Cindy Clouner: Stuff that recording so that you can stay with us. So hopefully you're seeing that now.

And with that, we'll turn it over to Ahmed.


Okay, great. And so I want to say that I am discussing this with my colleague and friend, Mackenzie Hogan, who is here with me and I would be remiss if I did not say that she has been the one spearheading a lot of the work that we're doing here at Ohio State to keep our students connected. And so if there is an expert in the room. I think she'll get mad if I call her an expert.

Um, it turned out me. So let's just get that all squared away, but also
Ahmed Hosni: Like we utilize zoom and so we're not zoom employees. So we're just doing the best we can, if anything, the advantage we have is that maybe we started this a little bit earlier than everyone else. And so we're happy to share what we learned.

Ahmed Hosni: As we tried to navigate this this jungle of reality, becoming a virtual reality and so

Ahmed Hosni: Yeah, I think what Mackenzie and I talked about is just talking about how the process started for us how decisions were made and what it looks like today. And what we think is working and maybe

Ahmed Hosni: What we think could be better. And then we won't take up too much time after that we would rather hear from the collective because we have lots of

Ahmed Hosni: Really intelligent people with lots of experience and supporting students who can teach us and we can learn from them as well. Um,

Ahmed Hosni: And then also, another thing that's important is that we made a few videos that will act as tutorials for
Ahmed Hosni: Setting up zoom the way we did. If you think that that would be useful for you and so will provide the link to be able to find those at the end of the conference call.

Ahmed Hosni: And so I'm gonna, I guess I'll start by bringing you into the conversation, Mackenzie, how do you think, what do you think about when we first understood that we were going to have to be supporting students in a way that's non traditional for us. What do you, I don't know if you recollect how the conversation went and how we got to this point a little bit, but maybe you could talk about that.

Mackenzie Hogan: Yeah. Um, first off, hi all glad to be here with you. Um, I think we started having these conversations last week when Ohio State started to announce that Virtual options are probably good to start to exist. And as you all know, I think the student population meet a lot of support it and

Mackenzie Hogan: I think one thing we knew that we wanted to do is make sure that we are as consistent as possible with our students from the get go, so that they
Mackenzie Hogan: Had the most seamless transition as they possibly could. And so right away. We started looking at, like, what options were available and zoom seemed to be the one that was like most intuitive for everyone.

Mackenzie Hogan: Not only because it was like easy for us, but because all of our students will be doing classes via zoom, for the most part. So, in a lot of ways. I was encouraging them to jump on simply because it's extra practice for when they start classes again next week.

Mackenzie Hogan: So he started thinking through, like, what, what would it mean to have like a consistent face it, what is it that we're providing students. And what is that they might need.

Mackenzie Hogan: Originally we thought about how we were just going to do our meetings via this platform and leave it at that. It us are utilized correctly or things of that nature. But as we played around a bit. We realized that we were able to do

Mackenzie Hogan: Zoom in a way that kind of could feel like a virtual drop in the lounge. So offering this as a space 24 seven for our students, which is what they have access to our actual lounge on campus.
Mackenzie Hogan: And then work it out from there. So we were able to set up and I kind of videotape myself setting it up so that you'll have access afterwards but

26
00:03:42.000 --> 00:03:54.180

Mackenzie Hogan: The ability to set up the lounge to be a 24 hour access, whether it myself for a better in there or not. And then utilize one link for all collegiate recovery activity for our students so that they know where they're going and

27
00:03:55.770 --> 00:03:57.060

Mackenzie Hogan: Move that space.

28
00:03:58.830 --> 00:04:08.070

Ahmed Hosni: Yeah, absolutely. And so I think like when we started talking about, well, and it wasn't just us the entire our entire office at Ohio State. The student Wellness Center.

29
00:04:08.550 --> 00:04:16.980

Ahmed Hosni: I encourage you, if you are a part of a larger umbrella at your university to go look at our we are continuing to deliver all of our services.

