



nami TEXAS

The State's Voice on Mental Illness

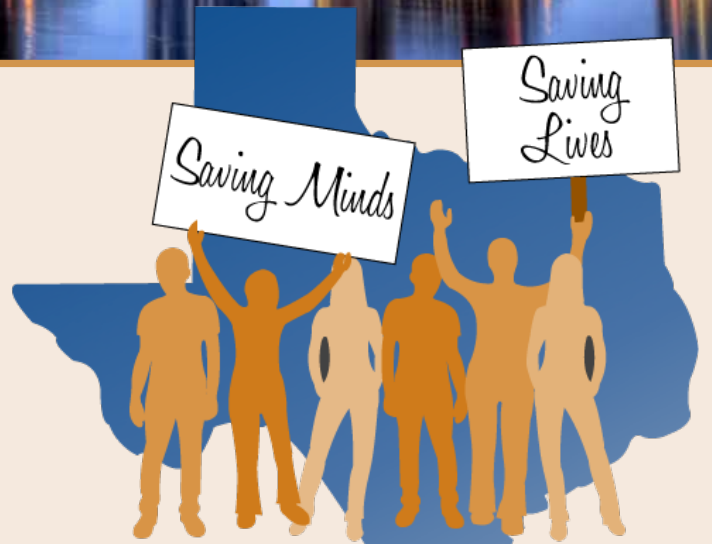
Election 2011



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2011 Election Information & Nominees

Conference Information & Registration



2011 NAMI Texas Conference
Austin, TX ★ October 21-22, 2011

ELECTION 2011: VOTING IN NAMI TEXAS ELECTIONS

BOARD RESPONSIBILITIES

“NAMI board service demands experience, knowledge, commitment and time to help others. Board members must be passionate about NAMI’s goals, values and beliefs. But beyond that critical passion, board members should have some high-level decision-making experience and knowledge in one or more of the following areas; public policy, fundraising, nonprofit legal oversight, outreach and educational programs, technology and communications, marketing, membership development, business, investments, finance or volunteerism. Service on the board of a large nonprofit organization and understanding of the complex and varied legal and fiduciary decisions a board struggles with on a routine basis are also critical to good NAMI board service.

Board members are elected for three year terms, and may serve two consecutive terms. Board members should be prepared to dedicate between six and 10 hours/week to their NAMI board service, including service on three to four standing committees, frequent conference calls and other work groups as may be needed, in addition to board and other meeting travel. NAMI board members represent the organization before the general public, NAMI members, professional service providers and public officials.

The NAMI board of directors is a working board whose members play active and important roles in setting policy for the success of the (national) organization. NAMI is best served by board members who are team players and who keep the big picture in mind. Service on the....board challenges us all to rise above our localconcerns, or single areas of particular interest, to see the scope of ourneeds. To best serve the board role, members are expected to:

- Attend and participate fully in our monthly board meetings, annual conventions, and.....other organizational functions;
- Understand and protect the fiduciary health of the organization;
- Understand and adhere to the legal and fiduciary responsibilities of a nonprofit board;
- Understand and support NAMI’s programs and public policies;
- Be NAMI members in good standing; and
- Make what feels to the individual to be a significant financial contribution to NAMI on an annual basis.”

(Excerpted for the NAMI Advocate’s Spring 2010 issue as a message from the NAMI Board of Directors.)

Although the above statement was written to NAMI members on behalf of the NAMI board that serves the nation, the exact same statement works perfectly for the NAMI Texas annual elections. The needs of the board at the national level coincide with the needs of the board at our state level. The Advocate article goes on to pinpoint specific needs of the kinds of skills and expertise needed on the national board, and NAMI Texas has similar needs for specific skills and expertise. Like the NAMI board at the national level, we also noticed that we have a need for board members to bring fiscal management skills and training to our board. In addition, we noted that fundraising is a critically important board function and an expectation of every board member, yet we have few board members who relish in and excel in this role. In particular, our board also lacks substantial diversity, and this is a priority for NAMI Texas. We also would like to have board members that represent families with younger children.

The NAMI Texas board consists of 15 seats, nine of which represent specific geographic regions and six of which are at large positions. This year, NAMI Texas has five board seats that are up for election. We have three regions, Regions 2, 4 and 5, with Board positions available. In addition, we have two at large positions.

