

Annual General Membership Meeting Minutes

NAMI Whatcom

January 25, 2024

Virtual (Zoom)

~~DRAFT to be~~ Approved: By Board Motion 2024-02-12.1a

Present

Board: Brian Estes (Co-President), Kim Brown (Co-President), Rosemary Webb (Treasurer), Tom Scott (Secretary), Mieka Rhoades and Chris Ohana.

Staff: Kim Sauter (Executive Director).

Members & Others: Nora, Laurie Maxwell and Valerie Joyce.

Called to Order by Brian 7:01pm.

Welcome & Introductions

Brian welcomed all present to the 2024 General Membership Annual Meeting.

Brian proceeded to read NAMI Whatcom's Land Acknowledgment Statement and Mission Statement.

Brian invited all present to introduce themselves.

2024 Annual Board Elections

Executive Director Kim Sauter reported the results of the General Membership election of the Board members. Specifically, that all of the slate of nominees were elected to the Board of Directors.

The election results were accepted without objection.

State of the Organization, 2023 in Review – President Brian Estes

- Over 50 volunteers whose hours of service represented a minimal value of donated work of \$75,000. The valuation evaluation is ongoing with the value expected to exceed well over \$100,000.
- NAMI Whatcom volunteers led programs, shared stories, helped with events, raised awareness and more.
- **Ending the Silence** presentations taught 964 Middle School and High School students, parents, caregivers, teachers and staff about the signs and symptoms of mental illness.
- **In Our Own Voice** presentations in local colleges, senior centers and other civic gatherings instructed 80 people about mental health conditions from presenters with lived experience sharing their stories.
- **Family to Family** reached 36 family and friends over 3 classes during 2023.
- **Peer to Peer** reached 16 people through two eight-session classes.
- Free peer led, drop-in support groups accounted 2,117 participants.
- NAMI Whatcom hired their first and second Spanish/English Community Outreach Specialist. This expanded outreach to 165 people over several meetings.
- NAMI Whatcom members attended **NAMI Smarts** classes learning about advocacy.
- NAMI Whatcom participated at Lobby Day in Olympia, supporting equitable access to school based primary prevention programs, strengthening the 988 system and more.

Social Media Report - Brian

2023 saw focused growth in Social Media for NAMI Whatcom. Focus scaled back from X (formerly Twitter) but increased consistency elsewhere and with improved content.

A Social Media Committee was formed, meeting monthly for the last six months. The Committee has been formulating and setting goals, including Community Spotlights of other organizations, collaborations and

volunteers. Since Brylie took over, 100 followers has expanded to 630 on Instagram alone. Event, group and class attendees have reported hearing about said gatherings through social media.

Finance - Brian

“We had an amazing series of fundraisers.” Brian listed some of the fundraiser events and recognized some of NAMI Whatcom's benefactors including Shan Sparling, Laurie Satushek, Woods Coffee and Superfeet employees through ***Superfeet Giving Fair***.

We increased funding from the Whatcom County Health and Community Services Department.

While overall income was slightly less than budgeted for 2023, expenses were also less than projected.

Coming up in 2024 – Kim S.

More connecting, more volunteers and increasing education to students and families. Continuing the standard of supporting all support groups to avoid any cancellations. Lobby Day coming up February 19th. NAMI Smarts classes through NAMI Washington coming up.

Adjourned 7:24pm

Respectfully submitted

Thomas R. Scott, Secretary