30
00:04:17.460 --> 00:04:29.820

Ahmed Hosni: Virtually that we are able to deliver here at Ohio State not only the collegiate recovery community but financial coaching wellness coaching and lots of services basics basics. We are continuing to serve those populations and

31
00:04:30.480 --> 00:04:47.580
Ahmed Hosni: On the webpage at the FWC osu.edu there's a page or frequently asked questions about that talk about how we are delivering all of our services and so I'm the entire office began moving towards how are we going to continue serving students

32
00:04:49.200 --> 00:04:58.920

Ahmed Hosni: And so the conversation between Mackenzie and I who are dedicated staff for our students in recovery was how do we in this time where it's going to feel

33
00:05:00.450 --> 00:05:18.030

Ahmed Hosni: They're going to feel isolated and they are going to be scared because they're panic is settling over our entire country, not just our students and Ohio State students, but everyone is in fear because there's a, you know, never seen before, at least in our time.

34
00:05:19.200 --> 00:05:26.550

Ahmed Hosni: Situation occurring, which is stopping people from being able to access the things that they need in order to maintain their quality of life in their recovery.

35
00:05:27.090 --> 00:05:34.950

Ahmed Hosni: How do we provide services seamlessly to our students or as seamlessly as possible. And so our goal was to replicate our services.

36
00:05:35.730 --> 00:05:52.800

Ahmed Hosni: In every way possible. And so to be able to do anything we could do in person. We are now doing virtually. And so that was the idea we're happy to answer questions if anyone has questions, but I also think that this is a great time for us to to
Ahmed Hosni: Start talking about

You know what some other schools are doing. And then also to come up with a plan on how to

Continue sharing resources and I think Tim has an idea on how we can continue when we find something that's awesome.

And for me, it's important that it's free, because we don't want services that are going to be asking students to pay money when these are unsure times for them, especially financially arm.

So any free resource that we can share them with you know the the field so that the students are all benefiting from them together and I see. We do have some questions if you wanted, we can. I don't know how you guys want to move forward.

I think now is a good time to go ahead and start our conversation then so
Cindy Clouner: One of the questions was to get the link that Ahmed referred to. And so, Mackenzie, put that in the group chat. So if you're interested in linking to the student Wellness Center sites. Their FAQ page about coven 19, you can do that directly from the group chat.

Cindy Clouner: We have grown quite a bit since we started. We’re at 83 people and that's a lot of people for one conversation. So I think if we have someone who has a question. If you want to just indicate, you have a question in the group chat. We can then

Cindy Clouner: Call on you so that you can ask your question to hopefully keep some sort of order.

Cindy Clouner: While we're waiting for some questions to come in. I know that the team airy ji has been working on putting together some resources to make available, Tim. Perhaps you could share a little bit about the work that you're doing right now.

Tim Rabolt: Yeah. So a couple things and Ahmed mentioned the kind of spreadsheet that one of our interns actually put together. I can put the link in the chat, too, but it's it's kind of grown a bit and we're still trying to, you know, kind of

Tim Rabolt: You know scout everything that’s that's out there. It started honestly just with some of the different virtual recovery meetings that were out there you know 12 step ones and then really branch down to all these different types of support meetings for, you know, different
Tim Rabolt: You know, different kind of populations, and then another tab got added for what CRC we're doing specifically if they were open to

Tim Rabolt: Other students or alumni and things like that. And then what we're adding now is, um, social things. So for example if folks are familiar with the Phoenix. It's kind of

Tim Rabolt: You know, sober physical activities, either in one of their gyms, or you know elsewhere and they moved everything virtual and they have a calendar online.

Tim Rabolt: So I'll put that link in there too. But that's one thing we're working on. And then if you're an area team member, you might have seen some of the different things on the

Tim Rabolt: On the list, sir. We're hoping to continue more kind of chats. You know, like this on different topics that are really you know pertinent at this point and then off also offering

Tim Rabolt: You know, kinda like recovery support meetings, you know, for folks who are, you know, working in the in the field. So we have one tomorrow.
Tim Rabolt: At, I believe, noon, and we're hoping to continue those for at least a little bit, but you can always reach out to me directly. And I'm happy to share that, but I'll get some of that in the chat, chat box as well. So folks have info on that.

