



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

**May 15, 2023
8:45AM to 10:00AM**

Agenda Item 1: Call to Order and Review of Minutes

- Dr. Annika Okamoto called the meeting order (8:47am), took attendance and evaluated the quorum. A quorum could not be established.
- Eight members present initially: Drs. Anna Krasno, Annika Okamoto, Lindsey Duca, Brooke Sears, Hallie D'Agruma, Paula Strauss, Christina Donaldson, and Aubrey Toole. Dr. Pati Montojo was intermittently present at the beginning, but due to continued technical issues had to leave. Dr. Sears and Dr. Duca had to leave at 9am.
- Review of April 2023 Minutes to be completed at the next meeting, given lack of quorum.

Agenda Item 2: President's Report

- Dr. Okamoto asked whether SBCPA is considered a charitable organization. Dr. Krasno said that these kinds of questions can be directed to Dr. Donahue (e.g., tax ID info, organization status, etc). Discussed ethics services provided and Dr. Donaldson said that our CE events would be considered ethics services, as well as former consultation groups.
- Dr. D'Agruma shared organization's Tax ID.
- Returned to discussion about how we decide what is permitted to be posted in Happenings emails (e.g., events to be shared with our listserv). Dr. Donaldson mentioned that anyone can post in our Happenings (things related to psychology/workshops) even if they are not a member; they have to pay a \$75 fee if not

a member. Discussed being mindful of not promoting anything illegal. Dr. Lauren Riley went to CPA and learned that technically we do not have to be gatekeepers, as long as events are not illegal.

- Discussed including a general statement in Happenings email, clarifying that non-SBCPA sponsored events are not endorsed by SBCPA. Dr. Okamoto will craft language with Dr. Riley and share with membership to vote.
- Addendum:
 - On 5/16 and 5/17 the voting directors of the board voted to change Wild Apricot membership to increase the allowed number of contacts from 250 to 500 and accepted the respective fee increase from the current level cost \$900/year to new cost \$1428/year if paid two years upfront.
 - Out of eight directors who do have official vote, all seven voted yes and diversity chair is not filled. Here's the list of people who voted yes: Drs. Anna Krasno, Pati Montojo, Megan Donahue, Aubrey Toole, Hallie D'Agruma, and Annika Okamoto. Student representative Amanda Clapp also voted yes. Additionally, other board members supported the decision: Drs. James Fortman, Megan Donahue, Lindsey Duca, Lauren Guy Riley, Brooke Sears, Hope Andreason, and Christina Donaldson.
 - The vote was finalized on 5/17/2023.

Agenda Item 3: President-Elect's Report

- No report

Agenda Item 4: Past President's Report

- Will need to discuss budget at June meeting, due to reset on July 1.

Agenda Item 5: Treasurer's Report

- ARB Account: \$39,742.20

Agenda Item 6: Secretary's Report

- Doctoral student emailed SBCPA admin account to inquire about practicum and internship opportunities. Discussed secretary's response with the board and other resources we can share with the student. Will share SCAPTP website, as well as APPIC and CAPIC websites.

Agenda Item 7: Student Representative's Report

- No report

Agenda Item 8: Continuing Education Committee's Report

- TBD: Dr. Angela Vigna DBT
- Dr. Williams Trauma Informed Healing Metaphors. Aim for Fall/Winter.
- Request from Dr. Anahita Holden to do a Somatic Experiencing training in Oct/Nov— just starting correspondence. Also looking into CBT-I training for 2024.
- Dr. Zetzer 6 hour Supervision 6/23. Co-sponsorship with VCPA. LACPA will not co-sponsor but will promote. Request for promotion through CPA Presidents Listserv. Discussed sharing with CAMFT listserv. No one on the board is a member, but Dr.

Okamoto offered to send to a friend on the CAMFT board to share with their listserv. Dr. Duca inquired about other ways to promote the event, given low registration so far.

