NAMI –SCC Board Meeting Minutes

**March 6, 2017**

Location: United Way Conference Room

4450 Capitola Rd, Suite 106, Capitola, CA 95010

Attendance: Carol Williamson, President

Board Members: Pam Gleitsman, Hugh McCormick, Betsy Clark, Warren Barry, Melissa Watrous

Sheryl Lee, NAMI SCC Program Director

Suzanne Williams, NAMI SCC Administrative Assistant

Guests: Michael Neidig

**Meeting called to order**: 6:12pm

1. Approval of February 6, 2017 Board Meeting Minutes

Motion by Melissa; 2nd by Warren; approved without dissent.

2. **General comments.** Guest who wish to speak to the Board may do so at this time.

MERT – Pam Gleitsman Mobile Emergency Response Team discussion on capacity.

The mental health liaison, James or Danielle, has to wait until the police go in.

Michael Neidig interested in starting a support group in the jail – looking at getting volunteers from NAMI. Rebekah might be interested in being a Peer partner to go with Michael –

Rebekah Mills involved in group “Sin Barres” (Without Bars), she spent time in the jail

**3. Programs/classes/training updates:** Sheryl & Suzanne

Two Family to Family classes ending the end of March.Basics class to begin Thursday, March 9th.

Peer to Peer class ending. Two new Peer to Peer classes being offered – beginning Ten Saturdays, March 25 thru May 27; 10am – noon  **OR** Ten Mondays, April 3 thru June 5, 2017; 6:30 – 8:30pm. Ending the Silence program ongoing at local schools – Hemie is doing a great job! Spanish Basics & Family to Family classes cancelled due to lack of students (perhaps our current political climate is to blame?, stigma & denial are also a huge factors in the Hispanic community) Provider class to begin in April (April 14-May 12 12:00-4:00.  (5 Fridays)

**4. Speaker Meeting March 15, 2017** - Advocacy, Stories, Human Race kick off.

Will be Elena in costume doing kick off for Human Race and then stories by peers.

And call for advocacy task force by Carol.

Discussion for future speaker meetings: Pam Gleitsman – Hearing Voices Group from “Bay Area Project” very active group in Palo Alto area, both family members & voice hearers.

Adrian and Pam interested in having meetings here.

Suzanne suggested perhaps we request Dr. Shakir to speak at a future meeting.

What happened to DBT presentation that we put off? Loose end.

**5. Speaker Meeting May 17, 2017** – Continuum of care: maybe Monica Martinez, Encompass

**6. Fund Raising:**

* Human Race – May 13  
  Meetings are held every Monday at 4p at the NAMI SCC Capitola office  
  Elena Broslovsky has taken the lead on this event. She has lots of enthusiasm!

She has mapped out communication

Les connected Melissa with the LETS group – high school groups in San Jose-

Kickoff Event is scheduled for March 25th from 10-1 at Melissa’s house

Join the group for breakfast

The Theme this year is Storybook Characters. **Give More. Grant Wishes. Make Magic.**

* Celebrate – October 12? Or 13?, 2017. Save the date.  
  We did a “Celebrate” event on Thursday, November 12, 2015 – wine & appetizers. It was lots of work but lots of fun, and raised $23,000! Most of the money was made on the big vacation raffle and auction. $25 entrance fee. Music, legislators spoke.  
  Barbara Monahan has volunteered to help lead this project.
* Concert – November 11 2017 – Tanya Gabrielian and ensemble of Santa Cruz Symphony.

Tanya has offered to perform concert for NAMI as fund raiser, and the SC Symphony might help us with adding an ensemble or in other ways. Barbara Monahan working on it now. Tanya will share proceeds with NAMI SCC.

Possible sites: Peace united Church, Mello Center, Aptos HS Performing Arts Center, Tannery.

Tanya performed for NAMI SCC fund raiser in 2014 at Peach United Church, featuring composers with mental illnesses, highlighting the stigma around mental health issues.

This time we would expand the PR outreach, and adding the Symphony’s support could greatly enhance.

**7. Law Enforcement Trainings**

The County MH Dept conducted a successful 3 day CIT Training. Proud of NAMI team.

NAMI SCC part – 2 family members spoke; 2 peers spoke; we did the ‘empathy exercise’.

Whole training overall has been well received. Welcome done by deputy sheriff. Many topics covered by MH professionals. Some excellent. Some not real relevant to an officer, but all helpful. Last day has great video simulation exercise led by Santa Clara Police people. Not much opportunity for officers to exchange ideas. Wish there was more role playing exercises, to help officers with complex decision-making that they encounter. NAMI portion received very good evaluations by officers. Lt. Warren Barry is supportive of building cultural shift by doing this training & more interaction with law enforcement. March is next class, then April, May, then next Fall 2 more. Pam Gleitsman will use Family to Family Handouts to create hand out to add about communication skills for officers to help people in crisis. Such as, respond to the emotion, reaffirm emotions rather than responding to behaviors. Warren will talk to the committee (& James) about adding role play opportunities.

