

*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**  
**April 23 2015**

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

**Meeting called to order:** By Larry Liseno at 6:36 pm

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

**Members Absent:** None

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

**2. Agenda Agreement:** Yes.

**3. Minutes:** March minutes will be presented for vote at next meeting.  
Shall we adopt N.A.M.I. national template for minutes?

**4. Old Business:**

- a. Bylaws Committee:** Larry, Charlayne, David to form committee to revise bylaws by year's end then forwarding to membership for approval.
- b. May Meeting Change:** May 31, 1-3pm at Larry's home.

**5. Reports**

- a) Chair's Report:** (Larry) See enclosed report.
- b) Executive Director's Report:** (David) See enclosed report.  
Shall we expense attendance at conference by David and Donna? Motioned by Valerie, seconded by Charlayne and approved by board.
- c) Treasurer's Report:** (David) Valerie motioned, Larry seconded and approved by board.
- d) Committee Chair Reports:**
  - 1. NCNAMIWalk** (Donna): There has been a database issue so less teams have registered, and she is still hopeful for a good showing on walk day. Pat Pavone will step down as team chair next year.
  - 2. Multi-cultural:** (Eugene): See enclosed report.

Charlet notes Multi-cultural Outreach Event has been developed for July 18<sup>th</sup> 2015.

**6. Announcements and Updates:** Larry and Ellen will soon hold a grant proposal writing committee meeting.

**7. Public Comment and Wrap:** None

Meeting Adjourned at 8:21 PM.

Respectfully Submitted,

Valerie Ries-Lerman, Secretary

**COMMENTS BY CHAIR – APRIL 23, 2015**

- Regarding where we can , individually, advocate for better MH in Sacramento County
  - Read and reply to Sac Bee, Mar 30 OpEd. Article stated ER's are too expensive to treat people in crisis with MH problems. County pays\$950/day for a MH patient's care. Therefore we need more county crisis centers at different levels of treatment – at the intermediate level we have but one currently and it's called a residential crisis unit. The County Board of Supervisors approved a "plan" to add (...only) two more. The Sac Bee recommended the County re-open a County Crisis Stabilization Unit, because they are cost effective and less expensive than a psychiatric hospital. I will forward the article.
  - Read and reply to Sac Bee, Apr 12 Article by County Supervisor Roberta MacGlashan, Fourth District. She states the County's MH budget is over by \$10 million because of the use of ER's to treat MH patients in crisis. She encourages a new approach to the problem. I will forward the article.
- Read and reply to a bill in Congress: Comprehensive Justice and Mental Health Act of 2015 (S. 993 and HR 1854). This would update a 2004 law so as to reduce incarceration and improve treatment. I will forward the article and web links.
- Again, 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 - APRIL 23, 2015**

Effective 4/15/15, NAMI Sacramento had 193 members.

### **Fund Raising**

#### Big Day of Giving (BigDog)

The Big Dog database will be open for donations at 12:00:01 am on Tuesday May 5<sup>th</sup>. It will close at 12:00:00 pm that same day. Minimum donations are \$25 and maximum donations are \$10,000. There are incentive prizes for various milestones: first donation of the event, most during given periods throughout the day, 100% board engagement, last donation of the day, etc. Some of the incentives will put us in a pool of similar sized nonprofits and the winner will be pulled from the pool.

We have nearly 1200 email addresses for people who have donated (includes membership) to us over the last five years. An email campaign will start the last week of April, thanking them for past contributions and alerting everyone to the Big Day. We will ask for people to share these emails with others. We will also have notices posted on Facebook and Twitter.

Funds received will be targeted towards education and outreach.

#### Hile Donation

Longtime member and volunteer Norm Hile (married to Belinda Beckett) recently retired from the law firm Orrick, Herrington & Sutcliffe LLP. To honor his years of hard work for the law firm, the partners agreed to donate \$5000 to NAMI Sacramento (\$500 of which is for NAMI Walk sponsorship). Donna and I met with Norm and Belinda when they brought the checks. Norm is interested in seeing NAMI Sacramento start a Spanish Family to Family course here in Sacramento. The \$4500 would go towards training teachers and course materials.

### **Outreach**

On Wednesday April 8<sup>th</sup> I worked the resource table at the Sacramento City College's Disability Fair. I talked with two dozen people about our services, signed up volunteers and initiated partnerships with several organizations. I also gave the NAMI on Campus information to their schools club coordinator. I would recommend this event again next year.

On Wednesday April 15<sup>th</sup> I worked an outreach table at a Suicide Prevention Walk at Sacramento State University. Attendance wasn't great for this one. I talked with another exhibitor who said it was better attended last year. On a more positive note, I cemented a relationship with the President of the NAMI on Campus club at CSUS. We will get some of them at the walk and they are interested in the Multicultural event this summer.

July is Multi-Cultural Mental Illness Awareness month. NAMI Sacramento's Multi-Cultural Committee met on Feb 20<sup>th</sup>, 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 18<sup>th</sup> 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.

### Upcoming Outreach Opportunities

The Meadowview Family Resource Center's annual community health fair. This year the health fair will be held on Saturday, May 16<sup>th</sup> from 10am-2pm at Meadowview Park located at 7760 24<sup>th</sup> 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 second Annual Village Family Day will be held at the 24<sup>th</sup> Street Baptist Church 7510 24<sup>th</sup> Street, Sacramento, CA 95822 on Saturday, June 13, 2015 from 11 – 2 p.m. (set up at 10 a.m.)

### Education

A new Family-to-Family course and a new Peer-to-Peer course began at the beginning of April. We have a new P2P coordinator, and will work on another P2P class.

I attended the last two nights of the last F2F course. I was able to get five memberships, \$85 in donations and a walk team from that class.

### **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 6<sup>th</sup> I attended the NAMIWalk Kick-Off Luncheon and helped people sign up as team captains for the walk and accepted donation checks.

On March 11<sup>th</sup> 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 28<sup>th</sup>, 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. Our 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 25<sup>th</sup> 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 28<sup>th</sup> 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 10<sup>th</sup> 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 11<sup>th</sup> I attended a webinar on the AKA-NAMI partnership for 2015. The AKA sorority has identified April 11<sup>th</sup> 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 19<sup>th</sup> 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 19<sup>th</sup> 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.

On March 21<sup>st</sup> I attended a park opening in South Sacramento and met City Councilmembers 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 25<sup>th</sup> 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 31<sup>st</sup> 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 31<sup>st</sup> 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 8<sup>th</sup>. I have two volunteers at this point in time to work this event.

On Wednesday April 15<sup>th</sup> 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.

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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.

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David Bain

### **ADVOCACY AND DIVERSITY REPORT – APRIL 2015**

1. Eugene Willis – 1 on 1 meeting with Vice Mayor & City Council Member Allen Warren in Warren's Office. Provided him background about NAMI and the principal purpose of the walk. VM Warren had no prior knowledge of NAMI before the meeting.
2. Eugene Willis presentation to the Sacramento Black Lawyers Association regarding the walk and impact of Mental Health – SEE attached flyer (Pg. 2). Information was disseminated to every black lawyer in town and surrounding areas. President of the Asian Bar Association was also present at the meeting.
3. Eugene Willis meeting with the "100" Black Men of Sacramento. Notified the group about mental illness and the walk.
4. Assembly Member Ken Cooley's office sent me an email indicating he wants to attend the latter part of the walk if his schedule permits but made it clear, he supports this cause and moving forward may want to participate.