

**Minutes of the Region V Systems
Consumer/Family Advisory Committee (CFAC)
Meeting February 13, 2018**

Present: Dusty Lord, Sadie Thompson, Danielle Smith, Rebecca de la Motte, Amie Jackson, Richard Pethoud, Dorothy Miles

Absent: Retha Knapp, Shawna Mason, (excused) Cathleen Collett, Marlene Sorenson, (Unexcused)

Non-Members Present: Donna Dekker, Phyllis McCaul

CALL TO ORDER: The meeting was called to order at 9:06 a.m. by the Chair, Dusty Lord. Amie Jackson read over committee rules. Introductions were done by everyone sharing something they like to do that's fun.

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

1. CONSENT AGENDA ITEMS:

A. Agenda, February 13, 2018

- Agenda was approved with changes to "Other Reports"

B. Minutes, January 9, 2018

- After reviewing, Sadie Thompson made a motion to approve, Danielle Smith seconded, and members unanimously approved the minutes.

Special Speaker – Sharon Dalrymple, "System of Care"

System of Care is a framework for designing mental health services and supports for children and youth who have a serious emotional disturbance, and their families, through collaboration across and involving public and private agencies, families and youth. It is a new way of doing business that brings together committed partnerships under one umbrella.

A System of Care connects and coordinates the work of State child-serving agencies, nonprofit and local governments, behavioral health care providers, families and patient advocates. It helps children, youth, and families function better at home, in school, in the community, and throughout life.

2. FINANCIAL SUMMARY REPORT (Dusty)

- Funds unallocated: \$42,054.88

3. EXECUTIVE BOARD REPORT - No report

4. STANDING COMMITTEE REPORTS

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

- B. Funding Committee (Dusty) –**Two applications were reviewed by funding committee and forwarded to the committee to be voted on. Next funding committee meeting will be held February 22, 2:30 – 4:30pm. (6 applications will be reviewed)

- WRAP® for Life (\$1,402.33) –These workshops uses the “WRAP® for Life” by Mary Ellen Copeland. The participants will be given tools to feel better, get well, and stay well for **LIFE**. Open to anyone living in the Region V area.
- Peer Run Peer Supported SRO Transitional Living Program (\$3,049.55) –To assist with project; 21 bedrooms, 14 bathrooms building needs. This building will provide a safe and affordable place to learn, grow and move forward. Will be serving adults 19 years and older residing in Region 5 living with behavioral challenges and cycling through emergency systems such as contacts with law enforcement, emergency rooms, crisis centers and county & state correctional facilities.

C. Membership & Communications Committee (Rebecca) – No Report, will be following up with non-present members.

D. 2018 Moving Towards Recovery – Danielle shared a “sample” flyer for the conference being held June 21, 2018. More information to come, as more details are worked out. *Next conference committee meeting will be held February 22, 1- 2:30pm at Region V Systems.*

5. OTHER REPORTS:

- MHA Re-Entry Report (Amie Jackson, Project Manager) - Amie on behalf of MHA Re-Entry program wanted to thank the committee for the funds that were received to purchase bus passes. The bus passed provided transportation to 73 H.O.P.E program participants, 45 R.E.A.L program participants, 46 residing at community corrections center, 5 residing @ Honu Home, 3 Keya House guests, 8 identified as homeless, 26 living independently and 4 LPD referrals.

6. OTHER BUSINESS:

- The Eight Dimensions of Wellness – Sadie Thompson (Occupational)
 - Sometimes looking at your work through the lens of your strengths and values can change the way you experience your work.
 - Identifying how the work you do works with your strengths and values can add more intrinsic value to your job.
 - Are you able to communicate your needs and concerns at work?
 - Do you feel supported in your work place?
 - Find a healthy balance between work and life outside of work.
 - Practice intentional relaxation.
- March 13, 2018 – Danielle Smith (Emotional)
- April 10, 2018 – Shawna Mason (Financial)

7. OPEN FLOOR:

Dusty is open to suggestions, if you know of anyone who would like to do a presentation like Sharon did today please let her know.

ADJOURNMENT: The meeting was adjourned at 11:44 a.m.