

**Minutes of the Region V Systems  
Consumer/Family Advisory Committee (CFAC)  
Meeting August 10, 2021**

**Present:** Lisa DeCoteau, So Lieb, Ashley Morin, Meg Damme, Danielle Smith, Sadie Thompson, Heather Anders, Jami Marcano, Peggy Galloway, Jenn Nelson, Debbie Buckley, Jeanette Wachtel, Suzi Schofield

**Absent:** Chris Allende, Dorothy Miles

**Non-Members Present:** Donna Dekker, Kjerstin Egger, Nathaniel Rea

**CALL TO ORDER:** The meeting started at 9:05 via Zoom.

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

**1. CONSENT AGENDA ITEMS:**

**A. Agenda August 10, 2021**

- Agenda approved as written

**B. Minutes July 13, 2021**

- Minutes approved as written

- 2. FINANCIAL SUMMARY REPORT – Sadie** – No report, Region V is still finalizing year-end reports. The Committee has been approved for \$25,000 for this next fiscal year. \$2700 will come out of this for the second portion of Whisper Acres Equine application that was voted on and approved.

- 3. EXECUTIVE BOARD REPORT – Danielle – (Meet the 1<sup>st</sup> Tues. of month 9 - 10am, via Zoom)**  
Met on August 3<sup>rd</sup>, developed the August 10th CFAC meeting agenda. Danielle addressed the following:

*Nominations for Secretary*

- Heather was nominated at last months' meeting. After consideration she has declined.
- Suzi asked what the role of Secretary entails. Sadie explained the role of Secretary.
- Ashley was considering if no one else was interested. No interest was expressed and with a vote by members, Ashley will take over the role of Secretary.

*Snacks for meetings*

- Danielle asked for feedback as to whether the group wanted to bring back snacks (fruit or veggie tray) for the meetings. Members gave feedback, a vote was taken and approved to bring back snacks. Danielle will put in a funding application for the snacks in the amount of \$600. In March, they will reassess to see where they stand with funds and decide if the whole \$600 amount is going to be needed for snacks, if not release some back to the general fund.

**4. STANDING COMMITTEE REPORTS –**

- **Funding Committee – Sadie (Meet the last Thursday of month 2:30 – 4:30pm, via Zoom)** – There were no new applications to review. Sadie discussed, to the newer

members, what can be covered under the funding application. She mentioned she is willing to help if anyone needs help with the process of filling out and applying.

Members asked about a couple of possible events and if it's something that would fit the criteria for funding.

This year's workplan includes \$7,500 to focus on rural areas within Region V.

- **Membership & Communications Committee – (So) (Meet the last Tues. of month 9:30 – 10:30am, via Zoom)** Membership team met on July 27<sup>th</sup>.

***Meeting recap:***

- Attendance – discussed how many times they meet (continue once a month).
- By-Laws
- Expanding CFAC into rural areas
- Being the face of CFAC
- Newsletter - Worked on the newsletter rough draft. Find photos, perhaps conference photos, for the newsletter.

Future goals and projects to work on besides the Newsletter.

Discussed how they can move into rural counties and what that entails.

Post snippets of the newsletter on social media to gauge interest and/or make people aware of what they do.

Spotlight member of this month is Debbie Buckley. A photo of her will be put in the newsletter.

\*Danielle recognized the membership committee for doing such a great job.

- **Bylaws, Policies, and Procedures Committee – (Sadie)** Met via Zoom and did an initial review of policies and procedures. Sadie will send out, to members, an invite to their next Zoom meeting. They will be reviewing the policies and procedures and would like member participation.
- **Region 5 Behavioral Health Conference Planning – (Debbie)** Debbie commented on this year's conference. Had 86 participants and great feedback. She will be sending out a google poll to see if/when anyone is interested in meeting to put together bags (last year's theme Communities Coming Together) so they can be distributed to consumers.

Peggy will take some bags to hand out if she can get some. She was thinking of Peer Support Groups and the local theater as a way to distribute them.

**Mini-Conferences**

Peggy wants to get involved with the Conference Committee and would like to see some type of a mini conferences implemented for the rural communities (traveling mini conference). She has a lot of network connections which can help make the CFAC mission successful. Perhaps collaborating with Blue Valley etc. to help support a couple of mini conferences; 3 or 4 rural counties together at each conference.

Peggy also mentioned, she attends monthly diversion meetings. She can mention to the other counties in attendance and have them speak to their local outreach contacts about CFAC, the conferences, what we do and how they can help bring resources that are available to the rural communities.

**5. Other Reports – Final Report**

**6. Educational – September (Lisa), October (Sadie), November (Outside Resource)**

**7. Open floor – Sadie would like to put out a competition for Recovery month. It would be based on creative art (written word, spoken word, visual art, etc.) that represents or is recovery focused. Entries can be anonymous. Due date would be September 21<sup>st</sup>. A general post about the competition could be added to social media outlets and Jenn has offered to share the information with “Artist on the Edge”.**

**ADJOURNMENT:** The meeting adjourned at 10:13 a.m.