We have one candidate running for the position of National Consumer Council representative. Andrew Gibson vacated this position when he was elected in July 2011 to be the Chair of the NAMI Consumer Council at the national level. Amber Dorsett was appointed to fill this vacancy, and she is now running for election.

BYLAWS

You will also see seven proposed changes to our bylaws. As a grassroots organization, we draw our strength from our members and our leaders. Our board and our bylaws can only be changed by a vote of the membership—that is you! So, please review the following proposed amendments to our bylaws, and express your opinion by voting.

Only NAMI members in good standing (with fully paid dues) may vote, either by absentee ballot or at the annual NAMI Texas conference.

The following pages includes a

- Meet the Candidates section, that will provide additional information on each candidate
- The proposed bylaws amendments, and the rationale for each amendment.

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*Cover design by:
Stacy Hollingsworth*



Voting in the Election

VOTING PACKET

In mid-September, a packet of voting information, including the ballot and this copy of the NAMI Texas Election newsletter will be mailed to each member in good standing.

ABSENTEE VOTING

Members that wish to vote absentee may do so via official ballots that will be mailed in September and are encouraged to do so. Absentee ballots are due to NAMI Texas by October 14, 2011.

VOTING AT THE CONFERENCE

Voting will take place at the annual NAMI Conference on Saturday, October 22, 2011, in Austin for those who have not voted by mail ballot. The NAMI conference program will include a map with the voting area clearly marked. Members in good standing may vote between 8:00 AM and ending at 3:15 PM. All ballots must be returned to the ballot box by 3:15. Each affiliate must turn in the affiliate credentialing form previously sent to them.

ELECTION RESULTS

Results of the election will be reported at the closing session of the NAMI Texas annual conference on Saturday, October 22, 2011. Results will also be posted on www.namitexas.org the following week.

Meet the Candidates

Candidates are listed in alphabetical order, starting with board candidates and followed by consumer council candidates. Candidates were asked to complete a statement of identification, Board candidates were asked to respond to five questions and Consumer Council Representative candidates were asked to respond to four questions. Their responses appear in the following pages, unedited and exactly as submitted.

The Board candidates address the following five questions:

1. Why do you want to serve on the NAMI Texas Board of Directors?
2. What financial management or fund raising expertise would you bring to the Board?
3. What is the most pressing public policy issue facing NAMI Texas members today? What course of action do you suggest?
4. What brought you to NAMI—and what is most valuable to you about your participation in the NAMI movement?
5. What is the most pressing internal or organizational issue facing NAMI Texas today? What course of action do you suggest?

The Consumer Council candidates address the following four questions.

1. What brought you to NAMI and what has been most valuable to you about your participation in the NAMI movement?
2. Have you previously held or do you currently hold any notable positions within your local affiliate or other similar mental health organizations?
3. What credentials do you have (i.e., Are you trained to facilitate NAMI Connection, mentor Peer to Peer, or present In Our Own Voice? What about other similar program(s) like WRAP? Are you a certified peer specialist? etc.)
4. Why do you want to serve as the NAMI Texas Consumer Council Representative?

We have three Regional positions open, but only two candidates running; we did not have a nominee for Region 2. We have three individuals running for two at-large positions. We have one person running for one NAMI National consumer council position. According to the NAMI Texas Bylaws, vacant positions are filled by Board appointments.

NAMI Texas

2011 List of Nominees

Three-Year Terms, Regional

No one nominated	Region 2
Melinda Martin	Region 4
Jane Harmon	Region 5

Three-Year Terms, At Large

Ed Dickey
Jody Schulz
Amanda Smith

NAMI National Consumer Council

Amber Dorsett

Jane Harmon

Region 5, Nominated by NAMI Waco



Jane M Harmon DNP, RN, PMHNP-BC, CARN-AP. Board certified family psychiatric mental health nurse practitioner, with additional certification in addictions. Dr. Harmon is a Clinical Assistant Professor in the University of Texas at Arlington College of Nursing of Nursing and has a private practice at the DePaul Center in Waco.

Three Year Term: 2011 - 2014

1. Why do you want to serve on the NAMI Texas Board of Directors?

I believe in the NAMI mission and vision – reduce stigma of mental illness, provide support, education and advocacy for those touched by serious mental illness. I am a family member and a direct care provider (Nurse Practitioner) with a commitment to serve, in hopes of making a small difference in people's lives.

