

In attendance: Kristin, Phillip, Adam, Elizabeth, KC, Julie, Emily, Brian, Amar, Kerry, Anna, J

Agenda:

- 1) Google Meeting Reminders:
  - a) Remind everyone to mute themselves unless they are speaking
  - b) Reminder - No meeting this Sunday. Next meeting will be on Sunday, October 18th.
- 2) Welcome Julie D'Amico (and Amanda Walker) - Julie was able to join us for this meeting. Amanda already had plans to be out of town and was unable to attend. Everyone introduced themselves and welcomed Julie to RWC.
- 3) Intern - J (\$15 sessions) - A reminder that J is currently accepting clients and his services are offered for \$15 per session.
- 4) Check-in's & Introductions
  - a) How is everyone doing? - Everyone is tired. We had a fruitful discussion regarding Surge Capacity. Thank you to Anna for sharing an article with us all about what we are feeling.
    - i) Introductions, specialties, etc.
- 5) Self-care Discussion
- 6) Book club - Amar and Liz are spearheading the book club. We will read the introduction of "Attached" and have our first discussion during our Nov. 1 meeting.
- 7) Reminder of supplies in Flex Room - Sand Tray, Play Therapy, Yoga, and Art Therapy supplies are available for use in the Flex Room.
- 8) Marketing
  - a) Adam updated us on Insta, FB - Adam reports we are seeing increased traffic to RWC's site and an increase in calls/emails.
  - b) St. Paul's Cary - Kristin & Phillip presentation--40-45 attendees
  - c) Kristin connected with non-profit looking to provide mental health services for Sanderson HS families
- 9) Rent through Simple Practice (2.75%) - This is an available option if anyone would prefer to not write a check.
- 10) Referrals
  - a) Send any unwanted referrals to Adam and he will screen and route to another RWC therapist
  - b) Please answer emails Adam sends regarding the Matrix. This is our primary way of tracking who does or does not need clients.
- 11) Insurance Updates -
  - a) Any updates from clinicians with new credentials?
  - b) BCBS opened
- 12) Office Updates:
  - a) Who is in the office? Who is seeing clients in the office? When?
- 13) COVID Updates
- 14) Staff Cases