



September 22, 2021 Minutes via Zoom

Attendance

Region 5 Vice-Chairperson	Lyn Groover
Aetna	Crystal Thompson
Eastern State Hospital	Erica Bullock
Western Tidewater CSB	Adam Burton
	Benita Butts
Safe Harbor Recovery Center	Shanequa Lassiter
	Amalia Morrissey
MPNNCSB	Shirley Fallon
	Paul FitzSimons
	Shelley Gardner
	Rick Gilbert

- I. Zoom Meeting was called to order at 10:07
- II. **Welcome and Introductions**
- III. **Minutes from previous meeting were read.** Amalia moved to approve the minutes. Adam Burton seconded.
- IV. **Old Business** – Erica moved to table old business until October when Renee returns due to the importance of the bylaws and other matters. Paul seconded.
- V. **New Business-**
 1. Lyn asked that when we are all replying to an email from Renee or anyone in the group, we refrain from hitting “Reply All” so that we are not getting responses from everyone on the list.
 2. Trainings – How do we encourage those who sign up for a training to actually attend? When we have a maximum amount of 50 people and the training fills up, we turn people away. Then only 20 people actually show up for the training and people had been turned away. Shanequa recommended that we send a reminder a week prior and then charge a cancellation fee to those who do not show. Shirley suggested we enlarge and bold type the print of the 50-person

limit on flyers and emails. Lyn suggested we approach other organizations to find out what and how they handle it. Crystal suggested keeping a waitlist going once the training is full, doing confirmation emails the day before and then giving unconfirmed spots to those on the waitlist.

3. Training Topics – Erica suggested Trauma-Informed Care, Shanequa suggested Mental Health First Aid and a REVIVE training, Lyn suggested Emotional CPR and the Marcus Alert Bill. Shelley is interested in Motivational Interviewing. Lyn suggested we all do some research on the various topics.
- VI. **Marcus Alert Bill** – Rick gave an extremely extensive overview of the Marcus Alert bill. This generated a lot of discussion. Based on the amount of discussion that was churned up, Lyn commented that this appears to be a training that is imperative.
- VII. **Regional Happenings-** Western Tidewater CSB has their Annual Recovery Walk on Saturday, 9/24 from 11 am – 1 pm.
- VIII. **Challenges or Successes- MPNN CSB** had a large turnout for their Annual Recovery Fest held on September 18th in Warsaw. We had politicians speak and a few MAT and treatment providers speak. **Eastern State** has two interns – one that is going full-force and another that is just starting. The Supportive Employment program is going well.

Erica moved to adjourn at 10:53 and Paul seconded. The meeting ended at 10:53.