



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 September 6, 2007

Members Present:

Heidi Sanborn	Al Lipson	Valerie Ries-Lerman
Pat Pavone	Sherry Sala-Moore	Lloyd Lagerstrom
Caroline Prod	Susan Whaley	

Guests:

Linda Beilharz
Eileen Chang
Naomi Gilbert
Sandra Marley

- ❖ Call to Order: Meeting called to order at 6:40 p.m. by President Heidi Sanborn.
- ❖ Minutes: Valerie requested that the minutes be changed to reflect that she did not have any concerns with the payment of the stipends for IOOV and P2P. Al also requested that his name be removed from the Staffing Committee. Lloyd made a motion to approve the minutes as amended and Valerie seconded the motion. The minutes were approved by unanimous vote of the board.
- ❖ President's Report:
 - Heidi's report was submitted to the board, via email, prior to the meeting. The only item of significance that she reported is that Dawn and Heidi I testified at a City School Board meeting encouraging board members to vote in support of mental health practitioners being in the schools.
- ❖ Treasurer's Report:
 - Naomi Gilbert, CPA made a brief presentation to the Board about the changes that have been made to our fiscal reports. The primary changes were to change from calendar year accounting to fiscal year accounting and moved from a cash basis to an accrual basis. In addition, all expenses are not sub-coded by program and reported on a Functional Statement of Expenses. This follows generally accepted accounting principles for non-profit organizations and will make it easier to prepare the tax returns.
 - This overview was followed by a discussion of changes needed to the current budget. Naomi made some assumptions about the budget, including the fact that expenditures on grants will equal expenditures. In addition, Susan indicated that the IOOV stipends will continue after the grant is over. Heidi said that we really need to accelerate the Family to Family Program to balance out the number of Peer to Peer Courses and suggested that we consider paying stipends to the instructors. Caroline agreed to talk to Lynn Cathy about the feasibility of paying stipends for this program.

- Naomi also indicated that she believes that individual service contracts are ok as a vehicle to pay the stipends in lieu of hiring participants through Pride Industries or some other employment service.
- Finally, it was recommended that the Treasurer prepare quarterly reports on investment performance.
- ❖ Old Business:
 - **Update on NAMI Inclusion Grant**
 - Valentin Lopez was not at the meeting, but he submitted a report on the grant via email. Here are excerpts of that communication for the record:
 - Goal 1. Offer at least one Family-to-Family class in Spanish; course to be completed by October 31, 2007 – [Lynn Cathy, NAMI California] agreed to give a second training for trainers class in Northern California in November. We have Rita Ponce, Lucille Villalobos and Lyn Del Castillo signed up for the class. In talking to Lynn, we can also pull other bilingual trained instructors from other locations if needed - this is our back-up plan.
 - Goal 2. Increase our membership from ethnically diverse backgrounds by at least 30 persons - This hasn't been as easy as I thought. Many in the communities are poor and paying membership fees is not part of their culture. I believe we will achieve our goal but it won't be easy. To meet these objectives we were to –
 - (1) Hold a planning meeting with stakeholders interested in increasing multicultural leadership in Sacramento. [Val] I met with Dr. Aguilar, UCD Med Center, Jo Ann Johnson, Cultural Competence Manager, Sacto County.
 - (2) Work with the Social Work Department at CSUS and identify students to perform outreach efforts – [Val] met twice with Dr. Taylor of CSUS and due to finals, summer, student availability we could not find students interested in working with us. We next attempted to recruit general social work students and then general students to work with us. These efforts failed. We then recruited bilingual students from Language World.
 - (3) Pay students \$15.00 per hour to work do outreach - We are paying translators, not students, to do this.
 - (4) Have the NAMI pamphlet translated into various languages to assist in our outreach effort - Completed; brochure now available in Spanish, Russian, Hmong, Vietnamese, and Chinese.
 - (5) Develop various templates for use in jcontacting cultural and faith-based organizations – Completed
 - Goal 3. Increase the number of Board members from diverse backgrounds, by at least two in the next election – [Val] believes that we will have a Hmong and African American nominee for our next election.

- Goal 4. Provide diversity training for NAMI Board members and other key volunteers – Completed
 - Goal 5 - Make contacts with MH professionals who represent the diverse communities we are targeting with our outreach effort - We may be doing this, however, we should discuss to see if we need to do more.
 - Goal 6 - Solicit interest in board membership among members of the communities - We are doing this in all presentations.
 - Al raised the issue of how we will integrate new members into the organization if we are unable to provide ongoing translations services. It is believed that most individuals who do not speak English will rely on family members or friends to translate for them at NAMI events such as the general meeting and the support groups. Heidi added that we need to make sure that our bilingual brochures are posted to our website.
- **Peer-To-Peer (P2P)**
- Susan reported that the Department of Rehabilitation (DOR) Grant has been extended until the end of November.
 - The DOR is also giving a Grant Procedures Course. Susan asked if anyone is interested in attending. John will attend and Valerie and Caroline expressed interest.
 - Welcome Home Housing has expressed interest in having a P2P class specifically for its residents.
- **In Our Own Voice (IOOV) –**
- Susan reported that the program is going very well. She invited the Board to come to an IOOV Celebration Barbeque at her house on September 28, 2007.
 - We need to set this program up on the Federal Work-Study program at CSUS to assist some of the participants who are college students and need the credit.
 - For a complete list of the presentations completed, Board members were advised to contact Kathleen Derby, the Program Coordinator.
- **Walk for Mental Health –**
- Pat reported that Joyce Cooling will not be at the Walk due to a scheduling conflict.
 - Publicity is going very well thanks to the efforts of Linda Bielharz.
 - At the last WMH Meeting, one of the sponsors raised concerns about the focus on consumers at the Walk and indicated that this has caused some folks to back out of participating. Pat indicated that including consumers is a key component of the Walk's mission to reduce stigma and the WMH Board made it clear that consumers should feel welcome and comfortable at the event even if they can't walk.
 - This Saturday, September 8th, there will be a Second Saturday Art Walk reception for the Walk for Mental Health at the Sacramento Gay and Lesbian Community Center from 6-9. Anyone who donates \$25 or more to the Walk will receive a copy of this year's winning poster.
- **Strategic Planning –**
- The Board reviewed the draft of the Plan and several editorial changes were suggested. In addition, it was agreed that the Plan needs a theme, along the lines of the National

NAMI Strategic Plan's "Good to Great" theme, as well as some additional graphics and photographs. There is also a need to refine some of the targets.

- Pat indicated that she did not have time to make the necessary changes and get the Plan out on the website by the first of October due to the amount of work needed on the Walk for Mental Health between now and October 6th. So, Al agreed to take on the final editing of the document and get it ready for member review.

❖ New Business:

➤ Staffing –

- The staffing subcommittee (Heidi, Sherrie, John and Lloyd) have developed a draft duty statement for a part-time Administrative Assistant for NAMI Sacramento. The draft is attached to the minutes. Pat suggested that the websites be moved to the end of the duty statement rather than in the first paragraph and that "successful" be used instead of "winning" in reference to the candidates. She also suggested that it was unrealistic for candidates to have an "intimate" understanding of NAMI programs, even as a desirable qualification.
- Release of the job announcement will be deferred until after Heidi returns from vacation.

❖ Public Comment:

- There was no public comment.

❖ Adjournment: The meeting was adjourned at 8:45 p.m.

❖ Next Meeting: The next board meeting will be held on Thursday, October 4, 2007.