Cindy Clouner: Great. Thanks, Tim. So I think what we're going to do we're. This is something that's new for us and

Cindy Clouner: And so we're it's an experiment. So we're hoping that you can write it out with us. We're going to go ahead and put people into small breakout groups.

Cindy Clouner: To hope, hopefully facilitate more conversation. We'll plan to stay in those breakout groups for about 20 minutes and then we'll call everybody back and maybe we can do a little report out on where we're what kinds of things people discussed

Cindy Clouner: Just know as we do that there isn't. Unfortunately, a way for us to ensure that there's someone to moderate each group. So we're going to ask that someone steps up and maybe gets the conversation started in your group and

Cindy Clouner: And then I'll, I'll pop around from group to group and check in and see how things are going. So again, this is
Cindy Clouner: new territory in so many ways for all of us. And this is new territory for us to we'll see how this conversation goes. We ask that you

Hang out with us on the experiment and we'll go from here. So I'm just going to need a minute to get you into breakout breakout groups and I will plan to spend about 20 minutes there.

Ahmed Hosni: In Sydney. It looks like we did have one question up there. Go.

Cindy Clouner: Hi folks, can you hear me OK.


Cindy Clouner: Hi everyone. If you're just joining us, we split up into breakout groups for about 20 minutes so you should have a message on your dash asking you to join that group. We encourage you to go ahead and join those groups.
Cindy Clouner: Hi, Ashley.

Cindy Clouner: My name is Cindy, we just split into some breakout groups to have some conversation. So I'm going to assign you to a group for about 20 minutes.


Cindy Clouner: Brittany I'm Cindy with the Higher Education Center we just split off into groups so that we can have conversation. So I'm going to assign you to a group right now.

Cindy Clouner: Hi to those of you that are joining us coming back. We're going to be bringing everyone back together here in just a couple minutes.

Cindy Clouner: Alright everyone, that's wandering back into our large group room. We will be closing all of the breakout rooms in about
Cindy Clouner: Two minutes. So we'll be coming back together and having folks report out

Cindy Clouner: Welcome back everyone. We have about 30 seconds left for before breakout rooms completely closed so we have quite a few of you in here, but we still have a few

Cindy Clouner: Finishing up their conversations in the breakout rooms. So we'll in about 20 seconds. Come back together as a group and do some reporting out and sharing about the conversations that you had

Cindy Clouner: Hopefully some of your groups identified someone they'd like to share. But if not, then anyone who think it was great that at people want to call

Cindy Clouner: Anyone who has has some thoughts or thought that things were found anything interesting to share them. Then we'll welcome that. So welcome back everybody to our large group. I hope that you had some great conversations in your breakout rooms.

Cindy Clouner: We're going to open the floor just for someone. Some of our groups to share about their conversations things that they heard that they thought would be valuable or questions that might be important to answer.
Cindy Clunen: Or just unique things that happened in the conversation. So we'll go ahead and just open the floor. If there's someone that would like to like to begin will encourage everyone to make sure they're muted until, until it's your, your time to speak.

Jonathan Saltzburg: Hello, my name is Jonathan Saltzburg, I received the college says program at Karen treatment centers.

Jonathan Saltzburg: What I wanted to ask and bring up my name is Jonathan Saltzburg, I received the college says program at Karen treatment centers.

Jonathan Saltzburg: On but we work out of the Florida office and we have a number of students that are at Florida Atlantic University, they're actually in our continuum of care going of FAQ, as well as Palm Beach State College, both of which

Jonathan Saltzburg: Are you know don't have fully comprehensive collegiate recovery programs at this time. And one of the things that were brought these virtual on

Jonathan Saltzburg: These virtual meetings that universities are offering. And I'm wondering if there's any way for students who are, you know, are
Jonathan Saltzburg: In recovery, going to school, but aren't at a school that has collegiate recovery. How do they get connected with these meetings. So, what's something that

Jonathan Saltzburg: I learned and had a question for whether any campuses are going to, are we going to have some outreach for other students that are in recovery, you know, though the one piece there, so thank you.

