



## PUBLIC AND MENTAL HEALTH COMMISSION AGENDA

Associated Students

10/8/20, 7:00pm

Zoom

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**CALL TO ORDER by Adalis on this date 10/8/2020 at 7:01 pm**

### **A. MEETING BUSINESS**

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#### **A-1. Roll Call (Pre-entered Names)**

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

#### **A-2. Acceptance of Excused Absences**

*MOTION/SECOND:* Michelle /Britney

*Motion language*

*ACTION: Vote: 10-0 to APPROVE*

### **B. PUBLIC FORUM**

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- Announcements/Information/Introductions
- Testimony for items on today's agenda (out of order)
- Appreciations/Concerns
- Request to have item added to today's agenda

### **C. REPORTS**

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#### **C-1. Co-Chair Report(s)**

- Adalis



- Honoraria- 20% = attending meetings; 20%= office hours; 60%=duties
- Let Britney and Adalis know the day of at 11 AM at the latest if you are missing meeting
- Office hours should be established by week 2= make sure your email is open
- Gracelyn = new marketing director; send her the office hours by next week
- PMHC business should be done through official emails and slack
- Starting mental health task force; peer mentorship program between students
- 6 free months of Aura app
- All events will be head via Zoom
- Quarterly check ins
- Make sure Slack notifications are on

- Britney

- Still filling in position for Mental Health Conference Coordinator
- Peer Facilitator Program
- Reach out to let know if you have any questions

## **C-2. Advisor's Report**

- Timothy

- Financial statements from Cindy; year end report from last year and a current statement for where we are with the animation project and hand sanitizer project
- Financial Statement is in the shared folder- not very specific
- We need to find out what the financial situation is - 6500 for the hand sanitizer (library has recieved a grant and does not need oney from PMHC and will be returning the money-went back into the AS fund)
- Money was transferred from last years budget to cover payments for the animation project
- Resources in Slack about CLAS
- EVP Yasmin wanted to create hand washing stations in Isla Vista and campus wants to collaborate with PMHC

## **C-3. Executive Officer Report(s)**

- Jagruti:

- Thinking of doing birth control program, reaching out to delivery programs and asking if we can pair to provide free birth control; Simple Health - code to do free advisory
- Asking how we feel about billing UCSB for the free birth control
- Sexual Health Resource Center - different resources, sexual help peer program (Stanford has this)
- Message Jagruti on slack for details!

- Michelle



- in IV reach out if you need anything
  - Part of SCORE (commission on racial equity)- host a workshop where students can learn how to practice self care; if anyone is interest to host a 20 minute powerpoint presentation reach out before the end of week 2
  - Self care packages for those in IV-reach out with the AS food bank
- Gracelyn
  - leading a subcommittee for the marketing
- Surya
  - virtual mental health conference; thinking about increasing turnout-wants to market it to individuals out of UCSBf
- Rachel
  - Mental health webinar about imposter syndrome; will take place next Tuesday at 6pm
  - Mental Health Peer working from CAPS; reach out if you want to collaborate with CAPS
  - Goals for this year; talking to County Supervisor and if that is still going on?
  - Menstrual cup project for UC students-
  - Connect with other universities for the mental health project- University of CONnecticut has a video on what going into CAPS would look like
  - Let's talk about love event-talk about self care and relationship with oneself
- Annie
  - New to the club/ reach out to help with projects
- Kathy
  - Drug Awareness week and safe sex fair
  - Wants to get in contact with the UCSB COVID response team

#### **C-4. Group Project/Member Report(s)**

#### **D. DISCUSSION ITEMS**

- Brainstorm: What potential (long-term or short-term) goals would we like to see this year?
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  - Hosting zoom workshops using Zoom and promoting are ocmission through zoom
  - Create a survey and send survey through email major list/schoolwide email



- Outreach through community using different media platforms to reach out to the general UCSB populations

- Doing collaborations with other orgs/commissions
- Hosting town hall meeting with other mental health

coordinators of the office of the president

- Student health used to have a workshop with the gynecologist to give a rundown of different birth control options
- Do a week of workshops and events could integrate birth control 101; Could do it a week in winter quarter
- Retreat about our mission- and our duties so that we can understand who we do/dont want to fund
- PMHC instagram bios/ bitmojis
- COVID relief fund

#### **E. REMARKS**

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What are some ways that you've been taking care of yourselves this week?

- Adalis=journaling
- Tim= gardening
- Jagruti = cold brew
- Michelle = napping/painting
- Gracelyn = exercise/ crochet
- Surya = walks/ laying in the sun
- Rachel = walk
- Annie = running
- Kathy = shopping
- Britney = painting

#### **ADJOURNMENT**

*MOTION/SECOND: Jagruti/Rachel*

*Motion to adjourn at 7:10 pm*

*ACTION: Vote: 10-0 to APPROVE.*