

Public and Mental Health Commission Minutes

Date: 11/12/2020

Location: Zoom

Call to Order: 7:03 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	Excused
Brandon Villarreal	Excused	Annie Cheng	Present
Gracelyn Barmore-Pooley	Present	Karly Laffer	Excused
Ruiqi Yang	Present	Surya Sanatham	Present
Aimee Wang	Absent		

2. Acceptance of Excused Absences

Temporary Leave of Absence for Brandon Villarreal

Motion/Second: Jagruti/Ruiqi

Action: Consent. Motion is passed

3. Acceptance of Proxies

Motion/Second:

Action:

B. Public Forum

C. Reports

1. Co-Chair Reports

- Adalis
 - Second meeting for Task Force- creating a monthly newsletter for students about mental health resources/guide (split into categories for advocacy, professional, student groups)-end of December/January

- Initiative to have a Health GE- Academic Senate (MIT, Stanford have it)
- Event per quarter is part of duties
- Britney
 - Winter Town Hall- targets post-election, how as a university we can target different issues; working on mental health/basic needs
 - Meeting with UCEN Governance Board on Mental Health Space in the UCEN-waiting on how much funds need to be used for the fund space?-want to collaborate with other spaces (ie. COSWB, Black Women's Health Collaborative)
 - Event for vision boards

2. Advisor Reports

- Timothy
 - Financial Policies and Procedures document is released (link in Slack and Finance & Budget Folder)
 - Web page on AS website that can be used to request financial information for PMHC
 - Authorized Signer is only Adalis

3. Executive Officer Reports

- Jagruti
 - Talked with Student Health about the new pricing plan for
- Michelle
 - Michelle is an authorized signer
 - Almost done with self-care packages preparation-post about it on social media
 - Week 6 & 7 interest form will be sent out; week 8 & 9 - sort packages; Week 10- drop at the postal office
 - Meeting w/ONDAS next week to do an event next quarter
- Gracelyn
 - Meet the Board Post-popular!!!
 - Website is under construction
 - Posters for menstrual cup event & self-care packages-let her know if you need anything made
- Ruiqi
 - Contacted Health and Wellness to confirm self-care packages
 - Womxn's commission-event next week Tuesday @5 for a menstrual cup workshop-free menstrual cup with Kahoot
- Annie
 - Met with OISS & Global Gaucho Commission week 8 & 9 to talk about mental health during zoom classes-create program to link first years with upperclassmen
- Surya
 - Collaborating with EJA (Environmental Justice Alliance) on workshop series that would illuminate how marginalized communities are being hurt by environmental

policies and the pandemic. We wanted to create a safe space to learn, cope and figure out possible ways to take action against those injustices and show support. We had our 2nd meeting today to discuss possible ideas as we wanted to make bi-weekly events in the winter quarter. Some topics to research were how air pollution disproportionately impacted BIPOC groups and farmworkers, or the rights of indigenous people being taken away.

If this interests you and if you would like to help, feel free to reach out.

D. Acceptance of the Agenda/Changes to the Agenda

Motion/Second: Michelle/Ruiqi

Action: Consent. Motion is Passed.

E. Acceptance of Action Summary/Minutes of 10/29/20

Motion/Second: Jagruti/Ruiqi

Action: Consent. Motion is Passed.

F. New Business

Approval/Consideration of Deepthi Parthasarathy as Conference Coordinator

Motion/Second: Surya/Jagruti

Action: Consent. Motion is Passed.

G. Old Business

Approval/Consideration of

Motion/Second:

Action:

H. Discussion Items

- Kathy's Reproductive Health Webinar
 - Check slack for the proposal-webinar to discuss reproductive health (week 7 & 8)
 - Must go to Finance & Business to do a raffle and get permission
- Covid Task Force
 - Do we want to allocate money to the COVID task force now or in spring with the remaining funds?
 - Wait till spring to see how much money we have left after the projects we have going on
 - Possibly give a small portion for winter
- How to prepare the student body (physically and mentally) during finals week
 - Posting something everyday-week 10 about staying healthy and remind students to take care of themselves
 - Remind students about free COVID tests
 - Study spots in IV
 - Breathing synchronization videos-muscle relaxation techniques
 - Come up with the information and pass it on to the marketing team
 - Study Jam-targeted for different classes
 - Overcoming perfectionism-self compassion (don't be too tough on yourself)

I. Remarks

- If you could only keep three apps on your phone, what would they be?
 - Britney-Snapchat, Twitter, Tiktok
 - Adalis- Safari, Instagram, Netflix
 - Tim-Instagram, Youtube,
 - Jagruti- Tiktok, Twitter, AmongUs
 - Michelle - Twitter, Netflix, Instagram
 - Gracelyn-Spotify, Podcast, Youtube
 - Ruiqi-Apple Music, WeChat, Google Calendar
 - Annie- Discord, Tiktok, Google Chrome
 - Surya-Youtube, Messenger, Chrome

J. Adjournment @7:46 PM

Motion/Second: Michelle/Ruiqi

Action: Consent. Motion is Passed