CHC Meeting Summary

# CHC 2-5 pm 3/15/14 @ 1010 Emerson St, Palo Alto, CA 94301

## Attending Members

Tim Berlyn (Nominee)

Michelle Brown

Jacqueline Chan by phone

Tammy Chan

Bill Daul

Mei Lin Fung

Sina Nader

Kennan Salinero

Ilene Serlin

Laleh Shahidi

Brien Shamp

2:00 pm Opening Exercise – Michelle

2:10 pm Review and Approval of Feb 6 2014 meeting Minutes – Laleh

2:15 pm Presponsive leadership for potential 2014 White House Summit on Health - Mei Lin

2:25 pm Challenge Rounds – Exercise Proposed by CHC-LRN

2:55 pm Trademark discussion – All. 15 minute Break

3:25 pm Embodiment Exercise - Ilene

3:30 pm New Member Nomination and voting – Tim Berlyn

3:40 pm Committee Updates

5:50 pm Final Word from each

6:00 pm CLOSE

1. Opening Exercise using tennis balls in pairs was excellent - thank you Michelle.
2. Review of Minutes February 6 2014 Meeting. We determined that a summary should be created and the summary and minutes review in the April Meeting together with the March 15 summary and minutes. Laleh will prepare full detailed minutes, Mei Lin will prepare summary.
3. CHC-LRN and CHC\_WE : Challenge Round -
	1. **Introduction:** Jacqueline Chan prepared a comprehensive framework for activities to enable us to learn, be accountable and integrate the work of different committees, to prepare us to work with each other, integrate the our work between committees and be presponsive in developing methods/skills to work with external partners in the future.
	2. **Discussion on** Phase 1 LEARN
		1. Kennan Salinero – Rxperiential learning model, learning expeditions to worthy destinations that along the way develop team learning. Phase 1 is the gathering of information. E.g. City of Portland wanted to improve health outcomes and began with an expedition to understand the current environment and physical and social landscape.
		2. Mei Lin – CHC-LRN is proposing we do something together that connects and integrates our work, taking us out of individual and committee silos.
		3. Sina – I like what I have heard, still struggling to understand what’s it about
		4. Brien – All for trying to figure this out, great idea to work challenge together
		5. Michelle – appreciate Jackie’s work, like the active learning and participation – everyone learns differently, reduces overlap, duplication
		6. Tim –must understand before we do. First look at what exists already in a community
		7. Tammy – Challenge offers a way to work on something together
		8. Bill – really wonderful gold dust, when things settle and people see what each can do, we can see how much collective gold we have
		9. Ilene - – thanks for amazing amount of work and organizing. concurrent understanding before action - avoiding the silos, learning as a group, integrating the applications – my concerns are my own limited time – I sense very different expertise in the group -
		10. Laleh - we want to solve real problems – which are with potential partner organizations – eg Chevron, health challenges faced by parents – a way for CHC to interact with the clients – not in silos: Choose topic - pull together our resources and skills
		11. Jackie - that is spot on– people would present their findings at the general meeting
	3. Proposal: Choose a topic and do a Challenge Round in a 3 month time frame, Tammy will be guide and set up online transparent views. Jackie sets up framework. Kennan will moderate (developing CHC-WE partnership principles)
		1. Proposed by Kennan Salinero
		2. Seconded by Tammy Chan
		3. Vote was YES – to do this.
		4. Topics discussed were K-12 and Community Resilience.
		5. Vote was YES on was Community Resilience
4. CHC Trademark
	1. Michelle is a designer, she will take the lead to come up with this
	2. Consider that we might have a common logo, which different states might use
	3. Brien suggests the logo have something unique about California
	4. Ilene shared a vision of connecting across differences. Many different symbols coming together, symbols for our different values, a mandala of goodies
5. New Member Nomination
	1. Tammy Chan nominated Tim Berlyn
	2. Bill Daul seconded the nomination
	3. Vote YES was unanimous to accept Tim Berlyn as a member of CHC
6. Committee Updates
	1. CHC-WE Chair – Kennan, Members – Jacqueline and Laleh. Others welcome
		1. working with CHC-LRN on the Challenge Round
		2. Looking for emergent areas where relationships can help re-imagine health
		3. Quality of the goal is more important than the schedule
		4. Progress towards the goal is more important than hitting checkpoints
		5. We need to be clearer on identity of CHC – we need to know what we are about before we start partnering, otherwise risk of losing our identity
	2. CHC-LRN Chair – Jacqueline. Members – Valerie, Rob
		1. Challenge Round – big start in getting go ahead for Community Resilience
		2. Data Cartography Tool – Valerie Landau and Mei Lin reviewed with Sandy Calvo, co-principal at Hillsdale High School. Kennan, Bill, Brian Donohue saw demonstration at Franchise for Humanity conference. Video here. Laleh looking at how tool can be used for tracking outcomes to demonstrate committee progress to goals and CHC vision.