- Possible co-sponsorship with Redwood Psych Assn & Others for Professional Will 6 CE training in early-mid 2024. Goal is to have minimum 4 co-sponsoring chapters to reduce risk (Dr. Steiner's fee is \$5000). Participants will have a completed professional will by the end of the workshop and the workshop meets Ethics credits for CPA licensure requirements.
- Some discussion with VCPA about collaboration so far. Summary:
For remainder of 2023:
 - VCPA contributes toward the cost of the Wild Apricot capacity increase (i.e., adding more contacts so we can keep registering VCPA members). This allows us to continue to co-sponsor events and run the administrative steps through the SBCPA website without getting cut off due to caps.
 - In return, for 2023:
 - SBCPA/VCPA Co-sponsored 90 minute events:
 - SBCPA Members: Free
 - VCPA Members: Free or \$15 (VCPA members will decide if they are willing to cover CE costs ad hoc)
 - Non-member: \$25
 - VPCA contributes \$150 toward honoraria (if given)
 - SBCPA-only sponsored 90 minute events:
 - SBCPA Members: Free
 - VCPA Member and other Non-members: \$25
 - SBCPA covers honoraria
 - Longer VCPA/SBCPA co-sponsored events:
 - SBCPA & VCPA members: same fee
 - Non-members: some larger fee
 - SBCPA/VCPA: share costs, and split any proceeds
 - Longer SBCPA-only sponsored events:
 - SBCPA members: some fee
 - VCPA members and other non-members: some larger fee
 - SBCPA: pays speaker, keeps proceeds
 - Discussed the following:
 - If we agree to have VCPA pay for part of the increased fee associated with increasing our Wild Apricot membership, they would like an invoice for their records.

- Wild Apricot increase: \$140/mo (cost decreases by 10% if we pay 1 year ahead, 15% if we pay 2 years). Current cost \$75/mo. We are at capacity now (252 contacts, 250 limit) and will continue to be at capacity ongoing, in all likelihood.
- Increase: \$1680/year with 500 contacts capacity (or \$1512/year with 10% discount; \$1428/year with 15% discount; currently \$900/year with 250 capacity).
- VCPA will contribute
- Will vote on the above via email so that we do not have to wait until our next meeting.
- Dr. Sears inquired about ways to streamline invoice process.

Agenda Item 9: Disaster Response Committee's Report

- Dr. Lehman was on vacation and unable to attend. Following updates were shared in advance of the meeting:
 - With end of Public Health Emergency, masks are no longer required in health care settings
 - 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 who 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

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

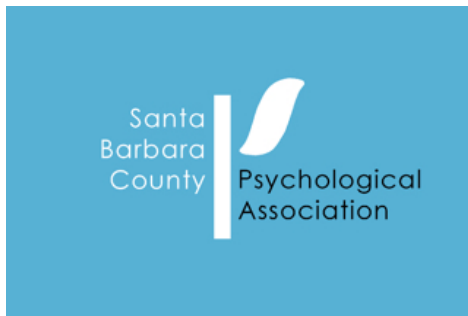
- No report

Agenda Item 11: Membership Committee's Report

- 16 people signed up for networking event at Dart Coffee on Friday June XX. We are at capacity for this event.
- Dr. D'Agruma noticed that one of the people on the list was noted as a lapsed member. Dr. Strauss will address this. There was some confusion, as this event was only shared with active members.
- Dr. Strauss inquired about the budget for this event. Dr. Krasno mentioned that the budget resets on July 1st (nothing rolls over). Dr. Okamoto asked Dr. Strauss to email Dr. Donahue about the budget. Dr. Donaldson mentioned that SBCPA used to have full breakfast events at about ~\$15/person (4x/year).
- Dr. Okamoto noted that about 1/3 of registrants often don't attend for various reasons, so discussed allowing more people to register. Leadership agreed that 20 registrants would be a good number and Dr. Strauss will re-open registration.

Agenda Item 12: Local Advocacy Network Committee's Report

- No report-still need to do website updates; requested admin password for the website.



- Dr. Toole shared admin password with Dr. D'Agruma.

Agenda Item 13: Social Committee's Report

- No report

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

- No report

Agenda Item 17: Meeting Adjournment

- Meeting adjourned at 9:31am.