Great.

Cindy Clouner: And so I'm in your group were there.

Cindy Clouner: What was the answer to that. Just for folks that weren't part of that conversation that might have that same question. What was that discussion, like

Jonathan Saltzburg: What I will. What was the most interesting piece from from what we were seeing was this virtual group were to drop in right that there's, you know, creating
Jonathan Saltzburg: That designated space that's so effective. But having a drop in center so that someone's on there all the time. Or, you know, at some point, so

Jonathan Saltzburg: I'm there really was, it's kind of, you know, there was that I just there wasn't a real discussion, we didn't get to the point of how do we include those students that are in recovery that are being served.

Jonathan Saltzburg: But are in a recovery program, per se. How did they get connected. So I guess that we didn't want to get there. I just wanted to bring that up. Sorry.

Cindy Clouner: Okay, thank you.

Monica Stanley: Just on that, this is Monica. I'm from Virginia Tech. One of the things that our student leadership wanted to do was reach out to our fellow

Monica Stanley: Campuses so one of our nearest campuses is Washington and Lee. They're only an hour away and Lexington. So they've taken the initiative to reach out to those guys and hopefully run a joint
Monica Stanley: Zoom session and invite more people. And I've also asked the leadership based on that idea to reach out to Radford which is really young in and in its infancy in developing a collegiate recovery programs. So, some of this is also from I'm hopeful that the students will take ownership of this and kind of bring in colleagues and fellow students from from local institutions.

Great, thanks. Monica.

Cindy Clounier: Any other groups interested in sharing more about your discussion.

Ahmed Hosni: Um, one of the things we talked about in our group, I'll just say is that there are lots of questions about how how HIPAA compliant. Some of these websites are. And so we shared some some resources about that. And so I think that that's an important conversation to continue moving forward, especially since some CRC is offer clinical services, as well as your more wellness based coaching type services. Others offer
Cindy Clouner: Great, thanks. Amen.

Lindsay Montgomery: So I want to throw in here. One of the reasons because one of the things that came up is how we’re choosing platforms and things like that and

Lindsay Montgomery: With ours. We moved everything to Microsoft Teams, because all of our students have access, but because we also have dual authentication throughout the university.

Lindsay Montgomery: We are also HIPAA compliant with using Microsoft Teams and that was one of the things that we checked on real quick. When we knew we were gonna have to move everything online. And so that’s definitely something to consider when when choosing platforms and things like that.

Ahmed Hosni: Thanks, Lindsay. I think that's a great point. And I'm sure that I'm talking to your IT department at your university would be open place to start. As far as what they already have that would be

Ahmed Hosni: would meet any standard that your university might have for us to zoom. So that's why we will assume
MelissaJunk: Hey everyone, I can share a little bit about what we talked about in our group, we talked about sharing resources on social media, since that's kind of the biggest way to reach students right now.

MelissaJunk: But one of our questions and we didn't really have an answer for this was how much information is too much information and how to get the information out there without overloading students.

MelissaJunk: At Purdue, we are recovery communities housed within our recreation wellness so

MelissaJunk: On top of promoting all of our recovery resources. We're also promoting you know like Group X our financial Wellness. Wellness coaching, all of that. So we don't want to get lost in the shuffle, but we also want to make sure that our

MelissaJunk: Messages, get out there. So if anybody has that magic solution of the perfect amount of stuff to put on social media, let us know.

Erin M Monroe: I, my name is Aaron Monroe. I'm from Binghamton University. I also wanted to kind of share. I don't know if other universities are feeling the same way, or having the same
Erin M Monroe: Things happening, but we were basically told by communications and marketing that we're not going to be sharing anything except coven information until next week.

