

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, April 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: Charlayne

Members Present: Charlayne Bowman, Diane Mintz, Larry Liseno, David Bain, Dr. Daniel Rockers, Dr. Carrie Getz

Members Absent: Charlet Demers-Inthavongxay, Ellen King

1. Welcome and Introductions:

2. Minutes: March minutes approved, Daniel moved, Diane second.

3. President's Remarks: None.

4. Old Business

a) Website revision: As the revised website will feature photos and bios of each director, those present were photographed and they promised to remit bios to the president for inclusion.

b) Big Day of Giving: Diane will donate an eBook to those who donate \$50 or more.

5. Reports

- a) **President's Report:** None
- b) **Acting Treasurer's Report:** Larry. March financials unavailable and will be reviewed at the next board meeting.
- 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 — April 28, 2016

Fund Raising

The annual **Big Day of Giving** will be on Tuesday, May the 3rd. One electronic communication is scheduled so as to not over-ask our members with consideration to the communiqués they are receiving for the Walkathon. Board participation is promoted by event organizers as key to the success of each organizations success.

Walk

Currently, we have 100 teams registered and the walker income is at \$77,500. Our goal is to have 120 teams and \$120,000 in walker donations by the time of the Walk. Our sponsorship goal is \$40,000 and we currently have 40 sponsors pledging \$51,000...including the new national sponsor (Alkermes) who will donate \$5000 to our Walkathon.

Fox aired several promos on behalf of the Walkathon, included interviewing me on the 27th.

Education

A **Provider Education (PE)** teacher training was held on April 16th and 17th. We were able to get 17 teachers qualified to teach PE. The trainers were Lynn Padlo from Stanislaus and Greg Osborne from Santa Clara. Charlayne Bowman handled logistics. It was good to see both people living with a

mental illness and family members working together. Everything else at NAMI is "siloed"...either individuals or family members. There was some passionate discussion at time, but it was good to see both sides come together. To date, no classes have been scheduled.

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. The second teacher will be the "resource assistant" in this class, so she'll get some experience with the class.

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 events

March 25th – CRP Employee Health Fair (WIC), Charlayne Bowman and David Bain

April 5th – Suicide Prevention Walk, CSUS, Charlayne Bowman, Larry Liseno and Pat Pavone
(*cont.*)

April 7th – Girl Scouts presentation (trainers and corporate staff) given by Diane Mintz, Donna Wood and David Bain.

April 21st – Sacramento City College Disability Fair, Charlayne Bowman and Larry Liseno

April 27th – University of Phoenix Disability Fair, Charlayne Bowman and Lee Gassaway

General Information

On March 30th, Charlet Inthavongxay, Nicole Willaims, Donna Wood, Doug Smith and I attended a Latino Cultural Competency training. This gave us the opportunity to learn about the local Hispanic community and make connections with other attendee's.

On Saturday, April 2nd, NAMI Sacramento and NAMI CSUS collaborated on a movie screening, "It's Dark Here", a movie about a young man's quick progression of Schizophrenia through suicide. Afterwards we held a panel discussion with the parents of the young man, two psychologists, a NAMI member (and CSUS student) who survived her own suicide attempt and our very own Diane Mintz. The event was well received.

NAMI Sacramento hired a Peer Advocate, which is part of NAMI Sacramento's delivery of services with the Navigation to Wellness program for Dignity Health. This advocate will receive referrals from Turning Point Navigators of people who have been discharged from Dignity emergency rooms and help them enter community programs that will help them get control of their diagnosis and reduce their likelihood of needing to return to the E.R.'s.

Attended an Awards Dinner organized by Molina Health that recognized various community volunteers on Tuesday April 19th.

Upcoming General Meetings

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