**8. Report on Advocacy efforts. Planning next steps. Committees.**

See separate notes.

**9. Finance Report.** Grant Proposal – Monterey Peninsula Foundation - $20,000.

Carol will discuss more in closed session and request budget adoption. Nancy felt this was best amount to ask for from the Monterey Peninsula Foundation. Max allowed without formal audit. If we are successful, these usually continue to be funded annually. Will hear something at end of May.

**10. Discussion – funds for Conference Scholarships.**

NAMI CALIFORNIA Conference: Newport Beach, August 25 & 26

Registration: family member: $170, Consumer: $120 (before June 16)

Hotel $170 per night +tx + $15 parking =$219 x 2 = $438 + $120 reg.+ $150 mileage $40 meals

**Estimated Total for 1 consumer 2 nights with registration and mileage, meals: $750**

**Estimated Total for 1 family member 2 nights with registration and mileage: $800**

NAMI National: Washington DC. June 28-July 1,

Registration: Family $215 before 3/31, $240 before 5/31, Consumer $160 before 5/31.

Hotel $165/night +tx

Historically, NAMI pays every other year for more leaders to go, when it is in the north.

Agreed to put aside $3000 towards scholarships for registrations for the NAMI Conference in Newport and convention in D.C.

Sheryl to send scholarship announcement invitation to active volunteers and staff. See how many requests we get.

Next year NAMI CA will be in Monterey; NAMI National will be in New Orleans.

**11. Board study sessions, planning retreat, committees.**

Save the date of July 22nd – Saturday. Facilitators –Nancy Sherrod. Nancy and Carol also suggested possibly adding help from Karen Delaney, Director of Volunteer Center.

**12. Report on Calciano Foundation Symposium** by Suzanne Williams.

This year’s topic was ADHD. Hundreds of local professionals attended. Suzanne hosted a NAMI SCC table. Most participants were familiar with NAMI SCC but it was amazing how many were unaware of our existence! It was a great event!

**13. Action: Approval of Bay Federal ATM card** for Suzanne Williams, NAMI SCC Administrative Assistant, and authorizes all necessary approvals required by Bay Federal.

Motion by Hugh to approve authorization of Bay Federal ATM card for Suzanne Williams , 2nd by Betsy, vote , approved without dissent.

**14. Adjourn**

**Closed Session:**

1. Budget for 2017/18 was adopted as required for MP Grant submission.

This budget includes changing Program Director, Sheryl Lee, to employee status.This budget projects possible hiring of an Executive Director. Budget assumes successful Monterey Peninsula grant, $10,000 Community Foundation Grant, continuation of County grant, Human Race income of $20,000, Celebrate Event income of $20,000, Sereno Grant income of $4,000, and continuation of other revenues.

Motion both to adopt draft budget and change Sheryl Lee to employee made by Betsy Clark, second by Melissa, approved by all.

**ADVOCACY Report: (from item 8)**

Betsy & Carol & Michael met with Cynthia Chase, Mayor of SC. She is very supportive. She works in the jail as Program director. She agreed to help with our advocacy efforts both for police and mental health services.

Discussion of Advocacy committee planning : Betsy –our investigation and evaluation project. How can we improve the crisis services? We know how Telecare failed, need to identify improvements, be looking for end game –we need to involve those in power to get results.

Don’t blame but engage mental health. Join forces with other concerned agencies.

7th Avenue is full of out of county people.

Hugh did report for Mental Health Board– it went nowhere, people above are not hearing it.

Request the Board of Supervisors take ownership. Perhaps John Leopold would like to champion this cause. We will meet with him.

“Grand Jury” investigation has studied mental health before. How would this be different.

We still need a county staff family advocate.

Findings – GAP Report – Strategic plan – need to stay on it, status of each gap/problem.

Even though they are out of beds that should not play into the decision to hold or not hold.

NAMI hears so much (mostly) about what doesn’t work, although things do work for many others.

Tasks: looking at strategic plan & research on current crisis issues, and follow up care from crisis. Telecare problems.

Will develop List of questions for survey and interviews, such as:

Number of people brought to door vs number admitted

Number of people turned away, not admitted, or released too soon?

Eric will provide information if the Board of Supervisors requests it, needs people to question. him. Erik encourages work of NAMI and MHAB as advocates.

Sheryl had Michael F had meeting to educate Bruce McPherson, Erik was there.

Go to Leopold –Chairman of Board of Supervisors; Ryan Coonerty

Put forth the idea of task force, NAMI could offer to do work.

Mental Health Advisory Board and NAMI can work together. we need more NAMI members on Mental Health Advisory Board. We also can just be in the audience, and give input. Eric gives reports. Need more board members and other nami members attend.

The schedule of MHAB meetings is in NAMI newsletter: Meetings are 3rd Thursday of month from 3-5p at Emeline bldg k conference room 207.

Next step is to meet with Supervisor John Leopold.