



Live Oak Mental Wellness Project, Inc.

Meeting Minutes

OVERVIEW

The board of directors meeting was held at the following date, time, and location:

Date: July 8, 2024
Time: 5:00pm Pacific
Location: Zoom

The following directors were present at the meeting:

Arleth Castañeda, President
Eric Gray, Treasurer
Amanda Regalado, Secretary
Ramon Padilla, Member At-Large
Yoselinne Castillo, Member At-Large
Monica M Olsen, Executive Director

The following director was absent:

Michelle Navarrete, Vice President

Pursuant to the Bylaws, the meeting was called to order at 5:31pm by:

Chairperson: Arleth Castañeda, President
Secretary: Amanda Regalado, Secretary

APPROVAL OF MEETING MINUTES

The minutes of the last meeting were approved unanimously.

BOARD EDUCATION

The Secretary led an activity via Poll Everywhere, enabling the members to answer questions to learn more about one another.

BOARD MEMBER REPORTS

Executive Director

The Executive Director reported that the third clinician-led therapy group, Building Resilience Through Art, is set to begin this week.

The Executive Director reported that Live Oak's second cohort of the peer-led Grief & Loss Support Group is going well, and social media posts advertising the next cohort will be posted this week.

The Executive Director's position as the Marketing Director of Healing Solutions Family Therapy Center began in mid-June. The position is teaching her much about the processes involved with private mental health care.

The Executive Director reported that we were not approved for the California Endowment grant.

President

The President attended meetings including the "Agenda" meeting and the Ways and Means Committee meeting.

The President shared an opportunity to advertise at Pretty Little Poppy.

The President attended a Disabilities Awareness Month walk with an AV business owner, where she was able to share information about Live Oak with fellow attendees and build connections.

The President was invited to speak on behalf of Live Oak at the event Trades for Teens on July 13, 2024.

Treasurer

The Treasurer reported a current balance of \$87,177.98. The Treasurer shared the following financial statements: Trial Balance, Profit and Loss Statement, Statement of Financial Position, and Bank Statement.

Secretary

The Secretary completed administrative duties, including writing meeting minutes, aiding in the development and communication of the future agenda, and sending meeting reminders.

Member At-Large Castillo

The Member At-Large shared she is starting a new role as a Case Manager aiding incarcerated individuals and their families, providing advocacy and support. There may be an opportunity for collaboration with Live Oak in the future.

Member At-Large Padilla

The Member At-Large congratulated Member At-Large Castillo and the Executive Director on their new roles.

COMMITTEE REPORTS

Ways and Means

The Committee Chair reported on the July committee meeting, encouraged new members to join the committee, shared a potential grant opportunity, and proposed creating a grants procedure.

Community Engagement

The Committee Chair aims to discuss leading mental wellness activities within the community at the next committee meeting.

MISCELLANEOUS SUBJECT(S)

The Executive Director shared progress to date on the organization’s 2024 goals.

The Board reviewed a reimbursement request totaling \$221.10 for round-trip car mileage for Live Oak’s attendance at the LA Suicide Prevention Network event.

ADJOURNMENT

There was no further subject to come before the meeting, upon motion duly made, seconded, and unanimously carried, the meeting was adjourned at 6:14pm.

Arleth Castañeda, Chairperson

Date

Amanda Regalado, Secretary

Date