NAMI –SCC Board Meeting

Location: Sash Mill Conference Room

Monday, January 4, 2016, 6:00 p.m.

**Minutes**

# Call to Order 7:10. Board members present: Jorge, Melissa, Hugh, Pam, Rama, Carol, Lynda, Tina. Program Director: Sheryl Lee. Not present Jim Williamson.

Guests: Nancy Sherrod, Dave F., Laurel Hillerson-Spear.

1. Approval of Minutes of December 7, 2015 meeting Hugh moved and Lynda second approval of minutes. All approved.
2. General comments. Guests who wish to speak to the Board may do so at this time.

Pam Gleitsman shared experience with sheriffs who responded to a neighbor’s psychiatric crisis. They did everything right and situation was able to resolve peacefully. There were 8 or 9 deputies there for 5 hours. Pam was moved by the kindness, professionalism and commitment.

Hugh reported he still hasn’t seen a psychiatrist. Hugh called Pam Rogers-Wyman and hasn’t heard back. This is now 7 months without seeing a doctor. Pam G’s son also has the same experience with 8 months without seeing the doctor.
3. Telephone response team changes – Three people would like to get off of the duty. Seeking volunteers – Sheryl will take Tina’s slot; Donna will take Melissa and Carol Sedar’s spot. Tina and Carol will be subs. If you have an interest, please contact Carol. Training meeting will be Jan. 22 at office.
4. MHCAN party report and discussion – Overall it was a good event. There were estimated 50 fewer people than last year. Feedback – music is very loud; homeless element in past events turned some off from attending. Late and inadequate advertising flyers at County and at facilities. No transportation provided by Front St from their facilities? or no one asked for it? Community Connections made the decorations. 240 jackets and gift bags of socks, touthbrush/paste, shampoo and lotion, candy bags. Tina managed an enormous team of help. We left the leftover jackets with MHCAN. 30+? Needed many more than the 25 sleeping bags we bought. Carol reports her energy for this was down, feels it needs change. Pam felt good about it as jacket elf. Tina’s daughter Cindy offered to spearhead for Tina at next party. Fish Hook Band should not be there again – could we get Melissa’s husband Tim’s band. Discussed different venues. discussed inviting family members too? Elks club? Holy Cross Church in Santa Cruz?: Rec Hall has a great kitchen with parking. We have many NAMI Members – shall we include them? Pam and Melissa say it is nice to reach out to people who are not connected to NAMI (Moose Lodge). And to have an opportunity to serve MH community. But rather reluctant to make this a bigger event and at new location.maybe better to have a summer picnic for both families and peers. Financially not as good this year – 1. Because of Celebrate Event in November., #2. a person who normally donates $5000 every year did not. Rough estimate: Expenses $6000 and Income $3500. Previous years $8,000 in and out. We offered $1000 to reimburse MHCAN for food/supplies.
5. Report on meeting with Community Connections and possibilities – Carol and Sheryl met with Andrea and Laurel. Idea: Peer to Peer graduates often wish for continued activities and connection with each other, but don’t have a place to go. Comm. Connn. could meet that need? A link to others, to meetups, to back to school or work. Ways to make the connection: have special P2P graduation party at Community Connections? Laurel also Talked about a pilot program Health and Wellness in north county – nutrition and cooking classes. South county project was very successful – the clients felt better. Incorporate family/peer volunteering - beach cleanup, working in garden together and preparing a meal together. Extra programming does cost staff time and this programming isn’t billable so they asked county for more money $35,000. Not optimistic that this will be funded. Possibly there are grants available through foundations. NAMI will be discussing this further with Community Connection.

Sheryl reported about Living Evolution, River Krimmer MFT: provides TAY activiites for $30 private pay. Surfing, outdoor activities. Accepts MediCal. Works at El Dorado also.

