



National Alliance on Mental Illness | Sacramento's Voice on Mental Illness

*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  
11/19/2015  
6:30 - 8:30pm**

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

**Meeting called to order:** 6:38PM by Charlet Demers-Inthavongxay

**Members Present:** Ellen King, Valerie Ries-Lerman, Charlet Demers-Inthavongxay, Larry Liseno, David Bain, Dr. Carrie Getz, Diane Mintz

**Members Absent:** Eugene Willis, Charlayne Bowman

**1. Welcome and Introductions:** Dr. Daniel Rockers, candidate to the board.

**2. Minutes:** Oct. minutes approved with revisions. Moved by Valerie and second by Larry.

**3. President's Remarks:** None at this time.

**4. Old/New Business**

**a) Holiday General Meeting:** Dec 14<sup>th</sup> agenda of volunteer recognition and a time for hospitality. Charlet will address the meeting.

**b) Board Holiday Party:** Dec 13<sup>th</sup> at Jackson Catering, 5:00PM.

**5. Reports**

**a) President's Report:** None.

**b) Treasurer's Report:** Larry. Budget cmte meeting for 2016 is planned in Jan. Both Sept and Oct reports approved. Moved by Ellen and second by Valerie.

**c) Executive Director's Report:** See attached. By-law revision approved by vote of membership.

**d) Committee Chair Reports:**

- 1) Faithnet / Outreach:** Larry. See attached report.
- 2) Standards of Excellence:** Larry. Cmte met in Nov. and worked on plans. Next step will be coordination with NAMI Calif. See attached report.
- 3) Fundraising:** David. Planning further action towards legacy giving project. Planning another zoomathon in March. Charlayne will be new fundraising Chairwoman.

**6. Announcements and Updates:**

- a)** Ellen gathered valuable information at U.C. Davis Psychotic Disorders Conference.
- b)** Diane circulated flier concerning public hearing on new psychiatric hospital in Roseville.
- c)** Valerie will not continue as secretary in 2016 and she will retire from the board.

**7. Public Comment, Wrap-up and Adjournment:** 8:13 p.m.

Respectfully Submitted,  
Valerie Ries-Lerman, Secretary

## **ENCLOSED REPORTS:**

### **Executive Director's Report November 17, 2015**

#### **Fund Raising**

End of Year fundraising appeal letter will be sent out by 11/24/15.

#### Walk

Walk agreement between NAMI and NAMI Sacramento has been signed and submitted to NAMI. Donna is working on Franchise Agreements with the nine counties who are currently planning on joining us this year. There is a chance that Butte County will join as well. Pat Pavone will be the Sacramento (specific) Team Chair. Cares Community Health will be bringing their mobile health unit to the Walk to do health screenings during the day. VSP will also do the same for eye health screening.

#### Grants

I met with a representative from Cares on Tuesday, Nov 17<sup>th</sup> to discuss their grant proposal for 2016. They are focusing on education and are interested in sponsoring In Our Own Voice and Ending the Silence presentations. They also want to see Provider Education brought to Sacramento. The current amount of the proposal is \$5700.

There is no word as of yet regarding the Turning Point grant proposal with Dignity Health.

#### **Education**

NAMI Sacramento graduated a P2P and a F2F class on Wednesday, Nov 11th. We're working on scheduling for 2016 for both programs.

#### **Outreach**

On Wed, Nov 11th, I gave a presentation to the case managers at Molina Health Care's Sacramento headquarters. The presentation included a thorough overview of what it is NAMI does and why we do it. Afterwards I talked to their community outreach specialist. We are approved for event sponsorship for 2016. They may also have a walk team. Molina has 250 employees in the Sacramento area.

I attended one of Senator Pan's Community Advisory Committee meetings and he announced his intention to work on Veterans and their mental wellness in 2016. He also plans to work on ensuring health parity in the state.

We had an outreach booth at the Arden/Arcade "Day of Hope" Wellness Fair on Nov 11<sup>th</sup> and at the Veteran's Parade on November 11th.

## **General Information**

The updated organization bylaws were electronically voted into place by a quorum of the members effective 11/9/15.

Francis House was a nonprofit operating in downtown Sacramento that provided services to the homeless and impoverished in the area. They lost their Sacramento County MHSA funding due to an insufficient amount of service to the Hispanic population in the region. To continue their operations, they had to close their doors and be absorbed by Next Move (a housing agency for the homeless), which is itself a subsidiary of Goodwill Industries.

## **Upcoming General Meetings**

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

January–Proxy Parent Foundation, which 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

David Bain  
Executive Director

## **REPORT TO THE BOARD BY LARRY LISENO – NOVEMBER 19, 2015**

**FAITHNET OUTREACH:** On November 11, Charlayne, Eugene and I manned a table at Day of Hope event presented by ten churches in the Arden-Arcade area of Sacramento. The day-long event was designed to help our homeless population by giving them food, clothing, medical/dental/vision aid or direction, and haircuts or styling which would help during a job interview. Our table gave mental health counseling and referrals. It was well attended by several hundred people and we spoke to at least 50 who learned about our resources and/or were directed to mental health clinics or services.

**OTHER OUTREACH:** On November 18, Diane, Jeanne Templeman and I presented a talk on depression to the Dept. of Insurance staff at one of their “Brown Bag” luncheon events. I gave an introduction to depression using NAMI national and Mayo Clinic information and Diane and Jeanne acted as experts who would field questions from the audience. We addressed both clinical depression and seasonal affective disorder (SAD). This event was televised by the department’s closed circuit system to all of their field offices in the State and each office could ask questions.

**STANDARDS OF EXCELLENCE COMMITTEE MEETING:** On November 5, the committee met to assess where NAMI Sacramento is positioned in NAMI national’s program to bring all affiliates to a high level of operation. Using national’s checklist of criteria we determined we have only a few items to clarify and to accomplish before we can present our organization to national/state’s re-certification. We also assigned tasks to committee members, who are David Bain, Charlayne Bowman and me, to help ready

us for re-certification. Our plan is to be ready for the process when NAMI California calls us for an accounting, but the exact timetable hasn't been given to us by NAMI California as of this date.