

BHEC Steering Committee Meeting
Meeting Minutes
April 20, 2023

Facilitated by: Deana Helmy, County Co-Chair

In Attendance: Eftekhazadeh, Sohail; Reynolds, John; Williams, Johnice; Arnot, Michael; Whetsell, Brittany; Thornton, April; Pham, Lu; Gilbert, Brian; McCleese Belinda; Lu, Luna

I. Welcome and Icebreaker

- Welcome and Introduction for new members
- Some members will be joining via zoom.
- Motions made to approve previous meeting minutes.
- Reflection- April is Arab American Heritage Month. Information also shared about the celebration of Eid (after Ramadan).

II. Public Meeting Recap

- Members shared their thoughts on the public meeting: Appreciated the variety of attendees and organizations, enjoyed the layout, table activities were great and invoked thought and discussion.
- Discussion around making the next meeting more of a conference type event. Event would be either July 6 or July 27.
- Members voted in favor of changing to the July 27th date.
- Discussion on conference: Members would like us to continue with the table discussions, members would like us to have a longer meeting, planning the conference under minority mental health month.
- Deana shared notes from the public meeting: top 2 important topics, one thing you'd like to see happen in future meetings/topics you'd like to see addressed and One thing you appreciated/liked about today's meeting.
- Microsoft Forms information shared regarding possible workgroups. Included ideas such as TAY, families with young children, Latinx, refugees.
- Discussion on workgroups- keeping attendance up, changing times if it is not working, community co leads etc.
- Suggested having a keynote, and possibly a panel of speakers.
- Members would also like to have resource tables.

III. Workgroup Updates

- B&AA workgroup revisiting the current meeting time.
- LGBT group shared feedback on the SUD event.
- Lu shared about event coming up for OC Pride.
- Latinx workgroup looking to meet soon. There is a lot of interest and people are excited to begin.

IV. Upcoming Meetings/ Other information

- Meeting of the Minds will be held on May 5th.
- Sohail shared Wellness Center Membership Appreciation Carnival May 19th.
- NAMI Walk on August 26

**Next BHEC Steering Committee Meeting: Thursday 5/18/2023 1:00pm – 2:30pm
at the Behavioral Health Training Center**