



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 May 3, 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:

None

Guests:

Dawn Correia (Staff)
Andrew O'Hara and Sandra Marley

- ❖ Call to Order: Meeting called to order at 6:40 p.m. by President Heidi Sanborn.
- ❖ Guest Introductions: Andrew O'Hara introduced himself to the Board and told us about his experience as a CHP officer and his recovery from depression. He is helping Heidi to do the Police Training workshops. Sandra Marley introduced herself to the Board and told us that she is a consumer advocate interested in advocacy issues.
- ❖ April Minutes: A motion was made by Valerie and seconded by Lloyd to approve the minutes of the April 4th meeting as revised on April 30, 2007. The motion was passed by unanimous vote of the Board members present.
- ❖ President's Report:
 - Heidi and Dawn were on the Bruce Maiman radio show on KFBK, along with Steve Porter to discuss the tragic shooting at Virginia Tech and treatment options available to individuals with mental illness. Doctors Carter and Sokolov from UC Davis also participated in the discussion.
 - Heidi also mentioned her email to Sandy Sheedy, Sacramento City Councilwoman, about her comments regarding "schizophrenics" and request for a public apology. Heidi reported that there has been no response to date and she is considering going to the City Council meeting to advise the City Council of her concerns over comments that are stigmatizing to individuals with mental illness. There was considerable discussion on this point with some of the Board members expressing their concerns that escalating this issue to the entire City Council might be premature. It was decided that Ms. Sheedy's office would be contacted with a request that the email be responded to and if not then Heidi would request a meeting with Ms. Sheedy.
 - Heidi announced that Kim Johnson has accepted a new job in Reno and will no longer be able to serve on our Board.
 - We did not receive the United Way "affiliate" designation this year because our overhead was 25%. Heidi does not think that this will be an issue next year and we should have a

better chance to qualify in 2008. John will be adding an item to the budget to keep track of administrative costs to ensure we do not exceed 25%. She publicly thanked Belinda Beckett and John Gilbert for all of their work.

❖ Treasurer's Report:

- John did not have a formal report this month, but he raised the following items for discussion:
 - There has been a request to set up a small Petty Cash fund for Dawn to use when she needs to make office purchases like stamps, etc. After discussion, it was decided that a fund of \$50 will be set up and that Caroline will take responsibility for doing the monthly reconciliation.
 - As part of the discussion of the petty cash fund, we also discussed office security and the need to have a locked cabinet in the office area so that the cash and other valuable can be locked when no one is in the office. Caroline will check into what it will take to secure a key for the locked cabinet that is already there.
 - John mentioned that our newsletters are being returned because the mailing list is not being updated by Alpha Graphics each month. Heidi said that she and Sherri were aware of the issue and working on a plan to ensure that this doesn't happen in the future.
 - Lynn Cathy has requested a new HDTV for the Family to Family Class. Heidi indicated that further justification is needed for this purpose and that any equipment purchases should be for all programs, not just one.
 - ATT sent NAMI a bill for an ad in the Yellow Pages. It costs \$19 per month. Apparently the ad was authorized by someone named Maryann Burr. No one knows who this person is and John will try to find out more information before authorizing any additional payments for the ad.

❖ Old Business:

➤ **NAMI Inclusion Grant –**

- The Outreach Committee has developed duty statements for the CSUS students who will be working on the project. Their primary role will be to provide bilingual services to assist us in getting the word out to the community about NAMI. Eighteen (18) LCSW students have been identified as potential participants in the program.
- Val stressed the need to have more Family Support Group meetings because of ongoing issues in getting Family-to-Family training scheduled. There has been another delay in providing the Spanish Language T4T for Family-to-Family instructors. Now it will not be scheduled until October. Pat asked if this could jeopardize the terms of the grant and Val indicated that he will call Lynn Cathy at NAMI California to stress the importance that we get the training before October to ensure that we meet the grant requirements. If not, then we may have to ask NAMI National if we can change the terms and conditions of the grant.

➤ **Walk for Mental Health –**

- Pat gave the Board an update on the progress to date on the 2007 Walk for Mental Health. The good news is that Joyce Cooling has agreed to serve as the Honorary Chairperson. The bad news is that there is some controversy on the WMH Board regarding the use of the Turning Point logo on all of official WMH communications. If this is not resolved it is possible that Turning Point may not sponsor the Heath Fair

portion of the Walk. Pat will not be at the next WMH Board meeting, but hopes this gets resolved before then.

➤ **Peer-To-Peer**

- There continues to be some confusion over who is in charge of the Peer-to-Peer Program. It was agreed that Valerie would be the official board liaison for Peer-to-Peer and Joe Texeira will be the coordinator. Susan will be the official board liaison for In Our Own Voice and Kathleen Derby will be the coordinator.
- The Denny's where the Peer-to-Peer Support Group meets is under new management and now you must purchase food or beverages to meet there. Valerie was concerned about taking over the P2P program when the refreshment expenses that were arranged by Susan have not yet been approved by the board. Valerie will be looking into another meeting place. Further discussion of this item was postponed due to the need to get to the remaining items on the agenda.

➤ **In Our Own Voice (IOOV) –**

- The IOOV training is scheduled for May 19-20 at the Best Western Expo Inn. There are still a few slots available in the class.
- Susan has developed some procedures to help the In Our Own Voice program run smoothly. Regarding the Peer-to-Peer Grant, NAMI Sacramento received from NAMI California, she feel that there needs to be a more clear definition of when and how reimbursement will be made by NAMI California. Heidi requested that that Susan develop some guidelines and present them to the Board at the next meeting.

➤ **Out of County Placement**

- Al said that no one from Crestwood showed up at the Mental Health Board meeting on May 2nd due to a communication failure of some kind, so this item will be rescheduled. However, Al was permitted some time to speak to this issue and he took the opportunity to educate the Board members about the problem.
- Al also announced that Theresa Roberts is resigning from the Mental Health Board and that Ann Edwards-Buckley has been promoted to the Director of Health and Human Services. A new search is underway for Ann's replacement as Director of the Mental Health Division.

➤ **Strategic Planning Process**

- The member survey has been completed and it is available on the NAMI Sacramento website. Members can fill it out online and submitted it electronically. Hard copies of the survey will also be distributed at the May General Meeting.
- Al suggested that we use the NAMI National Strategic Plan as our template and there was general consensus that this was a good approach.
- Al, Pat, and Susan will work on developing a method if obtaining stakeholder input prior to the Board Retreat in July.

❖ New Business:

➤ **NAMI Brochure Distribution**

- Heidi requested that all of the Board members take some NAMI brochures for distribution at various clinics around the county. Dawn will send out a listing of the locations and each Board member is requested to take responsibility for at least one site.

- **Board Recruitment**
 - Heidi asked the Board members to begin actively recruiting new board members. We have lost four board members in the past few months and we need to increase our size to ensure continuation of our programs.
- ❖ Public Comment:
 - Sandra Marley spoke about her concerns about the involvement of pharmaceutical companies in the NAMI Program. She also said that she has heard that the Board of Supervisors is “sitting on mental health funds.” Finally, she indicated that in her view there is no communication between the City Council, the Board of Supervisors and the MHSA Oversight Commission on mental health issues, especially those related to the Proposition 63 programs. She believes that a member of the NAMI Board should attend all of these meetings.
- ❖ Adjournment: The meeting was adjourned at 8:40 p.m.
- ❖ Next Meeting: The next meeting will be on Thursday, June 7, 2007.

Submitted by Patricia Pavone, Board Secretary