

NAMI CONSUMER COUNCIL TELECONFERENCE

May 2, 2007

Present: President Mark Arneson, Vice President Bill Schroll, Secretary Louise Stapert, Duane Laufman, Meredith Clark, Leslie Milton, Lois Knoke, State-Jennifer Seale.

#1. Mark gave the welcome.

#2. Lois made a motion to approve the minutes. Discussion was held as to whether approval also meant approval to post on the website. Mark asked for an amended motion to include approval of posting with the approval of the minutes. Lois amended her motion to in the future all minutes posted when minutes were approved. The motion was seconded by ?

#3. An addition to the agenda was added. Bill Schroll will report on the NAMI Walk kickoff luncheon. Mark asked to entertain a motion to suspend rule and go by consensus.

#4. Old business: In Our Own Voice grant approval has been delayed to mid May.

B. NAMI SD is breaking ground getting into the South Dakota Mental Health systems. Lois reported a very positive experience as far as being encouraged to join NAMI. The director of Capitol Area Counseling is keeping an eye out for people who could do IOOV presentations. Rapid City also has a positive response toward NAMI. Anita Bonen used to put out NAMI brochures in offices in Aberdeen, however the Aberdeen NAMI group no longer meets. Bill has had a couple of positive conversations with the director of the mental health center in Watertown. Some are reluctant to encourage NAMI because of fear of losing some of their funding. The State of South Dakota no longer funds NAMI. IMPACT in Yankton is part of Lewis and Clark. Mark has done an IOOV presentation there.

C. Mark has information on forming groups for NAMI Consumer Council or NAMI groups.

D. Bill and Mark could possibly come to Aberdeen to do an IOOV presentation. Dates available would be last week in June, July 5th or July 16th. Mark works for a farmer so he has to watch how many days he takes off. We will know more the closer the date gets. Mark has had an invitation to the Fifth Street Connection (which is their drop in center) in Sioux Falls.

#5. Bill reported there were two main goals for the kick off luncheon; the first was to have each person invite another to join NAMI. The second was new membership dues forms have been completed and will probably be out in the next NAMI newsletter.

#6. The State program is taking up the second day of the NAMI State Conference; which is the second weekend in October at Cedar Shores Resort at Oacoma near Chamberlain. Bill is on the conference committee.

#7. Mark stood in for the keynote speaker. (He reported he didn't have a heart attack.). He reported on the NAMI Consumer Council and the IOOV presentations. As of the

Kickoff Luncheon 110 to 120 people have heard IOOV presentations. More presentations have been given since.

#8. Other old business brought up was the NAMI Care Training. That is still in the process of being rolled out and will probably take awhile. Louise asked if there was a book available. Mark has a couple but said doing the program without training was not advised. (paraphrased).

A. Mark reported he is still getting used to his sleep apnea machine.

B. Meredith reported there is another National Empowerment Center council call coming up the 10th of May. The teleconference calls are open to anyone that wants to listen in. The number is 1-866-305-2467, access code 443431. E-mail address d.whittle@power2u.org.

#9. New Business: The NAMISD Newsletter is now on line. Contact the NAMI State Office to get it in your e-mail. **605-271-1871 or 800-551-2531**

#10. Discussion: Several reported on their experiences with recovery. Mark reported that seeing a counselor, getting enough sleep, having three things he is grateful for every 24 hours, (can't have been on the list before) reading his Bible and relaxation CDs helps him. Lois journals about when she takes her meds, and exercises, she feels this is a good way of self-monitoring and self-discipline to help her to see how she is doing and also helps the doctor see how the meds are working. She also calls a friend to talk and has another she writes to. By sharing her experiences with people who are struggling with the idea of meds or therapy, she is reaching out to others to help. Louise watches the negative self-talk and attitude, which can make or break a situation.

NAMI is involved in a lawsuit over taking money from Eli Lilly.

NAMI Hearts and Minds is a video and booklet available at <http://www.nami.org> .

Jennifer is going to Washington D.C., to learn about any new requirements or changes for SAMHSA grants. There are consumers, mental health professionals, Advisory Council members and others involved from all 50 states. The movement is toward recovery but also includes continuing funding for co-occurring diagnosis. There is a public comment period for proposed changes on the SAMHSA website.

The next meeting is June 1.

The two-minute warning was sounded. Mark concluded the meeting.

Respectfully submitted,

Louise Stapert, Secretary, NAMI Consumer Council

Addendum: June 13, 2007

From Mark: I will not be available for the July call. Please announce that there are limited scholarships for the Fall Conference, so people are urged to contact the NAMI SD Office soon to apply.