2. What financial management or fund raising expertise would you bring to the board?

I have served on the NAMI Texas Board for the past 3 years. In this capacity, I have learned the importance of being fiscally responsible. I have also had experience in developing budgets and budget reconciliation.

3. What is the most pressing public policy issue facing NAMI Texas membership today? What course of action do you suggest?

I think health care reform and the proposed changes to funding of Medicaid care critical issues for persons affected by serious mental illness. It is very important that we maintain vigilance on proposed changes and develop relationships with our legislators to advocate for those who cannot represent themselves.

4. What brought you to NAMI – and what is most valuable to you about your participation in the NAMI movement?

I was invited to a NAMI annual convention early in my career as a mental health provider by the father of one of my patients. I was so impressed by the people who were committed to helping persons with mental illness regain their lives. Consumers, families and professionals working together – this approach made sense to me. This is what keeps me involved.

5. What is the most pressing internal or organizational issue facing NAMI Texas today? What course of action do you suggest?

I think the most pressing organizational issue is implementation of the Standards of Excellence. It is each director's responsibility to become familiar with and fully understand the intent of each of the standards so that they can support the implementation at the state level and serve as a resource to guide each affiliate they represent.

Melinda Martin

Region 4, Nominated by NAMI Concho Valley



I endured the many painful years of growing up in a home where my mother was suffering from paranoid schizophrenia. I married, became a foster parent, raised our daughter, and worked as an executive secretary and bookkeeper. While acting as legal guardian for my disabled mother and overseeing the care of my grandmother who is now deceased, I completed my goal of a BBA in Management. I am a passionate advocate for persons with mental illness. I am a member of the local MHMR Planning and Network Advisory Committee, and I actively support my local NAMI affiliate.

Three Year Term: 2011 - 2014

1. Why do you want to serve on the NAMI Texas Board of Directors?

I feel called to share a message of hope and encouragement to families that are hurting because of mental illness. Like so many others, I have experienced the devastation that mental illness brings to family members. The majority of my life I saw my mother suffer terribly with schizophrenia. A few years ago, when all hope for her seemed lost, and she was about to become homeless, a psychiatrist at the state hospital put her on a newer drug that brought her out of the depths of despair and back to reality. My prayers for my mother were answered, and now family and friends are able to have a meaningful relationship with her. This experience has taught me to never give up on people. I know there is always hope!

2. What financial management or fund raising expertise would you bring to the Board?

I am excited to say that in May of 2010 I graduated with honors from Angelo State University. I received a Bachelor degree in Business Administration with a major in Management. My coursework included numerous classes in math, accounting and finance. I also have over 10 years experience working with accountants, and I have been a full charge bookkeeper. Also, in the past, it was my pleasure to volunteer for a non-profit organization where I planned and organized a successful fundraiser to help young, needy mothers.

3. What is the most pressing public policy issue facing NAMI Texas members today? What course of action do you suggest?

Lately, impending cuts to the State's budget has been the biggest public policy issue affecting mental illness. My suggestion for what course of action to take is to do what I did for many months: Stay informed. Become immersed in writing letters and making phone calls to legislators asking them to fully fund mental health programs. When given the opportunity, and when time is appropriate, speak at events where your state representative is having a round table discussion. Go to Austin and testify before the House Appropriations Sub-Committee, speaking out on behalf of the mentally ill who are so very dependant on the State's mental health programs. Walk the halls of our capitol building. Get into discussions with legislative staff and hand them your story along with NAMI's literature. Support NAMI by attending their mental health rally on the capitol steps. Submit a story to newspapers. Send out emails and ask the recipients to forward the information to anyone they know. Tell family and friends to call their state and local representatives. Be a voice for those who cannot speak for themselves!

4. What brought you to NAMI—and what is most valuable to you about your participation in the NAMI movement?

Three years ago, when my mother was in a psychotic state of mind and about to be evicted from her apartment, the counselor at my church referred me to the Executive Director of MHMR who in turn referred me to NAMI Concho Valley for advice and support. Finding others who understood my situation was a tremendous help

Melinda Martin: Con't on page 9

Ed Dickey

At Large, Nominated by NAMI Kerrville



NAMI San Antonio member since June 2005
Board President January 2006 – December 2009

Education Chair 2010
Director, Family Education 2011
NAMI Certified Family to Family and Basics
Teacher and State Trainer
Affiliate of the Year 2010
Married > 40 years with 5 children/4 with
mental illness
Numerous State/Local Advocacy Awards

Three Year Term: 2011 - 2014

1. Why do you want to serve on the NAMI Texas Board of Directors?

I want to partner with others who have a passion to change the paradigms of support and service to families and individuals living with mental illness in Texas.

