

Cambria County Health and Welfare Council

March Meeting Minutes

March 4, 2020

Alleghenies UCP Building, 119 Jari Drive, Johnstown, PA 15904

Attendance:

Sara Pfeil, Maria Bradley, Michelle Younkin, Natalie Kauffman, Jodi Russo, Katie Decker, Patricia Fritz, Joyce Bowers, Brian Way, Frank Redielbach, Michelle Mauro, Leanna Bird, Mary McCay, Sarah Kern, Kerry Tomb, Bridget Hall, Martha Faust, Jerrica Cooper, DeAnn Cardarella, Ava Genovese, Jocelyn Hartman, Chelsey Novak, Heidi Niebaur, Jeff Vaughn and Presenter, Stacey Karchner.

Meeting Start Time: 8:30 am

Meeting Introduction:

Jeff Vaughn reminded everyone to fill out their membership forms and make appropriate payment as soon as possible. We are finishing up the membership drive this month. A copy of the membership form is available on the Health & Welfare website.

He also announced that the Kids-A-Fair is tentatively scheduled for June 5, 2020 at the Johnstown Trojan Stadium from 4-7pm. More details will be coming soon about this event. Another committee meeting will be held on 3/16/20 at 2pm at the Beginnings office to discuss this further. Anyone from the council is invited to attend and participate.

Our speaker for the April meeting will be Jodi Russo from the Goodwill organization. Richard Buck from the 2020 Census will also be doing a brief update about the upcoming census activities in our area as well.

Treasurer's Report:

Jocelyn updated everyone on the financial report. In February we collected approximately \$265 in membership dues. Our current balance is \$7517.17 at this time. Jeff reminded everyone that some of those funds will be put towards the upcoming Kids-A-Fair event in June.

Presentation:

Stacy Karchner, a BALM family recovery coach, did a presentation about this model and how it is being used in our area. The model is designed for dealing with substance abuse issues and how not only how the user is dealing with it but the families and other loved ones as well. She talked about her own children and their alcohol and drug

related issues over the years and how they are now doing well. Stacy travels all over the area and runs small group programs for family members and finds this to be the most effective way to teach the model to others.

The BALM curriculum has 12 principles contained in it to follow and she reviewed most of these as well as handed out information in more detail. She also explained how the author of this model, Beverly Buncher wrote a book about it and a workbook for group activity. More information can be obtained at the BALM Family Recovery website: www.balmfamilyrecovery.com

A brief question and answer session was held afterwards.

Adjournment: 9:30 am