

*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**  
**10/29/2015**  
**6:32- 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 (tardy), Charlayne Bowman, Eugene Willis, David Bain E.D.

**Members Absent:** Valerie Ries-Lerman

**Visitors Present:** Ms. Carrie Getz, Dr. Daniel Rockers, Diane Mintz

- 1. Welcome and Introductions:** Carrie Getz, Daniel Rockers, Diane Mintz
- 2. Agenda:** Additions include consent calendar and bylaws email blast. End date for the bylaws. November 11, 2015 possible end date.
- 3. Minutes:** September minutes approved with no material revisions. Motion by Larry and second by Eugene.
- 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) Board Recruitment:** Liseno presents information about the recruitment process which was adopted August 2012. NAMI is targeting Dr. Andres Sciolla as a candidate. Lunch with Dr. Sciolla and preliminary letter of interest sent to Sciolla.
  - 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.

e) Website Update – ED Bain sent out the NAMI template. Consequently, this is a \$400 increase in the cost of the website from \$200 to \$600. This action allows ED Bain and the Board to make the website changes.

## 6. Reports:

a) **President's Report:** See above

b) **Treasurer's Report:** Larry – See below.

Financials and budget for August need approval. September Report is available today.

c) **Executive Director's Report:** See attached.

d) ED Bain and the Board will look into finding individuals to assist with the website (**See Above**). Walk report attached – new database is being developed and appears to be finalized. New counties are joining the walk. Kick off lunch is March 11, 2015. Run/walk option is also being discussed and would take place at Sac State. Land Park does not have the capability to accommodate a run/walk and sufficient attendees in the 5,000 range. 25 of the 37 items were sold. 13 masks were sold. Unexpected pieces were brought to the event and subsequently sold. Paint night. Donna presented an idea of an appetizer. Wants to increase the volunteer presence with respect to trainers. Peer to Peer trainers.

e) **Committee Chair Reports:**

1) **Harvesting Hope:** David. Art will be main fundraising theme, with silent and live auction. Mintz wants to assist in the committee next year. ED Bain reports that we need to ask Art Galleries and artists sooner for art pieces.

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:** Charlayne Bowman suggested Coupon Book for Board Members to sell by November 18, 2015 \$640. Most of the board members are taking 5 Coupon Books. The potential board candidates also agreed to sell coupon books. Charlayne also presented a "Yankee" candle proposal. Ellen suggested selling PINS. NAMI needs a communication lead/director to initiate communications across various forums to assist in the process.

5) Larry stresses the business cards.

6) 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 frequently to reflect on-going issues and matters related to NAMI SAC.

ED Bain first met Daniel, Ph.D., at a conference/meeting and Ms. Getz. Sacramento Psychiatric Associates. Getz has been a psychologist for four years and in the field for ten years. Has experience in outreach and crisis hotlines. Is currently a member of NAMI and had a walk team. Getz saw the "In Our Own Voice" Presentation. Getz is interested in getting more involved in the field beyond her employment scope. Lastly, she works with developmentally disabled and severely mentally ill people.

Dr. Daniel Rockers has an undergrad degree in Computer Science. Dr. Rockers completed an internship at UC Davis Pain Clinic. He started his own private practice. Chronic pain and PTSD is his focus. Carrie and Daniel both work in Sacramento Valley Psychological Associates. Trade organization charged with help psychologist in the area. Close to 100 members with 800 possible. They cover Sacramento, Yolo, El Dorado and Placer. He is the newly elected president (2-year appointment). Getz and Rocker work as a community liaison.

Diane Mintz "Mintz" has been a member for many years and actively involved for two years. She is an "IOOV" presenter and very effective in that role. She is a published author and helps run an IT business.

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

Executive Director's Report October 2015

10/29/15

Effective 10/15/15, NAMI Sacramento had 216 members.

## Fund Raising

### Walk

(see accompanying report)

### Harvesting Hope

Harvesting Hope was a success. The event was well received by the attendee's and I talked to all the sponsors who were there and they were satisfied. People were impressed with the organization and those new to the NAMI mission left with an appreciation for what we do. I received no complaints. We did have an issue with the electronic payments (still better than prior years), but the steering committee met and we have a plan for next year.

We sold thirteen of nineteen masks and twenty five of thirty seven art/other items. We sold the three live pieces and twelve more items the artists brought with them. I estimate that NAMI Sacramento will clear approximately \$4500 for the evening. Our budget was \$11,500 in revenue against \$6500 in expenses for a budgeted profit of \$5000. At this point in time, we went \$300 over budget in revenue against \$800 over in expenses. But that is still based on a couple of estimates. I still need to determine the commissions some artists asked to receive and compute the final sales tax. We did have \$750 more in sponsorship money this year compared to last, with new sponsoring partners Molina Health Care donating \$1000 and Mercy Medical Group donating \$500.

## Support

NAMI Sacramento held a training for Connections facilitators on the weekend of Oct 17<sup>th</sup> and 18<sup>th</sup>. Sacramento gained eight new Connections facilitators, giving us a total of eighteen. Stanislaus County sent one person and Solano sent five people, and those affiliates paid for a portion of the training. Hopefully, we will be able to add a third support group at the Cares facility in downtown Sacramento with this. This training is an expense we should plan on every year to offset attrition and grow the support program. Fortunately we have three NAMI qualified trainers in Sacramento; Alysse Adularia, Doug Smith and Joe Teixeira who do a great job.

I will be looking to gather names for Family Support Group facilitators as well, so those groups can expand as well. We have one active trainer (Steve Porter) so we'd have to pay to bring another trainer in to do a class here.

## Education

We have a P2P and a F2F class currently in process with no problems to report. I had hoped for another F2F class this fall, but we didn't have enough teachers. We have one active trainer (Nicole Williams) and one inactive trainer (Barry Pavan).

We have a plan to get more P2P teachers trained as part of the Cares initiative. Alysse, Doug and Joe are qualified to teach that.

I would like to see NAMI Sacramento get more trainers trained, so we can take care of our own training needs at our schedule, and become a training hub for the region.

## Outreach

There have been four United Way Fairs, four Community Health Fairs, three CIT trainings, two In Our Own Voice presentations and three Ending the Silence Presentations (all one day at one high school for 1500 students) since the last board meeting.

We are scheduled to have an outreach table at the City of Sacramento's Veterans Day parade on November 11<sup>th</sup>, as well as the Arden Arcade Health Fair.

### **Upcoming General Meetings**

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.

December – We'll have our usual holiday party coupled with volunteer recognition for December.

David Bain  
Executive Director