

Board of Directors' Meeting Minutes

NAMI Whatcom

November 10, 2022

Virtual (Zoom)

Approved by Motion 2022-12-08.1a

Present

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

Staff: Kim Sauter (Executive Director).

Volunteers: Sam Muegge (also Guest Speaker).

Guests: None.

Absent

Board (Excused): Blaire Sebren.

Called to Order by Brian 12:01am.

Kim B. read the Mission Statement and Land Acknowledgement.

Ice Breaker – Brian

Ending the Silence - Sam

Sam covered some of his experiences in the program. Important work. Covers education regarding learning how to discuss mental illness.

Clubhouse - Sam

Still getting started. Sam is on the Board.

Consent Agenda: Motion 2022-11-10.1 Accept the Consent Agenda as amended. Rosemary, Miek, Chris. **Passed 5 aye, 1 abstain.**

- **Motion 2022-11-10.1a** Approve September 8, 2022 Board Meeting Minutes as presented;
- **Motion 2022-11-10.1b** Approve October 2022 Board Meeting Minutes as presented.

Jill Freeze, BoD Application

Kim B and Tom Scott will interview Jill. Kim S will provide Kim B & Tom with boilerplate interview questions.

Major Issues for Discussion – Multiple

Dual Diagnosis Support Group Creation Strategic Plan - Mieka

Plans coming together. We have an organization meeting planned. Discussed getting the word out, including flyers at health provider organizations in related support areas and notifying their directors.

Rosemary noted getting the word out to AA and similar organizations.

Board Retreat, Saturday, December 3rd 10am – 2pm, in person at NAMI Whatcom Offices. Gather/socialize at 9:30am. Ginny Lang, special guest/speaker.

Nominating Committee timeline was discussed, including clarifying minimum notification to General Membership.

Stigma Stomp final numbers are not yet available. Should be available sometime next week.

Funding Grant Research/Search – Kim

PSE awarded a \$7,500 (grant application written with Summer Star).

Superfeet awarded \$500.

Motion 2022-11-10.2 Schedule the Annual General Membership Meeting for late February, tentatively the 23rd. **Brian, Tom, passed unanimously.**

Give the Gift of Mental Health for the Holidays. Brian suggested possibly, Remembrance Gifts, donations in the name of, gift memberships. *Giving Tuesday* might be a good thing to leverage. Brian proposed leveraging Facebook, possibly a video. Consider cross-promotion with One Word One Story. Suggested enlisting Brylie, possibly Sam or others for a video. Consensus was in favor.

Advocacy for Behavioral Health – Brian

Whatcom County Council budget hearing will be 11-22-2022

County Council voted 7-0 to raise NAMI Whatcom funding by \$18K (\$38K total) allowing hiring native Spanish speaker.

Brian has been involved with considerable networking and lobbying with the County.

County Council voted for 5 additional deputies each year 2023 & 2024.

NAMI Washington lobbyist Melanie Smith involved with a coalition supporting legislation for statewide education for curriculum on mental health in the public schools.

Seattle Times: Washington is the first state to offer a 988 referral to indigenous peoples who call into various support services.

King 5 shared a story regarding mental health in the legal system.

Volunteer Appreciation – Kim S

What to do this year? Discussed gift cards, chocolates. Tom will look into Starbucks cards.

Next Meeting December 8 (Mieka – Ice Breaker, Brian - Facilitate)

Chris to facilitate.

Adjourned 1:32pm (Tom, Kim B)

Supporting/Related Resources

- Attachment: The Seattle Times: First in the Nation 988 Line for Native Peoples Goes Live in Washington:



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- King 5: Defendants, Mental Illness Washington Jails Investigation: <https://www.king5.com/article/news/investigations/defendants-mental-illness-washington-jails-investigation/281-92db1269-038a-4b77-a234-d2a1dd64ff71>
- Whatcom County Jail Survey: https://thevidaagency.qualtrics.com/jfe/form/SV_8BydkSoJzY2cRsq

Board Action Items

- **All:** Whatcom County Jail Survey: https://thevidaagency.qualtrics.com/jfe/form/SV_8BydkSoJzY2cRsq

Respectfully submitted,

Thomas R. Scott
Secretary