



President: Annika Okamoto, Ph.D.
President-Elect: Pati Montojo, Ph.D.
Treasurer: Megan Donahue, Ph.D.
Secretary: Aubrey Toole, Ph.D.
LAN Representative: Hallie D'Agruma, Ph.D.
Student Representative: Amanda Clapp
Past President: Anna Krasno, Ph.D.
Diversity, Inclusion and Social Justice Chair: (position not filled)

**Santa Barbara County Psychological Association
Board Of Directors Meeting
Minutes**

Regular Board Meeting via Zoom

**January 9, 2023
8:15AM to 9:30AM**

Agenda Item 1: Call to Order and Review of Minutes

- Dr. Annika Okamoto called the meeting order, took attendance and evaluated the quorum, eleven members present: Dr. Karen Lehman, Dr. Lindsay Duca, Dr. Annika Okamoto, Dr. Aubrey Toole, Dr. Anna Krasno, Dr. Pati Montojo, Dr. Hallie D'Agruma, Dr. Lauren Riley, Amanda Clapp (Student Rep), Dr. Hope Andreason, Dr. Christina Donaldson
- Members introduced themselves
- Review of November 2022 Minutes. Dr. Annika Okamoto motioned to approve, Dr. Lindsay Duca seconded, all present approved.

Agenda Item 2: President's Report

- Discussed retreat in February and whether to hold in-person, via Zoom, or hybrid; members weighed in
 - Discussed option of doing Wild Apricot training remotely and then having an in-person meet-up option afterwards
- Discussed meeting time; 8:15 vs 8:45

Agenda Item 3: President-Elect's Report

- Dr. Montojo discussed Student Equity Award Updates.
- Dr. Montojo stated that today (1/9) is the deadline to submit an application for the Equity Award.

Agenda Item 4: Past President's Report

- Bylaw revision passed
 - Dr. Krasno reported that the bylaw changes were approved by membership. They will be posted to the website by Dr. Donaldson.
 - Dr. Krasno stated that there is now a Board Member option when renewing membership that is at no cost.

Agenda Item 5: Treasurer's Report

- None

Agenda Item 6: Secretary's Report

- None

Agenda Item 7: Student Representative's Report

- Mentorship program - Matches have been made and mentors/mentee introductions sent out via email.
 - Amanda shared that matches have been made, program still open to new interest.
- Application deadline reminder for scholarship sent to all grad student members and the staff and counselors at New Beginnings.

Agenda Item 8: Continuing Education Committee's Report

- Reminder that Krishna Kary talk on Gender Expansiveness is scheduled for 2/2 (24 SBCPA registrants, 14 VCPA registrants so far)
- Dr. Duca is finalizing materials and date for Jonnie Williams, PsyD talk on trauma informed healing metaphors for March
- Reminder to all board members about new CE credits for board participation: A year of service = 9 hours of CE credits, and 12 total hours can be accrued during a 2 year CE reporting period. (https://www.psychology.ca.gov/laws_regs/cpd_reg_advisory.shtml). Need to document time (meeting minutes should cover it?).
 - Dr. Lindsey Duca reviewed this new type of CE credit.
 - Discussion about how to document Board service. Dr. Donaldson suggested creating a CE certificate at the end of each calendar year for each Board member for their records.
- **Wild Apricot Contacts Question for Board:** would we be willing to consider the increased expense of the next level of pricing (Community @ \$110/month minus the 10% yearly or 15% 2-year prepay discounts)? I think this problem will continue to occur, and the decisions I've been making about who to move into 'archived' contacts are becoming more difficult to triage. One suggestion is that we look at the CE budget, which given the lack of in-person expenses doesn't seem to be spending as much, and perhaps we could use some of that reserve to contribute to the increased expense? Or other suggestions?
- **Question for Board re Peer Consultation for CE Credit.** CPA now says that 18 or the 36 hours of CE can be accrued via peer consultation, which would include things like case consultation, journal club, reading group, research review group. Does SBCPA want to offer to host (via Zoom) monthly or every other month consultation groups for



interested participants? Could be general case consultation, could be journal club, could be a revisit of book club (I think that existed historically?). Does this sound interesting/valuable?

Agenda Item 9: Disaster Response Committee's Report

- Dr. Lehman shared disaster response resources with the board (EOC call line, calling 211), given evacuation warnings and heavy rainfall/storms
 - Dr. Lehman discussed that today is the 5-year anniversary of the debris flow. The remembrance event this week was canceled due to weather.
 - Dr. Lehman shared the history of the creation of the Community Wellness Team (CWT) after the Thomas Fire and 2019 Debris Flow.
 - Dr. Lehman provided an update on the CWT community survey and results of the survey. Highest need was reported to be social connection.
 - Dr. D'Agruma brought up how to highlight the Resources and CWT on the new website and solicited feedback from the Board. Discussion of how to highlight community resources and make it very visible to membership.
 - Discussion of how to communicate with membership opportunities for participation in CWT.

Agenda Item 10: Media & Public Relations Committee's Report

- Dr. Riley stated her excitement for the role
- Dr. Krasno stated that a training session on Wild Apricot is in the works.

Agenda Item 11: Membership Committee's Report

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Agenda Item 12: Local Advocacy Network Committee's Report

- Discussed adding a button that indicates whether providers are accepting new clients on the SBCPA website practice listings
- Dr. D'Agruma is meeting with Dr. Dean Given (past LAN) to discuss LAN responsibilities.
- Dr. D'Agruma discussed website training for Wild Apricot, Canva training, discussion of how to train the Board in WA. Dr. Lehman volunteered to potentially host WA training.

Agenda Item 13: Social Committee's Report

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Agenda Item 14: Ethics Committee's Report

- No report

Agenda Item 15: Website Committee's Report

- Website training to be determined

Agenda Item 16: Diversity, Inclusion and Social Justice Committee's Report

- Dr. Montojo and Dr. Krasno discussed DISJ committee history, progress from last year, and future leadership.
- Dr. Montojo reported that she has received more applications for the Equity Award during this meeting.
- Dr. Montojo that the next DISJ Committee meeting is scheduled for 1/23/23 from 7-8pm on Zoom

Agenda Item 17: Meeting Adjournment

- Dr. Okamoto adjourned the meeting at 9:31AM.