

**CAB Conference Call
September 23, 2021
12:00 ET
Meeting Minutes**

Participants:

Carol	Bronx-Lebanon Hospital Center
Claire	Harvard T.H. Chan School of Public Health
Delia	University of Miami
Deontay	University of Miami
Exzavia	Children's Diagnostic and Treatment Center
Falon	University of Colorado, Denver
Gena	University of Miami
Haleigh	FSTRF
Karim	Westat
Kate	Harvard T.H. Chan School of Public Health
Kimbrae	Texas Children's Hospital
Liz	Harvard T.H. Chan School of Public Health
Lesley	Texas Children's Hospital
Mandy	Harvard T.H. Chan School of Public Health
Megan	Westat
Shary	University of Southern California
Tracy	Westat
Vanessa	Harvard T.H. Chan School of Public Health
Veronica	University of California, San Diego

• **APPROVAL OF MINUTES**

The minutes from the August 26, 2021 call were approved with no changes.

• **PLANNING FOR FALL 2021 VIRTUAL CAB RETREAT**

Megan talked about the Fall PHACS Virtual Meeting. It is going to take place from October 26 – 28, 2021. The first day will be for PHACS Working Groups. The second and third days are open to all members of PHACS. The CAB will hold a virtual retreat. Although the CAB will not be meeting in person this year, it is important to connect with people. The virtual retreat will be a safe place where CAB members can bond in order to continue to carry out their work over the coming year.

The CAB members discussed ideas for the theme:

- **Gena** suggested *thriving through HIV and COVID-19*. She said it is important to incorporate mental health issues. She mentioned that people continued to help others despite their own struggles. Other suggestions for this theme included working with the ideas of *pushing through* despite HIV and COVID or *we're still here*.
- **Carol** suggested the acronym WARM, *We all really matter*
- **Kim** suggested a theme about how people are just *floating through*. People may look okay, but they may not be. Many have lost friends, family members, and coworkers because of COVID-19.

The CAB members brainstormed ideas for sessions:

- Last month, **Kim** recommended that the retreat include a session about self-care. She recommended that **Liz Salomon** present a follow up to the self-care session she presented at the Fall 2020 Virtual CAB Retreat.
 - **Kim** mentioned that people are dealing with different types of mental health issues. For example, sending kids to school, getting back to work, among others.
 - **Liz** expressed her support for a self-care session.
 - **Megan** will send questions to CAB members about the self-care session. CAB feedback will help plan the session.
 - **Lesley** recommended discussing mental health in children during the COVID-19 pandemic.
 - **Claire** talked about the tough decision parents have to make in terms of sending kids to school or keeping them at home. Parents may have felt that they have to decide between exposure to COVID-19 and need for socialization.
 - **Megan** mentioned that the retreat should include mental health issues in parents and kids.
 - **Kim** suggested including a session about positive activities to do with kids. She recommended including age-appropriate activities suggested by mental health providers.

Mandy presented two ideas for interactive retreat sessions. **Megan** reminded the CAB that retreat attendees will receive a package of retreat materials. The CAB can think about planning sessions that will utilize materials in the package. **Mandy** suggested that the package include a potted plant. The CAB could decorate their pots together. The CAB can use the plants to check in with each other throughout the year. It can feel good to take care of plants. It would be a way to stay connected all year long. **Mandy** also recommended that the package include an affirmation box. The CAB could decorate their boxes together. They could also work together to come up with affirmations to include in the box. Then, every day after the retreat, CAB members can read their affirmations and be reminded of their connection to the group.

Additional ideas for sessions and retreat package materials included:

- **Kim** suggested a family activity. Give kids a paper with a bullseye. In the middle, they could draw how COVID is for them. Then, they could use nerf guns to “destroy” COVID.
- **Exzevia** suggested a vision board. CAB members could use magazine pictures to portray what they want for their future.

Megan mentioned that the retreat is going to be the first week of November. She will send a survey to CAB members. In the survey, members can select their preferred dates and times. In addition, CAB members can provide suggestions for the sessions.

• **HECC UPDATE & CAB FEEDBACK**

Megan mentioned that the HECC is planning a COVID-19 Town Hall. People who work in the medical field will provide information about COVID and vaccines. Community members will share experiences and resources regarding COVID-19. The Town Hall could include experiences with healthcare providers

during the pandemic. **Exzavia** mentioned that people may want to discuss how COVID-19 changed healthcare.

Kim mentioned that everyone is experiencing the pandemic in different ways. That is the reason she encouraged CAB members to share their experiences and questions about COVID-19 and the vaccines.

NOTE: The next CAB call will be on Thursday, October 28, 2021 at 12:00 pm ET.