



# 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 19, 2008**

### **Members Present:**

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

### **Members Absent:**

Linda Beilharz  
Jeanne Templeman

### **Guests Present:**

Lucille Villalobos

- ❖ Call to Order: Meeting called to order at 6:35 p.m. by President Caroline Prod.
- ❖ Introductions: Pat introduced guest, Lucille Villalobos, who is a prospective board member. Pat indicated that she believes that Lucille would make an excellent board member based on her experience and expertise. Lucille provided her resume for the Board's consideration (see attached).
- ❖ President's Report:
  - Caroline gave the Board members a final copy of the letter that was written by Jeanne and Caroline related to the issue of the new formularies that have been developed by the County of Sacramento. Caroline hand carried the letter to her meeting with Leland Tom and Lynn Frank on April 25<sup>th</sup> to discuss the situation. Caroline reported that the meeting went well and that she felt that both Leland and Lynn were open to NAMI's views on the subject, especially since the letter was cosigned by Susan Gallagher, Executive Director of the Sacramento Mental Health Association and Meghan Stanton, Executive Director of Consumer Self-Help. However, there has been no official response to the letter and Caroline indicated that she will follow-up with Leland and Lynn.
  - Caroline also gave the Board a brief update on the Mental Health Services Steering Committee:
    - The Committee will be holding a public hearing on June 5<sup>th</sup> to accept comments on the Community Service and Support Master Plan Progress Report that will be submitted to the Department of Mental Health. The progress report does not include the additional programs that were added for older adults and transition age youth in lieu of the PERT Project.
    - There will be only one regular Committee meeting in June on the 19<sup>th</sup>.

- Al commented that he has been appointed to a MHSA Task Force on Education and Training which will focus on developing “career pathways” for consumers and family members who have an interest in mental health service careers.
- Caroline reported that she attended the Mental Health Association 50<sup>th</sup> Anniversary Dinner on May 14<sup>th</sup>. There were supposed to be some speakers there from NAMI California, but none of them showed up. In fact, Caroline was the only NAMI member in attendance.
- Caroline also reported that she will be speaking on a panel at the Older Adult System of Care Conference at the end of this month.
- ❖ Minutes: The minutes for the April meeting were not available for review and approval.
- ❖ Treasurer’s Report:
  - John reviewed the financial report for April and indicated that our investments earned a total of \$1602 in April. This was good news after a few months of negative returns.
  - John also presented the Board with a draft budget for next Fiscal Year. We had a discussion about several of the line items, including the money allocated for outreach and postage. It was decided that at least \$500 needs to be in the budget for outreach. Based on concerns expressed about the budget, it was also decided that Pat would talk to Dawn about the amount of material that is being mailed out each month to see if there are ways to reduce some of the mailing costs by referring callers to other sources, such as the NAMI National Website, etc.
  - Naomi Gilbert, our CPA, will be attending the June meeting to discuss the budget and changes to the accounting reports. Finally, John indicated that he needs to have new names on the signature cards for the bank accounts to include both Pat and Caroline.
  - Finally, John indicated that we only received \$37.50 from Kaiser this year, when we normally get \$1000. He does not know why this is the case, but felt that it might be because the donation was delayed until much later than we normally receive it.
- ❖ Old Business:
  - Executive Assistant –
    - Pat advised the Board that we notified all 90 of the applicants for the Executive Assistant Position that we were suspending our recruitment efforts due to our inability to provide space, or even office access, to any new staff.
    - Heidi expressed concerns that we were not going to pursue hiring an Executive Assistant and she believes that it would be possible for an Executive Assistant to work exclusively from home. She feels that we can not move forward to implement our Strategic Plan without additional paid staff. However, no consensus was reached on this item.
  - NAMI Office Space -
    - The County has made it very clear that they will not support any expansion of NAMI Sacramento, especially if we move in the direction of hiring more paid staff or soliciting MHSA funding for our programs. The County has various concerns about the changing role of NAMI and the fact that may be perception of favoritism or conflict of interest because NAMI receive free space.
    - While no immediate action is pending, the Board reached consensus that we should begin exploring other places where we could get either free or low cost office space. Possible venues for information or support in this search include the Chamber of

Commerce, the United Way, the Nonprofit Resource Center, etc. Al and Heidi both agreed to make some contacts related to this item for the next meeting. Pat will work with Dawn to try to identify our specific space and equipment needs.

➤ **NAMI Intern –**

- Will Glasper is no longer considering an internship with NAMI Sacramento. CSUS did not feel that NAMI could provide Will with the kind of a structured, clinical experience that would meet the requirements. Will has an appointment for an interview this week at Turning Point.

➤ **Strategic Planning –**

- Al developed a summary of the Strategic Plan for a discussion on how to manage the various deliverables in light of the current situation described above.
- This led to a discussion about the need to get back to basics and concentrate on protecting and promoting our core programs, especially Family-to-Family and Peer-to-Peer, which are the primary sources of new members. It was agreed that we should not be relying on Lynn Cathy to be the coordinator for our F2F because she now has a much more expanded F2F role with NAMI California. It would be better if we had a F2F Coordinator specifically for our Chapter. It was agreed that Norm Probanz would be an ideal choice if he is willing to do it. Heidi suggested that we offer to provide Norm with the same type of stipend that we give to our P2P and IOOV Coordinators. No action was taken on this suggestion, but it was agreed that Caroline would talk to Lynn Cathy and Norm Probanz and get back to the Board at the next meeting.

➤ **Outreach –**

- Pat talked briefly about the difficulty of committing to outreach activities, especially with no one specifically assigned to coordinate either volunteers or outreach. Again, Heidi suggested that we offer to pay someone to provide this service. Pat will develop a duty statement for an Outreach and Volunteer Coordinator and bring it back to the Board for further discussion at the next meeting.

➤ **General Meeting Attendance –**

- Pat expressed concerns about the drop off in attendance at the general meetings. Some of the Board Members felt this was due to the SMUD auditorium location, which does not lend itself to much interaction or discussion. Others felt that it was due more to the selection of speakers or maybe that we do not have space for a support group in advance of the general meeting.
- Belinda said that she would try to increase the visibility and detail of the meeting announcement in the newsletter. We will keep to monthly meetings as scheduled and reassess in a few months.

❖ New Business: There was no new business

❖ Public Comment: There was no public comment.

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

❖ Next Meeting: The next board meeting will be held on Monday, June 16, 2008.

Submitted by Patricia Pavone, Board Vice President