

NAMI Santa Clara County Board of Directors Meeting Minutes
Tuesday, 5th March 2024, 5:30 PM, by Videoconference

Attendance: Uday Kapoor, Bev Lozoff, Rovina Nimbalkar, Kathy Forward, Juan Perez, Harold Brown, Frank Alioto, Steve Wade, Karen Deloumi, Jillian Yang, Peter Newman.

Visitors: Jenny, who is starting a mental health non-profit in the Bay Area.

Meeting convened at 5:31 PM.

1. **Welcome**

- a. Agenda approved.
- b. Feb 6th, 2024 BoD minutes approved.

2. **Reports and Updates**

a. **Treasurer Update—Steve:**

- i. Please refer to the Treasurer's Report. We are above budget by \$12k but things could change—we have only seen two months of the year so far. We have \$3.9m in cash. We have prepared our tax filings in house this year to save \$9k and to request a waiver of the audit requirement. All tax forms are finished. After a brief discussion, a motion to approve the budget as final was passed.

b. **VP Updates:**

- i. **Juan:** Please refer to the Spanish Team Report. The FaF class is ongoing with 17 participants and we are training four teachers. The PaP class has 12 participants. The support group meets weekly with about 25 participants. In a recent outreach event we had 87 attendees.
- ii. **Bev:** was pleased to announce that Harold has been selected by the Behavioral Health Board as a Community Hero. The ceremony will be held on Weds May 1. Rovina will give the keynote address.

c. **President's Update—Uday:**

- i. Lorraine presented her proposal for a task force and registry at the BoS meeting. There were a record number of speakers for this item. There was a considerable reaction to her slides of the condition of some independent living homes. It was well received by the supervisors. Uday quoted Supervisor Ellenberg's response from the minutes: "Moved on item 32 to accept the recommended action with further direction for staff to come back within 45 days with options for a task force..." There was definite action as a result of this advocacy. Uday will forward an extract from the minutes to the board.
- ii. James Williams' assistant has asked what we require from him for his presentation at the Community Advisory Council luncheon. We will respond to him with the agenda. We have had a good response from the CAC so far.
- iii. Navah has previously asked us to respond to SB43 with a letter. Karen expressed concern that SB43 will not be implemented for two years. Frank agreed the local option of implementation within one to three years is bad for mental health services in the state.
- iv. Uday attended the NAMI Council of Affiliate Presidents. The Operational Handbook has been released.
- v. There was discussion of the NAMI EasySite affiliate website service. This is for small affiliates that can't develop their own website. It does not apply to us.
- vi. NAMI National is trying to figure out how the 988 crisis service is doing. Some NAMI affiliates were unaware of it.

- d. **Executive Director Report—Rovina:** Please refer to: the Executive Director's Report, the Community Peer Program Report, the FaithNet Report, the Spanish Team Report, the Community and Media Relations Report and the list of ongoing classes, support groups and presentations.
 - i. Rovina reviewed the grant applications submitted last month and those due in the coming month and also mentioned the grant reports that are due soon.
 - ii. We have hired an events coordinator, Christina, a F2F teacher. The website for the Walk is launched. Our Walk is in the NAMI National top ten. Rovina announced the dates for the annual picnic and the Walk Kick off which will be separate events this year.
 - iii. Sarah and Rovina attended the El Camino Healthcare board meeting where they recognized our work.
 - iv. Our EtS presentation at Gunn High School was canceled due to a recent suicide.
 - v. Following a meeting with our landlord the rent remains the same. The kitchen and classrooms are quite busy these days. There followed a discussion comparing the expenses of purchasing property against continuing to rent the existing property.
 - vi. Harold introduced a discussion about our peer counseling service and hospitals that are setting up their own peer services.
- e. **Fundraising Committee Update—Harold:**
 - i. We have a new member on our Walk Committee—Stacey Bibb of Price Middle School, the winner of our Community Merit Award this year. Rovina has invited two others to join the committee to help with corporate outreach. We are looking for ideas for sponsorships for the Walk. We also discussed the Community Advisory Council and the upcoming luncheon at the Walk Committee meeting.
- f. **Newsletter—Bev:** Articles for the Apr issue should be submitted by Mar 15.
- g. **General Meeting—Bev:** reviewed the speaker for the next meeting and for the upcoming meetings. She spoke about TRUST (Trusted Response Urgent Support Team) and the Mobile Crisis Units which is the subject of the next General Meeting. This is the only Mobile Crisis Unit that does not include a member of the police.

3. Other Actions

- a. **Board Offsite—Rovina:**
 - i. We decided not to hold a board retreat on Mar 17th. Too many board members are not able to attend on that date. We can hold a Zoom meeting to discuss the agenda for the CAC lunch.
 - ii. Rovina has collected and categorized our feedback about priorities for NAMI-SCC. She will distribute the document.
 - iii. There followed a wide-ranging discussion about our priorities and how we might expand our services. **Steve:** We have not come up with new programs for some time. **Harold:** would like us to expand what we already do. We could emphasize the programs we already have at the CAC luncheon. **Rovina:** EtS is becoming a little outdated. It needs revising at the national level. There are many competing similar resources. **Steve:** What have we ever accomplished with an offsite? **Karen:** At one offsite we came out with a good plan. **Frank:** This is not a conversation for a board of directors meeting. We should take it offline. **Harold:** Our board has evolved to become an oversight board. We need the executives to plan for the organization. **Jillian:** suggested we review the programs that have worked for us. **Kathy:** We offer most of the NAMI signature programs though some are not active: Homefront, Basics, IOOV for example. We don't have long waiting lists for any of our programs. Peer support has changed since we started in 2003. The Helpline is not at capacity. What does NAMI New York do with their budget of \$5M?
 - iv. One proposal was that Rovina form a task force and recruit board members to work on it.

b. **Slate of Board Members—Bev:**

- i. We have a complete slate of board members and we will vote at the next General Meeting.

c. **Legislative Committee: Legislation Updates—Frank and Karen:**

- i. There is no legislative activity this month due to the elections. New bills will be submitted mid-Mar.
- ii. We have received a letter from Senator Cortese regarding SB1300 which extends the notification period required when a hospital wishes to discontinue services. His office asked us for a letter of endorsement. He would like to name us on the bill as a sponsor. We first need to check what we are permitted to do with NAMI CA. This is an accomplishment for us resulting from our own advocacy.
- iii. SB99 is a reintroduction of a bill defeated two years ago.
- iv. We received a weak response from Senator Cortese's staff to our discussion of parity. There is a lot of expense and red tape involved in the insurance process for mental health.

d. **New Business:**

- i. No new business.

4. **Dates to Remember**

- a. Next Board Meeting: Tues 2nd Apr 2024 at 5:30 PM.

Meeting adjourned at 7:20 PM.

Respectfully submitted,

Peter Newman

Mar 10, 2024