

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 Retreat Meeting Minutes**

**July 25, 2015
12:00 - 4:00pm**

The Law Office of Robert Bowman
3841 N. Freeway Blvd, Suite 185
Sacramento, CA 95834

Meeting called to order: 12:00 p.m. By Larry Liseno

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

Members Absent: Eugene Willis

- 1. Luncheon and welcome:** 12:00 – 1:30 p.m. Enjoying camaraderie over lunch, we welcomed Kristie Russell, Connections Facilitator and Nicole Williams, NAMI Sacramento Office Coordinator. Guests: Robert Bowman, Bob King, Corinne Liseno
- 2. Minutes** for July 2015 meeting unanimously approved with minor revision. Motion by Ellen and second by Valerie.
- 3. Old Business**
 - a)** Employee Sick Leave Change: Continued discussion. Going forward we plan to use an accrual method of accounting of sick leave, and Board will vote at August meeting. ED will send updates to bookkeeper.
 - b)** Officer Election. Charlet was elected unanimously to the Presidency by the Board effective September.
 - c)** Standards of Excellence. We formed a committee of Charlayne, David and Larry to ensure NAMI national standards and our re-certification as an affiliate will be successful.
 - d)** Compensation of volunteers. We continued to discuss compensation of volunteers and issues of need particularly with Connections. We noted a Connections refresher course and future dinner.

4. Reports

- a) **President's Report:** None
- b) **Treasurer's Report:** David. June financials approved. Motion by Charlayne and second by Charlet.
- c) **Executive Director's Report:** David. See enclosed report.
- d) **Retreat Workshop.** See enclosed report.

5. Announcements and Updates: None

6. Public Comment and Wrap: None

Meeting Adjourned at 4:00 p.m.
Respectfully Submitted,
Valerie Ries-Lerman, Secretary

ENCLOSED REPORTS

EXECUTIVE DIRECTORS REPORT, JULY 25, 2015:

Effective 7/25/15, NAMI Sacramento had 196 members.

Fund Raising

NAMI Walk

The Walk closed effective 6/30/15. Our partner affiliates have been paid a total of \$33,795.82 for their share of donations their teams raised. I'm waiting for National to send me their Final Accounting report to complete the reporting process and pay them their share. National did deposit the online walk funds they collected into our bank account earlier this month. Sponsorships increased this year by 28%. Donations (for Sacramento) were down 28% this year. We surveyed this year's team captains in June and while most enjoyed the day, the database was reported as an issue in lessening their enjoyment. Also, several long time team captains retired from fundraising this year. There is a lot of competition for Walks in Sacramento.

Expanding on the phone meetings with the National ED and Walk Director in June, there was another phone meeting with them and the database developer in July. We were with several dozen affiliate walk managers throughout the US critiquing various aspects of the database, with the goal of making it more user friendly.

Harvesting Hope

The Planning committee met and began working on this year's Harvesting Hope dinner gala. Jackson Catering will return and we hope to have the same location. This year's theme will be an art show, and we're seeking donated artwork, with already created or created specifically for the event. There will be a silent and live auction, plus a raffle. We'll need help from all board members for this endeavor.

Education

We are working with TCore to have a P2P class at their facility starting in September. Alysse Adularia is now the P2P coordinator. She has extensive experience with the NAMI P2P program, is a Peer and Connections State Certified Trainer.

We're hoping to have two F2F classes starting in September, one at our usual location at the County Health building and another at a Turning Point facility off of I-80 and Northgate. Nicole is trying to get the teachers in place for two classes.

There will also be a BASIC's class starting in September, time and location TBD.

Ellen and I had a meeting with Diana White and Jennifer Walker, the COO and Grant Writer, of Turning Point Community Programs. We are partnering on a RFP for Dignity Healthcare. NAMI Sacramento's portion of the proposal will be to bring Provider Education to Sacramento and teach Dignity's ER personnel in out to better interact with the people living with mental illness. We hope to hear the results by October.

