



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 November 1, 2007 (Held at the Consumer Wellness and Recovery Center)

Members Present:

Heidi Sanborn	Al Lipson	Pat Pavone
Caroline Prod	John Gilbert	Jeanne Templeman

Members Absent:

Lloyd Lagerstrom
Valentin Lopez (on leave of absence)

Guests:

Valentin Lopez
Belinda Beckett
Linda Beilharz
Meghan Stanton

- ❖ Call to Order: Meeting called to order at 7:05 p.m. by President Caroline Prod after a tour of the Consumer Wellness and Recovery Center by our host, Megan Stanton.
- ❖ Discussion of Collaboration Opportunities with Wellness and Recovery Center:
 - This meeting was held at the Wellness and Recovery Center, in part, to discuss possible opportunities for collaborative ventures between Consumer Self-Help and NAMI Sacramento. Meghan Stanton gave us an overview of the programs and services at the Center and within the other programs offered by Consumer Self-Help.
 - A formal "Letter of Collaboration" has already been signed, but no efforts have been made to date to implement the terms of the agreement. After some discussion, we identified two basic types of collaboration, programmatic and political. Programmatic collaboration includes cross-referrals to programs offered by each agency and free space offered at the Center for NAMI training programs such as Peer-to-Peer and Family-to-Family Training. Political collaboration includes working together on anti-stigma efforts and increased funding for mental health programs and housing. Al Lipson expressed NAMI's interest in doing more to evaluate existing programs for inpatient and out patient services and Meghan indicated that type of joint effort would fit in well with Consumer Self-Helps current audits of Board and Care homes.
- ❖ Minutes: There were several minor changes suggested and then John made a motion to approve the minutes that was seconded by Heidi. The minutes were approved as amended by unanimous vote of the board.
- ❖ President's Report: Caroline submitted her report in writing and it is incorporated in the minutes as Exhibit A.
- ❖ Treasurer's Report:
 - John indicated that we had earned \$928 on our investments in October.

- We also spent \$6,839 from the checking account to pay all of the stipends that were due for the Inclusion Grant.
- John indicated that we had already spent 102% of the budget for CSL (staff services) and 105% of the budget for brochures.
- ❖ Old Business:
 - **Police Training**
 - Heidi indicated that she is not available to do the next training class for Police Cadets. Pat agreed to do the training with Andy O'Hara. Caroline, Belinda and Jeanne indicated an interest in observing.
 - Heidi also mentioned that Andy O'Hara is developing a program specifically for the personal mental health of police officers. He has called it "Be on the Lookout" or BOL. Linda Beilharz has designed a logo for the program. Jeanne will work with Andy on the program to make sure that the medical information provided is current.
 - **MHSA Steering Committee**
 - Caroline reported back to the Board on the MHSA Steering Committee meeting. She indicated that it was the first meeting of the "revised" Committee and it was chaired by Leland Tom the new County Director of Mental Health. Dave Schroeder was elected as Co-Chair of the Committee at the meeting.
 - Al expressed strong concerns about the process that will be used to bring issues to the new Steering Committee and then move them forward to the County. Al does not feel that the County is treating the Steering Committee as a decision making body, but merely as an advisory group. Caroline agreed that there were many issues that need to be worked out, but she is optimistic that the Committee will be able to resolve the issues. The Steering Committee will be meeting weekly for the foreseeable future.
 - **Inclusion Grant**
 - The grant is over-expended due to the fact that more was paid out in stipends than originally authorized. However, the Board agreed that the stipends should be paid and that has been done.
 - Val Lopez indicated that he is wrapping up activities related to the grant and that he will be working with John and Naomi Gilbert to finalize the paperwork. There is a telephone conference with NAMI National on November 13th to resolve some outstanding issues.
 - The Board had a discussion of the need to get more Family-to-Family Training scheduled in order to fulfill the work of the grant, as well as to meet the expectations of our current membership. Everyone was frustrated with the lack of responsiveness by NAMI California to provide timely instructor training. There seems to be more training offered in Southern California and there was general consensus that we should pay the expenses for our instructor volunteers to go to Southern California for training if necessary.
 - **Strategic Planning –**
 - Al indicated that no comments were submitted by the membership on the Strategic Plan.
 - He will move ahead to finalize the document and make it available in electronic form to members and stakeholders on our website. A small number of hard copies of the report will also be printed.
 - **Staffing –**

