



NAMI Sacramento is a grassroots organization that provides a community of support, education, resources and outreach activities to families, friends and persons with mental illness so as to improve their general welfare, and to reduce the stigma of mental illness.

Minutes

BOARD OF DIRECTORS MEETING

March 26, 2015

6:35 p.m. – 8:25 p.m.

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

In Attendance: Larry Liseno, Ellen King, Valerie Ries-Lerman, David Bain

Absent: Charlet Demers-Inthavongxay, Eugene Willis

Guests: Charlayne Bowman, Donna Woods

Note Taker: Valerie Ries-Lerman, Board Secretary

Welcome and introductions		
Discussion	We welcomed Charlayne Bowman, as a candidate for the Board.	
Conclusions	We would be honored to consider her as a director.	
Action Items	Person Responsible	Due Date
Her bio will be sent to the Board and we will follow-up with an electronic vote	Larry	About 7 days hence.
Agenda agreement		
Discussion	None.	
Conclusions	Agreement.	
Action Items	Person Responsible	Due Date
N/A		
Review of February minutes		
Discussion	Amendments needed. Should we adopt NAMI's protocol for minutes?	

Conclusions	Approve minutes at a later date.	
Action Items	Person Responsible	Due Date
Submit minutes as amended for electronic vote.	Larry	About 7 days hence.

Old business		
Discussion	Should meeting recordings be retained?	
Conclusions	No.	
Action Items	Person Responsible	Due Date
N/A		

Reports		
Discussion and Conclusions	<ol style="list-style-type: none"> 1. President's Report: Larry as substitute chair and see enclosed report. 2. Executive Director's Report: David and see enclosed report. 3. Treasurer's Report: David as substitute chair. Reports given for January and February. 4. Committee and Project Chairs: <ol style="list-style-type: none"> a. Strategic Plan: Approved with amendments. b. Multi-cultural: See ED report. c. NCNAMIWalk: Donna stated 75 teams registered to-date; projected revenue from sponsors, \$35,000, from walkers, \$145,000; Walk will have farmers market, music, face-painting and more; QuickStop Market will launch marketing materials; "Selfies" to promote the Walk are needed. d. FaithNet: Larry met with St. Mark's Methodist Church at a homeless supper and brought a "gentle" message to attendees about mental health services. See enclosed report. 	
Action Items	Person Responsible	Due Date
Committee will be formed to work on By-laws revision	Larry	April 23

Next Meeting: April 23, 2015

- I suggest we form a committee at this meeting to revise the By-laws and establish a deadline for the revision to be submitted to general membership for their approval.
- I encourage directors to act on the enclosed letter by John McCormack of Arden Arcade Carmichael Faith Coalition regarding petition.
- *I suggest new directors consider attending the Nonprofit Resource Centers course, Board Leadership – The Essentials, May 12 from 4 – 7 p.m. at 1331 Garden Highway, (916) 285-1840*

EXECUTIVE DIRECTOR'S REPORT BY DAVID BAIN - MARCH 26, 2015

Fund Raising

Doug Smith and I have met twice with the Cares Community Mental Health Steering Committee. The Northern California affiliate of Mental Health America (MHA) is also a participating member. At this point in time we are looking at getting a Peer-to-Peer class, a Peer Training class and a series of In Our Own Voice presentations there. There is a possibility of starting a NAMI Provider Education course as one part this and I am requesting both P2P and F2F support groups in there as well. MHA will be getting several of their programs there as well.

On March 6th I attended the NAMIWalk Kick-Off Luncheon and helped people sign up as team captains for the walk and accepted donation checks.

On March 11th I met with a lawyer with Bowman and Associates who recently represented one of our members in court. She had attended Harvesting Hope along with her employer and all are looking to get more involved with mental health in general and NAMI Sacramento in particular.

This Saturday, March 28th, 2015 a Zumba-thon called "Dancing Off the Blues" is being held for our benefit. It 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. Current estimates are for fifty people to attend.

Annual Big Day of Giving (BigDog)

We are proceeding with the BigDog event. Out pages of information (that is held in their database) has been accepted by their organization, so we are good to go. An important aspect of this event is to have 100% board participation with donations. We will have the opportunity to win prize money based on that, as well as other categories such as first/last donation and most donations in one hour.

Outreach

On Feb 25th I attended an outreach conference with the Russian Information and Support Services. They are looking for community based mental health support and can possibly offer us assistance with our multi-cultural event in July.

On February 28th I attended a community leadership meeting with City Councilman Larry Carr in south Sacramento. During the meeting breaks I handed out Walk Save the Date cards and talked with representatives of Assemblyman Jim Cooper about his attendance at the Walk.

On March 10th I attended a NAMI CA webinar for Older Adults. NAMI CA is looking at this group as being part of the underserved community they may want us to do outreach to this group.

On March 11th I attended a webinar on the AKA-NAMI partnership for 2015. The AKA sorority has identified April 11th as their day to do something in support of mental health. Donna has had preliminary discussions with them about participating in the Walk and our multi-cultural outreach event.

On March 19th I attended the Mental Health Services Oversight and Accountability Forum held in Fairfield. The purpose of the forum was for peers, family members and service providers to meet and discuss what is working and what is not working in regards to Cal MHSA funds spent appropriately. There were close to 200 people there and attendees were separated into their respective groups for discussion.

On March 19th I attending the Sacramento County MHSA Steering Committee. They were reviewing whether or not to continue funding mental health respite programs. At this point in time, they are, but may change some of the providers.

