

*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**  
**January 28, 2016**  
**6:30 - 8:30pm**

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

**Meeting called to order:** Charlet and Larry assisting with regular order.

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

**Members Absent:** Dr. Daniel Rockers, Dr. Carrie Getz

**1. Welcome and Introductions:** Dr. Debra Cooper and Donna Wood

**2. Minutes:** November minutes approved with no material revisions. Motion by Eugene and second by Larry.

**3. President's Remarks:** Charlet Demers-Inthavongxay is officially the new President and is working to get acclimated to her new role.

**4. Old Business**

- a) **Outreach:** Chamber of Commerce Folsom.
- b) **Facilitators Training:** See E.D. report.
- c) **NAMI Walk:** See E.D. report.

**5. Reports**

- a) **President's Report:** See above.
- b) **Treasurer's Report:** Larry provided insight. Diane Mintz may have a possible nomination for this key officer position. Nov financials and 2016 budget need approval.
- c) **Executive Director's Report:** See attached. ED Bain and Board will look into finding individuals to assist with the website. The current webmaster is a volunteer.
- d) **Committee Chair Reports:**
  - 1) **Multicultural:** Heart Health event by the Delta Chapter of Elk Grove at Antioch Church.

2) **FaithNet:** Larry. He has met with Arden Arcade Carmichael Faith Communities, and will collaborate with other faith communities.

3) **Grant Proposal:** Ellen. Will meet soon, and Eugene is joining the committee. Eugene is exploring several State and Private Sponsor grants.

4) **Officer Elections:** Charlayne nominated for President. Carrie and Charlet nominated for Secretary. Diane Mintz and Ellen King nominated for Vice President. No nominations for the Treasurer position.

6. **Announcements and Updates:** Donna provided updates on walk. New Sponsors are supporting the walk. Charlayne Bowman is attending Folsom Chamber of Commerce meetings and appears to have significant support.

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 Sacramento.

Respectfully Submitted,  
Eugene Willis, Acting Secretary

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## ENCLOSED REPORTS:

### **PRESIDENT'S REPORT TO THE BOARD — January 28, 2016**

On January 13, 2016, I had the opportunity to participate in NAMI CA advocacy phone meeting. The topics included: HR 2646, Advocacy Training and Legislative Updates. Below is a summary of the main points from each speaker.

- HR 2646 –(Andrew) -NAMI national congress legislation talk,
- Hearing coming up health education NAMI witness testify New York 1 week from today
- HR 2646- 8 hearings looking at challengingly experienced by individuals SAMSA all hearings we had NAMI witness present
- 22 house members added to the bill 177 post sponsors congressman Royce (Orange County) conservative members signed the bill -awareness bill
- Recorded from subcommittee November 4, 2015 had a lot of momentum behind the bill
- What the bill does- elevate role of drug and MH bill Co- morbid conditions (i.e.) -COPD More physical and MH services better Acute patient care - issues with accessing MH services lack of beds

- All provisions broke sent are and house bill Add 2% bonus for states who implement such as CA, LA, SF, Santa Barbara and other counties San Joaquin County, how to best implement the law in the counties
- Potential changes to HIPAA and education allowing disclosure to family members and better train providers
- Hospital are very cautious about giving info about the client -change structure, drugs evolving

**Congressman Tim Murphy, PhD, a psychologist by training, has introduced comprehensive legislation to help individuals and families living with severe mental illness.**

**This bill, HR 2646, called the *Helping Families in Mental Health Crisis Act*, is designed to reduce the barriers to treatment for those who need it most.**

**HR 2646 has already received letters of support from [the APA](#) and [NAMI](#), as well as a [community sign-on letter](#).**

#### **HR 2646 WILL:**

- **EMPOWER** parents and caregivers
- **ADDRESS** the shortage of psychiatric beds
- **STABILIZE** patients beyond the emergency room
- **PROMOTE** alternatives to institutionalization
- **ENCOURAGE** greater use of criminal diversion programs
- **REACH** underserved and rural populations
- **FOSTER** evidence-based care
- **ADVANCE** critical medical research
- **IMPROVE** the quality of community behavioural health services
- **REDUCE** mental illness stigma in schools
- **INTEGRATE** primary and behavioural care
- **INCREASE** physician volunteerism in community mental health facilities
- **REFORM** the Substance Abuse and Mental Health Services Administration

#### **SPECIFIC ACTIONS OF HR 2646:**

- Requires states to authorize assisted outpatient treatment (AOT) in order to receive Community Mental Health Service Block Grant funds.
- Clarifies HIPAA to permit a "caregiver" to receive protected health information when a mental health care provider reasonably believes disclosure to the caregiver is necessary to protect the health, safety

or welfare of the patient or the safety of another. (The definition of "caregiver" includes immediate family members.)

