



Live Oak Mental Wellness Project, Inc.

Meeting Minutes

OVERVIEW

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

Date: October 14, 2024
Time: 5:30pm Pacific
Location: Keller Williams Antelope Valley (in-person and via Zoom)
1401 W Rancho Vista Blvd
Palmdale, CA 93551

The following directors were present at the meeting:

Arleth Castañeda, President
Michelle Navarrete, Vice President
Eric Gray, Treasurer
Amanda Regalado, Secretary
Monica M Olsen, Executive Director

The following director was absent:

Yoselinne Castillo, Member At-Large
Ramon Padilla, Member At-Large

Pursuant to the Bylaws, the meeting was called to order at 5:33 pm by:

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

APPROVAL OF MEETING MINUTES

The minutes of the last meeting were approved unanimously.

BOARD EDUCATION

This time was set aside for a technology demonstration that was ultimately tabled for a future meeting.

BOARD MEMBER REPORTS

Executive Director

The Executive Director reported that the organization is turning 2 years old this month.

The Executive Director reported that registration is open for the newest Grief Therapy Group.

The Executive Director reported that the All For Kids mental wellness workshops began.

The Executive Director continues to plan the design of Live Oak's Grief Support Curriculum.

The Executive Director continues to work on the application for the LA County Take Action LA Community Grant.

President

The President acknowledged Indigenous Peoples Day.

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

The President prepared and co-facilitated the first Art for Mental Wellness workshop.

Vice President

The Vice President had nothing to report.

Treasurer

The Treasurer reported a current balance of \$56,335.91. The Treasurer shared the following financial statements: Trial Balance, Profit and Loss Statement, Statement of Financial Position, and Bank Statement.

The Treasurer shared that 9 distinct donations were received.

The Treasurer encouraged the Board to consider Every Action, Mental Health First Aid, and crowdfunding around the new workshop.

Secretary

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

COMMITTEE REPORTS

Ways and Means

The Committee Chair had nothing to report.

Community Engagement

The Committee Chair had nothing to report.

MISCELLANEOUS SUBJECT(S)

Past Member At-Large Padilla was removed from the Board of Directors.

The Board discussed feedback on how best to create its annual budget.

The Board discussed its annual May event and brainstormed possible locations.

The Board discussed the feasibility of offering mental health first aid training.

The Board discussed the feasibility of implementing Every Action.

ADJOURNMENT

There was no further subject to come before the meeting, upon motion duly made, seconded, and unanimously carried, the meeting was adjourned at 7:05pm.

Arleth Castañeda, Chairperson

Date

Amanda Regalado, Secretary

Date