

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

Friday, October 19, 2018 – 11:00am to 12:30pm

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

Attendees: Johnny Case, Kim Johnson, Deanna Lundberg, Deloise Moore, Penny Mack and Kenya Bradley.

Guest: Debbie Acosta, Modesto Vasques Brandi Dorres, Jesse Fawver, Sohail Eftekhazadeh, Orlando Vera and Angela Cortes.

Call to Order – 11:06 am

- a) Welcome – Everyone introduced themselves.
- b) Approval of Agenda – The agenda was approved by Deana Lundberg, seconded by Penny Mack.
- c) Approval of Minutes – The minutes were approved by Kim Johnson, seconded by Kenya Bradley.

I. Reports

- a) Program Director Report- Sohail Eftekhazadeh.
 - o Sohail read the Program Director's Report.
- b) President's Report- Johnny Case
 - o Johnny welcomed Penny back to MAB.
 - o Johnny commented on the power of the suggestion box.

II. Unfinished Business

- a) Reading a portion of the by-laws.
 - o Kenya Bradley read Article II, Section II: Membership and Voting Guidelines.
 - o Sohail explained that interested participants must be in good standing and understand the importance of Social Agreements as well as abide by the agreements.
- b) Calendar of Assignments: Chat With MAB (October 2018)
 - o Wednesday, November 7th, 2018 – Deanna Lundberg.
 - o Wednesday, November 14, 2018 – Johnny Case.
 - o Wednesday, November 21, 2018 – No group due to Thanksgiving Feast.
 - o Wednesday, November 28, 2018 – Jesse Fawver.
- c) MAB roles and responsibility.
 - o Johnny discussed the importance of MAB responsibilities and duties. MAB members should limit and discourage gossiping between members.

III. New Business

- a) Johnny asked Jesse why he would like to be a part of the MAB. Jesse commented he has life experience and can help members work through their anxiety. He also is willing to commit to the center and be available wherever needed. He also expressed interest in starting a sub-committee for veterans.
 - o Johnny nominated Jesse to be on the Board
 - o Jesse was voted in by the majority of MAB members.
 - o Penny will collect contact information.
- b) MAB Sub-Committee
 - o Deanna- Arts and Music.
 - o Penny-Outreach and Engagement.
 - o Johnny- Event results
 - o Kim- Comments and Suggestions
 - o Jesse-Chat with MAB
 - o Johnny will reach out to Frank and follow up on his standing with the MAB Board.

- c) Welcoming Culture: Safe and nurturing environment.
 - o Johnny- Create a welcoming environment, be nurturing and safe.
 - o Jesse- Be sensitive to our member's needs, show compassion.
 - o Kim- Make new members feel comfortable, greet them and find out what their interests are.
 - o Deanna – Coloring with members is a good way to help them through difficult times.
- d) Member Driven Concept
- e) Plan and discuss Thanksgiving Feast.
 - o Deloise is soliciting ideas from members.
 - o Choir will perform.
 - o MAB will be available to assist.
- f) Review Chat with MAB results and other member feedback.
- g) MAB participation with WCC tours.
 - o Johnny encouraged MAB members to join the PPSP group to get a better understanding of what Peer Partnering Support Program is all about. He also asked MAB to be available for tours.

IV. Announcements

- a) Deanna had interview with Goodwill and will hopefully be working part time.
- b) Penny expressed how happy she is to be back and apologized for not being present for MAB meetings. She mentioned having a lot on her plate but acknowledges that the WCC has helped her grow and will make an effort to attend the center more often.

V. Open Forum (Visitors)

- a) Johnny thanked visitors for joining the MAB meeting and asked all to introduce themselves as well as why they felt they wanted to be part of the MAB Board.
 - o Debbie stated she wants to help people and will consider doing outreach for WCC.
 - o Jesse nominated Debbie to be part of the MAB board.
 - o Debbie was voted in by all members of the MAB.
 - o Penny will collect contact information for Debbie
 - o All positions on the MAB Board have been filled.
 - o Brandi believes she can reach out to those members who others might not be able to help. Her past experience helps her relate to members who are struggling with addiction.
 - o Modesto would like to feel more empowered. He would like to represent the LGBTQI. He mentioned he is a social butterfly and attends multiple groups on a daily basis as well as co-facilitates several groups.
- a) Deloise made a suggestion to create an addendum where MAB is able to add members who are really interested in being part of the MAB when all positions are filled.

VI. Upcoming Calendar

- a) WCC Thanksgiving Feast Wednesday, November 21, 2018 from 12:00pm to 2:00pm.
- b) Next MAB meeting, Friday, November 30, 2018 from 11:00am to 12:30pm.

VII. Adjournment

- a) Johnny adjourned the meeting at 12:33pm.