

**Minutes of the Region V Systems
Consumer/Family Advisory Committee (CFAC)
Meeting March 10, 2020**

Present: Danielle Smith, Dorothy Miles, Alex Goodier, Sadie Thompson, Debbie Buckley, Jae Job, Retha Knapp, Rebecca de la Motte, Dusty Lord, Meg Damme, Chad Magdanz, Debbie Larson, Phoebe Hampton

Absent: Deanna Jaynes (Unexcused), Lee Clausen (Excused)

Non-Members Present: Donna Dekker, Phyllis McCaul, Jenn Nelson

CALL TO ORDER: The meeting was called to order at 9:01 a.m. by Chair, Danielle Smith. Phoebe Hampton read over the meeting rules.

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

1. CONSENT AGENDA ITEMS:

A. Agenda March 10, 2020

- Agenda was approved with addition:
 - Marketing Material under *Region 5 Behavioral Health Conference Planning*

B. Minutes February 11, 2020

- After reviewing, minutes were approved as written.

2. FINANCIAL SUMMARY REPORT – (Alex) Alex read over the financial report. *Unallocated Funds of \$12,979.91*

3. EXECUTIVE BOARD REPORT – (Danielle) No meeting was held this month. Danielle mentioned perhaps utilizing a Conference Call meeting. This would be done, as needed, to accommodate everyone's schedules better, instead physically coming to a meeting. If this were done, she would let everyone know 1 week prior to and she would e-mail agenda items to the members of the Exec. Board.

4. STANDING COMMITTEE REPORTS –

- **Funding Committee – (Dusty)** A meeting was held on Febr. 27th where one funding application was reviewed. A majority voice vote was taken and was forwarded to CFAC Meeting for a final vote. Unanimously approved. It will be forwarded to C.J. Johnson for final approval.

Funding Final Reports:

- Pathways to Recovery – Deb Trainor, Tami Walden
- Peer Support Training – Danielle Smith
- INAPS Peer Support Conference – Danielle Smith
- Peer to Peer Marketing – Danielle Smith, Sadie Thompson

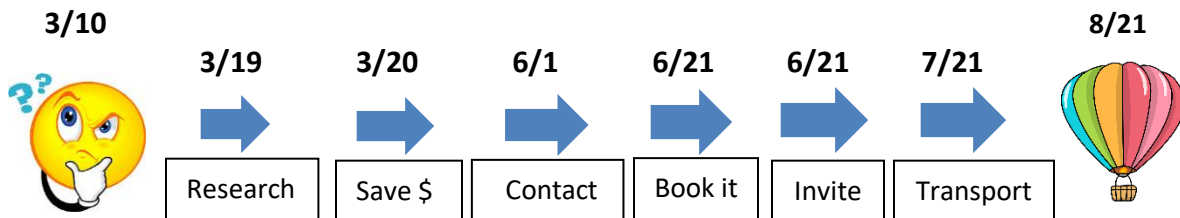
Dusty mentioned, she and Retha Knapp just started a 12-week program (Take Action: A Mental Health Recovery Self-Help Educational Program), held at Matt Talbot on Wednesdays, 1 – 2pm.

- **Membership & Communications Committee – (Rebecca)** No Report
(Dusty) “Just a reminder that CFAC members are encouraged to join one of the sub-committees.”
- **Bylaws, Policies, and Procedures Committee – (Dorothy)** No Report
- **Region 5 Behavioral Health Conference Planning – (Debbie)** Pre-conference planning is coming together. Debbie read over last meetings minutes. A date and time were decided on, *July 11, 2020 from 8-4pm at City Impact*. Other details include:
 - Name – “Come Together”
 - Theme – “Anything is possible when we work together”
 - Members specific task assignments
 - Alex went around the room to have members view a flyer she designed for the conference.

Application deadline, date when notifications will be sent, and who will be receiving these applications will be discussed at today’s meeting held directly after CFAC monthly meeting.

5. Other Reports – None

- 6. Educational – Alex (Strategic Goal Setting)** Alex did a wonderful job demonstrating how to visualize your strategic goals on paper. Plan your goal by taking smaller steps. She used a hot air balloon trip planning as an example:



When you break it down into smaller pieces it’s not as overwhelming.

What are the things that you haven’t done because you were too afraid of the process of getting there?

7. Upcoming Educational:

- April – Debbie B.
- May – Meg
- June – Dusty
- July – Retha

8. Open floor – None

ADJOURNMENT: The meeting adjourned at 10:09 a.m.