

NAMI SACRAMENTO  
BOARD OF DIRECTORS MEETING MINUTES

**March 15, 2010**

Members Present: Belinda Beckett, Caroline Caton, Linda Ellis, Craig Hays, Al Lipson, Larry Liseno, Patsy Pavan

Absent: Marilyn Hillerman

Staff Present: Sontine Kalba

**Reviewed Meeting Minutes** for January - approved w/ no corrections

**PRESIDENT'S REPORT (Caroline)**

The Prevention and Early Intervention (PEI) program, one of the six components of the Mental Health Services Act (MHSA), has experienced, along with other core programs, changes due to budget cuts since plan first approved. Annual reports from counties statewide are in and contain updates along with monetary allocations. Another component of MHSA dollars which has been approved is the County's Workforce Education and Training (WET), however providers have not been identified. Sacramento County continues to be faced with challenges reacting to emergencies as they arise, in part due to budget constraints, despite the fact that processes and procedures had been previously agreed upon.

Sac County, since Prop 63 was passed, up thru fiscal year 2011-12, Sacramento County's planning estimates from DMH have totaled approximately \$190 million. The total amount of MHSA funds approved for Sacramento County total approximately \$105 million. Detailed report is available online from DMH.

General membership can benefit at a Board Meeting from a panel of representatives from various agencies to discuss services provided. Caroline will follow-up.

The County, MH division, office of conservator, alcohol and other drugs attempted to move out from under the dept of behavioral health but it didn't last. Division of Behavioral Health has reintegrated with the Department of Health and Human Services.

Governor's proposal to put Prop 63 will not end up on ballot. Likely to end up with further state cuts.

Al: the need for law enforcement training dealing with mentally ill is more important now than ever following the decrease in beds at the Treatment Center. [Linda to send link to Caroline on policy of police dept in MA in handling MI offenders.]

Caroline: El Dorado County law enforcement, who get MHSA dollars already, are trying to help Sac County law enforcement get MHSA dollars.

Board of Director Members will quantify how many volunteer hours they put into the organization.

**TREASURER'S REPORT (Larry)**

There was a Finance Committee meeting on Feb 19 to determine how can we lower and more closely monitor our operating expense ratio. This need was apparent when we applied to United Way, since our operating expense ratio was 78.2%. This ratio would have been about 42% if we had not had major investment losses due to our poor economy. This still is too high and should be closer to 25%. We continue to examine ways to lower it and it will be addressed at an upcoming budget meeting April 29. For now Naomi has changed how our monthly financial statements appear

so as to track our expenses closer: Specifically on our Statement of Activities by Program sheet. She added percent ratings for each expense category as compared to budget to allow us to make better spending decisions. Funneling as much into our programs as possible lowers our operating expense (as per IRS Form 990) and therefore enhances our financial position and demonstrates managerial competence in the eyes of a grantor.

To date, \$9000 has been deposited from sponsorships into Walk account; \$3,040 from teams. This amount will pay for the Walk's expenses as budgeted and leave a reserve for the next Walk event. Final tally to take place at the end of the Walk.

Jan 31 and Feb 28 financial statements – approved with no corrections

## **EXECUTIVE DIRECTOR'S REPORT (Sontine)**

**Consumer Programs:** Sontine spoke to Joe Teixeira, in charge of consumer programs, to get an update. Currently two "Peer-to-Peer" courses (Sierra Vista and another at Wellness and Recovery Center (WRC). Three mentors teaching each course. 21 participants in Saturday class which just started. Feb class has 13. After these courses are completed, NAMI National has a new format that will be implemented. One change is will have 2 mentors instead of 3. Sontine to follow-up.

"In Our Own Voice" presentations. Three recently completed with a good turnout.

SHG and SMH reported presence of stigma around mental illness exists among hospital workers and recognize the need for education. NAMI was sought out for a June training for a potential audience of 60 nurses and social workers.

"Connections" consumer support group weekly on Sunday. 10-12 in attendance.

**Membership:** as of January, when membership is due to expire, personalized letter is being sent out which lists benefits of membership. Included is a return addressed envelope. An increase in returns noted. With the membership dues, ½ of \$ of full membership price is given to NAMI National and NAMI California combined. We are reporting monthly to NAMI CA so new members are recognized quicker and can access NAMI National and CA resources.

## **BUSINESS/PROJECT UPDATES**

### **2009 Annual Report**

- New working title: **2009 Year in Review** agreed upon to avoid confusion between this and a true *financial* statement. The 2009 Annual Report on hand was written when applying to United Way and used to describe in detail the accomplishments of our organization for the year.
- Report as written – approved with no corrections

### **Bylaws & Policies**

- United Way required our statement to cover a calendar year compared to NAMI's view based on fiscal year. Amendment in by laws changed our fiscal year start and end dates which was approved
- Travel reimbursement for consumer policy #1 was tabled and will be reviewed in the future

### **Board Member Annual Pledge**

- Expectation as board members that we are actively supporting financially in a meaningful way the organization for which we volunteer
- Some board members have already begun contributing; completed pledges were turned in

### **NAMI Walks**

(Refer to separate progress report submitted by Pat Pavone)

- Kick-Off Luncheon quite successful. NAMI National Walk Manager, Warren Karmol, attended and gave us passing marks on all points. Food and service at Tre restaurant was a repeatable experience.
- To date: 46 teams (exceeded goal of 40) with 24 pledged to NAMI Sacramento. \$13,000 in cash sponsorships and \$5,000 in in-kind. Only 172 walkers registered on-line but will see more since some accidentally registered as donors but not walkers, and some walkers not registered at all
- Still recruiting volunteers to help and working on logistics for the event to minimize any unexpected expenses.
- Amount we accumulated in our Walk account will cover our expenses. We are doing quite well

### **Membership**

- Database: Constant Contact program used for e-mail announcements
- General Meeting Reminders: Craig offered to learn the above software program in order to send e-mails out for general meeting reminders. Patsy and Craig will be brought on board at a time in the near future to help with membership issues once things are brought up to speed.
- General Meeting Format: challenge is how to generate greater interest to increase attendance. Need to add value to meeting format since the opportunity to interact is missing currently from our general meetings in order to allow folks to meet and share common experiences. May need to consider a new venue with the following conditions: free, near public transportation, allows food, small tables that can be moved around. Patsy, Larry, and Marilyn will look into an alternate meeting place.

### **Community Outreach**

- Several months ago Pat Pavone forwarded Linda an e-mail from Debra Larson, MSW Supervisor of Training & Education for Sacramento County IHSS (In Home Support Services). She is looking for speakers on the topic of providing care for IHSS consumers with mental illness. Linda is in contact with her and will be put on the schedule for some month between July and December of this year.
- Through Turning Point Community Programs, Linda will become vendorized by Community Care Licensing (CCL) as an instructor to provide trainings on mental health issues to board and care operators and staff.

### **Business Cards**

- Craig suggested making 'business cards,' that might augment the brochure, to drop off at different places in the hopes of encouraging people to attend/call/join whatever is promoted on the card.
- Caroline and Sontine agree that we should have standard business cards to promote NAMI in the community. Will investigate cost of one-sided vs. two-sided printing to determine feasibility of covering the expense. Several board members suggested they would cover the cost of their set.

### **PUBLIC COMMENT**

None present

Meeting adjourned at 8:45 pm

**NEXT MEETING – Monday, April 19, 2010 @ 6:30 on Power Inn Rd.**