

NAMI SACRAMENTO
BOARD OF DIRECTORS MEETING

Monday, April 19, 2010

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

Staff Present: Sontine Kalba

Public in Attendance: Barlow Schuyler

Meeting began 6:35 pm

1. Welcome, Introductions, Etc
2. Review March Meeting Minutes
 - Approved with no corrections
3. President's Report (Caroline)
 - Belinda and Caroline were invited to participate in IMPART (Integrated Medicine Psychiatric Ambulatory Resident Training) Advisory Board. IMPART is UCD's residency program targeting dual residency program – internal medicine and psychiatry specialties. Unsure what the role of this committee will be in terms of the larger program. Next meeting: end of June.
 - At the request of NAMI El Dorado, Caroline met with Sgt Todd Hammitt from North Western Inst for Forensic Behavioral Science on Friday, April 16, to discuss mental health training for law enforcement. Meeting focused on funding. Caroline explained (1) that NAMI Sacramento has no role whatsoever regarding county fiscal matters, (2) the current budget crisis in Sacramento County is first priority for everyone involved, and (3) that Sacramento County is engaged in training plans and other cooperative efforts with law enforcement. Sgt Hammitt's proposal consists of 8 hours of training by law enforcement to law enforcement. Sgt Hammitt looking to NAMI Sacramento to actively support this specific training proposal and help facilitate a direct conversation between Sgt Hammitt and county representatives. Caroline suggested Sgt Hammitt contact us in late summer – when state and local budget issues are more settled.
 - Marilyn stated that there is a project starting that NAMI will be a part of involving both the Sac County Police Department and the Sheriff's office. Now more than ever is there a need for training law enforcement in managing individuals with mental health issues.
4. Treasurer's Report (Larry)
 - Our financial statements, overall, for end of March are in good order and we continue to be on-budget, for the most part, with inflow of revenue and outflow of expenditures. The one exception is management expenses and this will be addressed in our upcoming 2010-2011 budget preparation meeting on April 29.

- Special mention of our NAMIWalk: expenses are well below budget and income is well above our goal to-date; we are still somewhat unsure of procedures to report to National at the close of this fundraiser because there are conflicting guidelines that must be resolved and we are closely coordinating preparation of reports which will give us totals due to each affiliate; nonetheless we are confident we will have "seed" money for next year's Walk and funding to carry-on through next fiscal year.
 - Special mention of our withdrawal of application for the new fiscal year with United Way: our executive committee elected to withdraw application as a partner because of adverse publicity our 2009-2010 expense ratio would produce. We were advised by United Way our expense ratio was to be published and public opinion would not have complete information to understand its full meaning (a perfect storm of bad economy affecting our investments, of higher than usual management expenses due to web media, of loss of funds from Walk from Mental Health, etc.).
 - Motion to approve treasurer's report
5. Executive Director's Report (Sontine)
- *In Our Own Voice* presentation was done for the Master's level nursing students at Samuel Merritt College in Sacramento. Candy Furlong, nursing instructor, sent a nice letter of appreciation. 25-30% of nursing students who attended did not know, until they saw the presentation, that mental illness can be a physical disorder.
 - Craig and Sontine will meet tomorrow to review Constant Contact blast e-mail system. Craig taught himself the program. During their meeting they will review NAMI particulars.
 - Memberships – we lack policy to appreciate new applications for membership or renewals done through the mail. On-line renewals receive 'thank you.' Most send checks and don't hear anything from us. Sontine suggests use e-mail through Constant Contact to show appreciation. Estimate between 40-50 people per year who might need 'snail mail' thank you letters at cost of \$22.00. Donations only receive a letter for tax deduction purposes. Membership dues plus extra donation are also acknowledged. **Action needed:** Sontine will check if membership dues by themselves are tax deductible.
6. Business/Project Updates
- NAMIWalk - Belinda and Larry are doing a great job helping to coordinate, along with Pat, the Walk. 56 teams and over 500 walkers so far!
 - General Meetings – finding an alternate meeting location put on hold until after the Walk
 - Budget Paper - We will have at end of fiscal year, \$1000 unused funds that we budgeted for for IOOV, \$700 unused for newsletter, \$1000 for staff salary. Out of \$500 allotted, we used \$460 for brochures. Need to order more family-to-family at a cost of \$500. Also need more Connections, Peer-to-Peer, IOOV (2 different kinds) to get through the next year. Will cost \$200 plus shipping. All agreed this is a needed investment. Craig passed out business cards with some NAMI information on it. **Action needed:** Caroline to check into refining it to include additional information and NAMI logo. Sontine suggested adding NAMI's tagline.

7. Budget

- Caroline passed out the description of the County's budget reductions and system redesign plan as well as a work sheet she put together for the Board to develop the NAMI Sacramento position statement.
- MHSA dollars will be used to redesign existing programs and reduce existing services at TCORE and WRC in order to open four new wellness centers. The County asserts that everybody currently receiving services will receive services in the new wellness centers. These services will include transitional and on-going services, drop in appointments, assessment, case management, rehabilitation, support and collaboration, and linkage to appropriate community supports. Peer run services, peer partners and mentors will be critical members of the treatment team. Client, client's family, and MH care staff will make up the treatment team. Unfortunately, the specific plan remains vague.
- MHSA was intended for new and expanded programs not basic programs. What do we want to concentrate on in terms of having an impact? There are three tracts: (1) employees and 71J issue, (2) county plan (unrealistic, vague, dealing with cutbacks of services with 71J), (3) what can we do to contribute our support and services to those who will be in need as a result of the budget reductions? What makes NAMI special and different and how can we be a part of the solution?
- **Action Needed:** Each Board member will write down ideas on the issues above and forward them to Caroline to collate and share.

8. Miscellaneous

- Craig spoke with Pat at the police academy. Looking forward to doing more speaking in other venues.

9. Public Comment

- Barlow Schuyler, recent TPCP ISA employee, past president NAMI – Santa Cruz, is requesting support from NAMI by becoming a community sponsor to bring a family perspective to a pilot study, through UCDMC, to improve diet and exercise among board and care home residents. Historically, programs of this nature are designed around health educators who work individually with the clients and operators to change habits within the home. The challenge is how to incentivize and support the board and care operators to provide healthy food choices. "Sponsorship" initially involves reviewing the NIH grant application before submission to make sure adequate representation of all stakeholders, especially the family members, is adequate, and to include a letter of support stating the importance of the project. **Action needed:** Barlow to bring the grant application to the Board for review before the official end-of-July submission date at which time the Board will make a decision.
- Sontine said that NAMI National has a program called "Hearts and Minds"
- Per Marilyn, Pierre Miller at County Health and Human Services has updated census of available beds in room and boards and board and care homes. **Action needed:** Marilyn to check on it.

Meeting adjourned at 8:30 pm

NEXT MEETING : Monday, May 17, 2010 @ 6:30 on Power Inn Road