

PUBLIC AND MENTAL HEALTH COMMISSION AGENDA

Associated Students

4/27/2020, 5PM

ZOOM

CALL TO ORDER by Jagruti Kolla on this date 4/27/2020 at 5:02 pm

A. MEETING BUSINESS

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

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)
Adalis Rojas	Present	Katerine Soltelo	Present (5:20pm)
Britney Walton	Present	Leela Ray	Present
Chassidie Liu	Present	Michelle Salve	Present
Christopher Pantin	Present	Ruiqi Yang	Present
Jagruti Kolla	Present	Jenna Warner	Absent (excused)
Karly Laffer	Present		

A-2. Acceptance of Excused Absences

MOTION/SECOND: Chris/ Michelle

Vote: 9-0

A-3. Acceptance of Proxies

MOTION/SECOND:

Vote:

B. PUBLIC FORUM

- Miranda: Mental Health Conference
 - reaching out to those who were going to do workshops, so they can figure out how to make these workshops still happen this quarter! Whether it be via zoom, etc.
 - finding people to fill positions for the next year!

C. REPORTS

C-1. Co-Chair Report(s)

- ❖ Post Schedule

C-2. Advisor's Report

- ❖ Requisition form is now live on the AS website!

C-3. Executive Officer Report(s)

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

- ❖ Adalis
 - Spoke w/ a member of the MHTF (rep for h&w), continue to collaborate with us on the videos we might be creating with Jenna's dad
- ❖ Chassidie
 - Pardall Center collaborations!
- ❖ Chris
 - Pandemic Pals
- ❖ Karly
 - Help with Pandemic Pals!
- ❖ Leela
 - Reaching out to food bank
 - Help people make food with the food that the AS food bank is providing
 - Posting her reali-tea flyer on IG
- ❖ Michelle
 - May = Mental Health Month & API Month!
 - create ideas for resources on how to help the API community for mental health!
- ❖ Rachel
 - Mental Health Q&A session with OISS
 - Select upperclassmen with international background to be a panelist
 - A person from CAPS too
- ❖ Kathy
 - Budgeting/ formal request for money for her project

D. ACCEPTANCE of AGENDA/CHANGES to AGENDA

MOTION/SECOND: Leela/ Chris
Vote: 9-0

E. ACCEPTANCE of ACTION SUMMARY/MINUTES

E-1. Approval of our Action Summary/Minutes from 4/20/2020

MOTION/SECOND: Chris/ Leela
Vote: 9-0

F. ACTION ITEMS

F-2 New Business **APPROVED**

- a. **Approval/Consideration of Pandemic Pals --** \$305 out of special projects for pandemic pals packaging (stamps, envelopes, etc.)

MOTION/SECOND: Adalis/ Michelle

Vote: 9-0

Advisor/Staff recommendation/instruction/request: N/A

Responsible for Follow-through: N/A

Additional approval required? N/A

G. DISCUSSION ITEMS

❖ Videos w/ **Frontage Road Studios**

- 1 video? Costs being reduced if we collaborate w/ H&W or CAPS?
- Costs were too high
- Topics we want to do:
 - I have a black dog (metaphor for someone who is depressed)
 - Link it back to resources we have on campus?
 - Destigmatizing mental health
 - Asking for help
 - Management for those who do not have access
 - Anxiety management
 - Anxiety reduction
 - Knowing their “triggers” before they hit their breaking point
 - recognizing the symptoms
- Student artists:
 - Hiring UCSB students?
 - honoraria check, monthly basis, weekly basis, hourly basis?
 - sending out applications -- what we want and what kind of students were looking for
 - making a timeline for them and for ourselves
 - crowd source -- variety of people making it & getting credit for it
- Check w/ Finance & Business
- Company route or student artist route?
 - **COMPANY ROUTE!**
- **TOPIC: ANXIETY MANAGEMENT/ REDUCTION**

H. REMARKS

ADJOURNMENT at 5:52PM

MOTION/SECOND: Kathy/ Michelle

Vote: 10-0

