MINUTES  
NAMI North Carolina Board of Directors  
September 27, 2014  
9:30-2:00 pm  
Holly Hill Hospital  
3019 Fallstaff Rd., Raleigh NC 27601

The mission of NAMI North Carolina is to promote recovery and optimize the quality of life for those affected by mental illness.

Members present: Mike Mayer, Victor Armstrong (by phone) Michael McDonald, Jack Glenn, Tim Nordgren, Virginia Hill, Suzanne Martin, Marc Jacques, Carol Matthieu, Julie McCormick  
Members on leave: Art Springer  
Members excused: Amy Singleton, Joanna Bowen, Anthony Pugh, Mary Mandell  
Members unexcused: Mike McMichael  
ED and Staff: Deby Dihoff, Executive Director

Many thanks to Michael McDonald and Holly Hill Hospital for hosting our meeting, along with continental breakfast, lunch, and tour.

Welcome and Introduction:  
Board President Mike Mayer called the meeting to order at 9:30 am. A quorum was present. Mike thanked Art Springer for his advocacy work over a long period that resulted in presentations today at the annual meeting of the North Carolina Psychiatric Association by Joanna Bowen and Anthony Pugh. They spoke on the personal experience of living with mental illness as a consumer and as a family member.

Motion to accept the agenda: Marc Jacques moved, second by Virginia Hill, motion carried.

Holly Hill Tour, discussion of beds in NC for children: Michael McDonald gave a report on the substantial changes that have occurred during his short (so far) tenure at Holly Hill. He also explained the tremendously needed bed expansion, particularly for children and adolescents which is occurring right now. Much progress has been made in admitting individuals who previously would have been turned down for medical complications. He invited everyone to the Open House celebrating the opening of the new Children’s beds on October 24th. Members asked him about the hiring of peer support specialists, and he expressed a great deal of interest in this possibility.

Audit Presentation:  
The annual audit was presented by Tom Turner, Heroux and Company, Raleigh, NC. We had a clean audit, everything went well in the process. Cash on hand at year end was $171,000. Assets and liabilities were $886,335. Our general and administrative expenses are at 10% of total expenses, an excellent level for reporting to our funders and donors. Audit rules of disclosure require that Tom remind us that our bookkeeper is not a CPA. He also said that having our Board Treasurer, Jack Glenn as a compensating control for our processes is working really well. Some recent fraudulent charges on the Sun Trust credit card were caught quickly and are being resolved. Tom went over his list of monthly financial reviews that are done by the bookkeeper and Treasurer, including payroll which is now done internally with Quickbooks. The Board praised Deby for her diligent and careful management of expenses and her work to increase revenues to support the mission of NAMI NC.
Tom asked how we make adjustments to the asset allocations in our endowments to reflect the Board’s policy. Jack said the Finance Cmte will be reviewing those numbers, probably after 12/31, and will adjust as needed.

**Motion to accept the audit:** Marc Jacques moved; second by Tim Nordgren; discussion around keeping year-end cash in general carryover vs. transferring to endowments will be done in Finance Cmte; motion passed.

**Follow-up items:**

**Motion to approve the minutes of the NAMI NC Board meeting on May 17, 2014:** Jack Glenn moved; Marc Jacques seconded; motion carried.

**DPI, Helpline:**
NAMI NC has had a major development in communication with the Department of Public Instruction so that we can implement our programs for children and youth in the schools such that we become a regular resource for school districts all over the state. These would include presentations on Parents and Teachers as Allies at DPI’s Behavior Institute in March, Youth Mental Health First Aid, and suicide prevention training, and Basics.

New software for the NAMI NC Helpline, iCarol (see their website), has been purchased, the plan is to go live January 1, 2015.

**Policy A-16 on Consumer Inclusion**
The Executive Committee approved this policy at the 9/23/14 meeting. The Board voted unanimously to approve NAMI NC Policy A-16.

**Slate of Officers to be presented at the 10/18/14 Board Meeting**
The Nominating Committee recommended the following slate of officers for election at the next meeting:
Mike Mayer – President
Victor Armstrong – Vice President
Carol Matthieu – Secretary
Jack Glenn – Treasurer
Joanna Bowen – At-large
Virginia Hill – At-large
Marc Jacques asked if the Nominating had considered the new policy on consumers in the at-large seats. That policy was only approved in the Executive committee in June. The Board has not met since them, which is why the policy was on the agenda for today. Virginia offered to give up her nomination and asked for suggestions from the floor for a consumer replacement. Marc nominated Anthony Pugh, who was not present at the meeting. Mike will talk to Anthony about taking on the role.
The slate of officers for election was approved unanimously by the Board.

