

**NAMI Sacramento Board of Directors Meeting  
September 15, 2008**

**Members Present:**

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

**Members Absent:**

Al Lipson	Jeanne Templeman
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**Guests Present:**

None

Call to Order: The meeting was called to order at 6:30 p.m. by Vice President Pat Pavone.

1. Welcome & Introductions: None

2. Review & Approval of Minutes: The August minutes were not available for review and will be reviewed at the next meeting. Pat stated that we do not need a motion to approve minutes.

3. President's Report

❖ **Request for Family to Family teacher appreciation dinner**

Lynn Cathy has requested the Board's approval to hold a teacher appreciation dinner for 10-12 people, paid from the Family to Family fund.

**Action taken:** Pat moved that we work with Lynn Cathy to host and fund an appreciation dinner to include about 30 Family to Family teachers and board members up to a maximum of \$400 including tax & tip. Caroline seconded the motion and it passed unanimously.

❖ **Training for support groups facilitators is being held in November**

Pat reported that her support group is coming together and seems to be successful, with good diversity of attendees. It was noted that we need to solicit more of our members to participate as support group facilitators.

❖ **Request for volunteers for Macy's Community Shopping Day event, November 22**

Belinda has attended the initial 3 mandatory meetings that Macy's requires for NAMI Sacramento to participate in this event. She has secured 100 tickets, labeled them with NAMI Sacramento stickers and is distributing them for sales. If we need more tickets, we have to request them 2 weeks in advance, and there is no limit to the number of tickets.

We need to provide at least 3 people to work at Macy's during their open hours on Saturday, November 22, doing jobs such as greeting customers and collecting tickets.

Event Rules:

- Tickets are \$10, and the cost of the ticket is returned in shopping credit.
- Anyone who purchases a ticket can shop up to a week in advance of November 22<sup>nd</sup> and get a 10-20% discount.
- Purchases of \$25 or more on November 22<sup>nd</sup> get an additional \$10 off.
- NAMI keeps the \$10 per ticket sales amount and receives \$3 extra for every ticket stub that is turned in at Macy's on November 22<sup>nd</sup>.
- Ticket stubs enter the owner into a drawing for a \$1,000 shopping spree.
- Rules will be posted in the newsletter and on the web site.

**Action taken:** Caroline and Pat volunteered to work at Macy's November 22<sup>nd</sup>. We will ask for at least 2 more volunteers from our membership in the newsletter, on the web site, and via email.

❖ **Request for member participation in dissertation research on schizophrenia**

A request was received from a student doing a dissertation on how African American families make decisions around the treatment of schizophrenia.

**Action taken:** We will post this opportunity in the newsletter and on the web site.

❖ **Request from Sierra Vista regarding deficiencies reported in the Bee**

Mark Grip from Sierra Vista sent Caroline a Commitment to Quality statement and wants the community to know that they are taking steps to correct the deficiencies that have been identified. The board recognizes that the community needs more mental health resources, but we cannot take a position on this issue.

**Action taken:** Belinda will ask Ed Fishbein if he can do an interview with Mark Grip on the steps Sierra Vista is taking, and Caroline will propose this idea to Mark Grip. We could then print a factual interview in the newsletter and on the web site.

#### 4. Treasurer's Report

❖ **Investments**

John reported that we gained \$305 this month and our investments are doing well. Jerry Hearon, our advisor at Edward Jones, has handed our account off to his son.

❖ **Income taxes**

Income taxes were completed and we need to pay \$100 to the tax preparer.

❖ **Liability insurance is due**

John received an invoice for \$1300.

❖ **Computer training for office staff**

Dawn needs to be able to use Microsoft Word and Excel to perform her duties and has

selected 2 classes through Learning Exchange. Courses are \$179 each plus a \$10 registration fee for nonmembers, or we can join for \$29 to get a discount. We have \$100 allocated for training in our budget.

**Action taken:** Pat moved that we increase the training fund to \$500 so that Dawn can register for the Word class and attend it during her work hours. Heidi suggested that we assess the effectiveness of the first class before registering for the second one. Lloyd seconded and the motion passed unanimously.

❖ **United Way**

Sherrie stated that when people contribute through United Way, we aren't able to credit them with a membership, because we don't receive enough information and the funds are distributed over a 12-month period rather than in a lump sum.

**Consensus:** People who donate through United Way don't necessarily want to become a member, and joining will require a separate transaction.

❖ **Request for Older Adult Conference fee payment**

Caroline requested that we authorize a \$50 fee for her to attend the October 23<sup>rd</sup> Departments of Mental Health and Aging conference at the Dante Club on Fair Oaks Blvd. and have a booth there. The conference will focus on suicide prevention.

