrated care (physical health and mental health.)
- b. WRAP Training
- i. Wellness Recovery Action Plan (WRAP) Training was provided for all members by Patti and Diana.

V. Upcoming Calendar

- a. Education Fair – Thursday, July 23rd from 1:00 p.m. to 4:00 p.m. The MAB will have a table to share personal life experiences with Wellness Center members.
- b. Celebration Recovery Picnic – Saturday, July 25th at 11:00 a.m. The Wellness Center will use the vans to shuttle members to and from the picnic.
- c. No MAB meeting in August.
- d. Multi-Cultural Celebration – Thursday, August 23rd from 1:00 p.m. to 4:00 p.m.
- e. Next MAB meeting Friday, September 18th at 1:00 p.m.
- f. Calendar Art Fair Celebration – Thursday, September 24th from 1:00 p.m. to 4:00 p.m.

VI. Adjournment

- a. Heidi adjourned the meeting at 1:00pm