

YSA Melbourne



June Exec Meeting

June exec meeting! If you'd like to add an agenda item, please do so here or let Wren know and they will do it for you.

When 26-06-2020 at 09:00 PM

Location: Slack , Slack

Minute taker Wren Jablonka

Present Jamieson Doyle , Wren Jablonka , Nicky Martin , Rebecca Neville , Beck Smith (Vice President (Events)), Josh Suhaven , Orion Zymaris

Apologies Jessica Woolley , Jerry Zhang

Minutes

1. Welcome/confirmation of minutes

Nicky officially opens the meeting at 10:06

Attendance is taken through TidyHQ

Nicky moves a motion to confirm the minutes of the previous meeting

The motion passes unanimously

Becky Arrived at 10:15 am

2. Position Reports

Nicky (Pres):

-Me and Becky have been doing behind the scenes stuff RE mental health plans that we're looking at, will look more at this later in the meeting

-Still gathering info on MySci and TCSE, but unsure with corona, going to try get more info

when we can

-Presidency overall has been pretty quiet, a few emails, nothing crazy

Jamieson (treasury)

-Same as usual, have been given some updates from James and Jess and updated transactions up to the 10th of June

-One thing on tidy- found a page under finances to do with invoices, expenses, and deposits, which logs these things, has Wren as awaiting a payment

-Yes, they are awaiting, Jess is going to organise it when she can, Wren is not pressed about it, Jess probably put the thing on Tidy as a reminder for herself

Bec (comms):

-Has been doing a ton

-BLM info, official statement and week of black and indigenous scientist bios

-Used instagram story to pass on useful resources about current events

-This week has been highlighting LGBT scientists, last one was uploaded just this morning

-Should try and keep our social media presence up a bit more at the moment since there's not many other ways for members to interact right now

-Not sure how to do this yet but will think about it more

Orion (GEM):

-Sat in on SSF meeting last week

-Didn't contribute much but got a feel for what they're doing

-There's a fair bit happening with SSF at the moment, looks like they're losing ConocoPhillips as a sponsor (TCSE -> TSE)

-Looking for a new sponsor, otherwise they wont have enough money to continue running programs for very long

-One branch of ConocoPhillips got sold so its now too separate branches with tensions between them RE sponsoring, so neither branch is willing to sponsor full amount, essentially leaving TSE without a sponsor

-Nicky just points out that MySci is separate to this, so we will still have MySci regardless of what happens with TSE

Josh (GEM):

-Back-end discord going well, set up stuff on discord and tidy for trivia (which didn't happen immediately but oh well)

Becky (Pres):

-Working on mental health/health policy/plan

-Cancelled trivia, did comms for that

-Nicky vouches that Becky has been productive

Wren (Sec):

- Put legal documents for annual return on dropbox
- Going to download meeting minutes onto dropbox later today/this week

3. Financial motions

No financial motions today!

4. Socials - Trivia

Bec + Social media:

- Want us to keep social media more active because there's often not a lot
- Don't have any more ideas besides the scientist bios we've been previously doing, do other people have ideas?
- Orion: would be good to set up a schedule of what days we post and what we post on those days
- Nicky: maybe once a week? Not tons of pressure on us but a regular posting schedule, see what kind of interactions we get
- Ideas from Bec: some science pages post articles related to their field that are interesting to read, aren't really activities we can promote at the moment but can do that later
- Wren: people like polls, could have fun surveys for people to vote on, using polls/reacts on facebook and polls in stories on instagram
- Don't have tons of consistent engagement on FB or insta at the moment but could work on that by having more consistent posting
- Bec: what about a facebook group for members?
- Becky: discord is easier to moderate and has lots of different sections, also younger people don't really use facebook, so is hard to encourage new people to join
- Wren: discord has more of a groupchat format which is more casual than posting on a group
- Bec: need to use discord to chat more then, to try and get it more active
- Nicky: so maybe starting with weekly polls
- Put same polls on fb and instagram
- Bec: for future outreach in regards to important dates: black history month, environmental outreach days, etc.

Becky: Trivia

- Had to cancel for lack of people
- Everyone way too busy, no date around exams would have worked unfortunately
- Wasn't as much promo and encouragement as we would have liked, just circumstantial due to everyone being really busy around exams
- If most of us are busy, we shouldn't try and run stuff in busy periods
- Need to figure out when most people are free in next few weeks to try and run trivia again

- Maybe in last week of school holidays?
- How are the questions going?
- Orion has collated a good amount, Becky and Nicky have looked at them and said they're good
- Jamieson: how is technology side, can we run it through discord?
- Josh: yes, have created all important channels on discord including text and voice chats, roles for each team, and channel for finding teams
- Nicky: sounds like behind the scenes stuff is done, just need to practice and advertise
- Becky: dates: Friday the 10th is the end of school holidays but doesn't work
- Maybe Saturday the 18th, end of first week back at school
- Confirmed start planning for Saturday the 18th, 4-6pm
- Going to try get announcements out each friday until then

5. Mental health protocols

Nicky:

- Why this has come up- have been communicating with Brisbane and some stuff happened at one of their TCSEs that we don't want to happen with us, where someone went into the program with mental health problems without informing staff running program, so they couldn't help.
- We want to put in place mental health plans so if someone has issues, we know how to support them on programs, especially when things get stressful
- Just as important as physical health plans for illnesses, allergies, etc.

