

## Public and Mental Health Commission Minutes

Date: 10/22/2020

Location: Zoom

Call to Order: 7:00 PM

### A. Meeting Business

#### 1. Roll Call

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

#### 2. Acceptance of Excused Absences

Brandon Villareal is excused for the meeting.

Motion/Second: Britney/Karly

Action: Consent; Motion is passed

#### 3. Acceptance of Proxies

Motion/Second:

Action:

### B. Public Forum

### C. Reports

#### 1. Co-Chair Reports

- Adalis
  - Added on the panel for social justice workshop-discussed ways in which mental health can be added (adding healing spaces after the meeting-By Youth Well was

leading the meeting-connect high school students to college students through workshops)

- If anyone wants to be a part of this contact her

- Rachel, Michelle, and Adalis are working on self-care packages & self-care workshop during the pandemic (Week 4)
- Britney
  - Met with Chris for collaboration between CAPS and PMHC-creating a liaison of support for students that want to get mental health services but have a conflict on getting long term therapy for students w/o UC SHIP-pitching to the administration at CAPS
  - Starting a mental health town hall (beginning of next quarter)-want to emphasize that it will be student-run (prefer to see mental health peers on the panel for more honest conversations with students)
  - Basic Needs Resource Cal Fresh (next Wed. from 5-6); we need to make our own flyer and we need to do outreach (Grace-start on the flyer for enrollment party)
  - Use our Facebook page for an event- connect Gmail google calendar to our website
  - Frontage Rd. meeting is next Thursday at 3

## **2. Advisor Reports**

- Timothy

## **3. Executive Officer Reports**

- Jagruti
  - Sexual Health Peer Resource Center: meeting w/ Womxn's center, vending machines on campus for Plan B
  - birth-control projects (contract process really long up to December, collaboration with other groups, Human Rights Board, Student Health)
- Michelle
  - Establishing a self-care package system-stamps.com for shipping/handling
  - The maximum people that can receive this is 150 people
  - Condoms, eye masks, fidget spinners, first aid kit, face mask, hand-written letters, etc.; people in IV connect together to put together packages-contact Michelle if you are interested
  - Connected with Thrive and Health & Wellness-include resources in the self-care package
  - Hosting an educational workshop with SCORE-this Monday (Adalis representing PMHC)
- Brandon
- Gracelyn
  - Fill out the meet the board form
  - Updated the contact information page for everyone

- If you have any promotional materials that need to be made contact her
- Ruiqi
  - Self-care packages- Health and Wellness intern coordinators will send out a message about this project and see who wants to help- eye mask and condoms (150 eye-masks & 350-400 condoms & include Health and Wellness flyers)
  - The advertising team from health and wellness will be advertising-we need to meet w/each other
  - Womxn's Commission is collaborating on a menstrual cup workshop (still waiting on confirmation from H&W)-workshop will take place week 7
- Anusikha
  - she/her/hers
  - Chris-resources for mental health/ QTPOC resources; mental health town hall to create
- Kathy
  - Spoke to Yasmine from EVPLA about sanitation stations
- Annie
  - Global Gaucho Commission about collaboration this quarter
- Karly
  - Meeting with Active Minds representative tomorrow
- Surya
  - Attempt to simulate an in-person conference with zoom.
    - Having a keynote speaker at the beginning as usual.
    - Using breakout rooms on zoom, so that attendees can pick what workshop or panel, they would like to go to.
    - The budget was usually used for food services to feed people, and to pay for keynote speakers' travel expenses and time. In that regard, compensating a keynote speaker will probably be less expensive. However, for food, we were thinking of giving out food coupon codes or gift cards to attendees. Requires more thought.
    - The biggest challenge would be to maintain engagement in an online format. It may be worth pairing attendees into groups so they don't feel alone going into workshops.
    - The conference has been in May, so as one way to keep it on people's minds, we will be making social media posts that may have anonymous stories of people's struggles or triumphs during this time. We will be trying to collect these stories through a google form.
  - If anyone has gone to a virtual conference of any kind or will go to one, feel free to tell me what kind of things those conferences did to maintain engagement.

#### **D. Acceptance of the Agenda/Changes to the Agenda**

Motion/Second: Karly/Michelle  
Action: Consent; Motion is passed.

#### **E. Acceptance of Action Summary/Minutes 10/15/20**

Motion/Second: Michelle/Jagruti  
Action: Consent; Motion is passed.

#### **F. Discussion Items**

- Birth control project-budgeting/logistics
  - If birth control packaging doesn't show to the student's household- could be a legal issue/ liability
  - Speaking to student health about if they have birth control suppliers/students for reproductive justice
  - Student health had a birth control workshop series- not many people were able to break down all of the insurance
  - Pill Club and GoodRx give out medical services; we can give a voucher
  - Try to find a way to find an alternative to the contract
- Removal of Jenna Warner
  - Withdrawn from the quarter-need to do a formal removal process
- Sanitation Stations with EVPLA
  - Sanitation stations cheaper than hand-washing stations; placed through the campus and IV
  - Not clear on their budget-will have a number for the next week; want to know if we are interested and how much we are willing to contribute
  - How long will this last and how long will we have to refill/maintain the stations?
  - How much are other orgs contributing and how much are they contributing?
- Self-Care packages
  - IV possibly expand to LA county
  - Sample box that needs to be weighed- get the right labeling/weight for stamps.com so you can mail out packages
- Mental Health Townhall Meeting
  - Met with the office of the president because they led town hall last year-not interested in putting on another town hall
  - EVPSA, Gauchos for Transparency, PMHC, possibly QTPOC (specific subjects within the town hall targeting specific communities)-is there a time to discuss the town hall/logistics?
  - Include UCSB, SBCC, UC-wide town hall
  - More student ran rather than administration ran
- AS Office of the President
  - HR board chair Isabella-would PMHC like to follow EVPLA and EVSPA on not supporting the current AS president; there was a petition in spring that would remove him-but got denied

- Release the statement at the same time, but separate statements
- Denounce from the entire office of the president

#### **I. Remarks**

- What is one place or country you would love to visit?
  - Britney-Greece
  - Jagruti-Thailand
  - Michelle-Canada
  - Grace-Italy/Ireland
  - Ruiqi-China
  - Adalis-Italy
  - Anusikha-Venice/Japan
  - Kathy- Costa Rica
  - Annie- Japan/China/Korea
  - Karly-New Zealand
  - Surya-Japan

#### **J. Adjournment 8:22pm**

Motion/Second: Michelle/Second

Action: Consent; Motion is passed.