

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
Thursday, March 24, 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, Dr. Daniel Rockers

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

1. Welcome and Introductions:

2. Minutes: Memo-For-The-Record, January Minutes approved via email, and, February Minutes approved.

3. President's Remarks: see Old Business, Item a.

4. Old Business

a) Website revision: Charlayne said her son, Robert Bowman III, has agreed to use his webmaster skills to update our website by using a Word Press template. There is a setup fee of \$800 with no on-going expense. The project should be complete by early May. The new website will feature photos and bios of each director.

b) Employee vacations: Larry introduced Employee Handbook, Vacations page, which stated current benefits. Discussion regarding "grandfathering" David and Nicole to level two, which would give a benefit of three weeks of vacation in 2016. Motion by Charlayne, second by Ellen. Approved.

5. Reports

a) President's Report:

- I. NAMI California Conference, August 26 – 27, 2016: discussion regarding expensing attendance for David, Nicole, Donna and Doug (\$1800). Motion by Larry, second by Charlayne. Approved.
- II. Up-coming outreach events: discussion about the importance of all directors participating in events. Charlayne will petition directors via email.

b) **Acting Treasurer's Report:** Larry. February financials discussed. Motion by Diane. Second by Larry. Approved.

c) **Executive Director's Report:** David. See attached report with directors' comments.

d) **Committee Chair Reports:** None.

6. Announcements and Updates:

7. Public Comment, Wrap-up and Adjournment:

Respectfully Submitted,
Larry Liseno, Acting Secretary

ENCLOSED REPORTS:

EXECUTIVE DIRECTOR'S REPORT TO THE BOARD — March 24, 2016

NAMI Sacramento currently has 199 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.

Board participation is promoted by event organizers as key to the success of each organizations success.

Walk

Currently, we have 69 teams registered and the walker income is at \$23,052. Our goal is to have 120 teams and \$160,000 by the time of the Walk. We requested a total of \$65,750 in sponsorship dollars to last year's sponsors, plus new ones. NAMI brought in one national sponsor (Alkermes) who will donate \$5000 to our Walkathon. Both Alkermes state and local representative attended the Kick-off luncheon. Other new sponsors include the Mental Health Network (HealthNet) at \$5000; Crestwood Behavioral Health, Molina Health Care and Magellan Health at \$2500 each; plus TMS Health Solutions at \$1000.

The Kick-Off Luncheon was a success, with over 100 people attending on a very rainy day. Most counties were present, along with team captains and sponsor delegates. The guest speaker was Robert Villanevia from NAMI Alameda who is an IOOV speaker and he gave an inspirational speech about the benefit of NAMI programs. The Quik Stop video contest will again be a part of the walk this year. There will be a NAMI store with items people can purchase and the proceeds split between the participating affiliates. We are working with Paratransit to extend the shuttle hours on walk day to the Sac City Parking Garage until 1:00pm. Currently we have agreements with Dave's Dawgs, Jamba Juice and a coffee vendor to be there selling their food/drinks. The Girl Scout Honor Guard will again be present. Diane Mintz, Donna Wood and I are going to the Girl Scouts regional office in April to do a presentation about mental health and the NAMI programs, plus encourage them to have a booth on Walk day and possibly award mental health badges to the girls. Donna presented the Walk to the employees of the Law Offices of Bowman and Associates to encourage them to participate. We are willing to do the same elsewhere. For entertainment, last year's band will return and we have recruited the Poetic Congress and the Grant High School Drum Line. Donna is working with the Sacramento Zoo to get discount passes.

We have twelve counties now participating in the walk, with Calaveras coming in last week.

The next Walk Steering Committee meeting will be held on Saturday April 9th at 9:30. It will be held in the TPCP conference room next to the office. The Board is welcome to attend.

Education

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 and have eighteen people signed up for the training. We'll need a minimum of two teams, preferably four, 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.

We have a Peer to Peer class starting on April 13th

Our second Family to Family class is scheduled to start on June 7th. We have two new teachers who were trained for F2F, one who will teach in June and the other in the fall.

While not part of our Education Programs, we do need to plan on educating some more members to be Family Support Group facilitators and Connections Support Group Facilitators, as well as In Our Own Voice presenters.

Outreach

We have a lot of events coming up in April, which is good outreach for our Walk. May is filling up as well considering its Mental Health Month.

(See calendar for upcoming events)

On Monday, May 1st I met with the Vice President of Governmental Affairs for Magellan Health. She later attended the Kick-Off Luncheon and pledged a \$2500 sponsorship and a walk team.

On Wednesday the 9th, I went to the annual breakfast for the Russian Information & Support Services (RISS) organization. They would like to have NAMI as a participating organization. However we have to go through cultural competency training first. No word on how much that will cost as of yet.

On Tuesday March 15th, Nicole, Donna and I attended a Team Building training that was put on by the Impact Foundry. The goal of the training was to make us better team leaders and learn how to better support the staff/volunteers who work for NAMI Sacramento.

Also on May 15th I attended Senator Pan's Community Advisory meeting and was able to give a presentation on NAMI programs and the Walk. I've had follow up conversations with several people as a result, including the National Academic Youth Corps. I also found out the Wynd Youth Services is struggling to keep their doors open. That would be a tough loss of our community.

On Monday, March 21st I met with Sacramento County Supervisor Patrick Kennedy. He oversees District 2 as well as the Sacramento County Mental Health Board. He's a strong supporter of mental health services and will bring a team to our Walk. I also engaged him in the Stepping Up Initiative to reduce jail recidivism, and pledged the support of NAMI Sacramento is this endeavor.

On Wednesday March 30th, Charlet Inthavongxay, Nicole Williams, Donna Wood, Doug Smith and I will be attending a Latino Cultural Competency training. The goal being to better learn how to engage Sacramento's Latino community and include them in NAMI Programs.

General Information

Pathways to a Health Mind, our multicultural mental illness awareness fair, is scheduled for Saturday, July 16th. We don't have a location as of yet. We do have two sponsors already lined up, Cares Community Health and Molina HealthCare.

On April 2nd, NAMI Sacramento is sponsoring a Mental Health and Suicide Prevention Symposium.

Upcoming General Meetings

April – A representative from The Yoga Seed Collective will discuss alternative survival skills for people coping with mental health issues and the stress surrounding caring for someone. The Collective also has a program where trauma informed yoga programming is used in mental health hospitals.

May – Two representatives from Heritage Oaks Hospital will discuss how and when treatment is provided and by which staff members. They will also talk about working with family members when they have someone hospitalized at Heritage Oaks; when can information be released, how to pass on helpful information to the staff regarding a loved one, etc.

David Bain

Executive Director