

NAMI Santa Clara County Board of Directors Meeting Minutes
Tuesday, 6th Jan 2026, 5:30 PM, by Videoconference

Attendance: Uday Kapoor, Rovina Nimbalkar, Kathy Forward, Bev Lozoff, Juan Perez, Moryt Milo, Scott Whelton, Jillian Yang, Dolly Sandoval, Peter Newman.

Meeting convened at 5:33 PM.

1. **Welcome**

- a. Agenda approved.
- b. Dec 9th, 2025 BoD minutes approved.
- c. Karen Deloumi has resigned from the board. There followed a discussion of the need to require resignation from the board be in writing. It was felt this would be good practice for the future and that we should add it to the bylaws.
- d. Uday reminded us that the bylaws state that absence from three consecutive board meetings without good cause and notification to the President will invoke removal from the board. Please let us know if something comes up.

2. **Reports and Updates**

a. **Treasurer Update—Scott:**

- i. Please refer to the Treasurer's Report. Scott had nothing to add in addition to the report. We are likely to end the year close to breakeven.
- ii. The budget for this year was distributed by Rovina. Scott warned that the budget projects a loss of \$408k. We can't do this for too many years without depleting our funds. It was observed that we projected a loss in the budget in previous years that got made up by additional income during the year. Also, to some extent, the projected loss is due to uncertainty about some income that prevents us from including it in the budget.
- iii. Moryt asked about the budget item: income from programs. It comes from contracts with Kaiser, Good Samaritan Hospital and San Jose Behavioral Health for IOOV presentations.
- iv. There was discussion of our membership numbers; they are always very low. Most NAMI franchises have the same issue. NAMI National is considering what to do about this but has not issued any update yet. We mention NAMI membership at the end of each series of classes. Juan felt that membership is more beneficial for the members than it is for us. It gives people a sense of ownership and belonging.
- v. The Executive Committee met and agreed on adjustments to staff salaries and bonus payments that is reflected in the budget.
- vi. The budget was approved by a unanimous vote.

b. **VP Updates:**

- i. **Juan:** Please refer to the Spanish Team Report. Everything is going well. The programs are going very well. We are still active as advocates in the courts.
- ii. **Moryt:** nothing to report. Uday asked about TRUST, The Trusted Response Urgent Support Team. Moryt responded with a brief status update including concerns about cuts in the county budget. Rovina mentioned the good feedback we received to the letter of support Moryt composed for our NAMI family concerning the Reiner tragedy that was in the news.
- iii. **Bev:** nothing to report.
- iv. **Dolly:** nothing to report. There is not much going on in the legislature.

c. **President's Update—Uday:**

- i. Uday will connect with Ky Le when he recovers from recent travel illness. Moryt asked where the county is at regarding SB43. The county tried to combine substance abuse and behavioral health and it didn't work too well. There is concern about the lack of locked facilities to treat substance use issues.
 - ii. Rovina is writing annual reviews for all staff. Uday will request our input for Rovina's annual review.
 - iii. There was discussion of the story of Senator Deeds from Virginia and his son who has schizophrenia. An excellent PBS documentary was made looking at his lived experience.
 - iv. Uday introduced a discussion of the next steps for board development. Board training was mentioned, possibly for an hour after the board meeting. CompassPoint, Blue Avocado and Taproot were listed as groups that work with non profits. Most NAMI franchises are small and have a working board. They do not have the same issues we have.
 - v. The possible visit of the president of NAMI National was discussed.
- d. **Executive Director Report—Rovina:** Please refer to: the Executive Director's Report, the Community Peer Program Report, the FaithNet Report, the Community and Media Relations Report and the Education Report.
- i. Rovina has contacted Senator Cortese's office regarding the award of our Community Merit Award. The senator will accept the award at the Feb General Meeting or the April meeting if he has schedule conflicts.
 - ii. It has been a busy time for grant applications.
 - iii. Our Walk remains in the top ten NAMI Walks.
 - iv. We continue to develop our relationship with Good Samaritan Hospital.
- e. **Newsletter—Bev:** Articles for the Feb issue should be submitted by Jan 19. Uday observed that we are receiving good feedback on the new format of the newsletter.
- f. **General Meeting—Bev:**
- i. We will hold the General Meeting in Feb, Apr and Jun. We are working on speakers.
 - ii. From time to time we present one of our own programs at the General Meeting. Please contact Bev if you have a suggestion. Rovina suggested our Walk in My Shoes program. It is a slight variation on EtS including some art therapy. We are starting to reach out to schools. Perhaps we could present that at a General Meeting.
3. **Other Actions**
- a. **Legislative Committee: Legislation Updates—Dolly:**
 - i. Dolly is just getting started.
 - b. **New Business:**
 - i. Scott reminded us to remove the bios of board members who have resigned from our website.
 - ii. Jillian asked if we could create a group email alias for the board members. Kathy offered to set it up.
4. **Dates to Remember**
- a. Next Board Meeting: Tues 3rd Feb 2026 at 5:30 PM.

Meeting adjourned at 6:35 PM.

Respectfully submitted,

Peter Newman

Jan 11, 2026