

**Minutes of the Region V Systems
Consumer/Family Advisory Committee (CFAC)
Meeting February 9, 2021**

Present: Debbie Buckley, Dusty Lord, Rebecca de la Motte, Lisa DeCoteau, So Lieb, Ashley Morin, Meg Damme, Jeanette Wachtel, Kevin Karmazin, Danielle Smith, Sadie Thompson, Chris Allende, Dorothy Miles

Absent: Lee Clausen, Jenn Nelson, Chad Magdanz

Non-Members Present: Donna Dekker

CALL TO ORDER: The meeting started at 9:05 via Zoom. Introductions were made with each person sharing a project they are doing and what are they are doing to take care of yourself?

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

1. CONSENT AGENDA ITEMS:

A. Agenda February 9, 2021

- Agenda approved with changes
 - Vote to move membership applications to next month.
 - Add to bylaws, to amend last month's vote to review bylaws in May, present to CFAC in June, go into effect in July.

B. Minutes January 12, 2021

- Minutes approved with corrections.

2. FINANCIAL SUMMARY REPORT – Dusty read over the summary report. *Remaining unallocated \$22,699.92*

3. EXECUTIVE BOARD REPORT – Danielle reported that meeting times were discussed. They are finalizing a new grievance form and explained how the process works. Members voted and *approved* the form with revisions discussed.

***Danielle will periodically give a brief overview or background information, so new members and visitors have a better understanding of what is being discussed.**

4. STANDING COMMITTEE REPORTS –

- **Funding Committee – (Dusty)** Three applications were received and since there were only 3 committee members were in attendance, all applications will need to be reviewed and voted on during today's meeting.
 - WRAP and Other Materials for inventory – Dusty (*Approved*)
 - SMART Recovery – Lisa DeCoteau (*Approved*)
 - Nebraska Certification – Ashley Morin (*Approved contingent upon receipt of email informing ready for testing, in process*)

Other items voted on and *approved* were the Facilitator Training Final Report and Facilitator Evaluation Form.

- **Membership & Communications Committee – (Chris)** Chris reported that he and So have had some discussion and have a solid plan to present to their subcommittee.

Chris is going to send out a doodle to get a meeting set up. Some things that have already been discussed include:

- Diversifying – Members – Look for more peers or more from outside of work employees of behavioral health.
 - Reach further out within Region V area.
 - Have conversations, invite friends (open meeting)
 - Discussed how many CFAC members there can be. (15-20) Can revisit if the numbers need to be changed.
- **Bylaws, Policies, and Procedures Committee – (Dorothy)** Sadie will set up a meeting to review the bylaws. Bylaws updated in May, the edited version will then be presented and voted on in June, to go into effect in July.
 - **Region 5 Behavioral Health Conference Planning – (Debbie)** Next meeting will be held February 16th at 10 a.m. Debbie will send out a link along with an agenda. For those who cannot attend she will send out a detailed summary of what was discussed at the meeting.

***Danielle gave an overview of what the Behavioral Health Conference is.**

A discussion was held that if allocated extra funds, would it be possible to have bigger speakers come in? Charge a small cover fee for people outside of the Region?

5. Other Reports – Dusty read the final reports that were received.

- CenterPointe WRAP Yr. 18-19
- WRAP & Other (Exercise and Physical Activity) – Recovery Group @ Matt Talbot (Retha Knapp and Dusty Lord)

Dusty also mentioned there is an upcoming Depression Workshop, Wednesday 1 p.m. – 2 p.m. E-mail her for an invitation, everyone is invited.

6. Educational –

7. Upcoming Educational:

- March – Dusty – What Are Your Strengths (PDF will be emailed)
- April – Rebecca – Spirituality
- May – So (tba)

8. Open floor –

ADJOURNMENT: The meeting adjourned at 11:52 a.m.