

**Minutes of the Region V Systems
Consumer/Family Advisory Committee (CFAC)
Meeting April 10, 2018**

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

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

Non-Members Present: Donna Dekker, Phyllis McCaul

CALL TO ORDER: The meeting was called to order at 9:01 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, April 10, 2018

- Agenda was approved as written.

B. Minutes, March 13, 2018

- After reviewing, Sadie Thompson made a motion to approve, Amie Jackson seconded, and members unanimously approved the minutes with a name spelling correction to Jae.

2. FINANCIAL SUMMARY REPORT (Retha)

- Funds unallocated: \$27,850.29

3. EXECUTIVE BOARD REPORT - No report

4. STANDING COMMITTEE REPORTS

A. Bylaws, Policies, and Procedures Committee – Richard will be reviewing the current bylaws, policies, and procedures to see if any changes or updates are needed. Suggested changes will be brought to CFAC for further review. He is asking for volunteers to help serve on the committee. Shawna and Rebecca have volunteered their help.

B. Funding Committee (Dusty) Dusty mentioned, the 2018/2019 CFAC Funding Cycles Calendar is located within the handout packet. She also made note of the changes to the CFAC Funding Committee Checklist form. Applications are due April 15 and reviewed at the next Funding Committee meeting on April 26. Two have already been received for review.

Report Out:

- **Depression Workshop at the VA (Dusty Lord)** Dusty reviewed the final report handout.
- **2017 International Association of Peer Supporters conference (Dusty Lord)** Dusty went over the final report handout and shared their experience with “Sharing the Light” ceremony that was held at the closing of the conference.

- **WRAP for the Holidays (Retha Knapp)** Retha reported the group had 11 individuals attend and had favorable surveys at the end of each session and overall. The group asked to continue to meet on a weekly basis afterwards, so the group has been change to a WRAP Support Group and welcome anyone to join. They will be pulling from the WRAP plan when discussing issues.
 - C. Membership & Communications Committee (Rebecca)** – Membership terms for several members expire in June so the group discussed; allowing extensions or have members fill out a new application. Verbal commitment was given by present members wishing to serve another 3-yr term and will be confirmed by submitting their application to Phyllis by the next meeting, May 8th. Applications will be given to CJ to sign and membership certificates will then be given to members.
Dusty request the year a membership expires be added to the sign-in sheet; Donna will add them to future meetings sign-in sheets.
Rebecca mentioned she is working on a list of consumers/businesses to provide pamphlets to distribute.
 - D. Bylaws, Policies, and Procedures Committee (Richard)** – Dusty has ask that Richard review the bylaws, policies, and procedures to see if/what changes need further review. He is asking for volunteers to serve on this committee. Shawna and Rebecca have both volunteered. Richard will work with them to set a meeting date.
 - E. 2018 Moving Towards Recovery** – The conference application has been approved and signed by CJ. Those who wish to attend still need to submit an application to Phyllis McCaul for registration purposes.
Sadie gave a brief overview of the keynote speakers that will be presenting at the conference.
- 5. Other Reports:** No reports
- 6. The Eight Dimensions of Wellness - *The Eight Dimensions of Wellness*** – Jae Job (Physical)
Physical wellness relates to maintaining a healthy body and seeking care when needed. Physical health is attained through exercise, eating well, getting enough sleep, taking steps to prevent illness, recognizing signs and symptoms of illness and seeking out appropriate assistance in reaching optimal health. When we neglect caring for ourselves physically, other dimensions of wellness are affected. Examples of this were given in a PowerPoint handout and open discussions were held.
- May 8, 2018 – Debbie Buckley (Social Wellness)
 - June 12, 2018 – Shawna Mason (Financial)
- 7. Other Business:** Elections will be coming up with the following positions open: Chair, Vice-Chair, Secretary, and Financial Coordinator. Dusty read over the duties of each position. Nominations will be due next month. Dusty will not be re-seeking the Chair position.
- 8. OPEN FLOOR:**

ADJOURNMENT: The meeting was adjourned at 10:59 a.m.