- The job announcement and duty statement for the part-time program manager position still needs to be refined based on feedback we received from CSL. It has been recommended that the duty statement be more specific.
- Caroline indicated that CSL is willing to do the recruitment and application screening for free, but there would be a charge if we asked them to do an initial round of interviews or background checks, etc. Pat indicated that she felt there would not be so many candidates for a part-time position that the selection committee would not be able to handle it. So, it was agreed that CSL would do the recruitment and application screening only.
- **Fund Raising - Entertainment Books and Amazon.Com –**
 - John indicated that the Entertainment Books were ordered again this year because the Board failed to communicate that we were not interested in doing this fund raiser again. John will contact the coordinator and tell her to return the books that have not been sold.
 - Belinda asked what happened to the Amazon.com link that we had on the NAMI website and were we continuing the “rewards” program that we had last year. Heidi indicated that she had become concerned that some of the material that Amazon was selling was not supportive of our mission and so she made a decision to cancel the program. Several board members expressed concerns that she did not notify anyone of this action.
- ❖ New Business:
 - **Health Disparity** – Caroline mentioned that she, Jeanne, and Val attended the Health Disparity Town Hall that was sponsored by State Senator Mark Ridley Thomas. This town hall meeting focused on the disparity in health care treatment for individuals in underserved groups, specifically African-Americans, Asian-Americans and Hispanics.
 - **Election Results** – All of the incumbent board members running for re-election were approved by the membership. Also, both Belinda Beckett and Linda Beilharz were elected as new members. Lucille Villalobos was not elected.
 - **Meeting Schedule for Next Year** - After considerable discussion, it was agreed that the Board Meetings will be moved to the third Monday of the month. The proposed schedule is attached as Exhibit B.
 - **Fund Raising Video** – The Board has not yet viewed the fund raising video, “Ready, Set, Raise!” that was purchased by Pat. She will schedule a date for a “movie night” in December since there is no regular Board meeting in December.
- ❖ Public Comment:
 - There was no public comment.
- ❖ Adjournment: The meeting was adjourned at 8:40 p.m.
- ❖ Next Meeting: The next board meeting will be held on Tuesday, January 22, 2008.



NAMI Board Meeting – November 1, 2007 Exhibit A November President's Report

Transition

As in any new administration, there is an adjustment phase. Caroline is getting up to speed on both day-to-day matters, as well as the details of some of our more significant projects. Heidi and the entire Board have been helpful and patient, and it is very much appreciated.

Annual Membership Meeting/Board Elections

Congratulations! The election process this year went smoothly, our meeting had a larger turn-out than last year, and we raised no controversy. Well done! The lesson learned this year is to make clear that in order to run for election to the Board, a candidate must be a member in good standing.

Mental Health Services Act Steering Committee

The new MHSA Steering Committee (SC) convened to begin work for the next funding components of the Act. The State has released guidelines for the Workforce Education & Training component and the Prevention & Early Intervention component. Caroline and Marilynn Hillerman are NAMI members on the Committee. Al Lipson and Karen Owen are alternates. During the first two meetings, discussion has focused on how to improve upon the process, what the appropriate role of the Committee is, and how to avoid mistakes of the past. The County shared a chart indicating the roles of the various administrative bodies that exist between stakeholders and the California Department of Mental Health. Several people challenged the County's description of the SC as a recommending body, stating it was supposed to be a decision-making group. Others thought the SC itself should decide its own level of authority. No conclusion was reached, but in response to this discussion, the County revised their chart, changing their own role from decision-makers to "recommending body & staff support," and then adding the Department of Health and Human Services as an approving body. The Board of Supervisors is the only decision-making body between stakeholders and the State.

Discussion has primarily focused on the prior process and past mistakes. It is clear that the mistrust and resentment that resulted from the last round remains a factor that this and future Committees will have to overcome. Personally, I hope the conversation changes and shifts focus to the current MHSA funding components. I think if the SC's time, focus, and energy continue to remain on the past, it will be difficult to move forward. But I think this group is ready to move forward and will continue to be mindful of the prior group's experience. I am cautiously optimistic.

Dave Schroeder, consumer and prior SC member, was elected to serve as Co-Chair.



Possible Meeting Change

MHSA Steering Committee meetings occur every Thursday night. Unfortunately, this poses a conflict with our Board meeting. Are you open to changing which night of the week we hold our Board meeting? Please consider if the first Tuesday night of each month is an acceptable day for Board meetings. Your flexibility is appreciated greatly. It would be a shame to be forced to choose between the NAMI Board and MHSA representation.

Executive Assistant

CSL proposed a couple of options for helping with recruitment. They can advertise and do a cursory screening of applications for us based on the duty statement Heidi developed. The applications would then be turned over to us to conduct interviews, etc. There would be no charge for this level of service.

Or CSL can recruit, screen, conduct "first round" interviews, and select 5-7 final candidates who meet the qualifications and seem likely to meet our needs. These final candidates would then have a second interview, conducted jointly by us and CSL. This process would provide a means for us to be part of the hiring decision and ensure the candidate selected is a good fit. This service would cost anywhere between \$800 - \$1200.

Edge at CSL stated several times very strongly and clearly that this is a VERY labor intensive process and that our decision be made carefully and deliberately. She also stressed that the more work done at the front end of the process, the better. Other feedback included the following: recruitment of qualified candidates likely to be more effective with a more task-oriented duty statement; logistical details also needed prior to releasing job announcement. For example, will new employee share office space? Do we want the person to keep a set, regular schedule? How much flexibility? These and other details need our attention immediately in order to move forward.

NAMI Board Meeting Minutes
November 1, 2007
Exhibit B

Tentative Meeting Schedule for 2008

The Board shall meeting on the 3rd Monday of the Month, except in July and December, as follows:

January 21 (MLK Holiday)?
February 18
March 17
April 21
May 19
June 16
July – No Meeting
August 18
September 15
October 20
November 17
December – No Meeting