**NAMI Grand Rapids Board Meeting**

**November 9, 2020 by Zoom 5:30 – 6:50 PM**

**Meeting Minutes**

1. **Call to order** – Marian

Attending: Marian, Jenny, Mark, Holly, Patty, Lynn, Ann, Peggy

Corrected Board meeting dates Feb, April, June

1. **Secretary’s Report** – Approve minutes Nov 9, 2020 board meeting (attached)

(Aug 18, annual meeting will be approved at 2021 annual meeting)

Approval of minutes- Patty motions to approve with corrections, Peggy seconds- motion carries

1. **Treasurer’s Report** – Mark (approve year-end report). Mark provides summary. Fiscal year started 6800, end of fiscal year balance 9800. End of first quarter this year 11603. Including NAMI walk and misc expenses through Dec estimated balance is 16K. NAMI walk this year was almost 12000 total.

**Motion to approve treasurer report**- Holly motions, Ann seconds. Motion carries unanimously.

1. **Old Business**
2. Telemedicine Grant report – Marian
   1. Currently have a balance of approx. $4000. Use has increased, previously 8k left in June. 52 consumers utilized funds so far. Grants ranges from $40-$417- Distribution of requests: Northhomes 27, NCC 12, CMHS-9, FCFH-
   2. MH grant history- created about 15 years ago with MH Advisory to encourage community education, events. Holly, Patty and Cre worked on this grant in 2001.
   3. Marian will communicate with Comm foundation regarding process, signatures needed, etc to access and use funds. They have supported community events in the past by donating to NAMI. Assist with consumers attending training sessions/ workshops. They have had some change of personnel.
3. Kevin Hines – Holly update
   1. We haven’t been able to receive a response to our request to return half of our deposit. Holly will write a formal letter to request this. It is tricky to plan a date and organize a plan for a future date. Contract specifies that we are not entitled to receive our deposit back. They can cancel but NAMI cannot. Holly reviews specific contract language.
   2. Marian- suggests rather than jeopardize a future presentation by Kevin Hines, if we just let it go since we are financially stable. We will honor the 7k deposit and await a time in 2021 to schedule a time. Confirm we are still interested in a presentation. We opted not to utilize a virtual performance offered. We wanted a live capacity to respond to any triggered effects of the suicide performance and schools declined a virtual offering.
   3. Holly would possibly have someone else review it to assure we are all on the same page with contract language. Mark and Marian will review it.
   4. Potential reschedule Fall of 2021, 4 schools would like to do it if we can get things scheduled.
   5. Concerns: is there a date range on the contract, what if Hines stops doing presentations, it is appropriate given the circumstances to refund money (NAMI is small, 7k is a lot of money)
   6. Board members discuss whom is in favor of pushing deposit returned.
   7. Head toward a letter asking for a refund, in the event it isn’t possible for them to present in the future, we will request a full refund.
   8. Marian- can send out a copy of the letter prior to mailing to board members for input.
4. Committee Reports
5. Education/Outreach – Patty and Holly
   1. November 17, 7 PM and Wednesday 18, **noon Lucas Thompson on jail plans and mental health needs**
      1. Which is the preferred for Zoom for each board member. Article in herald review about it
      2. Tues 17th at 7 or Wednesday 18th at noon
      3. Many registrations at noon on Wednesday
   2. Lorna co-chair with Holly still supporting educational community needs.

c. Education meeting on 11.11 at noon via zoom- zoom invites from Lorna

d. Proposed for December – Dr. Tanenbaum with mental health providers in our community

1. Membership – Mark (approve new board member Jeff Carlson)
   1. 45-46 members. 1 new application. Patty will fu with Janine Hill.
   2. Review Jeff Carlson as a additional board member starting 2021. Request to approve membership for Feb. Mark motions to approve, Lynn seconds, All in favor. Motion carries.
2. NAMI Walks Report – Impressive outcome, exceptional fundraising. NAMI walks items in the locker. Total $12428 raised. Goal was 8000. Tshirts were distributed, some left at this point. Next year in the fall we need to develop a planning committee. Committee in place by May to start planning. Possibly add community members to the event planning.
3. Jeff Olds’ brother passed away. He needed to step back from steering the efforts this fall but is likely interested in next year. Marian will reach out.

