

Board of Directors' Meeting Minutes

NAMI Whatcom

April 14, 2022

Virtual (Zoom)

Approved by Motion 2022-05-12.1c

Present

Board: Kim Brown, Rosemary Webb, Chris Ohana, Blair, Mieka Rhodes, Brian Estes

Staff: Kim

Volunteers: None.

Guests: Laurie Maxwell, Ruth Davidson.

Absent:

Board: Tom Scott, Secretary

Called to Order by Mieka 11:05am.

Called to Order by Kim Brown at 12:01pm.

Mission Statement – Kim

Land Acknowledgement – Kim: to be discussed at a later meeting

Ice Breaker – Chris Ohana

Consent Agenda:

Motion 2022-04-14.1 (Amended to defer February and March minutes approval to the May meeting.)

- **Motion 2022-04-14.1a** Accept Treasurer's as presented.
- **Motion 2022-04-14.1b** Accept Executive Director's report as presented.

Passed unanimously.

Strategic Plan Discussion with Program Leaders

Laurie Maxwell made the following comments about the Strategic Plan

- NAMI Whatcom held in high esteem by NAMI WA as one of the best affiliates and the strategic plan is further evidence of why that is the case.
- The strategic plan has a good discussion of Strengths, Weaknesses, Opportunities, and Challenges (SWOC)
- Laurie was concerned about how do we expand programs when staff are overworked? How much time is the amount of time to be invested in new opportunities? Several board members and Kim S agreed this is a very valid point. Laurie mentioned a prior effort to develop a Connections group at WWU--which involved a lot of staff preparation--but ultimately the effort was not successful.

Whatcom Clubhouse Update-Ruth

Tour of Hero House

- Several of the Advisory Group members visited the Hero House clubhouse in Everett. The two Seattle Clubhouses and the one in Everett are run by one organization; the Executive Director oversees all three facilities, and each facility has its own Program Director which we met with.
- Ruth described several aspects of how the program operates.
- A big take away was the program was member driven—not a top-down approach to everything.
- 37 total memberships. About 5 come in each day. (20 active members from Chris)
- Clubhouses do have an accreditation progress.

Whatcom Clubhouse Program Deliverables:

- First deliverable on the contract was a project plan which is a detailed spreadsheet with tasks, dates and responsible individuals. We will be reviewing this with Lauren Robbins, HCA, next week.

Banking issues

- Ruth and Rosemary discussed the need to set up a separate WECU bank account for the Clubhouse funds. The current signees are Rosemary, Kim S, and Kim Brown.
- A motion was made and passed unanimously for the current signees to set up the WECU account.

Misc.

- Some board members offered suggestions for how to acquire a site for the program.
- Ruth said it needs to be near public transit, preferably have a kitchen, and probably not in a residential neighborhood.
- Rosemary said Advisory Group members could get reimbursed for mileage and Kim S agreed to send Ruth the necessary forms to do that.

2022 budget

There was discussion of the proposed 2022 budget. A Motion to approve by BE, seconded by KB; 2022 budget approved unanimously.

Strategic Plan update

Each Board member who has taken responsibility for implementing individual strategic goals made the following brief report.

Goal 1: Meika has attended 2 meetings of NAMI' SW dual diagnosis support group. Their meetings are structured based on the Connections Support Group model and they use the same Use format and same rules used by Connections. Based on this NAMI Whatcom could definitively put on a similar program. We would need to agree on a group of facilitators to lead this effort which would also involve editing the presentation slides from Connections to address dual diagnosis issues. Next steps: talk to other facilitators about getting together to agree on program format.

Goal 2: Brian stated not much has been done to convene an Advocacy Committee; still looking for a volunteer to join Chris and Brian on the committee. Also, Kim S, Brian and Kim discussed writing a guest editorial in a local paper addressing recent law enforcement legislation and crisis response and intervention.

Goal 3: Kim S stated she and Amy are already doing some of this. They are writing another grant proposal; getting another facilitator who speaks Spanish. They are also doing a 2 support groups at the E Whatcom

Resource Center, these groups have met since December 21, though there has been low attendance. Also, Options High School from Bellingham SD requested a lunch meeting to chat about mental health with students and that starts this coming Monday.

NAMI has a presentation for faith groups called Bridges of Hope. Amy can do a peer based program.

Goal 4: Rosemary said she has talked to both Kim S and Amy about their job descriptions and is in the process of updating them. Rosemary thinks this project could be wrapped up in the next couple of months.

Goal 5: Brian reiterated it's the responsibility of all board members to help with fundraising as the strategic plan goal is ambitious. Rosemary said we should use the recent strategic plan and our 2022 annual report in fundraising outreach efforts. Kim Brown volunteered to help redo the NAMI tri-fold and this could be used in fundraising efforts as well.

Goal 6: Chris said she would gather info on NAMI WA's data gathering efforts and provide with Board with an update in May.

Fundraising and Advocacy Committees: Below are major fundraising opportunities

- NAMI Walks June 4:
- August 6 2022 Fairhaven Village Green "Fairhaven Funky Reuse Bizarre Bazaar"
- Stigma Stomp 10/1/22

Kim S said these are great opportunities for all board members to get involved.

Other

Kim invited all Board members to attend a 5/11/22 Zoom meeting with the Mobile Crisis Outreach Team (MCOT) of Whatcom County.

Next Board meeting 5/12/22 – Brian Estes to facilitate Mieka Rhodes, icebreaker.

Adjourned 1:49pm

Respectfully Submitted,

Anonymous