

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
February 25, 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: Charlayne.

Members Present: Charlayne Bowman, Diane Mintz, Ellen King, Larry Liseno, David Bain

Members Absent: Dr. Daniel Rockers, Dr. Carrie Getz, Charlet Demers-Inthavongxay, Eugene Willis

- 1. Welcome and Introductions:** Kim Tucker, ED of 3-Fold and Impact Foundry
- 2. Minutes:** Acknowledged November minutes as approved via email; January minutes not provided.
- 3. Old Business:** None.
- 4. New Business:** Presentation by Kim Tucker. An overview of recommended non-profit management and board member duties. Recommended training class to new board members and offered training site and/or method options.
- 5. Reports**
 - a) President's Report:** Charlayne. Some progress on fundraising plan using a restaurant venue idea. More work needed to finalize sites and profit-sharing plan. No time to discuss webmaster changes, therefore tabled to next meeting.
 - b) Treasurer's Report:** Larry. January financials discussed and approved (motion by Ellen and second by Larry). Year 2016 budget discussed and approved (motion by Charlayne and second by Diane).
 - c) Executive Director's Report:** See attached.
 - d) Committee Chair Reports:**
 - 1) Multicultural:** None.
 - 2) FaithNet:** None.
 - 3) Grant Proposal:** None.
- 6. Announcements and Updates:** None.

7. Public Comment, Wrap-up and Adjournment: None.

Respectfully Submitted,
Larry Liseno, Acting Secretary

ENCLOSED REPORTS:

EXECUTIVE DIRECTOR'S REPORT TO THE BOARD — February 25, 2016

NAMI Sacramento currently has 211 members.

Fund Raising

The annual **Big Day of Giving** will be on Tuesday, May the 3rd. Considering its approximation to the Walk, a targeted plan should be used. Last year (it was three days after the Walk), we sent three e-blasts where we clearly stated, "For those who didn't participate in the Walk..." and clearly stated the money raised would go to education programs. We received \$4200 in donations. Some of the donations came from those e-blasts, some came from random people from outside our normal donor network.

Walk

The Steering committee has met every month since September. They want to sell products (hats, shirts, pins etc.) this year as a way of bringing in more money. Donna is working on a plan to sell raffle tickets, but is still looking for a sponsor to underwrite the cost of printing and prizes. Current donations are low, but we always have a slow start until the Walk Kick Off luncheon on March 11th. Invitations are going out now. Board members are all invited.

Education

Our **Family to Family** class is proceeded as usual. Another is tentatively scheduled to start in June, with a third one to start in the fall. We have two new teachers to add to our ranks.

The next **Peer to Peer** class to begin in April. We are currently signing up people who have previously shown an interest and will begin recruiting if there is room.

A **Provider Education** teacher training is scheduled for April 16th and 17th at the conference room at the Viking location. We are currently in the recruiting process for these teachers. We'll need a minimum of two teams, preferably fours, each compromising two family members, two peers and one mental health professional. The cost of this training is to be wrapped into the Dignity grant.

Outreach

The next scheduled health fair is on Friday, March 25th. April is getting busy with outreach events:

April 2nd – “It’s Dark Here” movie screening and panel discussion at Sacramento State University. The subject matter is suicide, and is timed to coincide with Sac State’s annual Suicide Prevention Walk

April 5th - Sac State’s Suicide Prevention outreach fair. We will have a table there. 3-7 pm

April 21st – Sac City College Disability Fair. 10am – 2pm

April 29th and 30th – Pony Express Marathon. 8 hours, both days.

April 30th – Family Fun Day in South Sacramento 10am – 2pm

General Information

Via electronic vote, the Board officers for 2016 will be:

President: Charlayne Bowman
Vice President: Diane Mintz
Secretary: Charlet Inthavongxay
Treasurer: TBD

On Feb 17th, NAMI Sacramento members and friends viewed the new movie, “Touched With Fire”. Afterwards we had a panel discussion with Diane Mintz, Katherine Ferry and David Bartely as guest speakers. They are all NAMI members and CIT/IOOV speakers.

Their reactions were mixed. While it was well acted, there were pro’s and con’s to the movie regarding its portrayal of those living with bipolar disorder. The leading characters were almost constantly shown in the manic phase, rarely depressed. The symptoms of the mania were accurate, just not a complete view of the disorder. Plus, there were extensive scenes in a psych hospital. None of the three speakers ever saw a hospital as lax in its oversight as the one depicted in the movie. It did spend some time focusing on familial relationships.

It’s good to see the subject matter get some attention and the acting was fantastic, it just could have been truer to the reality of living with bipolar disorder. The general consensus from the panel was that certain aspects were overlooked/added in to make it interesting enough for a wide audience.

Upcoming General Meetings

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

April - TBD

David Bain,

Executive Director