



# 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 April 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	Kim Johnson

### Members Absent:

Mei Yip

### Guests:

Dawn Correia (Staff)

- ❖ Call to Order: Meeting called to order at 6:32 p.m. by President Heidi Sanborn.
- ❖ March Minutes: A motion was made by Val and seconded by Al to approve the minutes as revised on April 2, 2007. 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 Heidi and Dawn's interview on KNCI radio (105.1 FM) with Freddie Bueno. Heidi felt that the interview went very well. It will be aired at 6:00 a.m. on Sunday, April 8, 2007.
- ❖ Treasurer's Report:
  - John reported that we lost \$793.71 on our investment portfolio in March.
  - He has added a separate line item for the Board pledges.
  - There was a brief discussion of having the mail go to the office, rather than to the P.O. Box.
  - As a result of getting a Pay Pal Account, we now have a Visa Debit Card. After some discussion, it was decided that John will use this for all large purchases and he will report to the Board monthly on the use of the card by providing a copy of the transaction report to ensure there is transparency and accountability.
  - Janssen Pharmaceuticals send us a \$2,000 grant to be used for our outreach efforts and to provide one consumer scholarship to the NAMI National Conference.
- ❖ Old Business:
  - **Walk for Mental Health** –
    - Pat gave the Board an update on the progress to date on the 2007 Walk for Mental Health. All is going well and Sutter Center for Psychiatry has already come forward as a major \$5,000 sponsor. In addition, Turning Point is sponsoring a Wellness Fair to be collocated with the Walk.
    - Negotiations are continuing to have Joyce Cooling serve as the Honorary Chairperson and Freddie Bueno indicated an interest in helping as well.

- One major area in need of improvement this year is the accounting reports. Pat will take that on as one of her responsibilities as Vice President of the WMH Board.
- There was some discussion about the need to improve the ability of consumers to get to the walk without incurring the cost for parking downtown. In addition to looking at hiring a bus to provide transportation, suggestions include negotiating with the City for free parking or working with RT to provide free transit passes.
- The WMH now has its own website at [www.walkformentalhealth.com](http://www.walkformentalhealth.com)

➤ **NAMI Inclusion Grant –**

- The Outreach Committee meets every three weeks. The Committee includes Val, Jeanne, Karen Owen, Vivian Munson and Y’Vonne Heriveaux. The Committee has been actively pursuing a few key areas for outreach including
  - Meeting with the AMEN Group which is a group of 40 pastors from predominantly African American churches in the community.
  - Working with Arnulfo Medina and Dr. Sergio Aguilar from the UCD Center for Reducing Health Disparities. They are also working on developing a joint grant proposal with UCD to improve outreach among Hispanic and Latino groups in the community.
  - They are still trying to get an interview with Dr. Taylor of the Department of Social Work at CSUS to get students involved in the project.
- Val again brought up the issue of “capacity” related to the grant and stressed the need to have more support groups available in one or more locations. Heidi indicated that training was available to teach people to be group facilitators.

➤ **Peer-To-Peer**

- Valerie announced that the second Peer-to-Peer Class was completed. There is now a “Reunion” group that meets on Wednesdays at 4:30 p.m. at the Denny’s on 3<sup>rd</sup> and J Streets. Valerie also indicated that this is a very good location for meetings and that it is free to community groups who are interested in using it.
- The next Peer-to-Peer Class starts on May 2<sup>nd</sup> and goes to June 28<sup>th</sup>. There is about 50% retention in the groups so far. They start with around 12 people and end with 6 or 7.
- Joe Teixeira completed his training as a Master Trainer for Peer-to-Peer. He will be teaching a T4T class later this month and NAMI Sacramento will have four slots in the class for additional Peer-to-Peer Mentors.

➤ **In Our Own Voice (IOOV) –**

- The IOOV training has finally been scheduled for May 19-20. There are 16 slots in the class. The instructor’s name is Marty Raaymakers and she is coming to Sacramento from Wyoming.

➤ **Office Staff –**

- Heidi introduced Dawn Correia to the Board. Dawn is our new contract staff person who will be working in the office Monday through Friday in the afternoons from 2 to 5 p.m. Dawn told the Board a little bit about her background and her experience with the mental health system.
- Pat, Caroline and Kim will be working with Dawn to help her get oriented to the job until a new Office Manager can be recruited.

