

NAMI MISSION: NAMI Sacramento provides mutual support, resources, advocacy, and education to the families, friends, and persons who live with mental health challenges to improve their general welfare and treatment.

NAMI Sacramento
Board of Directors Meeting Minutes
Feb 26, 2015
6:30 - 8:30pm

Sacramento County Division of Mental Health
3331 Power Inn Road, Conference Room 1A
Sacramento, CA 95826

Meeting called to order: President Eugene Willis called to order at 6:34 pm

Members Present: Eugene Willis, Ellen King, Valerie Ries-Lerman, Charlet Demers-Inthavongxay, Larry Liseno, Susan Goodman and David Bain

Members Absent: None

1. Welcome and Introductions: Donna Woods, Walk Manager.

2. Minutes: Jan minutes approved electronically prior to meeting.

3. President's Remarks:

- a) Recent Activities: Mr. Willis has been attending numerous multicultural outreach events highlighting our dedication to reach out to and engage these communities.
- b) Fund-raising: These outreach efforts in various communities should improve our fund-raising efforts.
- c) Board Development: Board members encouraged to prepare 5 minute stump speeches to deliver at these events.

4. Old Business

a) Vice President Discussion/Election:

Directors acknowledged need for a V.P. officer and Charlet Demers-Inthavongxay was voted in as V.P with motion made by Valerie and unanimously carried.

- b) **Board of Directors' Selection Process:** Issue re-addressed by Susan, with Larry reminding directors that the Board Development Manual was revised and approved by the Board in October, 2014. He will send an electronic copy.

- c) **Electronic Motion Clarification:** Signatures of authorization had been acquired from board members, which enables electronic motions and voting actions as necessary.
- d) **Recordings of Meetings:** Some discussion on this topic. Majority requested only NAMI business actions should be noted in minutes, and minutes should be brief and thorough. Recordings should be destroyed after approval of minutes.

5. Reports

- a) **President's Report:** (Eugene Willis) See enclosed report. Special note from Larry's query - Budget for 2015 and Jan. minutes were approved electronically.
- b) **Treasurer's Report:** (David Bain) Year 2014 closed with a net increase in assets of \$14,516, expenses were kept within 99% of the budget and revenue was 108% of projections. Current assets total \$116,247 which is 10.5 months of operating expenses. Reports for Oct., Nov. and Dec were approved; motioned by Valerie and seconded by Ellen.
- c) **Executive Director's Report:** (David Bain). See enclosed report. Board approved expenditure of two new authorizations for Donor Perfect software. Valerie made motion, seconded by Larry.
- d) **Committee Chair Reports:**
 - 1) **Multicultural:** See presidents report. Charlet, Ellen, Eugene and other members on Multicultural Committee attended a "100 Black Men" Event, and are planning to attend future events.
 - 2) **Strategic Plan Update:** Larry presented 1st draft and he requested directors can email suggested revisions by March 9th to the SP Committee. A proposed final draft will be emailed to Board by March 19th as a study-document before approval on March 26th.
 - 3) **Mentors on Discharge Program:** Ellen updated implementation progress and NAMI Calif will be contacted for possible collaboration.
 - 4) **Walk Update:** Donna reported that we are progressing well with this year's campaign and she noted many innovative Walk promotions. The kick-off lunch is on March 6th at the Hilton Hotel.

6. Announcements and Updates:

Susan Goodman announced her resignation from the Board as the ED began his report and she left the meeting at the start of agenda item 5.

7. Public Comment, Wrap-up and Adjournment:

Meeting was adjourned at 8:29 p.m.

Respectfully Submitted,
Valerie Ries-Lerman: Secretary

ENCLOSED REPORTS:

PRESIDENT'S REPORT TO THE BOARD — 2/26/2015

1. Phone Call Meeting March 4, 2015 - California Hospital Association vice President Ms. Kruckenberg to discuss NAMI. I will discuss the Walk, future collaborations.
2. Had Meeting with Job Corps Program Director Michael Benjamin. He mentioned an April "Black Expo" event.
3. Sacramento County Board of Supervisor Patrick Kennedy has agreed to come Email confirmation.
4. Had a meeting with Dr. Watson, UC Davis Director of Research and Policy for Equity – She has agreed to let us set up a table. Flyer sent via email to all board members "Equity Summit"
5. Spoke to a LGBT Advocate Mr. Arvin Magusara. Wants to get involved in outreach efforts for NAMI.
6. Spoke to the South Asian Bar Association President. Will email blast information about NAMI.
7. Had a meeting with the Young Dems President Mikey Hothi – Agreed to let us have a 5 MINUTE PRESENTATION to the Sacramento Young Democrats – March Meeting.
8. Had email discussions with the Stonewall Democrats – Secretary is discussing this with their board.
9. 2015 African-American Youth Conference – Spoke to the Secretary of the "100 Black Men." They want to assist in outreach efforts to the community.

Board Action: None.