Erin M Monroe: So our social media stuff is kind of on a coven lockdown. Until next week, but the only thing that they're willing to share other than coven information is like mental health information so

Erin M Monroe: Yeah, I don't know if that's a an issue. Other universities are if people like us are going to have, but at Binghamton, we're

Erin M Monroe: All right, our hands are a little tired right now.

Ahmed Hosni: Yeah, we have a similar moratorium on social media posts at Ohio State as well luckily the poster we we just think we included the services in our posts about the coronavirus so

Logan Davis: I wanted to see if it's possible to do a quick poll using the yes or no question. One of the conversations that came up in our group about professionals that are still working.
Logan Davis: On campus or so it's typically the question would be, are you working remotely yet at this point. So yes, would be you are working remotely or no, you’re still expected to be working on campus.

Logan Davis: And some of that is, I think, supervisors are asked one trying to get that feedback if your state has an issue.

Logan Davis: To a point where people are expected to work remotely. And so that might be good information for people to have. Are you comfortable with us doing that real quick is a stirring people yes if they're working remotely or know if they're still working on campus.

Logan Davis: Yeah.

Cindy Clouner: Absolutely. So if you hover at the bottom and click on the Manage participants. If you don't yet have the

Cindy Clouner: Participants toolbar on the right.
Cindy Clouner: Hand side.

Cindy Clouner: That has your voting options. So there's a number of buttons.

Logan Davis: Including a green yes and read no button so

Cindy Clouner: Yes, would be working remotely then correct. And that question. Yes. Is working remotely.

Logan Davis: Cheers

Logan Davis: Working still on campus.

Cindy Clouner: So we do have some folks coming in, it is
Cindy Clouner: I don't know if you guys can see the votes are you able to see them, or is it just me, that can see them.

Logan Davis: They should be showing up by people's names that they answer yes okay so

Cindy Clouner: It does look like there's a handful of folks that

Cindy Clouner: Are still working on campus, but the majority of everyone that has voted is working remotely now.

Logan Davis: Awesome. Thanks. So that can be valuable to share as the situation continues to develop that they can share that with supervisors and other staff on campus, the majority of people working remotely, but there are still a handful that are working on campus as well. Thank you. Yeah, a few people.
Cindy Clouner: chiming in through the chat that there will be working remotely soon so. Not yet. Not yet. But I plan to be remote soon.

Great. Thanks, everyone.

Cindy Clouner: We have a few more minutes. If there's anyone else that wants to report out on their group discussion or if they have another question that didn't get answered.

Cindy Clouner: Or didn't have time to have discussion around we feel free to post that now to

Ann: Are on this is an our group talked about

Ann: The possibility of like virtual hikes or some outdoor activities through some of the state parks and things like that.
Ann: And we had shared the Phoenix page and we were looking at that a little bit about some of their activities because they seem to be offering things hourly.

Ann: When we went on to the site and then in terms of what things we were offering for other supports. We just briefly spoke about screen you and then

Ann: That one campus had been having. They were had a couple of a meeting still happening on campus, but they had so little attendance. They were pushing folks to the free online virtual meetings and putting those out through social media and trying to figure out other ways to have some virtual office hours so that your students had questions they could connect.

Cindy Clouner: And would you be able to either share the Phoenix site link in the group chat or send us an email. There it is, someone

Cindy Clouner: Someone already got it for exactly. You guys are
Ann: Quick

Cindy Clouner: Quick on the drop. Okay, thank you.

Sure.

Ahmed Hosni: Yeah, I think that's great. I also want to like, I don't want to get. I don't want to become soapbox or anything, but I just want to, you know, like encourage us all to push back on.

Ahmed Hosni: Individuals who are going to try to monetize services and sell them to our students and for us to keep fighting to make sure that any service offering offered through the CRC or like
Ahmed Hosni: That is provided as an option from the CRC should be free, unless it's something like

00:44:08.100 --> 00:44:19.500

Ahmed Hosni: A counselor or therapist or something like that, where logically. There isn't any free service like that available right and so we don't want this to turn into an opportunity for our students to continue to be targeted.