➤ **Strategic Planning Process –**

- There was a brief discussion of the proposed plan and stakeholder and member involvement process. Pat had developed a draft of a stakeholder survey and there were several suggestions about how to refine the questions that should be asked.
- Al expressed concerns that the primary driver behind the Strategic Plan should be the Board and the membership. He felt that focusing so much of the work on the stakeholders, before the Board had a chance to clearly identify its vision and goals would be a mistake. Valerie concurred with Al's position and it was suggested that the survey be redone to focus on the members only at this point.
- Heidi suggested that the Executive Committee get together to develop a draft "Vision Statement" for presentation to the Board.
- Pat agreed to modify the survey to be a member survey which will be distributed at the May meeting and made available to the members on our website.

❖ New Business:

- There was no new business.

❖ Public Comment: None.

❖ Adjournment: The meeting was adjourned at 8:50 p.m.

❖ Next Meeting: The next meeting will be on Thursday, May 3, 2007. The date was changed to accommodate several board members who need to attend the County Mental Health Board Meeting.

Submitted by Patricia Pavone, Board Secretary

### **EXHIBIT A - NAMI President's Report for April 2007**

Mental Health Services Act Steering Committee - Pat, Al, Heidi, and Bimla all attended the meeting March 29th of the reconvened Steering Committee for Sac County there were several votes to "reconstitute" the membership:

1. Families and Consumer members will increase from 4 each to 6 each
2. Adding Child Protective Services to the members.
3. Mental Health Board will go from 4 representatives to 1.

All the decisions were made except which agencies would appoint consumers and family members. NAMI came under scrutiny for not really having enough consumer members to appoint some to the steering committee so we provided data on membership that 27% of our members are consumers to eliminate that concern.

Housing Project in Folsom – Heidi and Valentin both spoke at the hearing March 27th. The audience was ignorant and rude but the council didn't seem to buy into their fear mongering. The biggest issue is funding – TLCS was asking for 2.5 million of the city's money for 19 units of affordable housing which is much higher per unit than the average. TLCS will be working to find the rest of the money to reduce the City's portion of the project. If they can do that, the project may still be built.

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

NAMI Office - Currently Dawn Correia working 3 hours in the office every day and doing an outstanding job. She plans to attend the board meeting so you can meet her and vice-versa and we can discuss what the office procedures are.

I would like to give special KUDOS to Pat and Caroline for helping in the office during this transition after losing Christine to a family emergency. They both jumped in, as did Belinda and Kim, to help maintain the office and train Dawn. We owe them all our sincere gratitude!

Sacramento Psychiatric Society Monthly Meeting March 27th – Heidi was asked to address the local doctors at their monthly meeting before going to the Folsom City Council meeting. The doctors were discussing homelessness and how to provide seamless services to the very mentally ill in the street. There were approximately 30 doctors in attendance.

Central CA Psychiatric Society Annual Meeting in Monterey March 13<sup>th</sup> and 14<sup>th</sup> – Heidi was asked to be a panelist to address the doctors after they saw *Out of the Shadow* and then to be the keynote presenter at the luncheon on Saturday to discuss advocacy for mental health. It was very well received and I was told by several doctors that they will contact their local NAMI affiliates to work more closely with them in advocating for better services in Merced and other counties.

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Police Training – Heidi did a police recruit training for 35 County recruits March 28<sup>th</sup> with Andy O’Hara. Andy is a new NAMI member and was a CHP for 23 years before he had to leave due to his severe depression and PTSD. It was a great training.

Presentation to Teachers at CSUS – Heidi is making a presentation to 15 teachers in continuing education class April 3<sup>rd</sup> to discuss childhood mental health issues. Two volunteers – Lael Waltz, President of NAMI Nevada County, and 'Nafeesah Mustafa-Rasheed who works in Elk Grove school district, will be joining me.

Radio Show on KNCI - Heidi was asked by DJ Freddie Bueno to be on a new radio piece he is doing to highlight mental health. Since Freddie was diagnosed with bi-polar disorder, his fans have been very supportive and want to know more about mental health. Freddie was so impressed with our website, he asked to help NAMI help others. Dr. Zasio and Dawn Correia will be joining me April 5<sup>th</sup> for the taping of the 1 hour show.