

*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.*

**NAMI Sacramento**  
**Board of Directors Meeting Minutes**  
**May 31, 2015**  
**3:06-4:26PM**

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

**Meeting called to order:** By Larry Liseno, 3:06 p.m.

**Members Present:** Valerie Ries-Lerman, Eugene Willis, Charlayne Bowman, Larry Liseno.

**Members Absent:** Charlet Demers-Inthavongxay, Ellen King, David Bain.

**1. Welcome and Introductions:** Donna Wood and Nicole Williams

**2. Agenda Agreement:** Yes

**3. Minutes** for March were approved, motion by Charlayne and second by Eugene. April minutes approved, motion by Eugene and second by Charlayne. Donna's surname was corrected to Wood.

**4. Old Business**

- a) Bylaws revision: David, Eugene, Ellen and Larry will meet approximately four times over the next two months to research updated By-laws with the goal of revising our By-laws no later than the end of the year.
- b) Ellen and Eugene went to board of director training at Nonprofit Resource Center.
- c) Charlayne represented NAMI Sacramento at a health fair. She will be spearheading outreach for such outreach events.

**5. Reports**

- a) Volunteer Chair Report: None

- b) April financials were discussed. They were approved with a motion by Charlayne and second by Larry. Naomi noted we need to implement a new sick leave law by June 30<sup>th</sup>. We can use HR to Go or Naomi's services to effect renewal.
- c) Executive Director's Report: None (ED on vacation)
- d) Committee Chair Reports
  - (1) NCNAMIWalk: Donna said we appear to be 16% above what was brought in last year on this date. We will close out the campaign on Jun 30. She is planning a phone conference with NAMI to discuss issues.
  - (2) Multi-Cultural Committee: Donna said marketing has been accomplished for the July 18 event and we are looking for resource partners.
  - (3) Grant Proposal Committee: Ellen provided a May 2015 report in her absence, enclosed.

**6. Announcements and Updates:** Charlayne will send a thank you card and potted plant to Dr. Pan (Health Fair). Eugene emphasized a need for business cards. Ellen will go forward as the chair of grant proposal committee.

**7. Public Comment and Wrap:** Donna noted our public relations goal should emphasize the Walk as our primary funding source. She said it's particularly important because mental illness is the number one disability in our nation.

Meeting Adjourned at 4:26 PM.  
Respectfully Submitted,  
Valerie Ries-Lerman

May 2015 NAMI Sacramento Board Meeting

Grants Committee Report

I went to the Nonprofit Resource Center and learned how to use the grants fund resource database. I emailed some possibilities to myself for further research but was unable to do more than an hour's worth of work because the server went down. I will return next week and continue the research.

I attended the Nonprofit Resource Center class on evaluation entitled "Making Your Data Count" on May 20, 2015. It was very informative in that it helped me understand some of the questions that need to be asked before a project is submitted as a grant proposal so that the evaluators of the proposal at a funding agency know how we are going to measure effectiveness of the project. For instance, this was the breakdown of a hypothetical project timeline (see table below):

Program Timeline

Need	Inputs required	Program activities	Outputs	Short-term outcomes	Long-term outcomes	Impact (societal)
Mental illness stigma/less than adequate treatment	Budget	Offer F2F classes	How many classes offered and number of attendees	Individual evaluations on raising awareness and increase in knowledge in family members so that they can help their loved one navigate the MH system for better treatment	Changed attitudes, parents have skills and knowledge and community changed attitudes	Consumers lead normal lives with reduced stigma and societal barriers to treatment

Met with Jane Dickson, who agreed to be on the committee as well. We discussed grants workshop and reviewed the grants that I had emailed to myself from my database search at the Nonprofit Resource Center (NRC). A couple looked like they may be possibilities for funding. We are going to research this further and I will continue to go to the NRC to do more research.

Respectfully submitted,  
Ellen King, Board Member in absentia

## **Northern California NAMI Walk 2015. May 31 Update by Donna Wood**

On Saturday, May 2nd more than 3,000 caring and compassionate Northern Californians gathered at William Land Park for NAMI Walks Northern California, the region's largest mental health awareness event. The Walk, which benefits nine affiliates in Amador, El Dorado, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Tuolumne and Yolo Counties, raised vital funding for *no-cost education and support services* for thousands of Northern Californians impacted by mental illness each year.

### **BY THE NUMBERS**

Attendance: 3,000+ Funds raised to date: \$140,000\*

Number of Sponsors: 32 8 First-time Sponsors

Number of Walk Teams: 105, Largest team 170

Number of Walk Stars (raising \$1,000): 19

Number of booths at health and wellness resource fair: 35

\*16% increase

***Walkers came from nine Northern California counties. They ranged in age from infants to 80 year olds, representing a wide range of diversity. The Walk was led by two Honorary Chairs, Darrell Steinberg, Steinberg Foundation and former television host Jennifer Whitney. Teams represented corporations, hospitals, social service providers, unions, faith-based organizations, college, high school, elementary school groups and more.***

### **SPONSORSHIP AT A GLANCE**

- ◇ Visibility in all digital and print marketing, on-Tee Shirts and event signage
- ◇ Logo and links on more than 20 e-newsletters and email blasts
- ◇ Logo and links on NAMIWALK Northern California website
- ◇ Kick-off Luncheon introduction and salute
- ◇ On-stage acknowledgement at event and more

Dinger supports the NAMI Walk

**May 29, 2015 Email Message from Naomi Gilbert RE Financials, Tax Return and Admin Advisement:**

Hi David and Larry,

Please find attached the April 2015 NAMI bank reconciliations, financial statements and Walk- Paid Expenses report. Please let me know if you have any questions.

I also want to remind you that the 2014 compilation and tax returns were completely by Ren. They should be given to the Board for review and signed and mailed off.

You also need to decide by June 30, 2015 how to implement the new CA sick leave law that affects all temporary and part-time employees. I tried to talk to Melanie about this a few months ago and she said that the HR contract was not renewed yet. I have not seen a payment to HR to Go yet so have not tried to contact her again. The decision on how to implement should be a Board action. I am helping my other clients implement this new law so let me know if you want me to work with you on this. If you keep HR to Go, you should use them to implement this but if you are not, then I can help. Either way, I will need to know how you want to proceed so I can help set up the accrual in properly in payroll.

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