



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

**June 26, 2023
8:45AM to 10:00AM**

Agenda Item 1: Call to Order and Review of Minutes

- Dr. Anna Krasno called the meeting order (8:48am), took attendance and evaluated the quorum.
- Nine members present initially: Drs. Anna Krasno, Annika Okamoto, Christina Donaldson, Pati Montojo, Lauren Guy Riley, Paula Strauss, Megan Donahue, and Aubrey Toole. Student representative Amanda Clapp was also present. Dr. Donaldson had to leave at 9am.
- Review of April 2023 minutes
 - Dr. Krasno motioned to approve, Amanda Clapp seconded, all approved. Motion passes.
- Review of May 2023 minutes
 - Dr. Krasno motioned to approve, Amanda Clapp seconded, all approved. Motion passes.

Agenda Item 2: President's Report

- Dr. Okamoto discussed the idea to hold a summer mixer and Dr. Andreason will be sending out information soon. Plan is 6pm on July 26th at the Santa Barbara Mission. Will have information there for prospective members to join SBCPA and QR codes for attendees to donate to the Student Equity Award. DISJ committee will discuss culturally inclusive language for the invitation at their meeting today, given the history of the

Chumash land on which the event will be held. Dr. Donaldson will bring SBCPA signs (discussed need to update the SBCPA logo on signage) and requested finding a new home for the signs. Dr. Donahue offered to house the signs after the event.

Agenda Item 3: President-Elect's Report

- No report

Agenda Item 4: Past President's Report

- Discussed making a monetary contribution for CEO of CPA's retirement gift. Dr. Riley mentioned potentially sharing this opportunity with membership via Happenings and letting members give individually. Other members present voiced approval for this plan.

Agenda Item 5: Treasurer's Report

- Accounts are in good standing.
- ARB Account: \$37,551.57
- FY Budget presentation will take place in July 2023 board meeting

Agenda Item 6: Secretary's Report

- Shared request for attorneys with expertise in a specific mental health diagnosis that was sent to SBCPA admin email account. Dr. Toole will check membership status of the inquirer. If this person is a SBCPA member, will offer to post in Happenings. If not, will let them know that we do not connect people with attorneys/provide guidance in this area, but that they might look into psychologists who work in the justice system or in mediation, perhaps using our Find a Psychologist search function.
- Asked whether Dr. Ofer Zur email should be forwarded to Happenings. Dr. Donahue said that this is a listserv email and that we can unsubscribe.

Agenda Item 7: Student Representative's Report

- Amanda Clapp shared 2 ideas for supporting graduate students and candidates:
 - Several local interns are seeking associateships in private practice - discussed idea of sharing this in our Happenings email or hosting an event for interested psychologists and students to meet
 - Dr. Okamoto suggested that Amanda Clapp post in Happenings and have interested psychologists contact her to make connections. Dr. Montojo shared that she believes this is a local need and Dr. Riley will post in Happenings. Discussed encouraging graduate students to attend SBCPA mixers too.
 - Discussed graduate student interest in case consultation and peer support with newly licensed clinicians
 - Dr. Donahue mentioned thinking through the ethics of this and making sure SBCPA is not sponsoring something that is being framed as supervision. We could help connect people, but not sponsor ongoing supervision meetings. Discussed framing as a consultation group that functions independently of SBCPA after the initial connection.

Agenda Item 8: Continuing Education Committee's Report



- Increased Wild Apricot size to the next tier. We have accepted VCPA money for this purpose for Q3/4 of 2023. VCPA then needs a receipt for their own Treasurer. Dr. Okamoto will send an email to change the tier.
- Dr. Zetzer hosted a 6 hour Supervision on 6/23. Co-sponsored this event with VCPA. 31 registrants covered Dr. Zetzer's fee and just under CPA CE fee (+/- \$50). Dr. Montojo and Krasno shared positive review of the event.
- Ongoing: Confirmed co-sponsorship with Redwood Psych Assn & Others for Professional Will 6 CE training, hopefully in late Jan/early Feb 2024. Goal is to have minimum 4 co-sponsoring chapters to reduce risk (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). There may be 6 interested chapters in which case we'd break into two groups of 3 chapters each (\$1666/chapter with 16 spots/chapter) and the second series May run later in the year. Participants will have completed a professional will by the end of the workshop and the workshop exceeds Ethics credits for CPA licensure requirements.
- Upcoming possible trainings:
 - TBD: Dr. Angela Vigna DBT (Dr. Duca will follow up with logistics and get a date for Q3/4)
 - Dr. Williams Trauma Informed Healing Metaphors (CEU committee reached out again, haven't heard back). Aim for Fall/Winter.
 - Dr. Anahita Holden: Future (maybe 2025?) interest in Somatic Experiencing training in Oct/Nov.
 - Possible CBT-I training for 2024.

Agenda Item 9: Disaster Response Committee's Report

- Dr. Lehman received an email from the Mental Wellness Center. They are offering a class for Teens on Mental Health First Aid, either in person or Zoom. From email: *the Mental Wellness Center is currently offering Teen Mental Health First Aid classes. Teen Mental Health First Aid goes hand in hand with Youth Mental Health First Aid because teens are often the first to see the signs and symptoms in their peers. This training helps them identify signs, symptoms and teaches them how they can respond by connecting with a trusted adult. Teen Mental Health First Aid is for teens in grades 10th through 12th. The classes can be offered in one of the following ways:*
 - Six 45-minute sessions OR
 - Three 90-minute sessions
 - In-person or Zoom
- Reach out to Dr. Lehman for further information about this opportunity.

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

- Dr. Riley expressed gratitude for help with wording of SBCPA mission.

- Dr. Riley will attend a Technology and Communications Seminar presented by chapter VI of CPA on 9/30/2023

Agenda Item 11: Membership Committee's Report

- No report

Agenda Item 12: Local Advocacy Network Committee's Report

- Dr. D'Agruma will share a new autism bill and discuss supporting it. Dr. Krasno shared that insurance companies by CA law have to pay for ABA services, but since ABA is not the best for everyone the bill is requesting that insurance cover other forms of ASD services. Dr. Krasno hopes that the board can support this, as these services are very needed.
- Dr. D'Agruma will complete website updates when she returns from vacation.

Agenda Item 13: Social Committee's Report

- See President's Report for summer mixer information (6pm on July 26th at the SB Mission).

Agenda Item 14: Ethics Committee's Report

- No report

Agenda Item 15: Website Committee's Report

- No report

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

- The DISJ committee crafted a message to a member concerned with psychologist involvement in social justice movements.
- There have been 3 resignations from the committee for personal/professional reasons. Current committee size is 10 members.
- Today the committee will craft the language for the July 26th invitation, making sure that it is culturally inclusive considering the history of the Chumash land on which it will be held.

Agenda Item 17: Meeting Adjournment

- Meeting was adjourned at 9:29am.