- Establishes a new National Mental Health Policy Laboratory in the Department of Health and Human Services
- Prevents federally funded Protection and Advocacy organizations from engaging in lobbying activities and counseling individuals on "refusing medical treatment or acting against wishes of a caregiver."
- Requires the U.S. comptroller general to submit a report to Congress detailing the costs to the federal and state government of imprisoning people with severe mental illness.
- Increases congressional oversight of SAMHSA programs and seeks improvements to the programs it supports.

- **Advocacy Training- Marcel**

- How to set up successful meeting with legislative congressmen -met Face to face, pertaining to district
- Make voice heard best way to impact our legislative -prep work have background info know the congress person influence them requesting meeting 1month In advance
- If you want to meet congress in person Feb 19, 2016 lobby day –Sacramento, Call Marcel

- **Legislative- Karin**

- Sacramento this year started back up Jan go get or release budget proposals very busy more updates -implementation
- LE training SB11 seen bill, called POST, now look at curriculum and look at what else they need to do once that is done that draft becomes document for public to comment on...
- Is this what we think LE needs to know about MH?
- going on through the year will keep us apprised -prop 47, 2014 NAMI CA reduce felony to misdemeanor and save money in CJ system for those with MH persons
- 65% savings dedicated to go to MH programs, how much money becomes available
- LE to fill out form every time officer used form , submit to state attorney general, report wheatear they observed signs of MH when they used force on this person , overtime to see what's happening with MH contact with LE , maybe need more training required now form just came out Jan 2016 all LE agencies should be utilizing the form

- LE reporting, profiling issues : racial profiling context law requires of basis of identity mental disability, over time with more data helpful to see what's happening , make sure our members are reporting when they have interactions with LE, benefit -those reports have to be sent to state agency and public information makes it more accountability encourage those to participate
- Governor released budget Info, pretty decent proposal for MH, they are now go through them looking at bill and revise the proposal in May 2016 and complete in June 2016 if we want to add anything , my services act remember, is increasing and projected to continue increasing
- A lot of money allocated grants for cities for Police Department to start programs and Improve programs, persons living homeless and MH conditions
- Concerns regarding prop 47, savings 100-200million range 29million this year below what we were expecting, it effects the amount of programs and services , encouraging dept. of finance, because they don't add up the #'s -waiver Medi-Cal programs with that waiver,
- The State didn't get all what they asked for, housing programs supposed be included in the waiver all rejected by federal govt. program for whole person coordination of care for people co fostered highly utilize
- Serious Mental Illness, not many specifics yet but members can benefit -local level- Dept. Education provide training for MH, first aid training state superintendent sent letters for MH training advocate, go local school districts to support the training
- Legislative – still in the 2nd year of 2 year process, still working in old bills and new bills, housing on bills housing bond Darrel Steinberg , Laura Law sunset, also watching this waiting for Legislative, and ensure schools get training for MH

Best Regards,  
Charlet Inthavongxay  
President, NAMI Sacramento Board of Directors

