

## RWC Meeting Minutes

Friday, March 8, 6:00

In attendance: Elise Davis, KC Ray, Julia Taylor, Gabriella Johr, Emily Harrison (Phone), Anna Erb (Phone), Kristin Mastro, Phillip Bass

1) Date/Time set for May meeting:

The next RWC Meeting will be held on **Friday, May 6 at 6:00PM.**

2) We welcomed Elise & Julia:

We each spent time introducing ourselves, our specialties, our availability and fee/insurance. Both Julia and Elise are accepting new clients at this time.

3) Kristin is a Qualified Supervisor - Congratulations:

At this time, Anna, Kristin and Phillip are accepting supervisees. Anna is open to LCSWA's. Phillip and Kristin are open to LPSA's. The RWC website has been updated to include this information.

4) Office Reminders/Updates:

a) Movie:

The movie has been updated. Appreciation was shown to everyone for being patient with this process. Elise, Julia, and Liz have all been added to the movie. This month's spotlight is Nurture/Play/Structure.

It was decided that Elise would be the next spotlight therapist. Information for this can be submitted via the form found on the RWC resource page. Please have this in by **April 15.**

Trauma was selected as the next spotlight topic.

b) Lending Library

Due to the amount of books that are missing from the library we will not be able to purchase any new books until we have replaced the missing ones. Currently, there are 6 books that are not shelved and are not showing up as having been checked out.

We have also labeled each book with a library code. The lending library form has been updated to reflect this code.

We will be placing lending library client/therapist agreement forms on the bookshelf. We hope this will remind clients that they books need to be checked out. As always, it is the therapist's responsibility to enter any

book that is checked out or checked back in through the lending library from found on the RWC resource page.

c) Thermostat:

We have had a new thermostat installed in 4070. This is the same model as the one in 4068. This is locked and will not allow clients to adjust the temperature.

We have also realized that we cannot set the temperature in a way that will ensure everyone's comfort. You are welcome to bring in a fan or space heater if you need to adjust the temperature in your office.

If you do have suggestions for adjusting the overall office temperature, please send an email to [admin@riverstonewellnesscollaboraive](mailto:admin@riverstonewellnesscollaboraive). We will adjust the temperature by 1 degree at a time as we experience the upcoming changing of seasons.

d) Internet Upgrades:

We will have IT folks upgrading our internet service and devices on Friday, March 15, and Saturday, March 16. During this time, our internet service will be intermittent. Please plan accordingly.

These upgrades will increase our internet speed and will decrease the guest network. As Kristin said in the meeting, this means that someone deciding to watch a movie in the waiting room on their phone will not hinder our productivity.

5) RWC Updates:

a) Office 4068 (downstairs):

We currently have one office available for daily rental and one office available for a full week. If you know of anyone that may like to join RWC, please let us know.

b) Updated Website:

We have updated the RWC website. This makes it much simpler and quicker for us to make any changes you may need. We have also added a new sections (see clinical supervision mentioned above).

c) Group Practice Update:

Again, welcome Julia. RWC is now contracted with BCBS. We will be exploring contracting with United in the near future. If you have any referrals for Julia, please feel free to talk to Julia, Phillip or Kristin.

d) Visit to Triangle Springs

We discussed the possibility of taking a tour of Triangle Springs. Several RWC folks are interested. We will communicate dates and times once they have been confirmed.

6) RWC Continuing Education:

We are developing two continuing education programs through RWC. We are in the process of applying to have them approved. We will send out more details as the dates approach. But, please mark your calendars if you are interested in attending either. A discounted rate will be offered to RWC clinicians.

-LGBTQ+ Training: The Closet Experience, Trauma & Attachment  
(Proposed Friday, July 26)

-Nurture/Play/Structure  
(Proposed Friday, September 20)

We are also submitting a proposal to present Nurture/Play/Structure at the upcoming NCLPC Conference in October 2019.

We hope that these are all ways we can continue to get RWC's name out to the public and increase our referrals.

7) RWC Communications and Expectations:

Thank you to everyone for returning phone calls and emails within a 48-hour window. RWC clients continue to share their appreciation for our communication. As a reminder, please email [admin@riverstonewellnesscollaborative](mailto:admin@riverstonewellnesscollaborative) to confirm that a referral has been contacted.

We are continuing to track our emails and phone calls. Our most common recent requests for service have been for LGBT issues, specifically for transgender youth and LGBT couples. We also continually get questions about and referrals for the two DBT groups. Our top insurance requests have been for BCBS and Cigna.

As a part of this discussion, Phillip requested referrals for anyone who may be willing to provide makeup tutorials for our transgender clients. This is a service we would like to provide at RWC and welcome ideas from one another regarding how to get this up and running.

Gabriella suggested that we check in with any therapist prior to initiating a referral. Since we are often unaware of one another's availability, this will help ensure that we are referring to someone who can actually see the referral.

8) Case Presentations:

Thank you Elise and Kristin for sharing cases with us. As always, we learn so much from each other!

Action Items:

1. Update RWC Webpage with DBT group enrollment information. - Awaiting information from Anna and/or Emily
2. Check the Flex Room request form on the RWC Resource Page - Completed.
3. Add the Therapist Referral Matrix to the RWC Resource Page - Completed.
4. Add WPATH to the RWC Resource Page - Completed.