2. What financial management or fund raising expertise would you bring to the Board?

I have a degree in accounting and economics from Indiana State University and retired with over 35 years of managerial accounting experience with Department of Defense.

3. What is the most pressing public policy issue facing NAMI Texas member today?

I believe the majority of elected and appointed local and state officials do not have a basic understanding of mental illness and therefore do not legislate broad, sweeping changes that lead to recovery support. As such, NAMI Texas members will continue to see poor access to services both public and private as highlighted in the 2007 and 2009 NAMI Report Cards. Our legislative successes are achieved in small advances scattered across the state, but not impacting overall wellness and support to the mentally ill.

What course of action do you suggest?

I would like to see a strategic plan of action with goals of moving Texas from the bottom of the NAMI Report Card to the top 10 states supporting mental illness. This plan should include a state wide education blitz to include public schools, county and city public health agencies that leads to an overall culture change.

4. What brought you to NAMI and what is most valuable to you about your participation in the NAMI movement?

My children began struggling with mental illness in the late 1990s and after several years of good doctors and medication we saw our family falling apart. NAMI offered education that taught us how to support each other.

5. What is the most pressing internal or organizational issue facing NAMI Texas today?

I believe the NAMI National Standards of Excellence is challenging our organization to become a stronger and more unified and therefore effective body. I am confident we will benefit from these changes as long as we remember we are all working towards the same goal.

What course of action do you suggest?

We need to include all voices in the process and respect each others opinions.

Jody Schulz

At-Large, Nominated by NAMI Brazos Valley



After my retirement from private business in 2004 I began searching for volunteer opportunities in my local community where I could pursue my interests and give back as well. Family matter mediation and CASA or Court Appointed Special Advocates were two I loved serving with, but when I joined the NAMI Texas board in 2009 I found an organization where I could not only serve others, but helped me and my family become front and center in advocacy for a disease which affected us personally.

My talents have been geared to fundraising and awareness and I look forward to serving another term to help finish the exciting new changes we have begun in an economy that is so challenging.

My husband Larry and I are blessed with four children and five wonderful grandchildren.

Three Year Term: 2011 - 2014

1. Why do you want to serve on the NAMI Texas Board of Directors?

Having served these past 2 years on the Board, I have seen the progress and growth of the NAMI Texas organization. This past year the Board has come together as a true team to highlight/pinpoint current needs, financial position, membership, programs and fundraising and outlined where we hope to help lead NAMI Texas in the year to come. I am proud to be part of this dedicated team and hope to continue serving NAMI Texas.

2. What financial management or fund-raising expertise would you bring to the Board?

I bring enormous hands-on experience in fund-raising for non-profits. I have been able to share my ideas and creativity for new projects implemented by NAMI Texas over the last 2 years. Fund-raising is one of the most important if not the most important means to provide NAMI Texas with the capitol needed to continue providing those affected by mental illness. The current financial crisis all Americans face slams us with the cold reality grant monies will continue to dwindle, a grave concern for all non-profits. The creative, active team of NAMI Texas board members are actively working to increase our funding from non-restrictive monies available from membership, donations and fundraising so that they are higher than our funding streams from restrictive grant monies.

3. What is the most pressing public policy issue facing NAMI Texas members today? What course of action do you suggest?

Simply, the most pressing issue facing NAMI Texas is legislative, state and local funding cuts to mental health providers and the downward spiraling of those consumers now without assistance.

It will take every consumer, family member, friend and service professional providing legislators with first hand, face to face, grassroots stories of the impact of their funding cuts. Each of us should put a name and a face in front of every legislator we can visit or call so we are not just a statistic or number.....we are the real people they serve. Demand more hospitals/clinics instead of more jails. Impress on the legislators how much is spent on prevention verses intervention; for every \$1 spent on prevention there is \$7 spent on intervention.

4. What brought you to NAMI and what is most valuable to you about your participation in the NAMI movement?

I was aware of NAMI California and NAMI Maryland and knew first hand how much they provided to my son when he lived there. I participated in the Family to Family Education class here in Texas and personally found help and hope and loss of the anger I had felt toward my son because I did not truly understand the disease. I wanted to do all I could to help NAMI Texas provide their programs to as many Texans impacted by mental illness as I could. As a co-facilitator of the Family to Family Education program I have found tremendous pride in helping members of my community and surrounding communities learn about the disease of mental illness.

