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)

<table>
<thead>
<tr>
<th>Name</th>
<th>Note:</th>
<th>Name</th>
<th>Note:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adalis Rojas</td>
<td>Present</td>
<td>Katerine Soltelo</td>
<td>Present (5:20pm)</td>
</tr>
<tr>
<td>Britney Walton</td>
<td>Present</td>
<td>Leela Ray</td>
<td>Present</td>
</tr>
<tr>
<td>Chassidie Liu</td>
<td>Present</td>
<td>Michelle Salve</td>
<td>Present</td>
</tr>
<tr>
<td>Christopher Pantin</td>
<td>Present</td>
<td>Ruiqi Yang</td>
<td>Present</td>
</tr>
<tr>
<td>Jagruti Kolla</td>
<td>Present</td>
<td>Jenna Warner</td>
<td>Absent (excused)</td>
</tr>
<tr>
<td>Karly Laffer</td>
<td>Present</td>
<td></td>
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</tbody>
</table>

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?
       ● Honoria 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