

**Minutes of the Region V Systems
Consumer/Family Advisory Committee (CFAC)
Meeting December 10, 2019**

Present: Danielle Smith, Dorothy Miles, Alex Goodier, Debbie Larson, Sadie Thompson, Debbie Buckley, Phoebe Hampton, Lee Clausen, Jae Job

Absent: Retha Knapp, Rebecca de la Motte, Deanna Jaynes, Dusty Lord, Chad Magdanz, Meg Damme (Excused)

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. Alex Goodier read over committee rules.

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

1. CONSENT AGENDA ITEMS:

A. Agenda December 10, 2019

- Agenda was approved as written

B. Minutes November 12, 2019

- After reviewing, minutes were approved as written.

2. FINANCIAL SUMMARY REPORT – (Alex) Alex read over the financial report. *Unallocated Funds of \$18,788.01*

3. EXECUTIVE BOARD REPORT – (Danielle) – The executive committee met on December 3rd. They worked on December’s meeting agenda and put together a new grievance form. Danielle included a copy of the form for everyone to look at. She mentioned that this form, as well as a fillable form, would be available on the website.

4. STANDING COMMITTEE REPORTS –

- **Funding Committee – (Dusty absent)** Danielle spoke on behalf of Dusty. She noted that the committee approved and forwarded, the revised Workplan and the Peer Support Certification Application, to Region V for final approval. Both were approved by C.J.
- **Membership & Communications Committee – (Rebecca absent)** – No Report
- **Bylaws, Policies, and Procedures Committee – (Dorothy)** – This group is working on updating the committee members form. Dorothy mentioned that she thought, if the committee meets every 3 months it would suffice. They will hold their next meeting on February 4th from 1 p.m. to 2 p.m.
- **Region 5 Behavioral Health Conference Planning – (Debbie)** Next meeting is December 17th at 2:30 p.m. Debbie will send out an e-mail reminder. Discussion of a date and a theme for next years BH Conference will be held at this meeting.

5. Other Reports – None

6. Educational – (Jae Job) Jae gave a presentation on EFT (Emotional Freedom Technique) tapping.

Upcoming Educational:

- **January – Sadie (Guided Meditation)**
- **February – Phoebe**
- **March – Alex (Strategic Goal Setting)**
- **April – Debbie B.**

7. Open floor – None

ADJOURNMENT: The meeting adjourned at 9:56 a.m.