Jody Schulz: Con't on page 9

Amanda Smith

At-Large, Nominated by NAMI Collin County



Founder and past Director of Florida Borderline Personality Disorder Association, St. Petersburg, FL

Past Executive Director with the National Alliance on Mental Illness, Pinellas County FL; Graduated from Eckerd College, St. Petersburg, FL, with a Baccalaureate degree in Business Management. Attended course on Fund Raising School: Principles & Techniques of Fund Raising sponsored by The Fund Raising School at Indiana University through Rollins College, Winter Park; past Member of the Association of Fundraising Professionals on Mental Illness, Pinellas County, FL;

Three Year Term: 2011 - 2014

1. Why do you want to serve on the NAMI Texas Board of Directors?

I would love to serve on the NAMI Texas Board of Directors because I believe that I could help promote NAMI's mission through my previous experience with a local NAMI affiliate, nonprofit leadership, and fundraising skills.

After serving as executive director for NAMI Pinellas in Florida, I founded a state-wide 501(c)(3) organization dedicated to promoting education and advocacy about borderline personality disorder and self-injury.

The experience I gained in running a nonprofit organization, creating mental health conferences and programs for professionals, individuals diagnosed with borderline personality disorder, and family members will be invaluable to me in helping to lead NAMI Texas.

2. What financial management for fund raising expertise would you bring to the board?

I have an undergraduate degree in business from Eckerd College in St. Petersburg College and am a member of the Association of Fundraising Professionals.

I also served as treasurer when I was a board member for Manasota SOLVE—a maternity home located in Bradenton, Florida.

I enjoy the challenge involved in fundraising and am not afraid to ask individuals and corporations to support an important cause.

3. What is the most pressing public policy issue facing NAMI Texas members today? What course of action do you suggest?

While I have only lived in Texas for a couple of months, I believe that our current economic crisis on both the state and federal level continue to be a major concern for most nonprofit organizations who have heavily relied on tax-payer dollars or support from charitable foundations in the past.

I would strongly encourage nonprofit organizations not to rely on past support from these sources but to focus their fundraising efforts on individual donors or members and for-profit corporations.

A common misconception is that the executive director should "just write a big grant" and a well-meaning bystander might point out that a recognizable foundation gave millions of dollars to another organization as reported in the news but this is rarely an effective strategy. Instead, many NAMI members who make initial gifts at their local affiliate level are interested in giving more but, sadly, they aren't asked.

Unfortunately, I've seen development teams devote dozens of hours to writing proposals to foundations that weren't granted and have also seen that an investment of just a few hours in asking stakeholders who had already given produced an impressive (and easier) return-on-investment.

4. What brought you to NAMI—and what is most valuable to you about your participation in the NAMI movement?

I first learned about NAMI in 2005 when I was employed in fundraising for a boarding school in Florida. At that time, the board

Amanda Smith: Con't on page 9

Amber Dorsett

NAMI Texas Consumer Council

Nominated by NAMI Lubbock



Amber Dorsett is the Affiliate Office Manager for NAMI Lubbock. She is trained in all three of the NAMI's Consumer Signature Programs and is Chair of her Affiliate Consumer Council. Amber also serves as an officer for the NAMI Texas Consumer Council where she chairs the Subcommittee on Council Development.

Two Year Term: 2011 - 2013

1. What brought you to NAMI and what has been most valuable to you about your participation in the NAMI movement?

What brought me to NAMI was the fact that everyone was so accepting of my mental illness within the organization. They understood and helped me know that I was not alone, not only in my experiences but also my situations. I realized that not being "normal" was ok. Up until NAMI, everyone just kept saying things like, "Snap out of it!" or "What's wrong with you?" They did not understand and had no interest in trying.

I remember going to my first NAMI Connection group and sharing what had been going on with me since I had been diagnosed with Bipolar, Borderline Personality and Generalized Anxiety disorders beginning in 2004. I thought, "Oh here it comes; someone is going to judge me." To my surprise, the facilitator asked the group if anyone else had experienced what I was experiencing. Everyone raised their hand and each one of them shared their experiences. I left that group with hope for the first time in years. What I remember the most from that NAMI Connection group was #1 on our Principles of Support Chart, "We see the individual first not the illness." This helped me know I am a person first and that just because I have a mental illness, that doesn't make me who I am.

