

NAMI Vermont Annual Meeting Minutes

November 2, 2019 - 10:00 a.m.-2:00 p.m.

Location: Central Vermont Medical Center Conference Facility, 130 Fisher Road, Berlin, VT

MINUTES:

- 10:00 am Welcome & Introductions
- Laurie Emerson, Executive Director, NAMI Vermont
 - o Introduce Staff: Nick, Margie, Amy, Jen
 - o Past Intern: Carolanne Kelly
 - o Current Intern: Liz Siegfried
 - o Thank Planning Committee: Phil, Patti, Stacy, Andrea
 - Phil Blackburn, President and Chair, NAMI Vermont
 - Review of Mailing Packet:
 - Annual Business Report (volunteers listed are for the fiscal year July 1, 2018 to June 30, 2019),
 - Agenda, Bios, Minutes, Advocacy Priorities, Evaluation
 - Mental Health Advocacy Day: January 29 at State House
 - NAMI Vermont Pathways to Wellness Conference: May 13
 - Phil: introduce Joey Corcoran
- 10:15 am Guest Speaker Joey Corcoran
- Restoring Balance through Self-Care Strategies
 - Using “Somatic experiencing” to recover from trauma, body moves at a much slower pace than the mind
 - Ground through seat and take deep breaths
 - or stand to get comfortable, soften and grow tall through head, if standing
 - RAIN- Recognize, Allow, Investigate, Nurture
 - Refer to resource sheet for helpful links
 - Julie Henderson exercise when in a negative frame of mind- find a pleasant view, widen eyes, raise eyebrows and exhale saying “wow”!
 - Find activities that resonate to ground you and breathe/exhale
 - Try counting while breathing if your mind needs something to keep it occupied
 - Hands on chest or belly to encourage relaxation and deep breathing
 - Method Bradley Hunter uses with clients: Cross arms over chest to hug heart, move hands over heart, one hand to forehead and other hand to back of head, slowing move hands over heart, open hands wide, exhale deeply
 - Humor-horse lips and body jiggling
 - Practice of loving kindness- May I be safe, May I be peaceful, May I be free of pain, May I live with ease and well being
 - Some helpful book recommendations: “Hardwiring Happiness” by Dr. Rick Hanson; “Radical Acceptance,” a book on learning to love yourself by Tara Brach, “Self-Compassion” by Kirsten Neff.

- 11:15 am Phil: call the meeting to order.
Approve Minutes from Nov. 3, 2018
Comments:
- Amend minutes as follows: section 2d. Can't pay for more than 16 beds... add psych before beds.
 - 200 inmates out of state...add that this is an average
- MOTION** to accept the minutes as amended made by Jude Demers, seconded by Sara Moran, passed unanimously
- 11:20 am Introduction of Board Candidates and Vote
1. Patti Bauerle
 2. Phil Blackburn
 3. Andrea Kolbe
 4. Sara Moran
 5. Ward Nial
 6. Jude Demers
- Each person spoke briefly about their background and wish to continue as a board member. Votes were tallied. There are currently 184 members, 31 votes were cast, 17% of members. All candidates were re-elected.
- Membership has risen due to a combination of 1) new methods of reminding current members when memberships are due, 2) more outreach through exhibit tables, presentations, and parades, and 3) efforts to involve current members more to help them feel more invested in organization.
- 11:30 am Updates from NAMI Vermont Committees and Staff (Phil)
1. Finance Committee (Phil)
Audit is complete and copies are now available.
See Ann Cummins' report for details, have rainy day fund but not a huge cushion. There are copies of the audit statements on each table for members to read.
 2. Governance Committee (Chip)
Mary Kirkpatrick has left the committee. Small committee now with just Ann Cummins, Chip Siler and Phil Blackburn currently. The committee is looking for new members. During last year, the committee has updated volunteer handbook and grievance procedure. Work on handbook is complete and will be presented to board at next meeting. They also have reviewed spending protocols; Working on staff succession plan for staff positions; Reviewing Board of Director officer position descriptions.
Nominating report- focusing on new members for next year to fill vacant positions and join committees.
 3. Advocacy Committee (Phil)
See packet for Advocacy priorities document, has legislative priorities and marketing (awareness) strategies included, handing out resource guidebooks very important to raising awareness of NAMI VT and a good source of information.
 4. Events Committee (Patti)
Events committee is like growing a garden, many seasons and people that make the committee a success. Events getting better every year. Patti thanked everyone involved in the event process for their time and generosity. Committee looking toward future to improve fundraising and planning for conference

