

*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, July 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, Dr. Carrie Getz, Diane Mintz, Ellen King, David Bain, Dr. Daniel Rockers

**Members Absent:** Ellen King, Charlet Demers-Inthavongxay, Larry Liseno

**1. Welcome and Introductions:**

**2. Minutes:** Daniel Motion. Diane Second.

**3. President's Remarks:** see Old Business, Items a & b

**4. Old Business**

- a) Folsom Rodeo Event:** 6 Volunteers from NAMI resulted in \$300. Next year we can consider becoming a sponsor for the event.
- b) Folsom Jimboy Tacos Fundraiser:** Jimboys was very happy with the outcome. NAMI raised \$205 off the meals purchased and an extra \$40 donation. The expenses were slightly more for the flyers and signs but we can reuse the signs.

## 5. Reports

**a) President's Report:** None

**b) Executive Director's Report:** See Attached

- 1) NAMI Walk distribution of resources was handed out.
- 2) Donna and Nicole investigated San Diego's Run/Walk event and it was decided it would be too costly and time consuming for us.
- 3) We provide CARES Program flyer at events to partner with them. Sample distributed.
- 4) Symposium scheduled for October 19 with interactive voting.
- 5) We get \$1000 for Provider Education classes and attendees get CEUs, so we need more service for fee opportunities.
- 6) Diane suggested to have a massage therapist chair at our NAMI table an upcoming health event and can contact someone if approved.
- 7) Discussed Cultural Commentary Classes to present to HR departments. Daniel and Carrie volunteered to design the package.
- 8) Retreat scheduled for our August meeting at Bowman and Associates 3841 North Freeway #185. Can bring spouse or friend for lunch. But our regular meeting will be held afterward. Kim Tucker from Impact Foundry to speak at retreat. NAMI agreed to pay \$1000.00. This is a discounted fee.
- 9) Discussed sending David's letter to Charlet regarding absence from the board. Char motion with stipulation of extending time to respond and deadline to hear back of August 20 and Diane Second. ED to send president final draft letter to send.
- 10) Daniel suggested that a binder be created for tasks needed for Harvesting Hope and also suggested David a Sac State student majoring in event planning to lead up the event.

**c) Acting Treasurer's Report:** Financials not report

**d) ED Financial Report:** Not available

**e) Committee Chair Reports:** None

**7. Public Comment, Wrap-up and Adjournment:** Daniel motion to adjourn. Diane second.

Respectfully Submitted,  
Diane Mintz, Acting Secretary

---

**ENCLOSED REPORTS:**

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

NAMI Sacramento currently has 186 members.

**Fund Raising**

Harvesting Hope is our next major event. It's currently scheduled for Saturday, October 15th. Charlayne, Donna, Nicole and I are going to check out a prospective location on Monday. We need a team of volunteers to start working on the various aspects of the event.

**Education**

Our second Family to Family class will graduate on August 23rd. We are working on scheduling a third class to start in September. We are also working towards a second Peer to Peer class (of the year) starting in September.

We have an In Our Own Voice training scheduled for June 18th and 19th. We trained ten new IOOV speakers for Sacramento, plus three for Yolo and one for Stanislaus. Some of these speakers are also working the CIT trainings we've been doing for the CHP. We could use some referrals for presentations. Contact Laura Bemis at [ioov@namisacramento.org](mailto:ioov@namisacramento.org) if you come across a group or organization looking for an informative hour of mental health information. Doug Smith is helping NAMI Yolo with program.

While not part of our Education Programs, we do have a Family Support Group facilitator training scheduled for Sept 17th and 18th. We may have a Connections Support Group Facilitator training in October. I have received requests for both in Folsom, and there is also need for downtown groups.

We have been asked to collaborate with an area school to create a mental health lesson plan for elementary and middle school aged children. They're looking for a subject matter expert who is a professional in the field and NAMI Sacramento's oversight.

**Navigation for Wellness (NFW)**

This is the name of the program for our grant with Dignity/TPCP.

Our peer advocate is still taking referrals, but connecting with patients is a difficult process. She receives the referral from a TPCP navigator with the case information and any contact information. Sometimes she receives a return call, often does not. She keeps trying. Her work includes giving information over the phone to these patients to access other services to meeting them at public locations to talk with them or help them fill out paperwork.

The Provider Education classes should start sometime in the fall. I have talked with the NFW program manager about a class for TPCP staff at the office, but she's waiting for clearance.

Dignity has requested family support groups and an "adjusted" Family to Family class in Folsom. We're working on the groups but the adjustments to F2F won't work.

### **Law Enforcement**

We are closing in on the final sixteen classes we agreed to provide to the CHP's Valley Division. We did two for the Colusa Division in June. We've been asked to do five more for the CHP's Academy. We were able to get funding for the sixteen at the Valley Division from Sac. Co. Behavioral Health, since the CHP doesn't have the funding for their own mental health training programs. I will submit a request for funding for the five Academy classes as well.

Doug Smith has been working on gaining access to Folsom Prison. To date, no outside organization has ever gained entry to provide outreach service. The goal is to give the prisoners In Our Own Voice presentations. No word on funding for this as of yet.

Sac. County Sheriff's CIT classes are proceeding as usual. Deputy Kim Mojica has been promoted and is no longer in charge of the training program. Deputy Alice Murphy is the new coordinator.

### **Outreach**

Pathways to a Health Mind, our multicultural mental illness awareness fair, was held on Saturday July 23rd. The panel discussions captivated their audiences and generated questions for the panelists. There were seventeen exhibitors, including NAMI Sacramento. Attendance was lower than expected. This may be due in part to limited parking at the facility, but primarily because the stigma surrounding mental illness is strong in Del Paso Heights. There is work to be done in Del Paso Heights. The City Councilmember and his wife are strong advocates for the area, especially in regards to the healthy bodies and minds of the residents. They want us to return, as does the Del Paso Library with outreach presentations.

Multicultural Advocates, our event sponsors and resource partners all see a need for activity such as this.

### **Upcoming General Meetings**

August – Andrea Crook will talk about individual Wellness and Recovery Action Plans

September – Dr. Andres Sciolla (UCD Psychiatrist) will discuss Trauma Informed Care

David Bain  
Executive Director