Becky:

- Put a very rough draft on slack
- Has some things to ask everyone about the plan
- We don't want to get *too* involved with people's plans, for example, a staffie comes to MySci saying they have anxiety and presenting their health plan- we don't want the leadership to stress out over that person's well being so much that it affects *their* mental health on the experience. Also, don't want the leadership team to be overbearing or go too far when it comes to providing help.
- Also don't want the plans to be too in-depth or too complicated because we want anyone, even without mental health training or experience, to be able to read and understand peoples plans.
- Nicky: will make it clear that everyone's medical and mental health information will only be shared with people who absolutely need to know.
- Do people think we should include anything else on the draft plan, or not include anything? Is it too invasive?
- General consensus is no, it's important for people to know so we can help.
- Becky agrees and is trying to get rid of the stigma of looking after mental health, part of this is by grouping health and mental health together
- Josh: yeah on the form physical health issues and mental health issues should be presented

equally.

-Becky: say someone has severe depression, and they come to MySci, but don't have a plan- should we help them make one?

-Bec: I don't think we should help them make a plan because we're not professionals, and if we get too involved with making a plan we could be held accountable if issues arise from it

-Jamieson: plans should mostly involve contacting relevant people for help.

Becky:

- We can't make them a plan, but we can ask on the forms whether there is anything they would like us to do to help

- If anything happens, we have to call an ambulance - that's not our choice, that's required

- If they don't have a plan, we are still happy to let them suggest something that they would appreciate to help mitigate their health issues (e.g. a short break occasionally for anxiety)

Josh:

- Let everyone know at the start of the program that if there is an issue, an ambulance will be called

- If you have any health (mental or physical) issues you haven't declared on your forms, please go tell a Kahuna

Nicky:

- We can deal with standard-issue TSE-MYSCI breakdowns, but we are not trained to deal with actual mental health issues

Becky:

- Adding poison hotline number to the list on the health plan

- Would prefer suicide hotline not be used, prefer ambulance

Nicky:

- Are there any other numbers to add to the list?

Becky:

- We should clarify what supplies and services YSA provides

- For example, epipens or first aid training

- People with anaphylaxis should have epipens

Bec:

- There's a basic first aid kit and several first aid trained people in YSA

Josh:

- Does the form have info on first aid training/mental first aid training?

Nicky:

- Not mental first aid - we also have one for anaphylaxis which is separate

Becky:

- importance of inclusion in the plans and introduction to the plan

- possible inclusion plan but unnecessary as hate and anything crude is not supported in our programs

Bec, Josh:

- looks fine for the plan ideas of the plan

Nicky:

- this is more an idea for what we want in the plan rather than the actual plan yet

Becky

- adding in "check-in" for the end of the day to ensure that people feel open and comfortable in this environment

- can add in support later if people need a chat or help

Jamieson:

- adding in and normalizing these health issues will help bring problems out

wren:

- similar format to have everyone talk and just talk if you want/need to. little less formal and just for normalizing it

Becky:

- to be back at the hall in the safe environment there

- suggestion: creating a buddy system in we feel it is necessary to have a person to be able to talk to for staffies

Josh:

- people who have come on their own may not want to talk to people if they know no one

Wren:

- people will likely talk to people they feel close to anyway so this may be redundant

Bec:

- they still have their staffie partner so they have a friend anyway

Becky:

- what is on our medical forms?

- what questions do we need to add

Nicky:

- anaphylaxis and asthma plans are usually sent to kahuna or gophers get it sent to them

Becky:

- encourage people to go and get qualifications if they can get them for ease in the next steps

6. Natcon

Nicky:

- Natcon will be held online this year
- Bringing up constitutional changes, e.g. asking Sydney how they got through their debit card (so we can imitate)
- Have discussions about TSE organisation
- Discuss online services (e.g. we have tidy, but not everyone else does)
- Bring up the mental health plan with Brisbane (since the topic stemmed from an experience with them)
- Brisbane had a different tack with mental health, having a referee to call - we aren't using their strategy
- Natcon is over 2 days but we've sometimes finished it in 1
- We can have different people rotating at Natcon
- Adelaide went through a large leadership change last year
- Date isn't fixed, but they're looking at end of July/August - we requested not the 18th of July to avoid clashes with social!

7. General business

Jamieson:

- weekly posts deligated to GEMS to allow jobs to be spread

Becky:

- gems may be a little intimidated to ask to do this and this could be an easy job for them to do

Bec:

- would like to still be moderated just another eyes to read over it

Wren:

- GEMS can write up what they think and then Bec can make sure it fits with our

Nicky:

- the bank will be changed after the 3rd after jess has finished

Jamieson:

- working out if it is online or in person

Nicky:

- probably need 100 points of ID for it to work

Bec:

- takes 5 minutes according to google

Becky:

- going over tasks
- socials, sending emails, tidy, changing facebook
- Natcon - Nicky sending a message to brisbane.
- read minutes to confirm these ones for the next meeting
- the meeting will likely be 13th - 17th for the next meeting

The meeting is closed by Nicky at 11:35am

End of minutes.