



# 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 March 7, 2007 (Revised 6/4/2007)**

### **Members Present:**

Lloyd Lagerstrom	John Gilbert	Pat Pavone	Val Lopez
Heidi Sanborn	Al Lipson	Jeanne Templeman	Valerie Ries-Lerman
Caroline Prod	Susan Whaley	Sherrie Sala-Moore	

### **Members Absent:**

Mei Yip, Kim Johnson

### **Guests:**

Joe Teixeira, Susanne Gilbert

- ❖ Call to Order: Meeting called to order at 6:40 p.m. by President Heidi Sanborn.
- ❖ February Minutes: A correction was requested with regard to the member in attendance last month and the minutes will be changed to reflect that Val Lopez was also absent. In addition, Valerie requested that she be named as the dissenting vote in the Board's decision to contract with PRIDEWORKS (instead of Crossroads) for the staff position. With these corrections, a motion was made by Caroline and seconded by Val to approve the minutes. The motion was passed by unanimous vote of the Board members present.
- ❖ President's Report:
  - Heidi submitted her report in writing and it is attached to the minutes as Exhibit A.
  - There was a brief discussion about the situation with Christine Somach and her inability to continue as the Office Manager due to the serious illness of her sister. Val asked a question about the MHSA Meeting and how to review or rethink the PERT program and come up with a different concept for crisis intervention. Jeanne suggested that we contact Dave Clemmons on any new planning effort in this area.
  - Lloyd announced that there was a bill introduced to repeal the Mental Health Services Act. It is Senate Bill 57 (Hollingsworth).
- ❖ Old Business:
  - **NAMI Inclusion Grant** –
    - We received the NAMI National Grant and received a check for half of the grant amount (\$12,375). Heidi thanked everyone who worked on the grant.
    - Val also brought up the issue of "capacity" related to the grant and expressed concerns that we do not have enough Family-to-Family classes to meet the needs that we currently have. He doesn't want to do an aggressive outreach campaign and make commitments to clients and families that we can't meet based on our current capacity to deliver services. Everyone agreed that this was an issue and we did some brainstorming around the problem and several suggestions were made that Val and the outreach

- committee will consider, including the idea of expanding monthly support groups which are less labor intensive than the Family-to-Family classes.
- Val also talked about the fact that we need to hire some temporary staff for this project and he will be working with Dr. Taylor of the Social Work Department at CSUS to hire some student interns to work on the project.
  - **Peer-To-Peer and In Our Own Voice (IOOV) –**
    - Valerie reported that the Peer-to-Peer Training was going very well, but that an issue came up recently regarding instructor safety. There was a student in the class that had been recently released from prison and was currently still on parole. While no one wants to create barriers to individuals who are seeking Peer-to-Peer Training in order to improve their understanding of their illness and avoid engaging in behavior that could lead to prison, there is concern that our instructors must feel safe in the class. Susan, Valerie and Joe Teixeira will discuss the situation, seek advice from National NAMI and come up with a plan that will protect the mentor/facilitators.
    - Joe Teixeira announced that he has been selected to attend the Peer-to-Peer Training for Trainers in St. Louis, Missouri. Joe is only one of two individuals selected from Northern California.
    - Susan announced that we also received a small grant for expanding our Peer-to-Peer program. Four new mentors will be trained in late April and will begin teaching a Peer-to-Peer Class in early May. That will be our 3<sup>rd</sup> Peer-to-Peer class offered since October.
    - We are still working on getting the IOOV training scheduled so that we can begin making IOOV presentations.
  - **Office Staff** – Pat announced that she will be doing interviews with the staff of PRIDEWORKS on Monday, March 12, 2007 to select a new staff person. There was some discussion about the training for the new staff person and Caroline offered to help do the orientation training.
  - **Out of County Placement** – Al gave the Board an update on all of the recent activities related to NAMI's involvement related to the "out of county placement" issue. NAMI's goal is to try and find a way to reduce the number of Sacramento mental health clients who are placed in other counties by the County Conservator due to the "unavailability" of beds in this county. The irony is that three-quarters of the available beds in this county are occupied by clients from other counties. Al gave the Board a brief history of the issue and indicated that the County has looked at various options, but there is no clear-cut solution. The most viable solution rests with the willingness of the various provider agencies to change their admission policies. So, the County Mental Health Board is inviting Crestwood (the largest care provider in the area) management to answer questions about out of county placements. Al prepared questions for their consideration which were distributed at our meeting.
  - **United Way Affiliation** – John reported that he and Belinda Beckett completed the work on the United Way application. Belinda submitted it to the United Way on March 1<sup>st</sup>. The package was returned for some minor corrections and was resubmitted on March 7<sup>th</sup>.
  - **Membership Report** – Sherri handed out a report that she had prepared on the membership. We continue to work with NAMI California to keep our figures synchronized with the state figures. John announced that he has also sent the dues to NAMI California.

