NAMI board meeting minutes  
 6.13.22 5:30pm

Attending: Jeff Carlson, Shane Troumbly, Lynn Cochran Lael Storlie, Marian Barcus, Peggy Marshall

**1. Call to order - agenda additions/deletions**

**2. Secretary’s Report - Jenny Wettersten (5 min.)**

Board Action - Approve minutes of April 11, 2022 Board Meeting (attached)

Jeff motions to approve, Peggy seconds. Motion carries

3. Treasurer’s Report (5 min.)

Board Action: Approve report (Balance $24,000 plus, Mark will detail) **Treasurers report: spending has been small but frequent. Balance $25228**

Shane motions to approve, Jeff seconds. Motion carries

**4. Committee Reports**

**A. Education/Outreach (2nd Wed at noon) - Marian Barcus (5 min.)**

**1) Future topics – Discussion about a theme for upcoming year**

**2) July 17, Noon to 1 PM – Mindy and Jim Greiling on “Fix What You Can”**

Marian shares information on the upcoming webinar, Patty put together a flyer and Mark will work on registration. Marian will seek a spot on KAXE for Mindy to discuss her book and promote the event. An article will be in Herald Review.

Ed committee is considering if there should be a theme for the upcoming year, making an annual plan/series based on NAMI goals. Would like board input.

ED committee met with Arrowhead critical incident response team and discussed COVID PTSD effects among frontline workers. Should NAMI be preparing community professionals to be ready for that, share info.

They suggested it would be a good idea to start now.

Lael- encourage overall wellness and social skills/supports, wellness plans

If we can partner with other agencies to coordinate it make more impact. Shane updates on coordination with providers, schools, etc. PH has encountered some resistance to adding education programming in the school (QPR, suicide prevention, etc). Some feedback from Kevin Hines presentation was that teachers/leaders were not sure how to handle if teens came to them after with concerns, etc. Marian sent out a response suggestion to school for follow up. Possibly some STIGMA that is causing resistance to additional education, “thinking that talking about suicide increases suicide”.

Shane would like to see schools using program called INCOGNITO that does practice virtual class for teachers/providers that allows them to use a virtual student to practice and learn interview and intervention supports. Shane will continue to pursue engagement at the schools. NAMI could co-sponsor an event or training to encourage participation.

DRHS did the INCOGNITO program and is encouraging it again and allowing it for students as well. Lael was impressed with it. They also offer a chemical prevention module as well that they will explore. Can NAMI incorporate the program into a monthly educational webinar? Shane will let facilitator know we are interested in a session to advocate for this to increase in our community. Stephanie- at DHS- youth prevention coordinator.

Next Ed committee meeting- second Wed. of July at noon by zoom.

**B. Membership (Meets as needed) - Peggy Marshall (10 min.)**

Phone outreach to members close to expiring, could reach out to folks with a letter, email to make sure they get the reminder. Mark and Peggy will reach out to people

**1) Member retention report (Mark emailed to you April 4) Membership has grown slightly.**

**C. NAMI Walks - Marian Barcus, Judy Benham – Meeting date- August meeting. Would like to develop a NAMI walks committee to prepare and discuss.**

**5. Old Business - Marian and all (15 min.)**

**A. Family Support Group - Judy Benham, meets every two weeks.**

GR group has been well attended, many requests to participate/ increased interest

**B. Advocate improved mental health response at GICH Emergency - met May 25th,**

We met with GICH and are seeing an improvement for coordination with DEC and FCFH/CRT. More work to do on this. 1) Jean M. invited NAMI to accompany some GICH staff to Fairview MSP Empath unit for a tour. Possible proposal for EMPATH unit locally, 2) Still getting feedback that DEC assessments may be less thorough, poor quality assessment from some. Staff were engaged more in the meeting and involved and were interested in PTSD training. Def work to be done but an open/encouraging atmosphere, felt productive. Things are improving from 1 year ago.

Jeff discussed that he spoke with Tom Gaffney about reporting issues, and LE being able to share their own intervention reports with individuals with CRT.

**6. New Business - Marian and all (25 min.)**

Service Gap- skilled nursing for MH needs, med set ups, injections at Recover Health

Marian/ Jenny to have some discussion about allowing persons with MH tech degrees to qualify as MHP for services and may help with the staffing shortages and also increase enrollment with Human Services degree at ICC. Jenny suggested option of a scholarship for an ICC Human services student to be considered.

**A. So what about the hotdog stand idea??**

Marian, Shane and Mark worked hotdog stand in Bigfork this past weekend (Fri and Sat). It was more intensive, no brat barn/grill. It was hard work. Generated income is less valuable than awareness and visibility to NAMI/mental health. Spent $1400- had to purchase canopy, grill, food items. Earned $1600 between both sales. Goal was MH awareness. Probably touched over 200 people with connection about mental illness. Were able to present a lot of info to community members. Possibly encourage a giveaway basket for future events to draw people in to talk to.

Super One North event- 3 days in May. Super One does a $500 match

Future events possible- Fred’s market in Nashwauk or possibly in Deer River community. Consider Wild Rice Festival. Lions Club sponsors- could NAMI take a shift in the Lions Club stand and share information, brochures, etc to partner with them. Lael will explore option with Lions club.

Other ideas to volunteer as a group- Elder Circle, Second Harvest, Habitat for Humanity Build Day, partner with community events to offera snack, beverage, food draw to people to get them into the booth/table.

Meeting is adjourned 6:50pm  
Lynn Cochran, minute-taker for Jenny W.

**NEXT MEETING**: August 8, 2022 Annual Meeting/Elections 5:30 to 7:00 PM via Zoom. ***Mark your calendar***