1. Program updates – F2F starts this week; P2P starts Jan 19th; 10 people signed up so far; Sheryl will send flyer to Balvina and ask to send to all therapists and doctors – send to Laurel and MHCAN; It is an option to move back date if we decide we need to. Need a solid 20 people. Provider class will be every Friday in April; Familia class in April. Jorge will help coordinate; 4 people going to San Mateo training for IOOV training. Connections – not too many coming to connections lately. Marketing needs to improve for Connections to get the word out. They are co-facilitating now. Amante and Hugh sometimes Carrie. Parents of Youth Group could use another facilitator for Emily. Carol will ask other family group facilitators. What about Dyana Zweng?
2. Newsletter. Jorge: Front Page. Articles: President’s letter: Thank volunteers. Highlight 2015 accomplishments.
3. Speaker Meeting January 20, 2016: Jorge Mendez, Director, BHC – Marty to head the Mobile Crisis team and supervises the Crisis Intervention Team. In-patient – Laurel Nadel. Pam should be there because people will ask questions that County should answer. What kinds of meds – if people are homeless – what are the statisitcs. Rama suggests Jorge present a good Power Point presentation with data, talk about Housing issue, it is playing a critical part in the front door and back door. Homelessness, drug use and med compliance cause the most problems. Doctor from Telecare should also be on the panel– Jorge will reach out.

What happens at the BHC? Jorge reports that less than 5% are referred to El Dorado Center and Telos). They see about 2000 a year in Crisis – 550 patients stay on at the PHF – 26 go to Telos and EDC; (Board alarmed at this) The vast majority of people go home or are returned to homelessness. Some aren’t being accepted due to health reasons: Co-morbidity incontinence, nebulizers and residential facilities have to adapt to treat and not everyone has adapted to treat. Home first choice and then a shelter. They get a large percentage of people are homeless when they come in.

Janus – Dec 8th Board of Supes approved the expansion. Would like Dominican to step up on medical detox. ( “The Camp” in Scotts Valley is an option for dual diagnosis clients. Remind phone responders and teachers, add to website, also Janus)

1. Action item: Approve Bylaws: Revision: Fiscal Year change. (See December meeting, previously approved)
2. Report on Monterey Co MHSA funding for NAMI services comparison to Santa Cruz Co (See attached report) Monterey NAMI $180,000 and ours $18,000.

Lynda: Helpful if we had a survey Bay Area counties to see what other NAMI’s are getting. Talk to Erik and Pam about this and let them know we are going to discuss inadequate funding with the Board of Supervisors. Potential Board of Supervisor advocates are Bruce McPherson and John Leopold. Good topic for the retreat: strategies for advocacy. Jorge shared a “Advocacy Planning List” list of potential community supporters who NAMI can/should consider as partners/supporters.

1. Retreat and Strategic Planning. Chose Feb 13th – 9-3. Community Foundation in Aptos

 Quick Brainstorm:

* County funding strategies, Understanding our expenses and income, Fundraising; Board Development; Volunteer Development; Program Development, Staff and Leadership, Prioritize Goals and activities. Advocacy efforts.
* Nancy requests everyone to submit emails to Carol of thoughts and wishes on the retreat: “What would make this be a successful day for you?”
* Planning for retreat: Lynda, Nancy, Jorge, Rama and Carol will develop a tentative agenda.
1. Rama reports SAMSHA has a peer grant – 15 nation wide. Demonstrate peer services reduce hospitalization and homelessness. Consider applying? Peer grant isn’t a perfect fit because it requires a partner with more than 50% consumer board that is in recovery. $250K over 2 years. Nicole Lezin is a good SAMSHA grant writer and could write it for 4K. This may not be the one but there are a lot coming out right now, many around dual dx. Grants are usually $150 - $400K – 3-4 years.
2. Status of Family and Consumer Affairs Office Director. Erik Riera says recruitment delayed. Job announcement should be out in January.
3. Financial reports. Total Liabilities and Assets as of Dec 31, 2015: $146,840.19

Total Income: $97,512. Total Expenses: $88,218

Adjourn at 8:15 pm