1. **New Business**
2. Recognition of frontline workers – Mark, Patty, and all (approval/action steps)

Suggestions include YMCA passes, coffee perk-me-up, thank you, materials about NAMI/MH resources to nursing home staff, public health nurses, etc.

ii. mark has discussed with Kelly Chandler, Public health

iii. Patty has researched some options

iv. Decisions need to be made about whom to recognize, costs, and details of how this occurs.

Whom: Nursing home, hospital workers, public health, CPS, paramedics, LE, Assisted living, MH workers, congregate care facilities, teachers, crisis providers (new leaf). Can we start with a small chunk of population, small settings and a small amount, provide brochures for support/ resources at the facilities, FCFH, CRT staff

What: A token of appreciation- box of coffee, target gift cards for each staff, box of donuts with thank you notes, ymca guest passes, basket of items (chocolates, book, self care items) Focus on health items, individual wrapped items a thank you card from NAMI with info about self care, COVID stressors, MH, resilience times of unrest

Budget: $500- $750

Peggy, Lynn, and Mark will have a separate meeting to discuss the details. County wide distribution is preferred.

1. Holiday bags for psychiatric inpatients at Fairview – Patty and all
   1. Money is budgeted for it. Hospital may not accept incoming items.
   2. Alternate ideas- a gift card for food to present to patients with a card.
      1. Patty will call about what they can accept at inpatient.
   3. We can add New Leaf Healing Center to the gift list for 6 residents
2. Vision for NAMI-GR – Marian and all
3. Memberships to ICTV and KAXE? Rationale: The cost of membership is worth public awareness and good will. ICTV ($150/year) already posts for NAMI-GR on community calendar; membership would give us a deal on recording videos for public speaking. KAXE ($60/year or $225 for 1/week ads all year).
   1. Increasing awareness in the community about NAMI, increase public foot print. PR
   2. Allowing a recording from a consumer would be less intimidating.
   3. Can give a “spiel” about NAMI on a regular basis about our mission.
   4. It’s a good time to increase PR and awareness about MH and NAMI. Jenny motions to support KAXE and ICTV memberships. Holly seconds. Mark requests notifications to share the clips with contacts and to watch it. All in favor, Motion Carries.
4. Should we record NAMI Zoom presentations/meetings for later viewing, web post.
   1. Mark reviews the benefits of recording for others to watch later.
   2. Holly- concerns with being out in the public
   3. Recordings of board meetings would be restricted to original invitees, board members only
   4. Lynn – reviews the benefits of seeing the meetings in recording, you get the energy and the full discussion
   5. Public presentations could be recorded and shared on the website for a period of time.
   6. Jenny- must remind people the meeting is being recorded at beginning. Establish a library for educational materials- ways for community to access recording sessions off the website or Facebook page. Patty may be able to facilitate this.
5. Advocacy for Indigenous NAMI affiliate development – Marian (direction needed from board members about how to proceed, who is interested in helping)
   1. Any NAMI groups that meet on the reservation? Discussion on helping them set up, organizing, being a NAMI affiliate.
   2. NAMI has a cultural liaison, Cynthia. Has done some partnership previously but hasn’t developed into a group. It may not look like traditional NAMI affiliates. Focus is on culturally focused Mental Health, healing, trauma, etc.
   3. How does our board feel about making connections and helping to organize a partnership/ collaboration with Leech Lake reservation to expand NAMI
   4. Options- school, ICC cultural employees pair with LL MH division and engage them in developing their own culturally based program.
      1. Tanis Henderson was suggested, DR school counselor
      2. Denise Lindquist, cultural advisor
      3. Blandin Leadership options/ participants affiliated with MH community
      4. Presented as NAMI Grand Rapids vs. Marian as an individual
      5. “No stigmas” website focused on Native American Cultural MH promotion
6. **Adjourn**

Next Meeting: February 8, 2021!! 5:30 PM