



NAMI  
National Alliance on Mental Illness

# Tarrant County

## NAMI TC Board of Directors – Meeting March 03, 2016

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**ATTENDANCE:** The meeting was called to order at 6:00 p.m. at the MHA office in the Alfred Saenz Conference Room.  
**Present:** Ed Guthrie, Brandon Alexander, Scott Collins, Ruth Collins, Kim Zueck, Elle Valderas, Tammy Baxter, Rachel Lubke, Vivian Siao, Donna Correa  
**Absent:** Walter Taylor, Christopher Janvier, Jennifer Nunley  
**Quorum:** Met  
**Staff:** Sue Adams, Julia Webb  
**Guests:** Eric Vanderwerken, Hillary Shepheard, Kelly Flesher

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**WELCOME:** Ed Guthrie welcomed the board.

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**MINUTES:** February 2016 minutes were distributed at the meeting. A motion was made by Scott Collins to accept the minutes. A second was made by Kim Zueck. The minutes were approved 9-0-0.

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**TREASURER'S REPORT:** Brandon Alexander presented the February 2016 Report to the board. A discussion was held regarding the 4.9% decrease in the mutual fund. Brandon presented a comparison of the fund activities in comparison with the Dow Jones Industrial Average as well as a list of the top 10 funds in which NAMI-TC has invested. It was stated that money can be removed from the funds within 1 week of a request by NAMI-TC.

Ed Guthrie requested Brandon determine if NAMI-TC has alternative investment venues in which to invest the \$124,000 in the checking account which is not needed, for anticipated budget items. The checking fund does not pay interest. Brandon will reach out to Wells Fargo and other groups on options for the funds.

Audit update, due to schedule conflicts, the finalization of entering all items into QuickBooks was moved to the end of March. Kim Zueck volunteered to help Brandon with data entry.

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**OLD ITEMS:** Registration table – Brandon Alexander will be at the registration table with Eric Vanderwerken in March.

Potluck: Elle will be sending an email on the needs for the potluck in the next week. Members volunteered various food items they will bring to the St. Patrick's Day-themed meal.

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**NEW ITEMS:** Brandon presented information on Benefits versus Features. Board members should be diligent Julia Webb introduced two interns, Hilary Shepheard and Kelly Flesher, from Texas Christian University who selected NAMI-TC to work with on a class project. The goal is to prepare a marketing campaign to promote NAMI-TC by raising brand awareness in the greater Fort Worth area. The ladies will work on Walk materials, the NAMI-TC website, and fund raising materials for the affiliate. The ladies requested contacts who would be willing to share their stories, both written and on video to enhance the website content. They would like both consumers and family member stories. They requested contacts for the interviews which they will need to complete by April. The project will be presented at a luncheon on April 29, 10 am-12 pm. The final project is due May 1.

Grants: Walter Taylor put together a list of items that NAMI-TC would need to apply for grants, but Walter was unable to attend the meeting. Julia noted that the affiliate would need to assemble demographic information such as gender, age, ZIP code, and household incomes. Some ZIP code information would already be in the membership and attendee spreadsheets maintained by Sue Adams; however, Sue noted that not all participants provide all the requested

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information. Kim Zueck attended a meeting on grants which recommended using interns to collect and collate the information by phone. Additional questions could be provided to determine the needs of people and perceived gaps in coverage of mental health programs in the area. NAMI-TC would need to determine a budget for Family-to-Family, Peer-to-Peer, and other programs for which we would be seeking grant funds. When asked if we would need to provide outcome metrics, Julia stated that the proposals would require costs and demographics, not a measure of effectiveness. Julia has contact with an individual who can prepare the data we collect for the grant proposals. NAMI-TC should focus on grants which focus on funding free educational programs. Foundation grants provide flexibility as compared with state grants. NAMI-TC should be able to show collaboration with other groups to improve the likelihood of receiving a grant. Julia knows three grant writers who would work *pro bono*; however, NAMI-TC needs to provide the data and audit information.

Monthly Meetings: A discussion was held regarding future speakers. Rather than have an outside speaker every month, the possibility was discussed of having NAMI-TC members discuss NAMI items such as the mission of NAMI-TC, benefits of both local and national benefits, purpose of Family-to-Family, Peer-to-Peer and other programs offered.

Kim Zueck discussed feedback from calls that she has been making to reach out to previous attendees. Some reasons stated for not attending recent meetings included not enough support or the meetings were not frequent enough. Kim recommended a survey be assembled for callers to complete when making calls to determine the needs and perceived gaps in the current NAMI-TC programs. The results could be used for a membership discussion during one of the general monthly meetings.

