

 **NAMI Waco**
National Alliance on Mental Illness
BOARD OF DIRECTORS MEETING
May 11, 2015

Attended by: Amanda Smith, Deborah Schaefer, Janet Enders, Tancy Horn-Johnson, James "Jim" Lafayette, Lola Hull, Paula Salano, Cynthia Cunningham – Executive Director

Absent: Maurice Dutton

Cynthia made mention that Maurice Dutton was on his way to New York. Cynthia also informed B.O.D. that per proper protocol she should not be the one leading meeting. Tancy offered to lead our meeting today.

- I. **Call to Order:** B.O.D. Meeting was then called to order at 12:07 p.m. at the HOT Council of Governments Building.

- II. **Consent Agenda:** Amanda made motion to approve. Janet seconded motion. Agenda approved.
 - Conflict of Interest
 - Approval of Agenda
 - Minutes Approval
 - Financial Statement

- III. **Old Business:**
 - DeLisa Russell was voted in as a Board Member with (5) yes votes and no dissentions.
 - Vacancies: *Secretary:* Deborah was asked to leave the room as discussion and vote was taken to appoint Deborah secretary. Vote taken with (5) yes votes no dissention. Deborah was called back in an accepted position as secretary of NAMI-Waco.

Treasurer: Tancy asked for nominations. No nominations brought to table. Further discussion regarding treasurer was tabled at this time per Tancy.

Vice President: Tancy nominated Jim LaFayette as Vice President. Tancy then reads the duties and responsibilities of Vice President "Vice Chair." Tancy asks Jim if he would accept. Jim accepts nomination. Jim was asked to leave the room and a discussion and vote were held to appoint this position. Vote taken with (5) yes votes no dissention. Jim LaFayette will serve as Vice President of NAMI Waco.
 - Cynthia updated B.O.D. on the "Behavioral Health Forum." Seventy-four people attended and \$400.00 was raised. The forum provided 3 CEUs with new and various speakers attracting people to the forum. Board members Tancy and Jan mentioned some of the guests that were a drawing point to the forum such as Lawyer, Jacob Straub, and Sara Dolan, from Baylor Psych Clinic. Cynthia mentioned some future contacts she would like to make other forums such as MHMR Jail Diversion and Cenikor. Deborah offered Cynthia Maegan Abney as another more accessible contact for MHMR's Jail Diversion and Mary Cassanova as the new Clinical Supervisor for Cenikor.

- IV. **New Business:**
 - Fact Cards for NAMI Waco: Cynthia asked for input from board members on what type of information they would want printed on "fact cards" that would represent NAMI Waco to people that may not be familiar with our organization and what we do and stand for in the community. Tancy mentioned that she "Goggled" NAMI and found that we are following the Standards of Excellence with National and State NAMI's. Jan would like to have a contact on card that people could call for help if they did not want to call an agency that they may have been affiliated. Cynthia observed that some areas of the community are substituting "behavioral health" in place of "mental health." Amanda noted the inaccuracy of this type of substitution. Amanda used the example of the mental health diagnosis of "schizophrenia." "Schizophrenia" is NOT a

behavioral health diagnosis and we "NAMI Waco" needs to be mindful of the language we use and what we represent. Tancy agreed that we should maintain the use of "mental health" and focus on recovery. Amanda was in agreement. Tancy also mentioned that we need to note our signature programs: (Peer to Peer, Family to Family and Basics) on our Fact Cards. Cynthia assured that this info will be on the back of the cards. Jan mentioned linking to churches. Jim expressed concern that NAMI Waco needs to be careful who they advertise their "links" and affiliations because if we exclude an organization that could cause some ill will toward another group that we have had good relationships with and want to continuing to foster. Tancy wants the community to know on our "Fact Card" that we have diversity on our B.O.D.

- Cynthia asked the B.O.D. to help create a calendar of events for the 2nd half of the year.
Jim offered to host a wine and cheese party at his home in July and provide information about NAMI Waco but to focus on establishing relationships and networking in the community to support NAMI Waco. Jim also offered the B.O.D. to invite people to this wine and cheese event such as those in our church family and other connections or relationships.
Jan observed that there are people/businesses that will donate food for a program or Cynthia speaking about NAMI, etc. Jim suggested that we have "Behavioral Health Forums" more often; such as every 90 days. Cynthia thought that the auditorium at the V.A. was a good location.
A discussion was held and it was decided to hold this year's Mental Health Expo in October. Paula mentioned we need to prevent conflicts with other events. The Walk-&-Roll event being held Friday, October 16th from 10:00 a.m. – 2:00 p.m. Cynthia stated that NAMI Waco has participated in this event for the past 3 years and will make sure there is no conflict.
- Volunteers needed: Cynthia raised the need for volunteers for the Baylor Savor Fundraiser. Tancy suggested contacting area schools to reach groups that students must complete volunteer hours; such as National Honor Society. Paula recommended high schools such as Live Oak and Reicher.
- Cynthia asked for input on having Christmas Party this year again at Independence Center for location. All the B.O.D. was in agreement.
- A discussion was held about what information the B.O.D. would like to be put into a packet to be given to potential members/donors/etc.

It was decided to include:

Success stories,

Quotes from the public, such as: "What I like most about NAMI Waco is...,"

What you gain from us (NAMI-Waco) is...

Resources in the community

Education opportunities

V. **Adjournment:** Meeting was adjourned at 12:57

Minutes submitted by: Deborah Schaefer

Adopted by the Board during the meeting on: 6/8/15

President's Signature: Marc A. Dutton