

**NAMI -SCC Board Meeting  
Sash Mill Location, Santa Cruz**

**October 6, 2014, 6:00 - 7:30**

**Minutes**

CALL TO ORDER: Carol Williamson, President, called the meeting to order at 6:05 pm. Present were Carol Williamson, Jim Williamson. Tina Landino, Susan Warrens, Don Hilbert, Jorge Mendez, Lynda Kaufmann, Absent was Rama Khalsa, Melissa Watrous

1. Approval of Minutes of Sept 2014, moved by Tina, second by Lynda, all approved.
2. Slate of officers for 2014, Election by membership at Speaker Meeting of September 17, 2014 – Officers were elected/approved. Pres. Carol Williamson, Vice President Melissa Watrous, Secretary Lynda Kaufmann, Treasurer Jim Williamson. Changes to Board include addition of Jorge Mendez, Susie Warrens will change to Board member, (not officer Vice President). Board members Don Hilbert and Louise Loots stepped down as Board members, but attend and contribute to meetings when possible.

3. Discussion NAMI Walks 2015 versus Human Race

NAMI Walks committee needed a commitment from us before we had time to explore options. There have been problems with the race and the time commitment and meeting location is a hardship to the NAMI Santa Cruz County NAMI Walks committee. NAMI Santa Clara is dropping out in 2016 and we could consider joining their walk instead. Santa Clara would organize the entire event and we would simply pay to participate. A lawyer should review this agreement. Possible alternatives to NAMI Walk 2015 would be to join the Human Race team, reach out to local businesses pointing out the services and help NAMI has given to their employees/community. This could be tied to the Human Race or be a separate fundraiser. Lynda Kauffman suggested we explore other fundraising ideas for 2016. Monterey Fiesta of Hope was brought up as an example. This is a dinner/art gallery with consumer art. Attended by clients, legislators and other local leadership. Carol Williamson liked this idea and pointed out that last years Seacliff Inn Volunteer Luncheon had the biggest turnout than all other years. It was recommended that we buy a table at the Fiesta of Hope.

Motion by Carol Williamson, to enter the Human Race this year; second by Tina Landino, approved.

ACTION: Carol Williamson -Send letter to NAMI Walks Committee to let them know we will not be participating in this year's race.

4. Discussion: Family Advocacy

Yana Jacobsen resigned the Family Advocate position and Pam Rogers-Wyman is filling in. We discussed how to define this position to fulfill our community's needs. Families need help navigating the system, especially in regards to initial access. We would like to create a partnership with the service providers and not rely so much on volunteers to connect people to services. The Navigators should stay

connected to the families. Carol Williamson spoke about San Diego's model where there is a paid Family Navigator position. NAMI interviews family and peer navigators. They then work within the system. Jorge Mendez agreed with the need for Navigators to be internal within the system and commented that it is at least a full time job. Lynda Kauffman spoke about San Luis Obispo Transitions who has 7 Advocates for children, family and criminal justice. A concern was brought up that in the past, the Navigators were not given sufficient access to the providers so the system did not work as well as when they were included as part of the team. The funding for these positions went away and Yana volunteered to fill in. Jorge Mendez talked about a tool that gives people input to rate the County Mental Health Services. It is helpful because it gives them goals and outcomes that is helpful in identifying strengths and gaps.

**ACTION :** Jim Williamson will find the job descriptions and redo to fit our needs. Lynda Kauffman will try to find the CIVHS questionnaire, will also look at FERC. She also referred Board to the Transition website for job descriptions. Lynda will also provide examples of a report where agencies report status numbers to help. Don Hilbert suggested we explore who directs the candidate – NAMI or County? Carol Williamson will look for flowchart that was created by Ellen to describe the flow of services. Carol Williamson will put all of this together and present to Erik Riera from Santa Cruz County Mental Health. The intention is to give to County Mental Health to help guide the discussion and requirements.

#### 5. Reports:

- Front St. Administrative meeting: financial services to NAMI; Jim Williamson met with Front Street to see if we could outsource some of the Treasurer duties. We would still retain membership coordination. Front Street will give us quotes and will report back to the Board.
  - **ACTION:** Jim Williamson to report costs of outsourcing some of the Treasurer duties to Front Street.
- Crisis Intervention planning meeting – The most recent CIT Meeting was well attended and very beneficial. There will be upcoming meetings to determine next steps, leadership and task force membership.
- Peer to Peer, IOOV – There are 2 classes planned in January. People want and need the class. Loren Crabb will coordinate IOOV. Currently we have 2 presentations a month and ¼ of these get cancelled. Dominican wants 2 more presentations. It was suggested that we ask for a donation to cover our costs.
- Family to Family – Ongoing Tuesday. Two classes in January. Two people will be trained to offer a Spanish Language Family to Family. Jim Williamson suggested that we could provide training to a Driscoll employee and that Driscoll could then provide the class to their employees.

**ACTION:** Jorge Mendez to begin to recruit family members to attend a Spanish language class. Jorge will also check with the Mariposa Center to identify possible students and teachers.

- Ending the Silence – Very strong start of the year. More than expected interest. Advocating for a mental wellness stigma reduction club called, LETS.org. UC Berkeley study showed that it helped to reduce stigma and encourage teens to seek treatment.
- 6. Holiday Party – Held on December 13, 2014; First planning meeting tentatively scheduled for Oct 28<sup>th</sup>. Suggested that we ask Encompass, Community Connections and Front Street to be a part of the event this year even if it is only for donations.

ACTION: Tina Landino will schedule the planning meeting;

Sheryl Lee to put donation link/save the date on the website sidebar.

- 7. Strategic Plan – Carol Williamson reminded everyone that we need to touch base with Strategic Plan.
- 8. Finance Report – Financial Report was shared.
- 9. New Business – General Meetings – We need to find more volunteers to help with setup, snacks and take down.

Meeting adjourned at 7:30 pm