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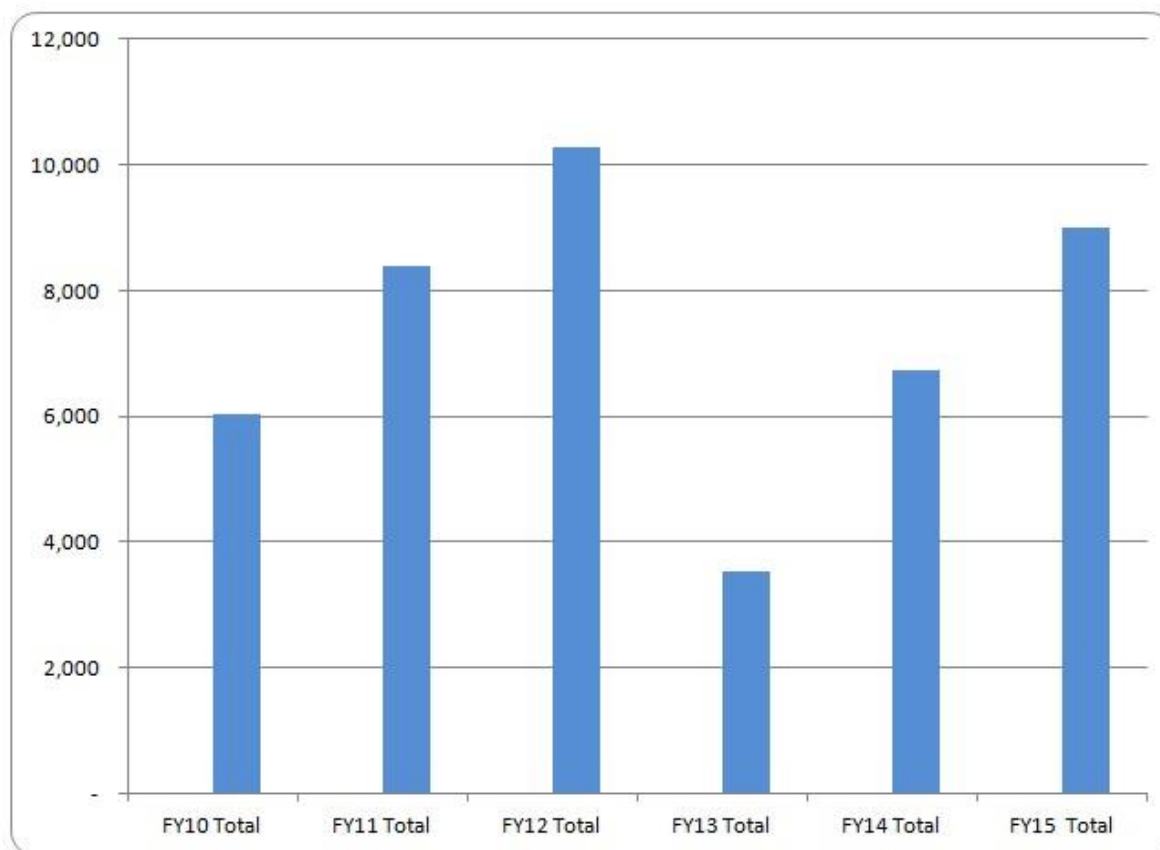
### **EXECUTIVE DIRECTOR'S REPORT TO THE BOARD — January 28, 2016**

NAMI Sacramento currently has 219 members. A membership renewal request was mailed this week.

#### **Fund Raising**

As of 1/25/16, our 2015 **End of Year** campaign raised \$9005.

### End Of Year Giving Campaign



#### Walk

*See report from Donna Wood*

#### Online donations

In December, we received a payment of \$24.93 from **Voxerity Apparel**, a California based social purpose company founded in 2015. Voxerity offers athletic apparel manufactured in the United States from imported fabric for the social purpose of promoting mental health. They donated \$1180 in Q4-2015 to various mental health organizations, based on the geographic location of their customers.

<http://www.voxerityapparel.com/>

We participate with **PayPal's Giving Fund**. Below is a report for what we received from them so far in January. It's the largest payout we have received, due to the \$100 single donation. Otherwise we typically receive anywhere from zero to fifteen dollars a month, depending on eBay sales.

## PayPal Giving Fund

You've received a payment from PayPal Giving Fund.

Dear David,

We're pleased to tell you that **NAMI Sacramento (National Alliance on Mental Illness)** received a payment this month from PayPal Giving Fund. We are passing 100% of donations made through our programs.

**Your Payment Details**

<b>Date Paid:</b>	January 25, 2016	
	<i>(Funds will be delivered within 2-3 days either via EFT to the bank account you have in your legacy (old) PayPal Giving Fund account OR via PayPal if you have a new PayPal Giving Fund account.)</i>	
<b>Amount Paid:</b>	eBay Community Selling	\$ 20.10
	PayPal Donate Now	\$ 100.00
	PayPal 1% Match	\$ 1.00
	Humble Bundle Donation	\$ 2.16
	<b>Total</b>	<b>\$ 123.26</b>

**Payment From:** PayPal Giving Fund

*PayPal Donate Now includes PayPal's holiday campaign and Giving Tuesday donations*

*PayPal Special Campaign includes the additional 1% match from PayPal's holiday campaign*

Congratulations and best wishes for your continued success.