**Discussion of board committees, board functionality**
Virginia Hill, chair of the Nominating Committee, asks that we do this review at the retreat in November. We will identify the ones we truly need based on their responsibilities and functionality.

**Ad Hoc Personnel Committee (Executive Director Search) Report:**
Meeting notes are in the Board packet. The committee will begin interviewing candidates in about a week. Five or six candidates appear to have most or all of the qualities that the committee developed for its initial screening of candidates. After first interviews, the committee will plan for additional Board members and staff to be involved in the second interview process.

**Board Retreat**
Planning is ongoing. The Board will review the NAMI NC strategic plan and revise as needed. Julie McCormick agreed to lead the Strategic Planning Session.

**Consumer Council Update – Marc Jacques, Chair, and Larry Swabe, consultant:** (Report included in the Board packet)

Marc and Larry reported from the Consumer Council retreat on the PATH process by which a new Plan of Direction for the Council (vs. a Plan of Correction) is underway. Different language can be a significant starter for different thinking. PATH will be presented at the NAMI NC Leadership Conference on 10/16 and the Consumer Council business meeting on 10/17.

Discussion points around the retreat report:
- identified people’s ideas, feelings, and perceptions that day at the retreat
- identified goals that the Consumer Council recommends for NAMI NC, such as inclusion and recovery; other?
- stated conclusively that the Consumer Council wants NAMI NC to succeed in its mission
- demonstrate that it’s about the future, letting go of the past, and making it about the coming days ahead
- need for meeting training, or executive coaching
- what percentage of our general membership is represented by the current CC? (each affiliate can have a representative, not all do at this time)
- what is everyone afraid of? (reflecting current perceptions of NAMI members)
- Deby’s example from a conversation with a CC member who said she didn’t fell welcomed at her local affiliate meeting, i.e. no introduction, no one said glad you are here, etc.

Move to accept the report from the Consumer Council retreat; Marc Jacques moved; Jack Glenn seconded; discussion about when any meeting training will occur, and is the CC executive committee slate ready for election at the business meeting; motion passed.

**Murphy Bill discussion:**

Heard in the Halls sent out a draft of the Murphy bill for review. It is already viewed as controversial with many different opinions on the content in the bill. It isn’t likely to be passed in its current form, or in a short time frame. Deby discussed the visits to Capitol Hill during the NAMI convention, describing members who presented personal stories to the staff that NAMI members met with. She said our NC contingents did an excellent job of presenting what is important to us as an organization, as well as the varying views that our members bring to this discussion, particularly around AOT and the role of PAIMI in the states. Deby and Nicole did a great job of organizing the visits to achieve the most impact with the time we had for appointments with legislative staff – one of the best NAMI Hill Visits ever. Our senators and representative will be looking to NAMI NC for leadership on this bill as it moves through the federal process. The board would like to get a copy of national’s latest stance on the Murphy Bill.

**Chartering of Affiliates update:**

NAMI NC is one of a few states that has been approved for re-chartering of its affiliates. Today’s Board packet has a lengthy section on the status of re-affiliation. We want this process to be very nurturing and helpful for affiliates, offering assistance as much as possible. Louise Whealton, NAMI Northwest has volunteered to be the affiliate rep for each review team. The process is mostly objective, but some subjectivity is important as the review team evaluates capacity and potential for greater capacity.

**Report and Input – Division of MH/DD/SAS Provider Monitoring Committee**

Carol Matthieu is now serving on this committee that began its work about a year ago. In July the committee added advocates from all the disability groups. NAMI NC, the NC Council on Dev Disabilities, and the three regional CFAC’s are now represented. The committee is developing a star rating system for providers whose services are funded under Medicaid and some state dollars. In addition to staff from the Division, the committee includes LME’s, DMA, several providers (large and small) in one disability area, one comprehensive provider (Monarch), and advocates. The goal is to develop advanced standing criteria for providers who elect to improve their quality based on whether their clients are
achieving their desired personal outcomes, and whether the provider embraces recovery as a workable model in client services.

Financials:
The most recent reports are in the Board packet. The Finance Committee will bring recommended changes to the Executive Committee as needed, including withdrawals from our endowments so that we show intent to use those contributions for their designated purposes.

The Board accepted the financial reports unanimously.

The meeting was adjourned at 2:15 by consensus.

Next Board meeting will be held immediately following the NAMI NC Annual Conference and Annual Meeting, October 18, 2014, 3:45 pm at McKimmon Center, NC State University Campus, Raleigh, NC

Respectfully submitted,

Carol Matthieu, Secretary
NAMI NC Board of Directors