



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 February 19, 2008

Members Present:

Heidi Sanborn	Al Lipson	Pat Pavone	Sherrie Sala-Moore
Caroline Prod	John Gilbert	Jeanne Templeman	
Belinda Beckett	Linda Beilharz	Lloyd Lagerstrom	

Members Absent:

None

Public Visitors:

Hazeem Hashem, MD (Visions, Inc. and Wellness & Recovery, Inc)
Emily Brayton (Janssen Pharmaceuticals)

- ❖ Call to Order: Meeting called to order at 6:30 p.m. by Vice-President Pat Pavone, as President Caroline Prod was en route from business travel. Al Lipson made a motion to approve last month's minutes. John Gilbert seconded Al's motion, and all passed the motion unanimously.
- ❖ Treasurer's Report: Overall, John Gilbert reports financially the Board is in good shape. The last quarter saw a drop of \$3,107 due to fluctuation in the stock market. However, overall, over the past year through fundraising, etc., a net gain of \$11,000 has been realized, and we are better off this than when we changed to the new balanced investments.
- ❖ United Way: It was reported that we were turned down again in our application again to United Way. We've made some changes for affiliate status. Belinda has agreed to assist with the resubmission process. The Board will pay Naomi Gilbert, CPA, for the necessary financial reports.
- ❖ Letter of Concern to Lynn Frank re County Primary Care Pharmacy Formulary Changes: Emily Brayton of Janssen Pharmaceuticals approached Caroline about her concerns related to the new drug formulary that was developed by Sacramento County. Apparently, the formulary was developed by the Primary Health Division without consultation with the Division of Mental Health. Emily requested that NAMI write a letter to the County Department of Health and Human Services requesting an "exemption" from the new process for mental health drugs. After some discussion, and with input from Dr. Hashem, Emily Brayton, collateral information from Dr. Suo of Northgate Pointe, it was agreed that we would endeavor to compose a joint letter with partner agencies (MHA and possibly Wellness & Recovery Center) related to concern about the change in formulary for mental health clients that impacts clients who have been changed from their previously stable regimen or who are denied access to medications their physicians deem potentially most advantageous due to lower side effect profile, higher rate of compliance, etc. Goal is to treat people in the least restrictive environment using the recovery model. Jeanne to work on draft, with review by Executive Committee, Dr. Hashem, with copies to Leland Tom, , Keith Andrews, Board of Supervisors, Grace McAndrews, and Steve Golka..

- ❖ Executive Assistant Job Description: Reviewed by the Board members and discussed. A Location change would also necessitate a change of address on our brochures, etc. Further discussion included space requirements for part-time executive assistant who would work part-time 20 hours/week at \$25/hour. Duties would include grant writing, fund raising, some outreach, maintenance of the membership data base and drafting fundraising letters to donors. Regarding space requirements, Pat & Heidi discussed pro's/con's of space-sharing; another option would be to have the Executive Assistant telecommute and work from home if they don't have their own space to work in at the office. It would be expected the incumbent would have supervisory responsibilities with respect to Dawn. If telecommuting, the candidate would incur additional costs to include travel mileage on top of travel from home to the office. Caroline said she wants to have someone in place by summer. Pat recommends that working conditions/location be negotiable due to office location move and uncertainty relative to office space. Pat Pavone to implement duty statement changes. Caroline to check on office logistic changes within one week. Move is targeted by end of March, 2008. Regarding copy machine issues: Board considered outsourcing copy jobs & tracking copying. Pat to work on working conditions and duty statement and consider alternatives to copying.
- ❖ Funders Workshop: Pat reported attending the Funders workshop which was described as an experiential strategic plan: "what's in it for your community, etc." She emphasized learning to keep asking and getting feedback even in the face of possible [negative] feedback. All expressed importance of continuously keeping in mind how we will operationalize NAMI's strategic plan and determine how we will implement our specific goals. Pat sent thank-you letters to all stakeholders involved in interviews for the NAMI Board's Strategic Plan and informed Board Members of available extra copies.
- ❖ MHSA Steering Committee: Caroline reported the Workforce & Education steering committee would next meet Thursday, 2/20/08.
- ❖ NAMI/CSUS student internship: Will Glasper was previously interested in doing an internship with NAMI. He met with Pat Pavone and Jeanne Templeman. He provided very positive feedback, despite the decision based on our encouragement, to pursue a more clinically based internship.
- ❖ Old Business:
 - **Inclusion Grant/ Internship Opportunity** – Will Glasper, NAMI member and CSUS Social Work student again has requested an Internship with NAMI Sacramento. Previously, the Board agreed that this might be a good way to continue our outreach efforts related to the Inclusion Grant. Jeanne agreed to be the sponsor for the project as she has a Masters of Social Work Degree. Pat will contact will to work out the details.
 - **Pat's Natomas Family Support**: Pat reported it is not going well. She states she is committed through June, but if she would consider moving to another location.. She states feedback is that "People don't think the location is safe." Al indicated he thought part of the outreach problem is to get the publication information to the facilities where the people go, e.g. the facilities themselves. The need for cooperation of the CEOs and clinicians who work with the consumers was discussed in order to figure out a way to "get relational" with the facilities and their staffs.
 - **Brochures needed**: Heidi says the stores of general Brochures are okay. What is needed is IOOV. Heidi suggested making them available at every Board meeting.

- **Change in Format for General Meeting** – Linda proposed that we consider changing the format for a few of the general meetings to be a more open, interactive format.

- ❖ New Business
 - Summary of printed background information related to County formulary restriction policy prepared for and presented to NAMI Board members by Jeanne Templeman, RN, CNS, LCSW, and Board Secretary.

- ❖ Public Comment:
 - Dr. Hashem and Emily Brayton presented information on the impact of the County's formulary restriction policy on mental health clients.

- ❖ Adjournment: The meeting was adjourned at 8:40 p.m.

- ❖ Next Meeting: The next board meeting will be held on Monday March 17, 2008.

Submitted by Jeanne Templeman, Board Secretary