- The eBay **Community Selling** category is for donations received that were part of an eBay sale. A seller lists an item for sale on eBay and designates anywhere from 10-100% to go to a charity of their choice.
- PayPal **Donate Now** is a function where anyone can make a donation to us at any time, for any amount, not connected to any eBay sale/auction. We receive 100% of the amount donated.
- PayPal **1% Match** is a seasonal campaign the PayPal runs, matching any Donate Now donations.
- **HumbleBundle** is an internet based company (based in the Bay Area) that sells electronic games. They donate a portion of their proceeds to various 501© charities.

<https://www.paypalgivingfund.org/charity/web.us/login.jsp>

### Grants

NAMI Sacramento has entered into a partnership with Turning Point Community Programs, Our Sister's House, ICAN Foundation and Consumer Self Help to supply mental health services to two hospitals within the Dignity Health network; Mercy San Juan and Methodist Hospital. Our contribution to this initiative is to bring an educational component, specifically **Provider Education**. This is a five week, 15 hour class to teach health professionals how to better interact with people in crisis and their families.

Support groups will be a part of this program as well. We will need to have another **Connections** Support Group facilitator training this spring.

We are also close to finalizing an agreement with Cares Community Health to provide Provider Education classes and In Our Own Voice presentations in the county.

### **Education**

NAMI Sacramento started a **Family to Family** class on Wednesday, January 20<sup>th</sup>. We are sending two people to Stockton this weekend to become F2F teachers. We are down to eight teachers, not all of who are always available when we need to offer a class. The cost per student for this non-NAMI CA sponsored class is approximately \$400 for materials, travel and hotel per student.

We're working on scheduling a **Peer to Peer** class to begin in March or April. At some point this year we may need to train a couple of P2P teachers as well. We currently have four, possibly six teachers.

### **Outreach**

I was approached by a representative of Project Child Safe, a project managed by the National Shooting Sports Foundation. Their primary mission has been to purchase gun locks and give them away to local law enforcement agencies, who then give them out to citizens. They have a new grant with the Department of Justice and are looking to expand their outreach, perhaps providing suicide prevention brochures or some other form of informational outreach. At this point he was researching the mental health aspect, on whether to approach that and if so, how. I gave him an overview on how NAMI works and gave him the contact information for the Advocacy Director at NAMI CA. They may come back to us at some point with a brochure they'd like us to hand out at outreach events...should we think its helpful information for the community.

On January, 5<sup>th</sup>, Donna and I attended a meeting of the Folsom Lake Kiwanis. They received a general presentation about our organization, including our mission and information about our Walkathon.

On Saturday, Jan 23<sup>rd</sup>, Charlayne Bowman, Charlet Inthavongxay and I worked an outreach fair at Grant Union High School in North Sacramento. The event was well attended with both exhibitors and people there to receive a variety of health related information.

Our next scheduled event is for Saturday, Feb 13<sup>th</sup> at the Antioch Church in South Sacramento. The event is sponsored by the Elk Grove Chapter of the Delta Sigma Theta Sorority.

We have a couple of tentative dates in April and the Consumer Speaks conference is May 23<sup>rd</sup>.

On January 26<sup>th</sup>, Kiran Savage (NAMI CA Advocacy Director) and I met with Senator Pan and his chief legislative aide. I gave an in depth overview of the programs we offer and introduced him to Provider



Education. I also invited him and his staff to have a walk team again and they are enthusiastic about the idea.

On January 27<sup>th</sup> I met with Councilmember Larry Carr and gave him a personal invitation to the Walk.

On January 28<sup>th</sup>, I attended the MHSAOAC committee meeting in Sacramento. I testified about the importance of our programs and the need to fund training our volunteers to facilitate, teach and present NAMI programs. I mentioned how we access some of this training through NAMI CA's MHSA grant, but how there still wasn't enough to address all the county affiliate needs. I pointed out that part of our success is due to the many volunteers we have and therefore, are very efficient with MHSA funding. I also addressed the issue of having so many hurdles that bar many individual affiliates from accessing the millions of dollars in MHSA funding through their county MHSA funding committees.

### **General Information**

The Board of Director elections were completed on 1/10/16. Four new board members were elected to the board: Charlayne Bowman, Dr. Carrie Getz, Diane Mintz and Dr. Daniel Rockers. Charlet Inthavongxay and Larry Lisenro were re-elected. All will serve two year terms.

### **Upcoming General Meetings**

February – Officer Michelle Lazark with the Sacramento Police Departments Crisis Intervention Unit.

March - Crossroads Diversified will talk about their employment assistance program.

David Bain  
Executive Director