

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

Present: Dusty Lord, Sadie Thompson, Danielle Smith, Rebecca de la Motte, Amie Jackson, Richard Pethoud, Shawna Mason, Retha Knapp

Absent: Cathleen Collett, Marlene Sorenson, Julie Loftin, Dorothy Miles (Unexcused)

Non-Members Present: Donna Dekker, Phyllis McCaul, Debbie Buckley, Jae Job, Dorri, Smith

CALL TO ORDER: The meeting was called to order at 9:06 a.m. by the Chair, Dusty Lord. Rebecca de la Motte read over committee rules. Introductions were made.

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

1. CONSENT AGENDA ITEMS:

A. Agenda, March 13, 2018

- Agenda was approved with changes to:
 - “The Eight Dimensions of Wellness” (9. Other Business) Danielle will be presenting on Emotional Wellness in place of Sadie.
 - WRAP for the Holidays (8. Other Reports) Retha give at a later date since there are three membership applications and twelve funding applications to go through.

B. Minutes, February 13, 2018

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

2. FINANCIAL SUMMARY REPORT (Retha)

- Funds unallocated: \$37,534.09

3. EXECUTIVE BOARD REPORT - No report

4. STANDING COMMITTEE REPORTS

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

B. Funding Committee (Danielle) Twelve applications were reviewed by funding committee and forwarded to the committee to be voted on.

- **MHA Re-entry Programs** (\$1,000) – Amie Jackson – Star Tran transportation passes for MHA participants to get work or make it to set appointments. Unanimously Approved
- **WRAP® Facilitator Training** (\$795) – Dorri Smith – Attend a 5-day WRAP Seminar to become a facilitator. Unanimously Approved
- **Wellness Engagement Training** (\$855) – Dusty/Phyllis – Training educational peer convergence that will be a powerful tool for them as peer specialist and compliment the WRAP programs they facilitate. Unanimously Approved
- **WRAP® Convergence** (\$1,050) – Sadie Thompson – ALF Training and Wellness Engagement Training. Unanimously Approved

- **Take Flight Peer Equine Group** (\$1,003.90) – Sadie Thompson – Peer support group, along with EAGALA (Equine Assisted Growth and Learning Association) staff who work using horses to learn about relationship building, body language, group dynamics, self-advocacy, and skills in stable maintenance and horse hygiene. The group will meet once a month for a period of six months. Unanimously Approved
 - **WRAP® Facilitator Training** – Shane Streebin – Committee will revisit this once more information is obtained. Not approved at this time.
 - **Treatment Coins** (\$1,000) – Jessie Thompson – Purchase treatment coins to provide to clients, something tangible to put in their pocket after completing treatment so they can maintain their recovery after treatment. Unanimously Approved
 - **WRAP® Facilitator Certification Refresher** (\$605) – Retha Knapp – Attend WRAP facilitator certification refresher course. Unanimously Approved
 - **WRAP® Facilitator Training** (\$774.50) – Jae Job – Attend a 5-day WRAP Seminar to become a facilitator. Unanimously Approved
 - **WRAP® Facilitator Training** (\$774.50) – Debbie Buckley – Attend a 5-day WRAP Seminar to become a facilitator. Unanimously Approved
 - **WRAP® Facilitator Training** (\$795) – Mary Rittenburg – Attend a 5-day WRAP Seminar to become a facilitator. Unanimously Approved
 - **Advanced Level WRAP® Facilitator Certification Training** (\$950) – Danielle Smith – Attend Advanced level facilitator training. Unanimously Approved
- C. Membership & Communications Committee (Rebecca)** – Three new applications were reviewed and unanimously approved. They will be forwarded to CJ Johnson for final approval.
- Jae Job
 - Debbie Buckley
 - Dorri Smith
- D. Bylaws, Policies, and Procedures Committee (Richard)** – No Report
- E. 2018 Moving Towards Recovery** – Dusty handed out a folder that contained all the conference information; flyer, workshop and scholarship application forms, and contact numbers. She also mentioned that everything is on the website page under: <http://region5systems.net/how-we-help/consumer-family-advisory-committee/workshops-and-classes/>

5. Other Reports: No reports

6. Other Business: The Eight Dimensions of Wellness – Danielle Smith (Emotional)

Emotional Wellness inspires self-care, relaxation, stress reduction and the development of inner strength. It is important to be attentive to both positive and negative feelings and be able to understand how to handle these emotions. *Emotional wellness* also includes the ability to learn grow from experiences.

- **Feelings and Emotions** – Take time to reflect on your emotions and learn from them. Use them as a step to wellness, let them teach you. Journaling is a good way to look back on your feelings and emotions to see how you processed them.
- **Self-Care** – Discover what you like to do best and do it more often, learn about yourself and find out what you need to do to stay emotionally well. This will give you

a more positive outlook, emotional boost, and can be the most rewarding journey you can do for yourself.

- **Stress** – Take a step back when you are in a stressful situation to maintain your own emotional wellness. Learn about yourself and find out what is causing you so much stress. Practice positive affirmations. Develop a positive statement about yourself and repeat it to yourself daily. Practice finding the positive in something you feel negative about. Support others around you to do the same.

Brief group discussion was held where members shared some of the things that work well for them. The following technique was discussed: <http://www.therapistsb.com/blog/post/5-4-3-2-1-coping-technique>

- April 10, 2018 – Jae Job (Physical Wellness)
- May 8, 2018 – Debbie Buckley (Social Wellness)

7. OPEN FLOOR: Nothing discussed

ADJOURNMENT: The meeting was adjourned at 11:53 a.m.