

## **CGPA Board Meeting Minutes August 8, 2016**

**Date:** August 8, 2016

**Attendance:** Aida Cabecinha, Stephen Gillies, John Sherry, Joan-Dianne Smith, Ken Schwartz, Kasra Khorasani , Jane Mitchell , Wendy Wildfong  
From First Stage: Jessica Kerr, Doug Rosser, Sue Munro

**Regrets:** Rowan Sharkey, Colleen Wilkie, Ward Yuzda, Andre Roch

**President/Chair:** Kasra Khorasani

**Secretary:** Wendy Wildfong

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**Minutes:** Motion moved by Joan-Dianne, seconded by Aida that the minutes of the July board meeting be approved as circulated.

1. Joan-Dianne reports that targets for finishing touches for conference are being worked out, with glitch assistance by Kas.
2. Marketing is the real focus to get the crowd out. Board encouraged to follow Allan Sheps lead and send out to all their list serves ad personally asking contacts to send out to non-clinical areas. This is the week to think about what we can do. Jane notes that these weeks in August find people away the most and least focused until the last week of August. Also people who come from outside Toronto and Canada probably don't care about added \$50 for post EB special. It is the one-day people who may feel the benefit from early bird so encourage all to send to personal contacts: nationally, locally, university weekly postings, organizations and hospitals. Aida did so for occupational therapy. Jane will pursue a small piece in a Homelessness publication she works on. CAMH publication for therapists

**ACTION:** Kas will ask Jan M. re: U of T. Aida will follow up with recent Catholic Family Services contact and also send to public health. Joan-Dianne encourages using any connections for list serve in government and hospital administrations to go after non-clinical leadership people. Ask if anyone knows anyone in these spots. Jane has a Nova Scotia mental health contact and will see if she will put something in. Kas will contact Terri for her organization and nursing. Steven is looking up government portals. Kas will pass on to Jane and Stephen Allan Sheps piece for social work to send out.

Kas reinforced sending out to personal contacts, preferably by phone. John will look into Teacher's Federation. Kas is doing a talk on GP psychotherapy group and will pitch the conference at that.

Kasto to try LEGO group angle to newspapers.

3. Joan-Dianne and Jessica have blurb and survey monkey ready for 2 week turnaround. It will go out Labour Day Monday in preparation to hit recipient's mail for Tuesday morning.

4. Doug reports on membership numbers, finances and charging for Sunday night seminars for non-members Admin costs are being kept to a minimum. Success of ETG's is a financial boon. There are some costs for website upgrades. The Association in normal day to day business is ticking along fine, however another ETG, or alternative, to generate income would be recommended in the fall. Kas comments that the organization looks healthy and sustainable. There is optimism going forward.

5. Kas prompted a discussion regarding board attendance and participation opening up a discussion about his leadership and what we need to attend to going forward. Rowan has asked to step back from Board, but will do the next *In the Loop*. Colleen needed to step back for personal reasons as well, Ward is unable to attend. Andre is having trouble attending. Jane notes that most boards do not meet in the summer. Time slot 6 pm in Nova Scotia with kids it's difficult. Stephen says it's not unusual for people to encounter personal circumstances that affect their ability to follow through and it is his opinion that it is not anything about Kas or his leadership – quite to the contrary, his style of leadership is accommodating and inclusive and at the same time he injects but does not impose his vision. Aida notes that this is a working board so with any new directors coming in we should be explicit that doing instrumental tasks is what they are taking on. Sometimes when we have a more active leader others may lay back. Rather should we build a culture in which a group is set-up and then the leader steps back. Kas wants board members to feel that they really matter in terms of their thoughts, ideas and enthusiasms. Aida feels Kas is taking too much responsibility, rather it's about time resources related to career and family. Good to meet once a month. Jane suggests the person doing **In the Loop** not be a board member. We are requested to think about nominations of next board

members. Thanks to Kas for stopping to take stock as we go into a new round.