- **Walk for Mental Health** – Pat requested that this item be tabled for discussion until the April meeting.
  
- ❖ New Business:
  - **Strategic Planning** – Heidi presented the Board with a tentative timeline for developing the Strategic Plan. Pat also handed out a concept paper describing the method we will use to obtain stakeholder input to develop the Strategic Plan. There was some discussion of the model and Pat agreed to make some changes to the documents and consolidate them into a more complete work plan. She will also send the Board a list of possible questions to be asked of the stakeholders before the next meeting.
  - **Change in Annual Schedule** – Heidi asked the Board if we would be willing to endorse the idea of having no board meetings, general meetings in June and December. She also would like to suspend the newsletter during those two months. That would put the organization on a 10 month schedule with two months off during the year. There seemed to be general consensus on the value of this idea.
  - **Annual Retreat** – The annual Board Retreat was set for Sunday, July 15<sup>th</sup> from 11-3.
- ❖ Treasurer's Report:
  - John presented the Board with a revised format the financial reports. Everyone seemed to like this new format.
  - John also reported that we earned \$1539.17 on our investment portfolio in February.
- ❖ Public Comment: None.
- ❖ Adjournment: The meeting was adjourned at 8:45 p.m.

Submitted by Patricia Pavone, Board Secretary

**Exhibit A - NAMI President's Report for March 2007**

Mental Health Services Act Steering Committee - Pat, Al, Heidi, and Bimla all attended the meeting March 1<sup>st</sup> of the reconvened Steering Committee for Sac County there were several unanimous votes:

1. Gave direction to the county to not resubmit the Psychiatric Emergency Response Team program for DMH approval if the next submittal is not approved due to fear of losing the money which could be used for other programs.
2. If DMH does not approve the PERT proposal being resubmitted, the committee voted to recommend that the county simply reallocate the PERT money to the programs already approved by DMH for this round of funding.
3. The committee voted to use the additional 3 million dollars of MHSA money (unexpected increase due to good economy) and split it between the DMH approved programs for this round of funding.

Housing Project in Folsom – The project is receiving major opposition and NAMI sent a letter to the Folsom City Council to support the project and offer education to the community to reduce stigma. The first several hearings were cancelled and we need several members to attend at the hearing on Mar. 27<sup>th</sup>. Heidi and Valentin plan to go.

April General Meeting – Speakers will be from school districts and county mental health and the issue will be children's mental health.

Submittal of United Way Affiliation Application – Belinda Beckett organized and submitted the application Friday March 2<sup>nd</sup>.

NAMI Office - Belinda and Christine have been working to cover the office to this point. Belinda is able to work one day a week retrieving emails and returning phone calls and Christine has been going in several times a week and following up at home on many issues that have arisen.

However, there has been a sudden emergency in Christine's family and she cannot continue working at all at this time. She will attempt to get some volunteers to cover some of the areas that we need help in: Library maintenance, delivery of brochures etc. and perhaps I can get someone to go in and retrieve messages once a week (but cannot commit to anything at this time).

Pat is going to interview the candidates at Pride and get someone in the office which needs to happen immediately. Below is a list of people who have expressed interest in volunteering as backup and hopefully they can attend the training and work once or twice a month to cover. We need to assign someone to follow-up with these people.

Donna Kopp-Trudeau	715-2200
Meena Rajendra (?)	441-3094
Jo Anne Mahoney	607-6404
Brenda Gallardo-Lopez	845-2407
Wilma Hatch	452-9439
Susan Olick (?)	606-2745