After my first meeting, I realized that NAMI not only had support groups for consumers but also family support groups, education courses and a program where consumers made presentations to the public about what it is like to live with a mental illness. I was hooked. I finally found where I belonged. I knew through NAMI, I would be able to make a difference in my life and the lives of others.

2. Have you previously held or do you currently hold any notable positions within your local affiliate or other similar mental health organizations?

I have held several positions within my local affiliate since I started attending my very first NAMI Connection group in June of 2009. I began volunteering in the NAMI Lubbock office in the fall of 2009. A few months later, I was approached by the affiliate leadership and asked if I would like to be the Office Manager for NAMI Lubbock. I gladly accepted the position in February of 2010 and have been doing it ever since. Since being Office Manager I have written three grants that were funded for a total of just under \$7,000 to help sustain our affiliate education programs.

A few months later I was appointed to what is now the NAMI Lubbock Consumer Council where I served as coordinator for our local NAMI Connection program. NAMI Lubbock has been holding NAMI Connection groups twice a week for the last 3 years and it was an honor to aid in growing the program. As a result of that success, I was then moved over to the In Our Own Voice program after it had began to steadily decline over the last couple of years. In a few short months, I was able to contact Lubbock Regional MHMR and receive funding for the presentations we do for their New Employee Orientations. I also reestablished relationships with past programs and venues we had done In Our Own Voice with in the past as well as expanded our market in communities as far away from Lubbock as Amarillo and Midland. Today, I now serve as Chair of the NAMI Lubbock Consumer Council which

Amber Dorsett: Con't on page 9

Consider the Bylaws Amendments

This year, seven (7) amendments to the NAMI Texas bylaws have been proposed. Bylaws amendments may be proposed by NAMI Affiliates, or by a member or committee of the NAMI Texas Board of Directors. Bylaws changes require a two-thirds majority voting members to pass.

Text proposed for removal is struck through; text proposed to be added is bolded and underlined. For a complete copy of the current NAMI Texas bylaws, visit www.namitexas.org;

1) Proposed Bylaws Amendment #1: Amending Article V: NAMI Texas Consumer Council

Section 1. NAMI National Consumer Council Representative

In each odd-numbered year, a consumer member shall be elected at the Annual Meeting to serve a two-year term as the Texas representative to the NAMI National Consumer Council. **The specific responsibilities of the National Consumer Representative (NCR) shall be outlined in the operating procedures of the Consumer Council.**

Nominations for this position, along with specific responsibilities of the NAMI National Consumer Council Representative, shall be according to the procedures developed by the Board of Directors.

Section 2. NAMI Texas State Consumer Council Representative

In each even-numbered year, a consumer member shall be elected at the Annual Meeting to serve a two-year term as the NAMI Texas Consumer Council Representative to the Board of Directors. **The specific responsibilities of the State Consumer Representative (SCR) shall be outlined in the operating procedures of the Consumer Council.** Nominations for this position, along with specific responsibilities of the NAMI Texas Consumer Council Representative, shall be according to procedures developed by the Board of Directors. This person will also serve as the Texas alternate to the NAMI National Consumer Council.

Section 3. NAMI Texas Consumer Council

The Consumer Council Representatives will be responsible to establish the NAMI Texas Council. **The NAMI Texas Consumer Council (NAMITXCC) shall consist of a**

voting delegate and non-voting alternate from each NAMI Texas affiliate who will be elected or appointed according to procedures outlined by the affiliate. The NAMITXCC six-person executive committee will include the Chair, Vice-Chair, and two at-large members along with the NCR and SCR. The responsibility of the council will be to cultivate consumer leaders, encourage participation in NAMI consumer education, support and advocacy programs and initiatives, and to promote diversity and equal representation of all consumers that reside in Texas. The NAMI Texas Consumer Council will serve as a committee under the Board of Directors.

Section 4. Vacancies

In the case of any vacancy of either the NAMI Texas Consumer Council Representative **NCR** or the NAMI Texas Consumer Council Representative to the NAMI National Consumer Council position **SCR**, the **Executive Committee of the NAMITXCC (NAMITXCCEC)** Board of Directors shall elect **appoint** the consumer or consumers who shall fill the vacancy or vacancies for the remaining unexpired term or terms, **subject to the approval of the Board of Directors.**

Submitted by the NAMI Texas Consumer Council and supported by the NAMI Texas Board of Directors.

