

**Minutes of the Region V Systems
Consumer/Family Advisory Committee (CFAC)
Meeting November 12, 2019**

Present: Danielle Smith, Deanna Jaynes, Dusty Lord, Dorothy Miles, Alex Goodier, Debbie Larson, Sadie Thompson, Debbie Buckley, Chad Magdanz, Meg Damme, Phoebe Hampton

Absent: Retha Knapp, Jae Job, Lee Clausen (Excused) Rebecca de la Motte (Unexcused)

Non-Members Present: Donna Dekker, Phyllis McCaul

CALL TO ORDER: The meeting was called to order at 9:02 a.m. by Chair, Danielle Smith. Debbie Larson read over committee rules. Dorothy started the round table introductions by answering the question, "What is your favorite animal in the Animal Kingdom?"

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

1. CONSENT AGENDA ITEMS:

A. Agenda November 12, 2019

- Agenda was approved as written

B. Minutes October 8, 2019

- After reviewing, minutes were approved as written.

2. FINANCIAL SUMMARY REPORT – (Alex) Alex read over the financial report. *Unallocated Funds of \$18,817.66*

3. EXECUTIVE BOARD REPORT – (Danielle) – Meeting was held November 5th. Review of current members and the roster was updated. This information was forwarded to the Region V Staff Assistant to update sign-in sheet, roll call sheet etc.

4. STANDING COMMITTEE REPORTS –

- **Funding Committee – (Dusty)** Discussion was held about Work Plan funds; the transfer of a portion of (WRAP funds to Peer Support) funds that were approved at last month's meeting. The question brought up today was, "Does the committee want to commit 31% of CFAC's total funds to Peer Support." The committee agreed that the transfer of funds would stand as determined last month.

Dusty provide a rough draft handout of a funding application that is specific to Peer Support. After discussion and with corrections to the application form, a ballot vote was taken and *unanimously approved*.

Dusty presented to the committee, the two funding applications that were received:

- WRAP Workbooks for CenterPointe - Cole Dickes (\$430) With a majority vote of the funding committee, the application is being forwarded to CFAC. *Unanimously Approved by ballot vote.*

- Peer Support Training – Danielle Smith / Sadie Thompson (Original request for \$1,068, changed to \$267) Without a majority vote of the funding committee, the application is being forwarded to CFAC. *Majority Approval of \$267 by ballot vote.*
- **Membership & Communications Committee – (Rebecca absent) – No Report**
 - **Membership Binders** – Dusty distributed the binders to committee members and discussed the layout and the documents that are included at this time. Members are asked to bring their binders to each meeting so documents can be added as they are updated.
- **Bylaws, Policies, and Procedures Committee – (Danielle)** Danielle put out a request for a volunteer or recommendations for a chair person to replace Richard. Dorothy has volunteered to be the next Chair of this committee. They will be meeting the 1st Tuesday of the month from 1pm to 2:30pm.
- **Region 5 Behavioral Health Conference Planning – (Debbie)** In Sept. sub-committees were picked. Questions about who is on what sub-committee can be directed to Debbie Buckley. Other items discussed were:
 - Have an additional sensory room
 - Offer 4 breakout sessions instead of 3 this year
 - Have a volunteer in each room to handle evaluations and keep side talk down
 - Talked about having a local high school or team of volunteers to help set up and tear down.
 - Have main speakers turn in a brief summary of their presentation beforehand.
 - Staggering meal times to help with congestion

Next meeting will be on December 17, 2019, 2:30pm - 4pm. They will be discussing a date and theme for the 2020 Conference. Meetings will be held every month starting in Feb. of 2020 through May 2020, then every two weeks until June. In June, meetings will be held weekly to finalize conference details. Everyone is welcome to attend, and all input and ideas are welcomed. Debbie thanks everyone for all their hard work.

5. Other Reports – None

6. Educational – (Chad Magdanz) Physical Fitness

Chad opened by asking the group what they do to maintain their wellbeing? He then spoke of three essential components a person should include into their physical fitness.

- **Strength** – weight training, squats
- **Cardiovascular** – brisk walk, swimming
- **Flexibility** – yoga, regular stretching

7. Open floor – None

ADJOURNMENT: The meeting adjourned at 11:10 a.m.