Executive Director's Report Continued

On March 21st I attended a park opening in South Sacramento and met City Council members Jeff Harris and Rick Jennings. Both are interested in NAMI Sacramento and the NAMI Walk. I have sent them more information along with a link to our PSA.

On Mar 25th I attended a Family to Family class to discuss advocacy, answer questions about the organization and to recruit them to become members of NAMI Sacramento. I also discussed the Walk and left then with information about creating Walk teams.

On March 31st I will be meeting with the Director of Development for the UC Davis Department of Neuroscience, Biological Sciences, and Psychiatry/Behavioral Science. The goal of this meeting is to establish a partnership where they could be a general meeting presenter and Walk participant.

On the 31st of March I will be hosting a Capacity building project with NAMI California, NAMI Solano and NAMI Butte. Pat Pavone will be participating with me with the NAMI Sacramento goal of improving our relations with the County of Sacramento. This is the first meeting, the results of which will lead to an organized effort by each affiliate targeting their specific needs with assistance from NAMI CA.

Upcoming Outreach Opportunities

We are signed up to have an outreach table at the Sacramento City College's Disability Fair on April 8th. I have two volunteers at this point in time to work this event.

On Wednesday April 15th we will have an outreach table at a Suicide Prevention Walk at Sacramento State University. I have at least one volunteer set up for this.

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. We are invited to set up a table to provide information and be interactive with the community our agency serves. They will be providing hot dogs, popcorn, and a jump house for the kids. Flyers will be available soon.

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.

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. It will be held at the Arts and Business Complex (informally known as "the Incubator") in South Sacramento. This facility hosts nonprofit organizations and is where Senator Pan has his field office. The projected date is Saturday, July 18th 2015. This outreach event will include exhibitor booths of area mental service organizations like NAMI, plus organizations that represent underserved 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.

David Bain
Executive Director

FAITHNET COMMITTEE REPORT TO THE BOARD BY LARRY LISENO – MARCH 26, 2015

- On Feb 8 I attended a St. Mark's United Methodist Church meeting which featured a presentation by Ryan Loofbourrow of Sacramento Steps Forward. He gave an overview of his organization's program to provide shelter for the homeless.
- On Mar 10 I attended an Arden Arcade Carmichael Faith Coalition meeting and promoted our Walk and programs.
- On Mar 14 I attended a St. Mark's United Methodist Church homeless winter supper and shelter event. These are offered periodically by this faith community. Over a time period of three hours, I was asked to engage guests in friendly and casual conversation, to assess their mental health and to offer realistic MH resources. I used our resources guides and I gave suggestions to five individuals out of 120. I also asked the church's pastor to cooperate in our programs as MH needs arose.
- On Mar 25 I attended a St. Mark's United Methodist Church meeting of their Social Justice Advocacy Team. Emailed notes follow:

John (McCormack),

I appreciated the opportunity to talk with your Social Justice Advocacy Team at St. Mark's United Methodist Church as we addressed mental health and our homeless population yesterday. This morning I got to read your notes in yesterday's email, and I want to speak to your bullet point in item 2, "...a March 25 meeting...Liseno of NAMI may clarify the long-term picture." On reflection I did not offer much clarification, other than confirmation that we stakeholders should identify MH bottlenecks and exercise effective lobby methods to gain improved MH services for the community; a community that consists of a preponderance of homeless people with mental health problems. And, I agreed NAMI Sacramento would support your lobby efforts as much as possible.

I did give everyone a more detailed description of NAMI Sacramento's position in the MH community, and, I did give you confirmation that we share in your desire to find answers. As I explained our position, I gave you details about our mission, our vision, our programs and our infra-structure and funding. And, I left you with digital resource files that can help your church office answer MH crisis phone calls and format MH support meetings with congregants. I also agreed to give you the benefit of our State of California level of NAMI, which has an effective process for monitoring and advocating for MH legislation and events in the community. And, I agreed to give you contact people in the County of Sacramento and the City of Sacramento's law enforcement departments, who can give their perspective regarding police action toward those with a mental health problem: specifically, homeless people who seem in psychosis and who seem to be breaking the law. You'll remember, I told you of NAMI Sacramento's participation with both departments over the past several months in a re-energized Crisis Intervention Training Program for law officers. Officers who have received CIT will be better prepared to approach a disturbance or infraction by mentally ill people with medical wisdom as well as legal enforcement.

A suggestion I failed to give the team yesterday is about the County of Sacramento. You might find it helpful to attend monthly County Mental Health Board meetings. Their website is www.dhhs.saccounty.net and meetings are the first Wednesday monthly at 6 p.m., 700 H Street.

Here are the resources:

1. NAMI California: www.namicalifornia.org Navigate to the box on the left side of the main page and click on Advocacy & Legislation. You'll find details as promised and you'll be able to get on the emailing list. David Czarnecki is the Advocacy Coordinator and he can be reached at david@namica.org , 1851 Heritage Lane, Suite 150, Sacramento, CA 95815, (916) 567-0163.
2. Sacramento County Sheriff: www.sacsheriff.com Deputy Kim Mojica is the Sheriff's Crisis Intervention Team Coordinator. She can be reached at kmojica@sacsherrif.com , (916) 875-9640.
3. City of Sacramento Police Department: www.sacpd.org Officer Michelle Lazark heads the city's Crisis Intervention Team and she can be reached at MLazark@pd.cityofsacramento.org .

Lastly, I've attached the digital files I gave you in-meeting and on a thumb drive. Perhaps other member on the committee will find them helpful.