	3. CHC-IT Chair – Jack Park and Jack Chin. Members Dan Desmond, Dan Esbensen
		1. Working assumption from 2/6/14 meeting. Dan Esbensen is Tech Support
		2. Start with what CHC wants to achieve, what committees want to achieve
		3. Provide requirements to CHC-IT
		4. Tim Berlyn will take the lead, Tammy will assist in developing CHC “Wikipedia” and Sina will help with design of portfolio management of Committee projects, Challenge tracking likely with the use of Data Cartography (Valerie and Laleh)
		5. Wazi is a tool designed for handling email threads. Kennan will work with Tammy to investigate alternatives and this, and talk with Dan E.
		6. The work of overall CHC in defining what direction we are going to go is a pre-requisite before CHC-IT can jump into action – Tim Berlyn
		7. Proposal – Tammy take on the role of CHC-Action Curator
			1. Proposed by Mei Lin
			2. Seconded by Bill
			3. Vote YES unanimous
	4. CHC-FIT – Co-Chairs Brien Shamp, Denet Lewis. Members – working this out
		1. Need to know who are in this committee – Tim will maintain an up to date list of committees, chairs, members, goals, objectives.
		2. Proposed: Tim Berlyn as a member of CHC-MRC, will send out a list to everyone before next meeting.
			1. Proposed by Laleh
			2. Seconded by Ilene and Michelle
			3. Voted YES
		3. San Carlos HealthFair–kids obstacle course, connected w/hundreds parents
		4. 10 minutes of structure movement (5minutesx2 times a day) – trying out in Kindergarten – Giving instructions to Teacher (Brien-begun), and Middle School (Michelle – not yet started – for 7th graders after STAR Test)
		5. Health Advocates 36 hour course–feedback to Institute for Wellness Educ.
			1. IWE-CEO Teplow worked with Mei Lin to get curriculum approved by US Dept of Labor creating Wellness Coaches as a new job standard, overseen by wellness leads in the DoD, HHS, VA, PHS
			2. Pilot Peers – 3 people from Brien’s group, 3-5 others from CHC
			3. CHC members who want to be in pilot:
				1. Mei Lin
				2. Laleh – this is related to resilience
				3. Michelle
				4. Sina – see how sleep is addressed, make sure it is
				5. Ilene – SF Psychology Assn has a Welllness committee
		6. Congratulations: Brien’s bootcamp was voted top in the Bay Area, and Michelle’s was voted 5th. Potentially very large impact.
		7. CHC-ZZZ and CHC-NUT program combining nutrition and sleep.
		8. Denet ready to do TV shows on CHC topics – Sleep hygiene?
		9. Michelle has a Healthy Strong Community Model
			1. Mei Lin suggests we spend 30 minutes on this in April 2014 Meeting – Michelle will describe and we will discuss
		10. Electronic Device use is an addiction harder to overcome than tobacco
	5. **CHC-ZZZ** – Chair – Sina Nader
		1. Interviewed by Bay Area CBS about Daylight saving transition,
		2. Study with Asian Americans for Community Involvement AACI
		3. Sleep Assessment NEW – submit questions to sleep experts
		4. Sina, will resend via email the link to sleep assessment
		5. Doctors available to talk about Sleep – let Sina know where and when.
	6. **CHC-Resiilence** – Chair – Laleh. Members Ilene, Morgan, Michelle
		1. Plan is to develop a resilience curriculum to be available online
		2. Have a series of activities for example
			1. Workshops on visualization
			2. Use Arts to build resilience (visual arts, music, poetry, martial arts)
		3. There is very little available on community resilience online
		4. Ilene has a 3 volume reference book on tools
			1. Working with Dan Esbensen to make this available online
			2. Work on pilot prototype for others to provide feedback
		5. Content is largely available, how to access and distribute?
			1. Video tapes
			2. Tool kits of activities
			3. Seminars
			4. Activities that Michelle already has, and others like her
		6. Partnering with American Psychology Association – early stage
			1. Allen Siegel – San Pablo Hospital is young and energetic
			2. Marty Wasserman MD- Marin Hospital, guided imagery
			3. Chris Stalock – psychologist – global Humanitarian connector
	7. **CHC-RBT –** Co-Chairs – Cindy Mason, Bill Daul
		1. Bill Daul will be CHC- Ombudsman – someone we can all go to
7. Final Word
	1. Ilene – Love the integrative
	2. Sina – We must figure out our goals, everything falls from there, otherwise risk of going off on a tangent. Build a pipeline of current, 6, and 12 months candidates for members
	3. Tim - starting any business: Know what we are about- everything else follows – metrics, quality, risk. I will Focus on getting mission, vision onto one piece of paper, so it can be distributed to everyone and feedback and iteration – get everything onto one document, get it off the ground.
	4. Bill – why are some people not here?
	5. Mei Lin –Buddies to someone who is not here to help them catch up?
		1. Brien - Heidi
		2. Mei Lin – Valerie
		3. Tammy – Jack Park
		4. Sina – Dan Esbensen
		5. Kennan - Jacqueline
		6. Michelle – Morgan
		7. Laleh – Jack Chin
		8. Bill – Cindy
		9. Ilene - Heidi
		10. Tim – Dan Desmond