



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

Friday, December 15, 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, Pennie Mack.
Guest: Sohail Eftekhazadeh, Orlando Vera, Danisha Soto, Lisa Albert, Adam Williams, April McFerran.

I. Call to Order – 1:03 pm

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

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

- a) MAB members "Chat with MAB" schedule for January 2018
 - Adam and Frank – Wednesday, January 3, 2018.
 - Johnny – Wednesday, January 10, 2018.
 - Kristen – Wednesday, January 17, 2018.
 - Adam – Wednesday, January 24, 2018.
 - Kristen and Pennie – Wednesday, January 31, 2018.
- b) MAB Group Evaluations Discussion
 - MAB members will evaluate classes starting January 2018.
 - MAB members approved evaluation questions and form.

IV. New Business

- a) Vote for New Member
 - Vote was tabled until April McFerran has the opportunity to complete the application.
- b) New Program and Activity Ideas
 - Sohail encouraged MAB members to provide ideas for new groups and activities.
 - Johnny suggested creating a group to assist members with socializing more effectively. The class should include language appropriateness, respectful etiquette, and content about manners.
- c) Contract Goals and Outcomes
 - Danisha reviewed contract goal progress and asked for ideas to increase community meeting participation.
 - Johnny suggested having famous people attend community meetings and speak about their experiences with mental health.

d) January 2018 Calendar Activities

- Wednesday, January 24, 2018 Collaboration Karaoke at Wellness Center Central from 2:30pm to 4:30pm.

V. Announcements (MAB Members)

- Kristen announced that she and Sohail will visit UCI to speak with social workers and interns about the Wellness Centers on January 10, 2018.
- Johnny thanked the staff for the effort to create a positive holiday atmosphere for the members. Having the tree and decorations makes the members feel at home and happy.
- Johnny asked that a member be recognized for her volunteerism efforts. The member made hats for the children at CHOC hospital.

VI. Open Forum (Visitors)

- Adam Williams elaborated on Johnny's suggestion to have a group about social rules and etiquette norms. Adam suggested naming the group Communication Skills.
- Adam also suggested adding a group about current events or affairs.
- April McFerran suggested researching existing other groups or classes which have curriculum for topics related to communication.

VII. Upcoming Calendar

- a) Holiday Dance – Wellness Center West, Thursday, December 21, 2017, 1:00pm – 6:00pm.
- b) Holiday Brunch – Wellness Center South, Friday, December 22, 2017, 10:00am – 12:00pm.
- c) Next MAB Meeting – Friday, January 19, 2018, 1:00pm – 2:00pm.

VIII. Adjournment

- Adam adjourned the meeting at 1:59pm.