

NAMI Santa Clara County Board of Directors Meeting Minutes
Tuesday, 2nd Apr 2024, 5:30 PM, by Videoconference

Attendance: Uday Kapoor, Navah Statman, Rovina Nimbalkar, Kathy Forward, Bev Lozoff, Harold Brown, Moryt Milo, Steve Wade, Jillian Yang, Dolly Sandoval, Peter Newman.

Meeting convened at 5:33 PM.

1. **Welcome**

- a. Agenda approved.
- b. Mar 5th, 2024 BoD minutes approved.

2. **Reports and Updates**

a. **Treasurer Update—Steve:**

- i. We have \$3.7m in cash. Revenue was \$17k this month and \$179k year-to-date against our budget of \$235k. Payroll was below budget as always. We have a loss of \$151k year-to-date against a budgeted loss of \$135k, so we are within \$16k of our budget. A motion to approve the treasurer's report as presented was passed.

b. **VP Updates:**

- i. **Bev:** Harold has been selected by the Behavioral Health Board as a recipient of their Community Hero Award. The ceremony will be held on Weds May 1. Rovina will give the keynote address. Registration is required.

c. **President's Update—Uday:**

- i. Uday has been in touch with the team promoting SB1300 which extends the notification period required when a hospital wishes to discontinue services. Frank is going to Sacramento in support of this legislation.

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.
- ii. Our NAMI Walk is among the top ten in the country for both fall and spring walks. The Walk Kickoff and the annual picnic will be separate events this year. The Kickoff is on Fri Aug 16 and the annual picnic on Sat Jun 8 at Kelly Park.
- iii. Mental Health Awareness Month is coming up. We have created a NAMI at Work group and we aim to do one StigmaFree Workplace presentation at corporate offices each week in May. We are planning a social media campaign, one for staff members and one for the public, about what people do for wellness. We are speaking with a yoga studio to do a wellness event.
- iv. We will be hosting the Bay Area Affiliate Symposium together with NAMI CA in Jly to honor Minority Mental Health Awareness Month. We anticipate about 100 participants.
- v. Moryt congratulated Rovina and Tiffany Austin on the quality of the social media outreach we are now doing, especially on Instagram.
- vi. There was a discussion of the Sobrato Family Foundation grant application.

e. **Fundraising Committee Update—Harold:**

- i. We have several new members for our Walk Committee. We are focusing on sponsorships. Harold requested suggestions for sponsorships. We are discussing how to encourage the formation of teams from corporations.

- f. **Newsletter—Bev:** Articles for the May issue should be submitted by Apr 19.
 - g. **General Meeting—Bev:** reviewed the speaker for the next meeting and also those for upcoming meetings.
3. **Other Actions**
- a. **Slate of Board Members—Bev:**
 - i. The slate of board members was voted in. Next month we are supposed to have the installation of officers. Bev expressed uncertainty about how to do this via Zoom. Moryt suggested we mention everyone's name at the beginning of the meeting.
 - ii. Moryt felt that the way we currently conduct the vote doesn't make sense now that the General Meeting is held via Zoom. In the last two years the vote was based on those who happened to be participating in the Zoom meeting. It seems absurd because so few people attend the meeting. We need to think of a better way of doing this. Navah suggested it is just a holdover from the way we used to do it when we met face-to-face. It needs to change. We need to think about this before next year. Moryt suggested we vote by email. Do we need voting at all? The nominating committee will need to think about wording if we vote by email.
 - b. **Community Advisory Council Luncheon Update:**
 - i. **Rovina:** presented the agenda for the lunch. We have 22 participants signed up to attend.
 - ii. **Moryt:** felt the goal is to find out how we can collaborate more and make use of the services the council can offer. There will be people there who can really help us further our message. **Rovina:** spoke about outreach, looking for an interactive dialog and looking for their connections to leverage our outreach.
 - iii. **Uday:** listed those members of the CAC attending.
 - iv. **Moryt:** suggested we ask how we can have better outreach with the county. Discussion followed. **Navah:** summarized what we have in the resource guide for the helpline. The community at large has no idea how to find any of this stuff. There was discussion of the 988 crisis line. We don't know how to fix the county's outreach problem. **Navah:** suggested the possibility of an intern program for the county. There was discussion of collaborating with Palo Alto University. The county has to think outside the box.
 - c. **Legislative Committee: Legislation Updates:**
 - i. **Moryt:** introduced a discussion of SB1300 from Senator Cortese which extends the notification period required when a hospital wishes to discontinue services. She reported that Michael Fitzgerald asked what that will really accomplish. Legislators need to look at how providers are compensated by Medicare and Medi-Cal. **Navah:** hopes that Proposition 1 will create some capacity. The root issue is the reimbursement rate. Cortese is going to have to go back and redo this bill.
 - d. **New Business:**
 - i. Harold announced that this is his last board meeting. Warm expressions of thanks for his many years of service were given. The board reminded Harold that he can still attend board meetings as a visitor. Harold reminded the board not to forget to spend some money on our youth. Harold is still a member of the Walk Committee.
4. **Dates to Remember**
- a. Next Board Meeting: Tues 7th May 2024 at 5:30 PM.

Meeting adjourned at 6:48 PM.

Respectfully submitted,
Peter Newman

Apr 7, 2024