

**Minutes of the Region V Systems
Consumer/Family Advisory Committee (CFAC)
Meeting November 14, 2017**

Present: Dusty Lord, Rebecca de la Motte, Shawna Mason, Richard Pethoud, Dorothy Miles, Sadie Thompson, Danielle Smith, Marlene Sorenson

Absent: Retha Knapp, Amie Jackson (excused) Cathleen Collett (unexcused)

Non-Members Present: Donna Dekker, Phyllis McCall, Robin Schmid

CALL TO ORDER: The meeting was called to order at 9:03 a.m. by the Chair, Dusty Lord.

ROLL CALL: Donna Dekker read the roll call; quorum was established.

1. CONSENT AGENDA ITEMS:

A. Agenda, November 14, 2017

- Agenda was approved with changes
 - Under "Other Business" add; Review New Website and Behavioral Health Conference discussion.

B. Minutes, October 10, 2017

- Sadie Thompson made a motion to approve the minutes; Danielle Smith seconded the motion. Unanimously approved.

2. FINANCIAL SUMMARY REPORT (Dusty)

- Funds unallocated: \$47,508.03

3. EXECUTIVE BOARD REPORT No report

4. STANDING COMMITTEE REPORTS

A. Bylaws, Policies, and Procedures Committee- No Report

B. Funding Committee (Dusty) *Unanimously Approved*

- WRAP Group for Sadie Thompson (CenterPointe) – Sadie is applying for funds to conduct WRAP classes to Touchstone, Adult Residential, MidPointe, Out Patient and CABHI participants for a year. WRAP classes help to promote wellness, recovery, encourage self-advocacy and personal responsibility. Sadie will also be sending Dusty some more information (flyers, etc.).
- Funding Committee is still seeking a chairperson, if anyone is interested.

C. Membership & Communications Committee- No Report

D. The Eight Dimensions of Wellness (Dorothy)

- Dorothy spoke about ways to improve financial wellness. Some of the ideas she shared that might be helpful to others are:
 - Take amount needed out of checking account to pay monthly bills such as; utilities, food, mortgage/rent, insurance, food etc.
 - Take a separate amount out of checking account to allocate into different envelopes for things such as; entertainment, personal/self, slush fund for unexpected items that might come up such as; car repairs, etc.
 - Keep a ledger of your debit/credit.
 - Online grocery shopping that you can have curbside pick-up at your local store. Keeps you from buying items not on your list.

D. The Eight Dimensions of Wellness (cont.)

Upcoming: December 12 – Marlene (Occupational)

January 9 – Shawna (Financial)

February 13 – Sadie (Social)

March 13 – Danielle (Emotional)

****If a computer and/or projector is needed please let us know ahead of time****

E. Project Homeless Connect Lincoln 2017

5. OTHER BUSINESS:

- New Website – Dusty reviewed the new website via overhead and walked through options offered on the site. Group agreed to new updates and can be given to Betsy.
- Behavioral Health Conference – There was discussion on whether there will be a conference held this next year. If not, it was suggested that a mini-conference be held (1-day event). Phyllis is going to get more information about the original conference. If there isn't going to be a conference held, the group will seek approval from CJ to plan and host a mini-conference. More to come!!

6. IMPORTANT DATES:

- The committee determined "important dates" no longer need to be added into the meeting minutes, putting them in the meeting agenda would be sufficient.

ADJOURNMENT: The meeting was adjourned at 10:26 a.m.