



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**

**July 17, 2023  
8:45AM to 10:00AM**

**Agenda Item 1: Call to Order and Review of Minutes**

- Dr. Annika Okamoto called the meeting order (8:48am), took attendance and evaluated the quorum. A quorum was established.
- Seven members were present: Drs. Annika Okamoto, Paula Strauss, Anna Krasno, Megan Donahue, Christina Donaldson, Hallie D'Agruma, Lauren Guy Riley, and Aubrey Toole.
- Review of June 2023 minutes
  - Dr. Megan Donahue motioned to approve, Dr. Anna Krasno seconded, all approved. Motion passes.

**Agenda Item 2: President's Report**

- Summer social mixer date is July 26, 2023; 27 people have registered so far
  - Discussed need for a QR code for folks to register for membership at the event
  - Discussed what refreshments will be provided. Dr. Okamoto and Dr. Andreason will gather light snacks and bites. Will also reiterate to attendees that it is a bring-your-own picnic event.
  - Dr. Strauss will contribute a folding table.
  - Discussed obtaining sun cover for the Chumash elder who will be attending, and also encouraging attendees to wear hats since it will be a warm evening and the Rose Garden is mostly exposed to sun

- Discussed reminding attendees to bring their own blankets and folding chairs, if desired.
  - Discussed general plan for the evening.
- Discussed changing voting committee members and how to amend bylaws to allow other committee members to vote (e.g., Ethics Committee Chair).

### **Agenda Item 3: President-Elect's Report**

- Covered above

### **Agenda Item 4: Past President's Report**

- Covered above

### **Agenda Item 5: Treasurer's Report**

- ARB Account: \$36,279.29
- Dr. Donahue shared new fiscal year budget with board members via email and screen share during the Zoom meeting. Dr. Donahue reviewed the budget with the board and answered questions.
- Discussed possible modifications to the current budget:
  - An annual installation brunch that was previously held to celebrate the SBCPA board and their service (prior to the pandemic). Dr. Donahue asked board members present at today's meeting whether SBCPA would like to reinstate that event, which will require modification of the current budget (would require substantial increase to Social budget)
    - Discussed creating a more inclusive and affordable, and less formal event if we were to reinstate a similar type of event (e.g., hosted in a members backyard or at Shoreline Park)
  - An annual 6-hour CE event would also change the current budget. Dr. Donahue will consult with CEU Committee Chairs about this.
  - Membership Committee Chair, Dr. Strauss, discussed possible reduction in Membership budget, due to changing structure of membership events.
  - Drs. Donaldson and D'Agruma discussed facilitating an event to network with a local representative and how that might fit into the budget. In the past, there has been an in-person lobby day (Dr. D'Agruma will determine whether this will occur this year)
- Will vote on the budget via email once an in-person lobby day is clarified and input from CEU committee chairs is obtained.

### **Agenda Item 6: Secretary's Report**

- No report

### **Agenda Item 7: Student Representative's Report**

- No report

### **Agenda Item 8: Continuing Education Committee's Report**

- Dr. Heidi Zetzer's 6 CE workshop was completed and very well received. SBCPA essentially broke even (net -\$65). Dr. Zetzer donated \$1000 of her speaker's fee to the Scholarship Fund.



- SBCPA will collaborate with LACPA on 2CE talk scheduled for 9/23/23 on TMS for Depression. Discounted rate for SBCPA members. Message sent to Contacts via Wild Apricot and will be in Happenings.
- Ongoing:
  - Professional Will 6 CE training now breaking into 2 groups due to interest. SoCal groups (SBCPA, VCPA) would recruit another association to try to cosponsor while mitigating expense/risk. This will push the training to mid-year at earliest. CEU Committee Chairs will run it by LACPA to see if they're interested in being a third. Dr. Steiner's fee is \$5000; proposed fee to participants is: Chapter Member \$150, Non-member \$180, Student/Agency \$120. At this rate, all local chapters should have costs covered for the event with some outlay for an admin to complete the administrative work. Participants will have completed a professional will by the end of the workshop and the workshop exceeds Ethics credits for CPA licensure requirements.
  - TBD: Dr. Angela Vigna DBT (will follow up with logistics and get a date for Q3/4)
  - Dr. Williams Trauma Informed Healing Metaphors (reached out again, but haven't heard back). Aiming for Fall/Winter.
  - Dr. Anahita Holden: Future (maybe 2025) interest in Somatic Experiencing training.
  - Possible CBT-I training for 2024.

#### **Agenda Item 9: Disaster Response Committee's Report**

- No disasters and no report

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

- No Report

#### **Agenda Item 11: Membership Committee's Report**

- No report

#### **Agenda Item 12: Local Advocacy Network Committee's Report**

- Dr. D'Agruma will attend LAN CPA's First District Advocacy Day (In-Person) on Wednesday, July 26, 2023 and will report back

#### **Agenda Item 13: Social Committee's Report**

- No report

#### **Agenda Item 14: Ethics Committee's Report**

- Need to modify the website as it appears that Dr. Duca is an Ethics Chair due to formatting. Dr. Donaldson will send to Dr. Fortman to make this modification
- Discussed questions regarding Medicare

**Agenda Item 15: Website Committee's Report**

- Dr. D'Agruma discussed some updates to the website that she plans to make

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

- No report; committee is on break until September

**Agenda Item 17: Meeting Adjournment**

- Next board meeting will be in September; SBCPA Board will break during August.
- Meeting was adjourned at 9:55am.