00:44:20.580 --> 00:44:25.830

Ahmed Hosni: As a place for as consumers, and people to sell things to and things like that.

00:44:31.800 --> 00:44:42.780

Tim Anderson: Hi everyone. I'm Tim Anderson from University of Nebraska and I've been working with Connie Boehm to create the campus recovery community here in Nebraska.

00:44:43.560 --> 00:44:53.670

Tim Anderson: So this is all kind of new to me. But in our group, we had a discussion about social isolation and how that's such an important thing to tackle.

00:44:55.110 --> 00:44:55.800

Tim Anderson: Just to

00:44:57.000 --> 00:44:59.610

Tim Anderson: Make sure that students in recovery are not feeling isolated.
MelissaJunk: I also shared this in my small group, but I would like to share with a big group. I was on a zoom call actually earlier today that talked about increasing connectivity.

MelissaJunk: With people during this time, especially with social isolation, being a really big barrier for a lot of people.

MelissaJunk: And one of the suggestions was to say physical distancing rather than social distancing because we are still encouraged to be social with each other. We can still call text FaceTime, our friends and family. And I think that's something that we can really stress to anybody who is in recovery and is not doing well with the term social distancing because they can still interact with people.

MelissaJunk: So I think that that just that shift in language is really important. And as a way that we can help to promote not isolating ourselves and especially in this time of having to be physically distant from each other.
Ahmed Hosni: I love that. That's great.

Ahmed Hosni: That's I never even thought of that. That's amazing.

Ahmed Hosni: One of the questions that I think we've been repeatedly getting is will this will all of these things we're talking about be made.

Ahmed Hosni: To be like be compiled and put into a place that it can be shared and I want to assure you that we are going to be working on that between ourselves and the work we're in out

Ahmed Hosni: Air he that we will be trying to just compile everything right and put it in a place where it's free, accessible and

Ahmed Hosni: Somewhere where everyone can access it. And I think that it's important that we all take apart and continuing to make sure that list grows.
Ahmed Hosni: And that any excellent resource that is available makes it on to that list. And so we will have to think through how to submit resources so that we can add it to that list, and we’ll talk about that, but we will absolutely

00:46:57.120 --> 00:47:01.410
Ahmed Hosni: Be happy to support that work and to make sure that the list is compiled so that

00:47:01.950 --> 00:47:06.330
Ahmed Hosni: All the resources that students need throughout the country are readily available.

00:47:21.720 --> 00:47:22.350
Ahmed Hosni: I can’t remember the term you just use whatever she said before they

00:47:27.180 --> 00:47:28.470
MelissaJunk: Were physically distant
Ahmed Hosni: Yeah, that's right, that's right. So,

Cindy Clouner: Yeah, I met. That's a great point and and thank you to the team at air he into Tim for all the work they've been doing to put together a document so far.

Cindy Clouner: That link has been shared in the group chat a couple of times. But we've also been working to put to put a place together. I'm going to share in just one moment our website link here.

Cindy Clouner: Where we've been keeping some of our documents that we've mentioned and we can continue to add to that, if there are resources that you're using that are perhaps PDF documents that are a value we can add in, you're willing to share with others, we can add those as resources here.

Cindy Clouner: But Eric. He has done a fantastic job so far of compiling some of those resources and the things that you shared on the chat.

Cindy Clouner: Will be sure to share with them so they can identify if it's appropriate to add to their
Cindy Clouner: Their list as well. So on the link that I'm sending you, it takes us to the Higher Education Center page where we will post in

In a couple of days. The recording for this session as well as

Ahmed referenced a document with a little bit of guidance around hosting virtual meetings that document is currently there as well. And there's the link to the air eg document.

