



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

Friday, November 17, 2017 – 1:00pm to 2:00pm

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

Attendees: Adam Goldman, Kristen Pankratz, Johnny Case, Frank Williams, Deanna Lundberg, Pennie Mack.

Guest: Sohail Eftekhazadeh, Orlando Vera, Danisha Soto, Olivia Rocha, April McFerran.

I. Call to Order – 1:11 pm

- a) Welcome – Everyone asked to briefly introduce themselves.
- b) Approval of Agenda – The agenda was approved by Kristen Pankratz, seconded by Pennie Mack.
- c) Approval of Minutes – The minutes was approved by Pennie Mack, seconded by Frank Williams.

II. Reports

- a) Program Director Report – Sohail Eftekhazadeh
 - Sohail read the Program Director Report.
- b) President's Report – Adam Goldman
 - Adam apologized for not being in attendance last meeting.
 - Adam's work schedule will change in December, he will be available to attend Wednesdays.

III. Unfinished Business

- MAB members "Chat with MAB" schedule for December 2017
 - Pennie – Wednesday, December 6, 2017.
 - Holiday Lunch – Wednesday, December 13, 2017. No Chat with MAB.
 - Kristen and Adam – Wednesday, December 20, 2017.
 - Frank – Wednesday, December 27, 2017.
- Group Evaluations Discussion – Sohail Eftekhazadeh
 - The goal is to bring variation to current groups and activities by having the MAB Board evaluate the current groups based on established criteria.
 - Some new groups have been added to the calendar such as: Education 101, Goal Setting and Video Dance.
 - Facilitators will explore new topics and subjects for their groups.
 - Any changes to the groups will be focused on providing a wider variety of topics and activities for members.
- c) MAB Group Evaluation Questions – Sohail Eftekhazadeh
 - MAB Group Evaluation Questions
 1. Is facilitator friendly and knowledgeable?
 2. Does facilitator address concerns, issues, and answers questions?
 3. Does facilitator read the Group Social Agreement?
 4. Is the subject or topic relevant to the group?
 5. Is the group beneficial to members?
 - MAB Members are encouraged to attend groups and complete questionnaires as a participant of the group.

- MAB group evaluations will begin January 2018. MAB Members should provide feedback and score for the groups and activities they attended.

IV. New Business

- a) Group Ideas – Sohail Eftekhazadeh
 - Sohail encouraged MAB members to provide ideas for new groups and activities.
- b) Contract Goals – Sohail Eftekhazadeh
 - Reviewed contract goals, progress and plan for meeting expectations.
- c) Member Suggestion – Johnny Case
 - Several members suggested having the disability placard on Wellness Center Central (WCC) vans.
 - Danisha suggested staff may be able to drop members off closer to the entrance during outings.
 - Sohail informed MAB that he would check to see it is possible.

V. Announcements (MAB Members)

- Johnny suggested asking the staff and WCC Leads to share their recovery stories during the Community Meeting.
- Sohail announced that persons interested in sharing their story during the Community Meeting must have their stories reviewed and approved prior to the meeting.
- Kristen announced that she has scheduled outreach in January at UCI.
- Sohail and Kristen will schedule outreach at Brand New Day.

VI. Open Forum (Visitors)

- April McFerran announced that she is interested in completing an application to become a MAB member.
- A vote will take place for April to become a MAB member when she attends her third MAB meeting and completes the application.

VII. Upcoming Calendar

- a) Thanksgiving Feast – Wednesday, November 22, 2017, 12:00pm – 2:00pm.
- b) Holiday Lunch – Wednesday, December 13, 2017, 12:00pm – 2:00pm.
- c) Next MAB Meeting – Friday, December 15, 2017, 1:00 pm – 2:00 pm.

VIII. Adjournment

- Adam adjourned the meeting at 2:08pm.