Elle Valderas discussed feedback from the family groups. She would like to see the general meeting used as a way to continue the conversation. Elle recommended that Brandon Alexander have everyone do "What Does NAMI Mean to Me?" Exercise that he facilitated at the board retreat.

Further discussion was held regarding building community with the general meetings. The importance of engaging people on a personal level as well as increasing the number of facilitators for the peer groups was also discussed. Ed Guthrie recommended the survey discussed by Kim Zueck be performed to determine the needs, and Ed would check in to obtaining training for additional support group facilitators. Discussion also ensued regarding non-meeting type get-togethers – movie nights, popcorn nights, etc. Kim stated that other non-profits could be contacted for meeting places and donations. Brandon Alexander recommended that members with an idea come to the board meetings with costs, dates, facilities, etc. Scott Collins recommended that the survey being developed ask about programs that members and attendees would like to see NAMI-TC offer. Kim Zueck, Donna Correa, Rachel Lubke and Scott Collins volunteered to develop the survey.

Sales Calls: Brandon Alexander stated that board members need to know basic information about NAMI such as the national president and the national mission statement. He requested feedback on how board members used their 30 second statement developed at the board retreat. After a time of sharing, in presenting benefits as well as features when presenting information on NAMI and NAMI-TC during sales calls.

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**MONTHLY MEETING** Apr 21<sup>st</sup>: Report from Elle and others on the ???? project.  
**PROGRAM TOPICS:** May 19<sup>th</sup>: Brandon Alexander – Creating a personal story and sharing NAMI

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**BOARD** Newsletter: Kim Zueck will provide a biography for the April newsletter. Articles  
**COMMITTEES:** due March 20<sup>th</sup> if interested in contributing.

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Technology: No report.  
Benevolence: No new requests.  
Membership: No report.  
Hospitality: No report.

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**NAMIWALK  
MANAGER:**

Julia Webb will work with Alpha Kappa Alpha this year to get NAMI-TC placed on the auction list for next year.

Julia will recruit a Business Chair for the NAMIWalk. Tammy Baxter requested information on the responsibilities of a Business Chair. Julia stated that the Business Chair identifies businesses and people who are able to sponsor the NAMIWalk. In addition, the Business Chair would help approach the businesses and persons identified. Julia has identified someone she will approach for the position.

Art items have been donated for this year's raffle. A NAMIWalk information meeting will be held April 12, 2016 at a location to be determined. The NAMIWalk Kick-off Luncheon will be held on August 2, 2016.

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**EDUCATION:**

Family-To-Family facilitator training is being held May 20 in San Antonio. The cost is \$300 for each person trained. It could be lower if trainees are able to share hotel rooms. Sue Adams provided a list of names for the training. Based on the volume of potential trainees, Ed Guthrie will call and determine if NAMI-TC could hold a training session in Fort Worth. Costs would include fee, travel, hotel and meals for the trainer, meals during the training for attendees, and books for the trainees. Julia Webb mentioned the Towne Suites may be able to donate a night stay for the trainer. Elle recommended that NAMI-TC adopt a long-term goal of having our own trainers in the affiliate.

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**ADVOCACY/  
LEGISLATIVE  
REPORT:**

Tarrant County was selected to participate in the Stepping Up Initiative operated by NAMI National. Several members of the Tarrant County government will attend the meetings in Washington DC as well as members from NAMI-TC.

Elle Valderas and Chris Janvier have been working on a resolution for local communities. They are also working with Greg Hench on a resolution which will be sent to all Texas affiliates. The board reviewed a generic city resolution and the draft from Elle and Chris. Elle will send out the resolution via email in the coming week for input from the board. Julia recommended having an attorney review the resolution to help with the verbiage.

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**MEMBERSHIP:**

12 renewals

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**OPPORTUNITIES:**

Ed Guthrie and Rachel Lubke will present In Our Own Voice at the Tarrant County College North East Campus on March 29.

A behavioral health resource fair "Passport to Change" will be held at Tarrant County College South Campus will be held April 6.

A community health fair is upcoming on April 16 at Mission Baptist Church.

A Ribbon Cutting for NAMI-TC will be held by the Chamber of Commerce in May.

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**TABLED ITEMS:**

None

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**ADJOURNMENT:**

Meeting was adjourned at 7:55 pm. Next regular meeting is on April 05, 2016.

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Respectively submitted,

Ruth Collins, Secretary