There, too, so you may want to make a note of this will go ahead and leave this up as well as will stick around in the room for a little bit. If people want to grab the links from the chat. They can do that as well. I think at

At this point that we're coming up on our hour, I'll just see it. Does anyone have any last minute thoughts that they'd like to share

Okay, Tim, do you have anything you want to wrap us up with
Tim Rabolt: No just a big thank you again to all the folks from the higher ed center and in Ohio State for, you know, helping put this together and

00:49:41.100 --> 00:49:45.840
Tim Rabolt: It's just great to see like zoom and action and like using the breakout rooms and everything. I think there's a lot of

00:49:46.230 --> 00:49:51.090
Tim Rabolt: You know, different resources that I hope folks, you know, came up with and learn through the chat and through

00:49:52.050 --> 00:50:01.140
Tim Rabolt: You know the breakout rooms so just grateful for, you know, all the work that everyone's doing and I hope this was was helpful and I was glad to, you know, be a part of it and help

00:50:01.680 --> 00:50:06.240
Tim Rabolt: You know, get the word out there. So yeah, thanks again everyone at the higher ed center and everyone else for joining.

00:50:06.930 --> 00:50:18.420
Ahmed Hosni: Yeah, absolutely. Well, thank you guys for continuing to lead the way for recovery. And then also, like I just thank you to everyone who came today and for continuing to support students on campus. You guys are
Ahmed Hosni: The, the, you guys are the most important piece to this puzzle. If it wasn't for you all our students would be lost and without connection to to their universities and so thank you all for continuing to work through these times to make sure the students are supported.

207
00:50:35.160 --> 00:50:50.250
Cindy Clouner: What great word to end on. Thank you. Amen. Thank you, Tim. With every t and thank you to everyone who joined us today. I like I said I'm going to keep the room open for a little bit, so people can grab links before they leave.

208
00:50:50.790 --> 00:50:57.300
Cindy Clouner: But we appreciate everyone joining us and we wish you wish you the best. So, take care. Take care of yourself.

209
00:51:02.400 --> 00:51:03.030
Ashley Green: Thank you.

210
00:54:25.020 --> 00:54:27.810
Cindy Clouner: Mackenzie and I met. I just want to take a second to thank you guys.

211
00:54:30.330 --> 00:54:33.900
Cindy Clouner: Oh, hold on, I muted you all. If you can unmute yourself though.

212
00:54:33.810 --> 00:54:35.370
Mackenzie Hogan: Thanks for having us. Yeah.
Cindy Clouner: Oh man, you need, you'll need to unmute yourself.

Mackenzie Hogan: Seems like there's a lot of valuable things that were shared I'm excited to see it all pulled together.

Ahmed Hosni: Yeah, no thank you for doing the legwork. That's the hard part. I appreciate you. It was a great idea. So now we're

Cindy Clouner: Thanks for pulling it helping us pull it all together so quickly, so

Cindy Clouner: Anthony

Cindy Clouner: Do you the chat is saved. Correct.
Anthony Gonzalez: Yeah, I have been, I've been saving it continuously throughout the conversations. I'm not sure if I had to do that or but yeah I haven't saved.

220
00:55:21.630 --> 00:55:22.140
Awesome.

221
00:55:23.160 --> 00:55:24.750
Mackenzie Hogan: It is almost 901 second

222
00:55:25.410 --> 00:55:32.520
Cindy Clouner: So, um, we do have a couple other folks, I'm gonna I'm gonna just leave it running for just a couple more minutes. But I'm going to walk away.

223
00:55:33.180 --> 00:55:42.570
Cindy Clouner: So, because there are a couple more people that are still on. Take your time. If you need to grab the rest of the links that are there, but we will be working to get them posted other places.

224
00:55:43.080 --> 00:55:52.770
Cindy Clouner: To just know if you're one of our guests today. So thank you, everyone. Thanks, thanks to the rest of us. I'm going to keep the room open, but I'm gonna, I'm going to log off. So thank you guys.

225
00:55:54.270 --> 00:55:59.070
Ahmed Hosni: Yeah, no, thank you. You guys stay well and have a great day.
Cindy Clounor: YouTube will talk to you later guys, take care.