

**SHAB
MINUTES**



UCCS SHAB Minutes

Meeting Name: **SHAB**

Date: 4.6.23

Time: **4:30 PM**

Location: Rec and Wellness Center

Call to Order

Time: 4:39 PM

Roll Call

<i>Member Name</i>	<i>Present</i>	<i>Absent</i>	<i>Excused (Y/N)</i>
Isabella P.	X (5:03 PM, joined online)		
Aiyanna Q.	X		
Courtney S.		X	Y
Chrissie B.	X		
Stephanie H.	X		
Madeline M.	X		
Benek A.		X	Y
Hazel R.	X (Online)		
Kim B.	X		
Victoria V.	X		

Call to Order

- I. Introduction of new members
- II. Gratitude opener

Approval of Minutes

Motion to review minutes from March 6 by Aiyanna Q., seconded by Victoria V.

Approval of Minutes from March 6, 2023

- A. Approved by unanimous consent

Unfinished business

- I. None

New business

- a. Introductions of Cathy Calvert and Melissa Cole (Mental health services)

- i. Cathy Calvert
 - 1. Working to move past COVID
 - 2. No waitlist at moment
 - 3. Working on group therapy participation- area of focus
- ii. Melissa Cole
 - 1. APA Accreditation
 - 2. Working with practicum/post-doctoral students
 - a. Increasing engagement with group therapy
 - 3. Partnering to create programming and classes
- b. Fee increase update/celebration
 - i. 65% voted yes on fee
- c. NCHA Survey update
 - i. 10.7% response rate
 - ii. 4-6 weeks until data is back
- d. Heart Math with Lindsey Visscher
- e. Future Meeting Schedule
 - i. April 17th- possible volunteering
 - ii. May 1st- final business meeting

Discussion items

Adjourn

I. Meeting adjourned at 5:38

II. Next optional meeting on April 17th, 2023 at 4:30

- a. Possibility of volunteering at farm
- b. Tour as contingency plan

III.Next meeting business meeting on May 1st, 2023, in the Wellness Center from 4:30PM-5:30PM