EXECUTIVE DIRECTOR'S REPORT TO THE BOARD — 2/26/2025

1. Fund Raising

- a. The Wailin' Jenny's concert at the Crest Theatre brought in \$2800 in donations for NAMI Sacramento. The music group is traveling the US and contacts NAMI affiliates in the city's they play in. We had a resource table there with two volunteers: AnnMarie McNight and Diane Mints. AnnMarie (a Peer to Peer teacher) was brought up before the audience to speak for the organization. The volunteers didn't dispense a lot of program information, but sold raffle tickets (for Wailin' Jenny items) and took in cash and check donations. In January I was contacted by a member of the Spiritual Life Center, a non-denomination church here in Sacramento. They had accrued some money in 2014 for their giving program and had questions about our organization. I talked with her and followed up with more information. On Tuesday the 17th, two representatives from their church brought a check for \$2000 for NAMI Sacramento. There is a fund raising opportunity coming on March 28th, 2015. It's a Zumba-thon called "Dancing off the Blues" and will be held at the Capitol City Athletic Club from 3:00 to 4:30 pm. Tickets cost \$15 in advance or \$20 at the door, with 100% of the proceeds coming to NAMI Sacramento. Because of the recent influx in funding, I have initiated another Family to Family course. The board's goal has been to increase the availability of courses and we have a growing waiting list (currently at 18). The class is starting Tuesday, April 7 and will be held at the Power Inn facility where we have our general meeting.
- b. Annual Big Day of Giving (BigDog)
On 2/4/15 I attended a training on using Social Media for fundraising purposes. On 2/11 I attended, along with Ellen, the Board engagement training. Ellen, Donna and I all attending the Donor Engagement training on 2/18 and we will also attend the * Week Plan training on 2/25. When we have a plan worked out, we will share it with the board, including strategies for the board to engage donors in this 24 hour social media donation event.
- c. Planned Giving
The Fundraising committee has been working on the Legacy Plan. The Case Statement, Letter of Intent and Gift Policy which will be at the February Board meeting.

2. Outreach

- a. I set up the NAMI booth at the Folsom Health Fair on Jan 24th. It was a nice event. I had fifteen good contacts and overall, the event was worthwhile. I talked with one woman who approached with her 16 year old son. He was diagnosed with schizophrenia at age 13 and she had been unable to get any worthwhile information in how to support him, as well as for herself. Not even his doctor was of any help. As

she collected brochures I could see the weight coming off her shoulders and she vowed to begin attending a family support group.

- b. There was a Multi-Cultural Storyteller event at the Guild Theatre on Jan. 24th. Doug Smith, Charlet Inthavongxay and I attended. The event included presentations for Hmong, Hispanic, Slavic and African communities. There was also a poetry reading by local high school students. This was part of the County's emphasis on multi-cultural outreach this year.
- c. On January 29th, Donna and I were invited by NAMI Yolo to attend a fundraiser sponsored by a Yolo County Supervisor. He holds an event each year and picks a different Yolo County charity to benefit from the evening. There were approximately three hundred people there, including many Yolo County Supervisors and City Council members. Donna and I talked to their local Assemblyman and slipped him a Save the Date card for the Walk. My goal of the evening was to support NAMI Yolo, while hopefully making some contacts that might travel back across county lines.
- d. On Jan 30th I had lunch with a Board member of Mental Health America (MHA). She used to be a board member for NAMI Sacramento, but left in 2012. NAMI Sacramento will soon be partnering with MHA, on the Cares mental health initiative.
- e. On 2/5/15, Doug Smith and I met with the Executive Director of the Volunteers of America, Veteran's Services organization. Considering we have a mutual interest in veteran's support, they want to partner with us. At this point, we are looking at a veteran's specific support group and possibly a Peer-to Peer class at their Mather facility. Doug will work on funding for the P2P course through Cares.
- f. I met with representatives of the SacValley Psychological Association 2/6/15. They are a trade organization of psychologists from the northern part of the Sacramento Valley. They are interesting in partnering with our organization and may have a walk team.
- g. I set up an outreach table at the Valentine's Fun Run on Saturday Feb. 14th. Overall I had 12 contacts about our services and upcoming Walk. Most were interested in the Walk. The event benefited the Legal resources of Northern California, whose mission is to provide quality legal services to empower the poor to identify and defeat the causes and effects of poverty within their community efficiently utilizing all available resources. I talked with them about a Walk team and possible partnership opportunities, of which they are interested.

3. Upcoming Outreach Opportunities

- a. The Meadowview Family Resource Center's annual community health fair. This year the health fair will be held on Saturday, May 16th from 10am-2pm at Meadowview Park located at 7760 24th Street, Sacramento, CA 95832. You are invited to set up a table to provide information and be interactive with the community your agency

serves. We will be providing hot dogs, popcorn, and a jump house for the kids. Fliers will be available soon.

- b. The California Telephone Access Program (CTAP) is planning a Community Resource Fair on Saturday, April 25, 2015 from 10:00 a.m. to 1:00 p.m., located at 1300 Ethan Way, Sacramento, CA 95825. This is an outdoor event for no charge, but they are seeking donations, which will benefit their Deaf and Disabled Communications Program. There are no tables, chairs or awnings available, but we have an awning.
- c. July is Multi-Cultural Mental Illness Awareness month. NAMI Sacramento's Multi-Cultural Committee met on Feb 20th, to discuss an outreach event hosted by NAMI Sacramento, with the focus of ending the stigma surrounding mental illness in the various diverse communities living in Sacramento. We are focusing on two possible locations with a projected date of Saturday, July 18th 2015. This outreach event will include exhibitor booths of area mental service organizations like NAMI, plus organizations that represent under-served communities. We are considering a key note speaker and a panel discussion as well. Members of the committee include Charlet Inthavongxay, Ellen King, Eugene Willis, Wilson Loza, Omega Brewer, Donna Wood and David Bain.

Board Action: None.

SCHEDULE OF 2015 NAMI GENERAL MEETING'S — FROM EXECUTIVE DIRECTOR

April: Speaker is Dr. Stephen B. Seager. He is a board-certified psychiatrist employed at Napa State Hospital in Napa, California. Based on this latest experience comes his newest book released on September 16, 2014, entitled "Gates of Gomorrah; A Year with the Criminally Insane".