

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

**Thursday, April 14, 2016 – 1:00pm to 2:00pm**

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

Attendees: Heidi Sweeney, Anthony Pflaum, Babu Pillutla, Alonzo Whitson, Frank Williams, Kristen Pankratz, and Adam Goldman

Guest: Sohail Eftekhazadeh, Patti Pettit, Danisha Soto, Sylvia Cohen, Shannon Peterson, and Melaine Infante

**I. Call to Order – 1:00pm**

- a. Welcome – Everyone to briefly introduce themselves.
- b. Approval of Agenda – The agenda was approved by Anthony Pflaum, seconded by Adam Goldman.
- c. Approval of Minutes – The minutes were approved by Kristen Pankratz, seconded by Alonzo Whitson.

**II. Reports**

- a. Program Director Report – Patti Pettit.
- b. President's Report – Heidi Sweeney
  - i. Heidi Sweeney commented on the great collaboration between members at the 1<sup>st</sup> Annual Volleyball Tournament. She talked about how awesome it was to see the great sportsmanship displayed on and off the court by all members. Heidi also shared how special it was to watch the members as they taught one individual to play volleyball that had never played before, just to see how gentle and encouraging they all were with the individual was amazing.
  - ii. Heidi Sweeney reminded board member of the Behavioral Health Stakeholder Conference May 18, 2016. She provided each board member with a copy of their conference registration confirmation and directions to the Delhi Conference Center.
  - iii. Heidi Sweeney reviewed a list of current sub-committees with vacant chair positions with the board; Special Events/Health and Wellness/Data and Outcomes/Membership Outreach. Heidi then asked for board members currently not chairing a sub-committee to fill the vacant spots, Adam Goldman will chair Special Events, Frank Williams will chair Health and Wellness, Heidi Sweeney will chair Data and Outcomes, and Kristen Pankratz will chair Membership Outreach. Heidi thanked the board for taking on the challenge and working as a great team!
  - iv. Heidi Sweeney announced to the board that starting in May, every Wednesday at 12:30pm MAB will host Chat with MAB. This is an opportunity for members to talk one-on-one with board members.

- c. Sub-Committee Reports:
  - Health and Wellness (Frank Williams)
  - Arts and Music (Anthony Pflaum)
  - Data Outcomes (Heidi Sweeney)
  - Evaluations and Survey's (Babu Pillutla)
  - Special Events (Adam Goldman)
  - Membership Outreach (Kristen Pankratz)
  - Comments and Suggestions (Heidi Sweeney)

### III. Unfinished Business

### IV. New Business

- a. Executive Board Nominations:
  - President:** Anthony Pflaum nominated Babu Pillutla for President, Heidi Sweeney seconded the nomination, Babu Pillutla accepted the nomination.
  - Vice – President:** Heidi Sweeney nominated Anthony Pflaum for Vice – President, Babu Pillutla seconded the nomination, Anthony accepted the nomination.
  - Secretary:** Babu Pillutla nominated Heidi Sweeney for Secretary, Anthony seconded the nomination, Heidi Sweeney accepted the nomination.
- V. Veterans Fair – Patti Petti asked that board member attend the fair. Adam Goldman offered to assist Jim Bush with setup and serving lunch to vendors and members.
- VI. Membership Appreciation Carnival – Patti Petti and Danisha Soto presented to the board in detail the planned events for the Carnival. Heidi Sweeney advised all board members that the carnival is a monitory attendance for the MAB, as staff will need all board members help on that day. All board members acknowledged their attendance was mandatory. Heidi reviewed with each board member that they will be assigned a carnival game to run and will be serving members lunch at noon. Each board member acknowledged their attendances was man
- VII. Pathways to Recovery – Heidi Sweeney announced the new group Pathway to Recovery. The group is a 12-week group, on Thursday's from 1:00pm to 2:30pm starting May 5<sup>th</sup> and ending July 28<sup>th</sup>. She explained the group is designed to help individuals set life goals, realize your potentials, and access where you are on your path to recovery. Heidi stressed that she would like to have all board member take the group; if they were unable to take the group starting May 5<sup>th</sup> the next group would be starting August 4<sup>th</sup>.
- VIII. Volleyball Tournament All Wellness Centers - Heidi Sweeney reminded the board of the volleyball tournament on Thursday, April 28<sup>th</sup> and ask everyone to come out and show their support if possible.
- IX. Bowling Tournament All Wellness Centers – Heidi Sweeney reminded the board members of the bowling tournament at Lynbrook Bowling Center in Anaheim on Wednesday, April 20<sup>th</sup>, 1pm to 4pm.

### X. Announcements (MAB Members)

- a. NAMIOC Thieve – April 17, 2016 at 7am to 12pm, William Mason Park, Irvine, CA

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

- a. Shannon Peterson ask the process of interviewing a potential board member. Heidi Sweeney responded to the question by explaining WCC's current procedure in detail and also offering to forward the procedure in writing to Shannon Peterson at the WCW.
- b. Melaine Infante thanked everyone for the awesome meeting and for the amazing learning experience.

#### **XII. Upcoming Calendar**

- a. Next Meeting – Thursday, May 19, 2016, 1:00pm to 2:00pm
- b. Membership Appreciation Carnival – Friday, May 20, 2016, 11:00am to 4:00pm
- c. All Wellness Centers Beach Day – Friday, June 3, 2016, 1:00pm to 5:00pm

#### **XIII. Adjournment**

- a. Heidi Sweeney adjourned the meeting at 2:05pm