

NAMI Santa Clara County Board of Directors Meeting Minutes
Tuesday, 5th September 2023, 5:30 PM, by Videoconference

Attendance: Uday Kapoor, Navah Statman, Vic Ojakian, Rovina Nimbalkar, Kathy Forward, Juan Perez, Harold Brown, Steve Wade, Karen Deloumi, Moryt Milo, Jillian Yang, Peter Newman.

Meeting convened at 5:32 PM.

1. **Welcome**

- a. Agenda approved.
- b. Aug 1st, 2023 BoD minutes approved.

2. **Reports and Updates**

a. **Treasurer Update—Steve:**

- i. Please refer to the Treasurer's Report. We have received \$2.5M from the proceeds of the Schiro Trust and we await another \$500k. The \$2.5M is invested at about 5% per annum in Treasuries and CDs. We have \$3.2M in cash and investments and \$77k in accounts receivable. We are slightly below budget for revenue though grants are arriving. Only \$1,200 has been received from programs against a budget of \$14k. Rovina will look into it. We are beginning to receive interest from our investments. We are substantially below budget on payroll due to hiring delays—we could improve our budgeting skills.
- ii. **Shiro Trust Plans:** One suggestion is to buy a building. It is not easy to find a place for our office. We have 16 months until the current lease expires. We could put down \$2M and pay \$13k a month on a 30-year mortgage. We could thus purchase a building for \$3.55M and still have \$1.7M remaining. Our current office space is 4k sq. feet but we don't need anything that big. Discussion followed. **Moryt:** observed that we can't control the interest rate. **Navah:** suggested we put together a requirements doc. **Harold:** disagreed with Steve that we haven't come up with any new programs to spend the bequest and spoke about how the EtS program could be expanded. A motion was passed that we approve the Treasurer's report as presented and start the process of investigating the purchase of a building.

b. **VP Updates:**

- i. **Juan:** We are doing very well. A FaF class started today and we already have a waiting list for the next class. A new PaP class starts on Thursday. Our weekly support group has about 20 attendees. Erika has started as the Spanish Program Coordinator. Juan spoke about the Helpline. We have a solid group. We plan to hold classes and meetings via Zoom and in person also. **Karen:** pressed Juan to consider how we might expand our services to the Spanish Community. **Rovina:** Erika is working on expanding the programs. **Kathy:** Erika and Juan are the Helpline for the Spanish Community. Discussion followed of outreach and of the Program Manager and Program Coordinator functions.

c. **President's Update—Uday:**

- i. The Board of Supervisors wants to honor NAMI Santa Clara during National Suicide Prevention Week. Uday has been invited to give the invocation before the BoS meeting. They will present us with a proclamation and Uday will say a few words about suicide prevention. Discussion with Vic followed regarding suicide prevention.
- ii. Uday spoke to Joe Simitian about representation on the Behavioral Health Board. We have nominated Frank to District 5.
- iii. Kathy and Uday have been invited to speak at the Independent Living Empowerment Project meeting.

- d. **Executive Director Report—Rovina:** Please refer to: the Executive Director's Report, the Community Peer Program Report, the FaithNet Report and the list of ongoing classes, support groups and presentations.
 - i. Rovina reviewed the grant applications submitted last month and those coming up for this month. We will reapply to the Korean American Community Foundation for FaithNet. Last year NAMI National received a large donation from MacKenzie Scott. We have applied for and been granted \$100k from it for our Community Peer Program.
 - ii. We have raised \$144k for the NAMI Walk so far. Our goal is \$280k. Last year we raised \$140k from sponsorships. This year we have \$145k in sponsorships. There will be no plastic bottles for water this year at the water stations—bring your own bottle. Paraag Marathe, President of the 49ers, will be the keynote speaker and Cindy Chávez will be the the honorary chair.
 - e. **Fundraising Committee Update—Harold:**
 - i. We are getting things done earlier for the Walk this year than in past years. The Events Coordinator is doing well. We plan to have a free parking lot on Senter Road that we can use though we are not certain of that yet. We have revised the layout and we have a new route for the longer walk. This week is the last week for sponsorships.
 - ii. A while back we developed new resource pages for teachers, parents and students on our website but in only 40% of schools is NAMI currently listed as a resource. Rovina and Harold met with the SCC Superintendent of Schools, Mary Ann Dewan, to discuss both our EtS program and our resource pages for schools. We explained that working with individual schools has not worked well and asked that they support us to work with district offices—a more top down approach.
 - f. **Consultant Report—Kathy:**
 - i. FaithNet is in the process of doing more outreach. Kathy is involved at the state level giving a presentation on board roles and responsibilities. She is also meeting with NAMI Contra Costa to help them in this regard. NAMI-SCC is becoming a governance and finance board—the Executive Director runs the organization.
 - g. **Newsletter—Uday (for Bev):** Articles for the Oct issue should be submitted by mid-Sep.
 - h. **General Meeting—Uday (for Bev):** Uday reviewed plans for speakers in upcoming meetings. The meeting this month will feature Dr. Ken Duckworth, NAMI's Chief Medical Officer.
3. **Other Actions**
- a. **Legislative Committee: Legislation Updates—Frank:**
 - i. Frank was experiencing difficulties with his computer and was unable to join the meeting. He will distribute his report by email.
 - b. **Community Merit Award:**
 - i. Harold listed the top candidates from last year. There was discussion of last years finalists. The secretary will distribute the list of candidates and discussions from recent years.
 - c. **Mission Oaks Bed Closure:**
 - i. Uday opened a discussion of the op-ed written by Moryt and published in the San Jose Mercury News on behalf of NAMI-SCC regarding the bed closures at Mission Oaks Hospital. Uday reported that though she thanked Uday, Supervisor Ellenberg felt it stung a little. Discussion followed. **Navah:** suggested we figure out the relationship and how we want to communicate so we are on the same page. We have rattled the cage as much as we can. **Uday:** Frank has done a good job of approaching elected officials.
 - d. **NAMI CA Conference Report:**

i. Uday felt the NAMI CA Conference was a little underwhelming this year. He wanted more discussion of policies and actions. The conference focused more on self-care. **Kathy:** People who attend are family members and those with lived experience. They tend to cater to their audience. The day before the conference opens is for legislative matters. **Uday:** compared it to the conference held in southern CA which was more activist. **Rovina:** agreed that last year had better speakers and a better program but the affiliate meeting this year was good. There followed discussion of the networking opportunities available at the gathering. **Kathy:** recommended, “The Mental Health Handbook: A Guide to Understanding California’s Mental Health System,” by Barbara B Wilson [\$30 on Amazon].

e. **New Business:**

i. The meeting ended with a discussion of Care Court and associated issues.

4. **Dates to Remember**

a. Next Board Meeting: Tues 3rd Oct 2023 at 5:30 PM.

Meeting adjourned at 7:21 PM.

Respectfully submitted,

Peter Newman

Sep 9, 2023