

North Los Angeles County Regional Center
Consumer Advisory Committee Meeting Minutes (Via Zoom)
April 3rd, 2024

Present: George Alvarado, Pamela Aiona, Juan Hernandez – Committee Members

Alex Phuong, Jennifer Koster, Nicholas Mendoza, Samantha Crisanto,
Minutes Services - Guests

Evelyn McOmie, Kimberly Visokey – Staff

Absent: Bill Abramson, Destry Walker

I. Call to Order & Introductions

G. Alvarado called the meeting to order at 3:07 pm, and introductions were made by all committee members, staff, and guests.

II. Consent Items

A. Approval of Agenda

M/S/C (G. Alvarado /J. Hernandez) To approve the Agenda. Motion **passed**.

B. Approval of Minutes from March 6th, 2023 Meeting

M/S/C (G. Alvarado /J. Hernandez) To approve the March 6, 2024 minutes. Motion **passed**.

III. Committee Business

A. Presentation - Emotional Well-Being and Stress

S, Crisanto conducted a presentation on mental health awareness. She emphasized her role in raising awareness rather than being a licensed therapist and encouraged participation from attendees. The presentation covered topics such as stress, its impact on health and well-being, and coping mechanisms. Participants shared their experiences and coping strategies, fostering an interactive session.

Action Item: K. Visokey will send out a full summary of the presentation which S. Crisanto will send out

B. Chair Board Meeting Report – Nicholas Mendoza on behalf of George Alvarado

N.Mendoza provided an update during the meeting, recapping various discussions from the last board meeting. They mentioned the rate study report, highlighting that service coordinators should receive higher pay based on the study's findings. Additionally, there was a discussion about a potential delay in funding for support services in California, with efforts being made to address this issue through meetings with state representatives. Furthermore, the recruitment of service coordinators was discussed, with plans to develop a retention plan to improve pay and benefits to attract and retain more coordinators. Lastly, the update touched on the review of board policies and bylaws, which will be undertaken throughout the year by a dedicated committee. N. Mendoza stated they had previously discussed including training for Reporting Abuse. The committee agreed it was a good idea.

C. Review of the 2024-25 Critical Calendar

The committee reviewed the status of the critical calendar for the upcoming year. However, their progress on the calendar was hindered due to the absence of multiple members. The discussion then shifted to action items, including George's suggestion of having other board members attend CAC meetings and introduce themselves.

M/S/C (G. Alvarado/D. Aiona) motioned to move G. Alvarado's proposal to be discussed further at the executive board level

D. Training / Presentation Calendar

The committee discussed suggestions for the quarterly trainings for the next fiscal year, including topics like CPR, AED, first aid, and emergency response training. There was a clarification regarding whether the committee aimed to learn about or be certified in these areas. The relevance of certain trainings for the committee was debated, with a consensus reached on focusing more on emergency response and board governance training.

Action Item: Training to include emergency response training such as CPR, AED, and general first aid training. J. Rodriguez will be asked to research these items and present his findings for review next meeting

IV. Identify Agenda Items for the Next Board Meeting

- A. Minutes from the April 3, 2024, meeting

V. Announcements/Information/Public Input

- A. Self-Advocacy Academy Calendar
- Flyers were shown
- B. Community Learning Forums
- C. 11th Annual Special Needs Resource Fair
- D. Autism Acceptance Fair – April 14, 2024
- E. Next meeting May 1, 2024
- F. Attendance sheet

VI. Adjournment

- G. Alvarado adjourned the meeting at 4:20 pm.

Submitted by:

Kimberly Visokey

Executive Administrative Assistant

(The majority of these minutes are taken from the Minutes Service submission and reviewed/edited as presented herein by NLACRC staff.*