Outreach

On Thursday the 23rd I attended a Leadership Symposium at the University of Phoenix. It was organized for alumnus and students of their Criminal Justice program. On the dais was the Director of the California State Parole System and the Deputy District Attorney for Sacramento County. I shared with the D.A. about NAMI Sacramento's relationship with local law enforcement and the desire to have a similar relationship with the D.A.'s office. Turns out that this D.A. helped start the Mental Health Court, so he is empathetic to our mission. I also talked to the Director of Parole who, during his presentation, mentioned the growing needs in mental health care and that communities need to step up. When I told him I was with NAMI, he recognized the name, but wasn't closely aware of our mission. He is open to being a future guest speaker at one of our general meetings. He is an informative and engaging speaker.

The United Way campaign will begin in September. We need to have someone trained by United Way, and in turn, train any new outreach volunteers to work the events that will run through mid-November. These outreach events will be held at various Sacramento area employers (primarily State offices) during their time of setting up their employee's deduction donations. These donations represent \$7,000 of our budget.

General Meetings

August – **Turning Point Community Programs** provides integrated, cost-effective mental health services, employment and housing for adults, children and their families that promote recovery, independence and self-sufficiency.

September – **Proxy Parent Foundation** safeguards public benefits for disabled persons through the PLAN of California Master Pooled Trust and provides “family like” Personal Support Services for people with mental illness and other brain disorders.

October – **Healios** provides family psycho-education which includes skills training and support to caregivers through highly trained healthcare providers. For ease of access, the caregiver has their sessions with the Healios practitioner via user-friendly video conferencing. They work with the caregiver, and if possible, with their loved one's treatment team, to re-establish or improve those lines of communication that are necessary to optimize treatment success and recovery.

David Bain
Executive Director

RETREAT WORKSHOP, July 25, 2015

The Board discussed and voted unanimously to revise By-laws as follows, pending review by an attorney. See highlighted areas for areas for revision.

BY-LAWS, Art IV, Sec. 19...

...action or actions, and (3) specify the time by which the ballot must be received by the corporation in order to be counted. Each ballot so distributed shall (1) set forth the proposed action, (2) provide an opportunity to specify approval or disapproval of each proposal, and (3) provide a reasonable time in which to return the ballot to the corporation. Ballots may be returned by any delivery method authorized for distributing the ballots, including but not limited to ~~fax or~~ email.

Action by written ballot shall be valid only when (1) the number of regular members casting ballots within the time specified equals or exceeds the quorum required to be present at a meeting authorizing the action, and (2) the number of approvals equals or exceeds the number of votes that would be required for approval at a meeting at which the total number of votes cast was the same as the number of votes cast by written ballot without a meeting.

ARTICLE V. BOARD OF DIRECTORS

Section 4. Removal of Directors. ~~A director may be removed from the Board at any time for cause by a majority vote of the regular members.~~ **Directors may be removed without cause by a majority of Directors then in office at a regular or special meeting of the Board, provided that written notice of the**

intention to consider removal of a Director has been included in the notice of the meeting. No Director shall be removed without having the opportunity to be heard at such meeting, but no formal hearing procedure need to be followed.

Section 5. Vacancies on Board.

(a) Events Causing Vacancy. The vacancy or vacancies on the Board shall exist on the occurrence of the following:

- (1) The death or resignation of any director;
- (2) The removal of a director ~~by the members~~ by the Board;

Section 7. Action without a Meeting. Any action that the Board is required or permitted to take may be taken without a meeting if all members of the Board consent in writing to electronic voting; provided, however, that the consent of any director who has a material financial interest in a transaction to which the corporation is a party, and who is an "interested director" as defined in Section 5233 of the California Corporations Code, shall not be required for approval of that transaction. Such action by written consent shall have the same force and effect as any other validly approved action of the Board. All such consents shall be filed with the minutes of the proceedings of the Board. Voting results on issues may be returned by any delivery method, including but not limited to fax or email.

ARTICLE VI. OFFICERS

Section 4. Advisory Committees. The Board may also establish advisory committees composed of ~~two~~ one or more directors and any number of other interested persons who are not directors. Advisory committees shall provide advice and recommendations to the Board but shall not have the authority of the Board or any final decision making authority.