

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 September Meeting Minutes
9/24/2015
6:35- 8:30pm

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

Meeting called to order: Charlet & Larry assisting with regular order.

Members Present: Charlet Demers-Inthavongxay, Larry Liseno, Ellen King, Charlayne Bowman, Eugene Willis, David Bain E.D.

Members Absent: Valerie Ries-Lerman

1. **Welcome and Introductions:** No visitors present.
2. **Agenda:** Additions include consent calendar and Harvesting Hope update.
3. **Minutes:** August minutes approved with no material revisions. Motion by Eugene and second by Ellen.
4. **President's Remarks:** Charlet Demers-Inthavongxay is officially the new President and is working to get acclimated to her new role.
5. **Old Business**
 - a) **Bylaws:** Attorney Robert Bowman made slight revisions and Bylaws did not have a quorum to properly approve the changes by membership at the General Meeting.
 - b) **Facilitators Training:** See E.D. report.
 - c) **Volunteer Compensation:** See E.D. report.
 - d) **Consent calendar:** To be used as follows, reports to be circulated prior to a board meeting and voted on as a whole at meeting. Consent Calendar will be used as a trial until end of year. Discussions regarding this matter are on-going.

6. Reports:

- a) **President's Report:** See above
- b) **Treasurer's Report:** Larry
Financials and budget for August need approval.
- c) **Executive Director's Report:** Ted Talks Video presented by ED Bain. The Video discussed among other things, the need to invest in the board financially and infrastructure wise. See attached.
- d) ED Bain and the Board will look into finding individuals to assist with the website. The current website administrator is a volunteer.
- e) **Committee Chair Reports:**
 - 1) **Harvesting Hope:** David. Art will be main fundraising theme, with silent and live auction. Event's date moved to October 22, 2015.
 - 2) **"Standards of Excellence:"** Larry. Re-affiliation process is underway and we await next action from NAMI Calif.
 - 3) **FaithNet:** Larry. He has met with Arden Arcade Carmichael Faith Communities, and he will do an outreach presentation at Trinity Cathedral Oct 1.
 - 4) **Grant Proposal Committee:** Ellen. Will meet soon, and Eugene is joining the committee. Eugene is exploring several State and Private Sponsor grants.

6. Announcements and Updates: Larry and David are vetting new board candidate(s). There are currently three viable candidates under review. The candidates have extensive backgrounds and experience with mental illness.

7. Public Comment, Wrap-up and Adjournment: We welcome new board candidates. Website needs to be updated more often to reflect on-going issues and matters related to NAMI SAC.

Respectfully Submitted,
Eugene Willis for Valerie Ries-Lerman, Secretary

ENCLOSED REPORTS:

EXECUTIVE DIRECTOR'S REPORT, JULY 2015

8/27/15

Fund Raising

Harvesting Hope

The Planning committee has continued to meet on this year's Harvesting Hope Gala & Art Celebration. We discussed moving the date of the event back three weeks to accommodate the extra work with recruiting the art pieces and artists for the event. We are waiting for confirmation from the Sac Realtors Association for location availability.

We have accepted several pieces of art so far and have one artist who will paint during the event for the live auction. We are searching for three more. We have a team who are reaching out to local art galleries. We could use help from the board with reaching out to art collectors in their midst who may be able to donate a piece and/or a piece of their own artwork for the silent auction. We are also recruiting some non-art items for the silent auction as well. We'll need help from all board members for this endeavor.

Education

We have a P2P class at the TCore facility starting on September 9th.

We have a F2F class starting on September 2nd at our usual location at the County Health building. I had hoped to have a second F2F class this fall, but we didn't have the teachers available to run a second class.

We had a BASICS class scheduled, but was canceled because only one teacher was available.

The Letter of Intent for the Dignity Health grant was accepted. We are partnering with Turning Point, My Sisters House and ICANN to provide a variety of services for Dignity. 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

I am "under consideration" to join an advisory panel for Senator Richard Pan, which will help the Senator and his office with policy matters.

8/8/15 I attended an Art Show and Open House event held by Assemblyman Kevin McCarty. I shared my NAMI "elevator speech".

8/11/15 I attended Cares Community Health's reception announcing the roll out of their Equally Well initiative. They are expanding their clinic space and services to the community, including mental health. The specifics have yet to be announced, but NAMI Sacramento and Mental Health America are offering their signature programs to be delivered out of Cares downtown clinic. This is the result of many meetings over the course of year to get NAMI Sacramento a role in this initiative.

8/12/15 I met with Assemblyman Jim Cooper at his District Office in Elk Grove and shared the NAMI mission with him. He did recently receive acknowledgement from NAMI California for his policy work as it pertains to our mental wellness community. He is interested in our future events and asked for NAMI brochures to be displayed in the district office.

8/23/15 Set up the NAMI Sac outreach booth at a community fair sponsored by Regional Transit (RT) to celebrate the extension of Light Rail to Cosumnes River College. There have yet to be any United Way events scheduled. I've been in contact with United Way coordinators, and we are ready, just waiting.

Met with the Connections Support Group Facilitators and participating in their Retreat which provided them an opportunity to refresh their training and discuss problem resolution.

I have a similar event scheduled with the F2F teachers on the 30th.

I was invited to join and Executive Directors Network in August. I've already been participating in one via the Nonprofit Resource Center, however this one is a bit more structured and should help me with the development of my skills as an Executive Director. Through this, there is already the possibility of a partnership with an organization called "A Touch of Understanding" which teaches children how to empathize with people with disabilities rather than stigmatize them. They are interesting in our ending the Silence presentations.

UPCOMING GENERAL MEETINGS

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.

November - **TMS Health Solutions**, Transcranial Magnetic Stimulation (TMS) therapy is a safe and effective treatment for depression that is helping thousands of patients worldwide. TMS offers many advantages over traditional treatments and is especially helpful for those unable to benefit from antidepressant medications. TMS is FDA-approved, non-invasive, and well tolerated.

David Bain
Executive Director