



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
Tuesday, June 2, 2016
6:30 - 8:30pm

Home of Larry and Corinne Liseno
2525 Rio De Oro Way, Sacramento, CA 95826

Meeting called to order: Charlayne

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

Members Absent: Charlet Demers-Inthavongxay

1. Welcome and Introductions:

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

3. President's Remarks: None.

4. Old Business

a) Walk Report: Donna. See attached report

5. Reports

a) President's Report:

- (1) July/August board meeting discussion – all agreed to agendize July as a regular meeting and to defer the retreat agenda to August with Kim Tucker of the Impact Foundry (formerly Nonprofit Resource Center) as presenter. Retreat scheduled for August 20, noon to 5:00 p.m. and location will be at the offices of Bowman and Associates.
- (2) Folsom Rodeo – helpers are needed and many agreed to work the event and wear NAMI Sacramento clothing logo for outreach effect.
- (3) Folsom Expo - 2016 was too active for one person as an outreach effort, must have several when we participate in 2017.

b) Acting Treasurer's Report: Larry. March and April financials unavailable and will be reviewed via email prior to board meeting in June.

c) Executive Director's Report: David. See attached report.

d) Committee Chair Reports:

- (1) FaithNet: Larry. See attached report.

6. Announcements and Updates: David.

a) NAMI California has urged us to advocate legislatively. This is contrary to our Strategic Plan, but we recognized the need as we discussed several bills before the state legislature: SB 614, Peer and Family Support Specialists; AB 1300, Emergency Departments and 72-hour holds; No Place Like Home Housing Budget Act; AB 533, Prevent Surprise Bills. We agreed to voice our advocacy individually and we agreed to eBlast membership to consider doing the same. A change in our current Strategic Plan might be directed to committee for consideration.

b) Harvesting Hope and Pathways Steering Committees: formation and scheduling will be executed. Harvesting Hope event is scheduled for Saturday, October 8

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

Respectfully Submitted,
Larry Liseno, Acting Secretary

ATTACHED REPORTS:

EXECUTIVE DIRECTOR'S REPORT TO THE BOARD — June 2, 2016

NAMI Sacramento currently has 168 members.

Fund Raising

The 2016 Big Day of Giving experienced a technical breakdown that still hasn't fully been explained. The site began just fine, but crashed after about 8 hours into the 24 hour event. It faded in and out for a while before organizations made a direct plea to donors to give directly to their own websites and bypass the BigDog online database.

<u>Donation Source</u>	<u># of donations</u>	<u>Amount</u>	<u>Ave.</u>
NAMI Site donations	11	600.00	54.55
Big Dog donations *	30	3,830.00	127.67
Totals:	41	4,430.00	108.05

** includes \$1500.00 donation from Golden1 Credit Union*

	<u># of donations</u>	<u>Amount</u>	<u>Ave.</u>
Without Golden1	29	2,330.00	80.34

Walk

Donna will report on the Walk

Education

Initially, the Navigation to Wellness program (**Provider Education**) was to be run through Methodist and Mercy Hospitals, but Dignity is adding a third, Mercy Folsom. They want to see a family support group and a Family to Family class held there. There will be additional costs to NAMI Sacramento because these are services outside the initial scope of the grant. I am working with the CEO of Turning Point on how this will be worked out.

Our second Family to Family class is scheduled to start on June 7th. We have sixteen solid students so far, with a few more waiting for confirmation.

We have an In Our Own Voice training scheduled for June 18th and 19th. Doug Smith and Joe Teixeira will be the trainers and Laura Bemis will be coordinating the training. This training is necessitated by a reduction in available presenters, coupled with our increase in CHP presentations. This is an expense for NAMI Sacramento that may be somewhat offset by other affiliates sending some students.

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.

Outreach

None scheduled

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're trying to get it in Del Paso Heights because it's another large concentration of a multi-cultural population, but the combination of sufficient space with sufficient parking has been hard to find.

Upcoming General Meetings

June – TBD

July – Do we want a General Meeting in July?

David Bain

Executive Director

REPORT TO THE BOARD BY LARRY LISENO – JUNE 2, 2016

FAITHNET OUTREACH: On May 10, I attended a monthly meeting of the Arden- Arcade-Carmichael-Faith Coalition (AACFC). There were about 25 representatives of five faith communities present and the featured speaker was the executive director from Good Will. The mission of AACFC is to feed and aid the homeless, who we acknowledge often have a mental illness. During the open sharing part of the agenda I gave the NAMI Sacramento mission and offered our resources to help shape better mental health in their communities. I alerted them to a recent Catholic Herald Magazine which featured mental illness as its primary theme, and, it can be found online at <http://faithdigital.org/Sacramento/>.

OTHER OUTREACH:

- ✓ On May 11, Carrie, David and I presented a talk on depression to the Dept. of Treasury employees at one of their "disability awareness" luncheon events. I gave an introduction to clinical depression using NAMI national information and Carrie and David acted as experts who would field questions from the audience of about 40. My presentation is available to you if you would like to use it. It consists of a power point presentation, narrative and resources used to create it.
 - ✓ On April 30, Charlet and I manned an outreach table at the annual Valley Hi Health Fair. This is an event sponsored by the Valley Hi Community Center which offers education to families about health resources. I estimate attendance of about 200-300 and about 40 stopped at our booth to learn about mental health resources.
 - ✓ On April 10, Charlayne and I manned an outreach table at the annual Pony Express Marathon event. This is a two day event and during this first day, participants of the race learned about marathon resources. This outreach event did not seem effective to our mission as very few people gave us notice; but at least some who looked our way learned of our existence.
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WALK MANAGER REPORT BY DONNA WOOD

– June 2, 2016

On Saturday, May 7th nearly than 2,000 caring and compassionate Northern Californians gathered at William Land Park for NAMIWalks Northern California, the region's largest mental health awareness event. The Walk, which benefits affiliates in Amador, El Dorado, Humboldt, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Tuolumne and Yolo Counties, raises vital funding for no-cost education and support services for thousands of Northern Californians impacted by mental illness each year.

BY THE NUMBERS

Estimated crowd: 2,000

Sponsor Revenue: \$51,000

NAMI Store Revenue: \$594

Revenue to date: \$150,594

Walker Revenue: \$98,000

Number of Sponsors: 32

National Elite Sponsor: Alkermes

Number of Walk Teams: 110 largest team 125

Number of Walk Stars (raising\$1,000): 19

Number of booths at health and wellness resource fair: 35

Who was there - Walkers came from ten Northern California counties, ranging in age from infants to 80 year olds, representing a wide range of diversity. The Walk was led by Honorary Chair and former State Senator Pro Tem Darrell Steinberg and Fox 40 Ancho Ty Steele. Teams represented corporations,

hospitals, social service providers, unions, faith- based organizations, college, high school, elementary school groups and more.

SPONSORSHIP AT A GLANCE

- * Digital and print visibility on-Tee Shirts and event signage
- * Logo and links in over 20 e-newsletters and email blasts
- * Logo and links on NAMIWALK Northern California website
- * On-stage acknowledgement at event and more