



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

**Friday, May 15, 2020 – 11:00am to 12:30pm**

**Wellness Center Central of Orange County – 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..

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

**I. Call to Order – 11:10 am**

- a) Welcome –
- b) Approval of Agenda – The agenda was read to everyone who did not have the ability to access the agenda online. Agenda was also on screen for those with computer access. (Sohail E.)
  - i. Agenda was approved by Kimberly J., seconded by Deanna L.
- c) Approval of Minutes – Tabled to next in person meeting.

**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. Enjoys calling into the groups, it is easy.
  - ii. Is making connections with members at WCC through calling them regularly.
  - iii. Calls Sohail to find out when the WCC is going to be opened and get other information.
  - iv. Deanna plays a big part in getting everyone together. Misses everyone and is trying to keep herself busy.

**III. Unfinished Business**

- a) Reading a portion of the MAB bylaws
  - i. Sohail read MAB mission statement
- b) Open Position for Peer Specialist
  - i. Current WCC staff Eric G. was promoted from 32-hour to 40-hour a week position
  - ii. Working to on hiring a 32 hour position, should be completed by end of the month (Sohail E.)
  - iii. Are members able to apply for the position? (Deanna L.)
  - iv. Yes, WCC strives to hire and promote from within and everyone is welcome to apply. Members should also consider when applying, that this is a fulltime position and it may not be suitable to everybody. (Sohail E.)
- c) MAB Participations with WCC Tele-group

- i. Requested MAB provide feedback about how to better the groups. Want to ensure they are culturally sensitive. (Sohail E.)
- ii. Highly encouraged MAB to attend groups.
- d) WCC Tele-health Policy & Procedures
  - i. This policy is in place to ensure HIPAA for our members. Has been reviewed with staff. (Sohail E.)

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

- a) Mental Health Awareness Month
  - i. May is mental health awareness month. In celebration WCC staff conducted two video outreaches –Cal State Fullerton 3 classes with almost 150 people, Cypress College with nursing students, 35 students. Talked about recovery stories and mental health awareness month. (Sohail E.)
  - ii. WCC is looking for opportunities to raise awareness in May, working on getting speaker in community meeting about mental health awareness month. Encouraged MAB to participate. (Sohail E.)
  - iii. Has been doing some research on SB803, Peer Certificate. Camp-Pro is another resource in San Diego. Offering online and phone meetings once a month to stay informed on what is going on in the state. Encouraged to use this time to focus on self-care. (Debbie A.)
  - iv. Encouraging members to contribute art, poetry, stories to the WCC blog and to let other members know too. (Aly W.)
- b) Inquiries by Members regarding Center Re-opening
  - i. There have been many phone calls about when the center will re-open for in person groups, at this time there is no definite timeline. Safety of members and staff is first priority. Planning for return is continuing and will happen as WCC follows CDC, state, local, and county guidelines. MAB will be informed of any and all plans. (Sohail E.)
- c) What are the safety plans when center re-opens
  - i. When members arrive, they will be screened and be required to wear a face covering. We may turn members away due to safety issues. There will likely not be more than 20/30 members in the building at a time. Rooms will have limited numbers and the living room area will be utilized more. Possibly sessions for coming into the building and timeslots. Will have to start slowly and build up. Frequent cleaning and sanitizing will also take place. All of these plans will need to be approved by the county and Pathways corporate before being implemented. (Sohail E.)
  - ii. Possibility of using amphitheater and outdoor space to help with social distancing. (Debbie A.)
- d) Employment, Education, Volunteer and Tele groups Co-facilitation Opportunities
  - i. These are all contractual goals. Requested that MAB help brainstorm how to accomplish these during our virtual services. (Sohail E.)
- e) Chat with the Director

- i. This is a time for members to come and ask any questions they may have. The first week there were 5 callers, yesterday 2. Please participate and encourage others to pop in. (Sohail E.)
- f) WCC Program Outcome
  - i. Went over the WCC Program outcomes for the month of April 2020. Shared the outcomes on the screen for those with access to computers. (Aly W.)
  - ii. Have been calling members, this can count as volunteering (Deanna L.)
  - iii. Many of the members are connecting with each other to ensure everyone is well, this can also count for volunteering. (Deloise M.)
  - iv. Would like to co-facilitate NAMI. (Justine P.)
  - v. Will have someone connect with her to co-facilitate. (Aly W.)

**V. Announcements (MAB Members)**

- a) Kenny is willing to join MAB board. Deanna will be inviting him to join MAB as a guest. (Deanna L.)
- b) Has been in contact with people who are having personal issues or considered “shut-in”. One day just checked in on people and was able to encourage them. How can we reach out to those people? Some of them are feeling like they are lonely in isolation. (Deloise M.)
- c) This is our biggest concern-will put this subject on the agenda for next month. How to encourage members to stay connected and avoid isolation. (Sohail E.)

**VI. Open Forum (Visitors)**

- a. Tabled. (No visitors in attendance)

**VII. Upcoming Calendar**

- A. WCC Education Fair, June 10, 2020 1:00-3:00 (TBD)
- B. Next meeting, Friday June 19, 2020 11:00-12:30

**VIII. Adjournment**

- a) Sohail adjourned the meeting at 12:27pm