**Action taken:** Caroline moved and Pat seconded that we authorize the \$50 fee and have a booth at this event. There was no vote, since it was decided that a motion was not necessary due to the fact that there are already sufficient funds in the outreach budget to fund this expense.

5. Old/New Business Update

❖ **Request for volunteer at United Way event Thursday, September 18**

Belinda requested help with our table display at EDD on Thursday at 750 N Street. We have 4 people who have attended the United Way training and are authorized to speak at these events.

**Action taken:** Pat volunteered to speak at 8:00. Caroline volunteered to help carry the display, set it up (10:45-11:30) and take it down (1:00). Belinda volunteered to man the table from 11:30-1:00 during the event.

❖ **Proposed amendment to Bylaws - new fiscal year**

**Action taken:** John moved and Pat seconded that we change the NAMI Sacramento fiscal year from calendar year to fiscal year. The motion passed unanimously.

❖ **Office issues:**

- Our new Executive Assistant, Sontine Kalba, starts work Wednesday, October 1.
- **Storage Needs**  
Our office storage space is too small for our needs. We may need to consider a long-term storage option.

**Action taken:** Pat will have Sontine put together a proposal for organizing the office and determining what to keep.

❖ **Request to add Online Charity Shopping to the web site**

Belinda stated that Linda had suggested adding the goodshop.com charity web site link to our web site. She had reviewed this site and igive.com and noted that the shopping options have broad appeal. Even if our percentage of sales is small, NAMI will receive earnings with no effort on our part after it is set up. Linda stated that the personalized Barnes and Noble and Amazon bookstores with our recommended books are not a practical option because it is too labor intensive to maintain. Lloyd expressed concern that our 501(c)(3) status might be jeopardized by use of online charity shopping. Belinda stated that many nonprofits use this method of fundraising and that in her experience as an attorney there is no risk.

**Action taken:** No action was taken, but no other objections were raised.

❖ **Sac of Dreams proposal**

Since no one was in attendance to present this proposal, this item was tabled until the next meeting.

❖ **General meetings**

• **Location**

Caroline stated that SMUD sent our reservation form for the next year.

**Action taken:** Caroline will apply to reserve the SMUD meeting location for 2009 and can cancel it later if we find a better venue.

• **November speaker needed**

Caroline stated that we don't have a confirmed November speaker.

**Action taken:** Caroline will look into getting a speaker from the Sacramento Police Dept. Heidi stated that we have paid for CIT officers from Sacramento to attend training and we still don't have CIT in Sacramento.

❖ **Board member term dates**

- John stated that he is up for election and would like to be replaced as Treasurer
- Pat reported that Jeanne is up for election and will not run again.
- Lloyd stated that he is up for reelection and will not run again.
- Heidi stated that the board can operate with 5-15 board members.

**Action taken:** It was decided that someone from our board will attend the current Family to Family training session at the end of the session to talk about NAMI Sacramento and recruit more board members.

❖ **Board member elections**

Elections will be held at the General Meeting on October 20.

**Action taken:** Linda will post the board member survey on the web site. Sherrie will send Linda a copy of the email alert announcing the opportunity to post.

❖ **Public relations**

Heidi stated that we need to recruit people who want to be interviewed on camera or be interviewed by the Bee for press purposes.

❖ **Board structure & governance**

Linda requested that the Board complete its documentation of board members' volunteer focus in alignment with the Strategic Plan that was started at the June meeting. Caroline stated that NAMI Sonoma has an org chart showing the national, state, and local levels to show their committees and where volunteers are devoting their energies, and that this method might be useful for us.

**Action taken:** Linda and Caroline will work on building an org chart for NAMI Sac for review at the next meeting.

6. Upcoming Events

- ❖ Thursday, September 18 at 8:00 AM – United Way Event in downtown Sacramento
- ❖ Tuesday, September 30 – United Way Event
- ❖ Thursday, October 2 – United Way Event in Rancho Cordova
- ❖ Saturday, October 4 – Walk for Mental Health
- ❖ Tuesday, October 14 – Next Board Meeting
- ❖ Monday, October 20 – General Meeting & Board Member Elections
- ❖ Thursday, October 23 – United Way Event on Goethe Road
- ❖ Thursday, October 23 – Mental Health & Aging Conference
- ❖ Saturday, November 22 – Macy's Community Shopping Day

7. Public Comment: None

8. Adjournment: The meeting adjourned at 8:30 p.m. The next Board Meeting will be held on Tuesday, October 14.



Submitted by Linda Beilharz, Board Secretary