



President: Megan Donahue, Ph.D.
President-Elect: Katherine Olson, Ph.D.
Treasurer: Eric Nelson, Ph.D.
Secretary: Avery Voos, Ph.D.
LAN Representative: Juliet Rohde-Brown, Ph.D.
Student Representative: Oriana McGee, M.S.
Past President: Winifred Lender, Ph.D.

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

Regular Board Meeting via Zoom

**November 19, 2020
8:15AM to 9:30AM**

Agenda Item 1: Call to Order and Review of Minutes

- Call to order at at 8:19AM.
- Attendance and evaluation of quorum: Drs. Megan Donahue, Avery Voos, Christina Donaldson, Karen Lehman, Anna Krasno, Winifred Lender, and Betsy Bates Freed. Dr. Kim Taylor joined at 8:50AM.
- Postpone review of October 2020 Minutes until December 2020 meeting.

Agenda Item 2: President's Report

- Provided website updates. Collaborative process with a number of board members. Likely unveiling of updates in beginning of 2021. Have found local photographer to provide updated images.
- Discussed desire to update Member Information collected for Find a Psychologist. Requested that individuals with ideas to contact President.
 - Dr. Karen Lehman noted that you can make mandatory category for psychologist's to update demographics.
 - Dr. Megan Donahue to reach out to UCSB CAPS to get possible template.
 - Discussed how this could be a possibility for learning and growth for members.
- Discussed referral challenges and possible solutions.
 - Dr. Betsy Bates Freed suggested sending out straightforward email to gather information on availability.
 - Dr. Karen Lehman discussed possible solutions, including moving Availability to top of list.
 - Dr. Christina Donaldson discussed possibility of sending out email monthly.
 - Dr. Megan Donahue discussed use of Oriana McGee support updating website.
 - Dr. Anna Krasno discussed possibility of opening up referrals to psychologists out of SB County.

- Dr. Megan Donahue discussed ethical implications regarding offering links to other counties in CA.
- Drs. Anna Krasno and Megan Donahue to discuss how to create link to referrals outside of SB.
- Dr. Megan Donahue to email CPA Presidents to see if they have Find Psychologist function they are able to share with SBCPA.

Agenda Item 3: President-Elect's Report

- None.

Agenda Item 4: Past President's Report

- Dr. Winfred Lender to send out ballot for next year's slate in December.

Agenda Item 5: Treasurer's Report

- Not able to attend meeting. Please reach out with any questions about the budget.
- Bank account currently at \$17,900

Agenda Item 6: Secretary's Report

- None

Agenda Item 7: Student Representative's Report

- None

Agenda Item 8: Continuing Education Committee's Report

- Provided update that there are no more CE's in 2020.
- Continue to work on the upcoming 6 CE event scheduled for next year.
 - Dr. Megan Donahue to follow up on approval so as to send out information to members.

Agenda Item 9: Disaster Response Committee Report

- CPA Disaster Response Network - has asked Dr. Karen Lehman to present the SBCPA/CWT collaboration model as an example of *best practices* in Disaster Response at another virtual meeting on 12/18/2020.
 - Anyone is welcome to take part in this virtual meeting and asked to contact Dr. Karen Lehman if interested!
- Provided updates re. County status: move to Purple Tier, and CA State changes in tier movement.
 - There was a change in overall procedure, that any county can be changed immediately. Businesses now only have 24 hours to comply with changes.
 - No more indoor dining, fitness and worship. Board of supervisors voted to advocate for indoor worship.
- New State Mask mandate that states you must have mask with you at all times when leave house, have on when within 6 feet of someone or anytime indoors.
- Update on highest transmission of COVID-19 through working indoors, Isla Vista, and retirees. Farm workers have decreased transmission rate.
- CoVid19 newsletter continues to be published weekly with amazing contributions from Chuck Lepkowsky.
- CWT weekly meetings, Wednesday 7:30am continuing - includes updates from county OEM/PHD, and reports from various behavioral wellness/mental health organizations. It



is clear that most of our MH systems are strained and not able to meet the demand - this is why we are hoping to find providers to lead group therapies, virtually... *any thoughts on how to increase our reach? - and also Betsy's suggestions on active listing of who has openings (if not already discussed)*

- Member support Zoom Meetings have restarted these and expanded the times available. Brooke Sears (monthly Tuesday 8am), Megan Donahue (monthly Thursdays 7:30pm), Karen Lehman (Saturdays 9:30am)
- CWT met prior to the election, at the recommendation of Police/Sheriff/Fire Depts and OEM to organize stress relief efforts around the election. These virtual groups were provided online in both English and Spanish, and well attended
- CWT and Hospice created a "Senior Bridge" program, which connects primarily isolated Seniors with live and regular telephone check-ins throughout the holidays
- Dr. Dean Given stepped up and gave a helpful presentation for psychologists on how to support evangelical clients who may be struggling with election results this past Saturday

Agenda Item 10: Media & Public Relations Committee Report

- None

Agenda Item 11: Membership Committee Report

- Dr. Megan Donahue provided report.
- Discussed successful Networking Breakfast, hosted by Dr. Cecile Lyons. All 12 spots were filled by members, and breakfast was delivered by Dune Coffee.
- Will soon be sending out membership renewal reminders once demographic information questions are finalized in renewal forms.

Agenda Item 12: Local Advocacy Network Committee Report

- None

Agenda Item 13: Social Committee Report

- December PALS Book Club selection: "Homegoing" by Yaa Gyasi. Meeting scheduled for Dec. 13, 2020 at 7 p.m. via Zoom.
- Dr. Christina Donaldson reported that members would like more opportunities to connect virtually.
- Dr. Betsy Bates Freed discussed members asking to set up consult groups. Noted that Dr. Cecile Lyons was open to setting these up.

Agenda Item 14: Ethics Committee Report

- None

Agenda Item 15: Website Committee's Report

- See President's report.

Agenda Item 16: Meeting Adjournment

- Meeting adjourned at 9:11AM.