

Public and Mental Health Commission Minutes

Date: 1/7/2020

Location: Zoom

Call to Order: 7:00 PM

A. Meeting Business

1. Roll Call

Name	Note: absent (excused/not excused) arrived late (time) departed early (time) proxy (full name)	Name	Note: absent (excused/not excused) arrived late (time) departed early (time) proxy (full name)
Jagruti Kolla	Present	Adalis Rojas	Present
Michelle Salve	Present	Anusikha Halder	Excused
Britney Walton	Present	Katherine Sotelo	Present
Jenna Warner	Absent	Annie Cheng	Present
Gracelyn Barmore-Pooley	Present	Karly Laffer	Excused
Ruiqi Yang	Present	Surya Sanatham	Present
Aimee Wang	Absent	Deepthi Parthasarathy	Present

2. Acceptance of Excused Absences

Motion/Second: Jagruti/Kathy

Action: Consent; Motion is Passed.

3. Acceptance of Proxies

Motion/Second:

Action:

B. Public Forum

C. Reports

1. Co-Chair Reports

- Adalis
 - Trainings for well-being peer program-Lean on Me & Peer-Support trainings are accessible
 - Put up an application for program-app is open until Jan. 20th

- Britney
 - Mental Health and Wellbeing Town Hall-meeting discussing questions that are on panel
 - 5-7 psychiatrists and psychologists on campus/outside of campus; Edwin from Hosford Center, Rachel from YouthWell, Julia from CARE (mental health support for sexual health survivors, Dr. Emily-LGBTQ mental health care; mental health advocate from DSP; Dean of Wellbeing-Angela
 - Mental Health and Wellbeing Town Hall is next Thursday!
 - Goals for PMHC-how can we target specific communities?
 - Working with basic needs resource committee on providing updates to the UC

2. Advisor Reports

- Timothy
 - Budget Packet was sent out by AS Admin-deadline to set up proposal is Feb 26th to create the budget for the next year
 - Update AS website for our winter status

3. Executive Officer Reports

- Jagruti
 - Budget proposal for Birth Control
- Michelle
 - Self-care packages have been delivered
- Gracelyn
 - Updated website-check out the executive board page!
- Ruiqi
 - Workshop on differences between psychologists/psychiatrists and on mental health services on campus
- Kathy
 - Working with Student Health on Reproductive Health webinar this quarter-Week 4?
- Annie
 - Reached out to OISS & Global Gaucho Commission to plan presentation to be presented/reported week 2
- Surya
 - Mental Health Conference week instead of day
- Deepthi
 - Working on a post to let people know that conference is still happening in May

D. Acceptance of the Agenda/Changes to the Agenda

Motion/Second: Jagruti/Annie

Action: Consent; Motion is Passed.

E. Acceptance of 12/3/20 Minutes

Motion/Second: Michelle/ Jagruti

Action: Consent; Motion is Passed.

F. New Business

Approval/Consideration of Resignation of Brandon Villarreal

Motion/Second: Annie/Surya

Action: Consent; Motion is Passed.

G. Old Business

Approval/Consideration of

Motion/Second:

Action:

H. Discussion Items

- Personal/Group Goals for the Quarter
 - Having original events-increasing number of events (doing events in pairs)
 - More posting on the Instagram
 - Finding things outside of zoom-movie nights?
 - Vaccine Infographics
 - Accountability-fulfilling our ideas and going through with our plan-creating a folder in our Google Drive about projects (google doc about if they are interested in participating)
 - Spreadsheet-looking back at the end of the quarter and send out a newsletter to let people know what we've been doing- helps with recruiting new members in the spring
- New Position for Well-Being Program Coordinator
 - Need to present to F&B how much we want allocated for next year's budget-they can put out the application, recruit members, etc. needs to be written into legal code and next year's team could write it into budget
 - Program itself will cost more than honoraria-add in more for the program
- Mental Health Town Hall Panel Questions
 - When you come to the town hall come prepared to ask questions as an association representing the student body
 - First hour starts with introduction (webinar format); have 3-4 questions for 5-7 panelists (targeted around access and what you see that students are struggling with); Later merge in questions to target specific representatives; Last half will be an open Q&A-can be typed as anon or with your first and last name

I. Remarks

- What are your new year's resolutions?
 - Britney-figure out action plan for grad school; express gratitude more for family/friends
 - Adalis-relax more and do self-care
 - Tim-making self-care a normalized part of your routine

- Jagruti-make more friends; meditate
- Michelle-fulfilled her resolution last year!!!; stop overthinking
- Kathy-learn how to play an instrument-guitar
- Annie-speaking her mind
- Ruiqi-self-care, studying for GRE & getting rest
- Gracelyn-"Don't dream it, be it"
- Surya-be grateful everyday
- Deepthi-be better at balancing priorities

J. Adjournment at 7:43 pm

Motion/Second: Jagruti/Surya

Action: Consent; Motion is Passed.