**Grand** **Rapids** **NAMI** **Board** **Meeting**

**November 13, 2017**

The November 13, 2017, Board Meeting was held at the Itasca County Courthouse, Room J135. In attendance were Board Members: Teresa, Mark, Lorna, Patty, Mary, Deborah, Holly, Ryan, Jeff, Dave and Diane.

Guests were: Jamie Kleinendorst, Nikki (ICC Student), Lucas Thompson.

**CALL TO ORDER**

The meeting was called to order at 5:30 pm by President, Patty Holycross.

**SECRETARY’S REPORT**

The meeting minutes from the September 11, 2017, Board Meeting were available for review prior to tonight's meeting. A motion was made and carried to approve the minutes.

Membership Report. Diane reported there were 2 Household Renewals in October, 2017.

**TREASURER’S REPORT**

Dave presented the Treasurer's report for the period 7/1/17-9/30/17. He reported the general balance was $3,340.47; total expenses were $862.00 and the ending fund balance is $3,448.47. The money from the walk will come in by year's end or January 2018. A motion was made to accept the treasurer's report.

**OLD BUSINESS**

**I. Community Connect**

Patty reported there was good traffic at the Community Connect in October. We did get some new members and many signed up to be on the email list.

**II. Meeting with Bemidji Affiliate**

Lorna, Patty and Mark met with some folks from the NAMI Bemidji affiliate. They had a lot of questions and appreciated our willingness to help them.

**III. Move to Kiesler Wellness Center in January**

Beginning in January, our NAMI support and educational meetings will be held at the Kiesler Wellness Center. The Board meetings will continue to be held at the Mall Conference Room. Kiesler Wellness Center will charge us $150/year for the use of their building; They will provide us with a locker for our NAMI items.

Signs will be put up at the library announcing our new location, and support group leaders will remind folks that attend the support group about the new location.

**IV. Follow-up on ER Presentation**

Patty reached out to Kathy Helmbrecht and Sandy Lenarz about the follow-up to questions raised at the ER presentation in October. Once Patty receives their answers, she'll get them out to us. Lorna commented that it would be helpful to have CRT and ER staff together at a meeting, and that we should continue to re-visit this.

**V. NAMI Walk**

Jeff reported this was a great year for our biggest fundraiser. We were one of the top five for fundraising with over $7,000 in donations, and 13 walkers. Jeff passed around a thank-you note from Sue Abderholden.

**NEW BUSINESS**

**I. New Board Member**

The Board welcomed Deborah Hogenson as our newest Board member. Introductions were made as we all shared our stories and why we are on the NAMI Board. Welcome Deb!

**II. Green Bandana Project – Jamie Kleinendorst and ICC Student**

Jamie Kleinendorst gave a presentation on the Green Bandana Project, a program designed to spread awareness of resources for those with mental illness. She said ICC is the first Junior College to do this program, which is 100%-student led. Nikki, the student she brought with tonight, will be very involved with this project. She explained that when a student ties a green bandana to his/her backpack, it indicates they are a safe individual to approach with mental health related-issues, they know where resources are, and they hold a few resource cards. If someone sees a green bandana on the backpack of a stranger, it is a sign of stigma-free, quiet solidarity and they are not alone in their struggle. Jamie said there are more than a 1,000 suicides on college campuses annually in the United States. One in ten students will have considered suicide. The Bandana Project lime green bandana signifies three things: 1) You carry resource cards for those who need help, 2) You are open to talking about mental illness, 3) You stand with and support those who have a mental illness and are struggling.

Jamie explained that they are currently building their Board and would like to have a NAMI member on their Board. They are also looking for financial support for starting up the project -purchase of green bandanas, resource cards, etc. A motion was made and seconded to make a $500 donation to the Green Bandana Project for start-up costs. Teresa Lambert volunteered to be on the Green Bandana Project Board.

Thank you Jamie for your presentation and involvement in this initiative.

**III. Holiday Gift Bags**

Our Board will again be collecting and putting together 34 holiday bags for those hospitalized on the inpatient Psychiatric Unit at Fairview Range Hospital in Hibbing. A motion was made and carried to purchase 34 ten-dollar Walmart gift cards and bags.

Lorna volunteered to take the lead and ask adult support providers to shop and put together the collected items. Patty commented that she received a grant for $250. from Thrivent for purchase of gifts for the bags.

**IV. COMMITTEE REPORTS**

**EDUCATION – Holly and Jeff**

Holly reported that November's Education Meeting will be on Sleep Disorders and the Connection between Sleep and Mental Health, and January's meeting will be a panel on Seniors and Mental Health Issues.

**MEMBER SERVICES - Mark**

Mark gave a quick overview of the work of the Member Services Committee and keeping an up-to-date NAMI/Grand Rapids Database on current members, past members. He explained that a Relationship Manager (RM) would be assigned to members to make contact. The RM can use email, phone, or the attached letter. The letter outlines the important work that our Grand Rapids NAMI did over the past 12 months. He distributed an RM packet with contact list and the letter.

A big thank-you to Mark for putting the database together!

**OUTREACH - Patty**

Patty said their committee has been working on Public Service Announcements for January for radio stations, and have them run more regularly.

**V. Lunch with Leaders**

On November 15, Kiesler Wellness Center is hosting a lunch for areas providers and service workers to discuss how to work together to better serve our community. All are welcome to attend the meeting/luncheon from 11:00-1:00.

**VI. Community Engagement Training from NAMI Minnesota – January 8**

Patty was contacted by Sam Smith, NAMI Minnesota, that they would like to do a training in Grand Rapids on January 8. This training would focus on learning how to work with ` legislators. She will get more details and pass them along.

**VII. Report from NAMI Minnesota Conference - Holly**

Holly gave a brief overview of the recently held NAMI Minnesota Conference. She talked about some of the speakers, one from India talking about global mental health; also speaking was the current chair of the Psychiatric Department at U of MN. There will be podcasts available, etc. and many things to explore. Andrew and Steph Downing were there talking about their recently published book on Schizophrenia and Marriage. She said it was a good conference.

**VIII. Overview of Mental Health and Tour of Itasca County Jail – Lucas Thompson**

Before giving us a tour of the Itasca County Jail, Lucas talked about the process from arrest, booking, medical screening, the mental health screening form, isolation unit, restraint chair, and the special management unit after a person is on suicide watch.

**OTHER BUSINESS/ANNOUNCEMENTS**

There was no other business or announcements.

**ADJOURN**

There being no further business, the meeting was adjourned at 7:15. The next Board meeting is scheduled for February 12.

Respectfully Submitted,

Diane Loudon, Secretary

Grand Rapids NAMI