



NAMI Sacramento

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Sacramento's Voice on Mental Illness

An Affiliate of the National Alliance on Mental Illness

NAMI Sacramento Board of Directors' Meeting January 3, 2007 (Amended February 7, 2007)

Members Present:

Al Lipson	Rick Taylor	Lloyd Lagerstrom
John Gilbert	Pat Pavone	Mei Yip
Heidi Sanborn	Kim Johnson	Jeanne Templeman
Val Lopez	Caroline Prod	

Members Absent:

Harry Nicholas Valerie Ries-Lerman Sherri Sala-Moore
Susan Whaley

Guests:

Lynn Cathy, Family-to-Family Instructor; Norm Pobanz, Family-to-Family Instructor; Vivian Munson, Grant Coordinator; Father Dunphy, St. Francis Parish

- ❖ Call to Order: Meeting called to order at 6:40 p.m. by President Heidi Sanborn.
- ❖ December Minutes: John made a motion to approve the minutes of the December Board Meeting, with minor editorial changes. The motion was seconded by Caroline and passed by unanimous vote of the Board members present.
- ❖ President's Report:
 - Heidi reported on the MIOCR Grant which provides services related to the Mental Health Court. It will enhance the existing funding provided by the Court for the pilot program from the original 25 to 60 clients for 2007. Heidi, Val and Jeanne discussed the fact that the county staff has limited the Court opportunity to only those individuals who have voluntarily participated in services in the community through a Regional Service Provider. This seems to be very restrictive and will not help some of the individuals who may need it the most. Heidi will contact Dr. Sokoloff for clarification.
 - Vivian Munson mentioned that she had observed the Mental Health Court in Alaska. Their program is designed for non-compliant consumers. Sacramento County has a voluntary program.
 - Heidi also mentioned the issues surrounding the Folsom Housing Project that will have 19 units for consumers. There has been a lot of opposition and Heidi expressed concerns that NAMI needs to have more of a presence at the upcoming Folsom City Council meetings (February 13 and 20) if we want to see this project and others like it approved. Rick has more information on this issue.
- ❖ Election of Officers for 2007:
 - The slate of officers included Heidi Sanborn for President, Caroline Prod for Vice President, Pat Pavone for Secretary, and John Gilbert for Treasurer. Al made a motion to approve the

slate of officers. The motion was seconded by Rick and passed by unanimous vote of the Board members present.

- ❖ Presentation on Family-to-Family Classes by Lynn Cathy and Norm Pobanz –
 - The program is twelve weeks long. The first four classes deal with the science of mental illness. The next four deal with communication and dealing with someone who has mental illness. The last four sessions focus on support for the caregiver and advocacy issues.
 - February 7th is the start of the next class.
 - There is a serious shortage of qualified instructors (including Spanish speaking instructors) and some interested family members had to be turned away from the fall class because we did not have enough instructors to run two classes at the same time. Heidi said that there was an article in the last NAMI newsletter soliciting new instructors and Jim Johnston has sent out an updated job description for a program facilitator. Norm pointed out that it would be easier on the instructors if someone else did the facilitation and coordination of the program. Trying to be both the coordinator and an instructor is very challenging and time consuming.
 - There is also an issue in finding space to hold the classes. Heidi mentioned that the classes can now be held at the NAMI offices in the classroom where we had the Board meeting.
 - Heidi expressed interest in making sure that Family-to-Family participants are offered an opportunity to become members of NAMI and Lynn assured Heidi that she does that with every class.
- ❖ Old Business:
 - **Office Assistant Position** – Pat passed out a draft duty statement for a part-time office assistant to help in the NAMI Office. The duty statement was approved by consensus with minor revisions. Pat and Rick will contact Crossroads Diversified Services and PRIDE Industries to discuss with them the options for contracting for an office assistant. They will report back to the Board in February.
 - **Walk for Mental Health** – Pat indicated that we have received only part of the moneys that were pledged to NAMI for 2006 (\$4850). The remaining funds should be sent this month. Pat will check on this at the WMH Board Meeting on January 11, 2007. The date for the 2007 Walk for Mental Health is Saturday, October 6, 2007.
 - **NAMI National Conference** – Heidi mentioned that the deadline for early registration for the National Conference in San Diego had passed. Several of the Board members have expressed interest in attending at least part of the conference.
 - **Board Development** –
 - Heidi reminded the Board that the Board Leadership Class is scheduled for Wednesday, January 10th and 17th from 5:30 until 8:30. All board members are expected to attend. Those that are able to contribute \$50 to defray the cost of the class were asked to send their checks to John. The training will also include some NAMI members from adjacent counties and a couple of volunteers who have expressed interest in becoming Board members at some point.
 - Heidi also passed out a Board Evaluation Survey and asked all of the board members to complete it anonymously and return it to her.

- **Calendar of Events** – Caroline passed out a proposed calendar of events to be posted on our website. She asked the Board members to review it and notify Linda Bielharz of any additions or changes.
- ❖ New Business:
 - **NAMI National Grant** – There was considerable discussion about the merits of pursuing a grant from NAMI National to support our diversity and faith based outreach programs. The deadline for the grant is January 18th and there is very little time to pull together a plan and complete the grant application forms. Vivian Munson was optimistic that we could meet the deadline if the Diversity Sub-Committees could come up with a viable plan. Rick mentioned his concern that we seem to keep grabbing at grant opportunities without clearly thinking through how the grant helps us to achieve our goals and priorities for the year. Without copies of the grant, it was difficult to determine if the grant criteria would be a good fit for our current program goals. Nevertheless, Caroline and others felt that this grant was much closer to our program goals than some others and that we should try to go for it. Lloyd made a motion to have Vivian, Mei, Val, Jeanne and Karen Owen work together to come up with one proposal that will help both groups achieve their goals. Pat seconded the motion and it was passed by unanimous vote of the Board members present.
- ❖ Treasurer's Report:
 - There was only limited time for John's review of the financials.
 - We made \$754 last ~~year~~ month on our Edward Jones investment portfolio.
 - The bank made an error on a check. It was supposed to be \$500 and the bank made it \$5000. He notified the bank and it will be corrected.
 - The 2006 Statement of Financial position will appear in the February Newsletter.
- ❖ Public Comment: None.
- ❖ Adjournment: The meeting was adjourned at 8:45 p.m.

Submitted by Patricia Pavone, Board Secretary