

South Central Los Angeles Regional Center

Advocates Advisory Committee Meeting

May 17, 2021

Members Present

Caycee Ricketts

Ascary Navarro

Ana Torres

Jose Ayala

Atayvia Roberts

Dora Trotter

Renard Standford

Other Attendees

Desiree Boykin Advocate

Kimberly Rodgers

Dr. Cynthia Davis

Linda Butler (WRC)

Todd Rubein (WRC)

Call to order

- a. Caycee Ricketts (AAC President) called the meeting to order at 10:05 am
- b. Everyone introduced themselves for this meeting
- c. The AAC members approved both the May agenda and the meeting minutes for the month of April
- d. The Ground Rules was ready by Jose Ayala (AAC Sergeant-at-Arms)
- e. The Purpose of the Ground Rules were read by our Consumer Advocate, Desiree Boykin

2. Topic: Mental Health

- a. Our speaker Dr. Cynthia Davis spoke about the importance of why Mental Health Matters
- b. In her presentation she discusses the importance of taking care of yourself and symptoms of what affects our mental health
- c. She also talked about treatments such as therapy, support groups and many more. As well as sources such as Crisis Support, TRIAGE Team, and many more sources to provide support.
- d. Advocates also spoke about their experiences with Mental Health
- e. If you need to reach out to Dr. Davis you can email her at cynthiad@sclarc.org or (213) 743-3028

3. Old Business

- a. In the month of April Dr. Real Simms spoke about sexualiy and us advocates asked lots of questions about our experiences with dating and sex as well as sex and consent.
- b. We appreciate those who attended the Supported Life Conference on 5/7

4. Announcements

- a. Events will be canceled until further notice

b. We also have AAC Fun Chat Monday and Wednesday at 3:00pm where we all learn from each other, as well as talk with speakers, enjoy just knowing each other while sharing moments together even when practicing social distancing. Also on Friday we do the AAC Wellness Chat where we discuss about our personal updates its at 12:00pm

c. Westside Regional Center holds their CAC Meeting everyday at 7:00pm for more information contact Desiree

d People First Conference is held on 6/12 on Zoom for more information contact Desiree

e. Our next meeting is on June 28th from 10:00am-12:00pm on Zoom

5. End of the meeting

a. Renard Stanford (AAC Treasurer) adjourned the meeting at 12:00pm. Thank you for your support

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