5. Grants Committee (Julie)

Committee started in March. Main focus has been looking at the budget and how we can diversify where we get our income. Focus of committee is three-fold – the needs of NAMI Vermont, researching available grants to find good fits, and writing the grants. Four grants were awarded, 1 denied, 3 pending and 5 being worked on currently. Plea for help - affiliates are really important in the grant process, knowledgeable in area businesses, contacts, etc. Any connections with foundations, grantors, employers can be a benefit to NAMI Vermont, as well.

6. Peer Leadership Council (Andrea)

Looking for more peers to join the council. Andrea only member right now, supportive group that brings topics of concern to the Board, meets once a month for 1 hour.

7. Programs (Nick)

Nick thanked program leaders for their work and dedication, appreciates agencies that allow us to use their facilities, thanks to Carolanne Kelly, former intern, for her hard work in the past year.

No connection support group in St Johnsbury now- looking for new leader

- Connection support group in FY19- 675 hours of facilitators, 1100 attendees, 8 newly trained facilitators.
- Family Support Groups : 350 hours facilitators , 750 attendees
- F2F- 3 locations with combined total of 37 attendees
- MIR- 5 locations with combined total of 49 participants
- MIR teacher training – 9 newly trained
- Provider- 1 session 15 hr. with 17 staff attendees
- Training for NAMI Provider Leaders – 5 newly trained
- IOOV- 20 presentations, 226 audience
- IOOV Presenter training – 6 newly trained
- Homefront- offered 2x this year
- ETS- still rolling out this program, 3 trained so far
- Upcoming trainings: MIR training in Jan and IOOV presenter training in Feb, Family Support Group facilitator coming up soon

12:00 pm Catered lunch and networking opportunity

12:45 pm (Laurie) Recognition and Awards

- Andrea's birthday song and thanks
- Thanks to the Board of Directors, support group facilitators, trainers and teachers for all programs
- Recognition of Affiliate chairs, current and past, and all volunteers
- Special thanks to everyone who has advocated for and supported the work of NAMI Vermont
- Thanks to Ward for his advocacy efforts
- Patti – special thanks for all she does to help everyone through her work and especially NAMI Vermont.
- Rising Star Award - Stacy Thrall
- Darlene Manning Award - Dan Towle
- Volunteer of the Year Award - Jim Johnson

Raffles were drawn. Candace Neary was given a bedtime tea/mug, Jim Johnson given yoga mat and Patti received a Thankful plaque.

- 1:15 pm (Patti) Debrief with person next to you about Joey's talk.
What inspired you, what was your Ah Ha! Moment
- 1:20 pm Roundtable Discussion for Strategic Planning
- Table Facilitators with Questions
 - What does the future of NAMI Vermont look like to you?
Increased membership, more active membership, active affiliates, collaboration with other orgs, distribute more guidebooks
 - How do we sustain the organization financially?
Grants, increase dues, target businesses for paid volunteer hours by employees, benefit concerts, give affiliates 3 options of fundraising opportunities to implement their choice, several on line fundraising ideas, arts activities, walk in parades and ask for donations, coin drops, bingo night, lawn sales, local benefit concerts, research employees that offer matching donations.
 - How can NAMI Vermont better support and energize volunteers in the communities?
Re engagement vs newly engage with t shirts (awareness and promotion branding), give mentorship programs our info, engage college and high schools with volunteer opportunities, food, movie day for volunteers, tables at farmers markets and fairs, grants/stipends for volunteers, recognize volunteers more publicly, online registration for volunteer work, follow up on people newly introduced to NAMI VT via classes/workshop/support groups, outings meetups, potlucks , volunteer team support, cross-training, meet ups/pop ups, internet chats.
- 1:40 pm Facilitators Report Back Findings
- 2:00 pm **MOTION to Adjourn** made by Andrea Kolbe, seconded by Maria Grindle. Passed unanimously
- 2:15 pm NAMI Vermont Board Meeting to Elect Officers