Rationale: The updated changes to the operation of the Consumer Council are consistent with the NAMI National Consumer Council and are reflective of the recently approved Operating Procedures of the NAMI Texas Consumer Council.

2) Proposed Bylaws Amendment #2: Amending Article VI, Section 4: Clarifying a Quorum

Section 4: Quorum

A **simple** majority of the **voting members of the** Board of Directors shall constitute a quorum at any meeting **for the purpose of conducting the business of the organization;** and a majority of those present in either case shall have power to act in all matters, except as specifically provided to the contrary elsewhere in these Bylaws, provided, however, that no real estate of the corporation shall be sold, leased, mortgaged, or otherwise disposed of, except by resolution approved by not less than a majority of the Board of Directors.

Submitted by the NAMI Texas Governance Bylaws Committee and supported by the NAMI Texas Board of Directors.

Rationale: Clarifying the number of Board members needed for a quorum and removing archaic language.

3) Proposed Bylaws Amendment #3: Amending Article VII, Section 2, C: Updating the Responsibilities of the Secretary

Secretary: The Secretary shall keep an accurate record of the proceedings and business transactions at all meetings of the NAMI Texas membership, of the NAMI Texas Board of Directors, and Executive Committee meetings. The Secretary shall mail or submit to each Director, within thirty (30) days, a draft of the minutes of each meeting. Minutes shall be corrected and accepted at the next meeting, with the final copy distributed to the Affiliates, **to NAMI national, and posted on the NAMI Texas website.** The Secretary or designee shall be custodian of all of the records of NAMI Texas except those that may be necessary to the President and Treasurer in the conduct of their office. **The secretary is responsible for organizing / managing information on the NAMI Texas Webexone or other electronic portals, including creating folders for committees. All records required to be maintained by NAMI Texas Bylaws, Policies & Procedures, or statute shall be held in the NAMI**

Consider the Bylaws Amendment Con't on page 8

Consider the Bylaws Amendments (Continued)

Texas office. The Secretary or designee shall send out notices of meetings and otherwise perform the duties and functions customarily performed by the secretary of a corporation.

Submitted by the NAMI Texas Governance/ Bylaws Committee and supported by the NAMI Texas Board of Directors.

Rationale: The proposed bylaws amendment ensures that all records are maintained securely and our minutes are made available to all affiliates and NAMI National.

4) Proposed Bylaws Amendment #4: Amending Article VIII, Section 1: The Executive Committee

Section 1. Executive Committee

- A. The Executive Committee shall consist of the four (4) elected officers of NAMI Texas and two additional NAMI Texas Directors who have expressed interest in seeking officer positions in the foreseeable future. The manner of selection of, and qualifications for, these two additional **non-voting at large** Executive Committee members shall be determined by the Board as set out in its Policies and Procedures Manual. **Simple majority of members shall constitute a quorum.**
- B. The Executive Committee, by concurring consent of at least three (3) **simple majority of members present**, shall:
- Transact all business referred to it by the Board of Directors provided the action of the committee shall not conflict with that of the Board.
 - Act in emergencies between meetings of the Board of Directors.
 - Take recommendations to the Board of Directors on matters of administration and policy.
 - Make a full written report of each meeting of the Executive Committee for submission to the Board of Directors for their approval.
 - Have full responsibility for preparing a program for leadership training.

- Approve for Board consideration a proposed budget developed by the Executive Director.

Submitted by the NAMI Texas Governance/ Bylaws Committee and supported by the NAMI Texas Board of Directors.

Rationale: The proposed bylaws amendment changes the non-voting Executive Committee members to voting in the Bylaws, with the purpose of supporting succession planning for the NAMI Texas Executive Committee. Also clarifies the number needed for a quorum to conduct business.

5) Proposed Bylaws Amendment #5: Amending Article VIII, Section 2:

Section 2. Standing, Special, and Study Committees

The Board of Directors shall provide for the creation of an Audit Committee, a Finance **and** Development Committees, a Bylaws/Governance Committee, a Nominating Committee, a ~~state~~ Consumer Council, and other suitable standing committees and special Ad Hoc committees as needed. ~~The President shall make all appointments to such committees (with exception to the Consumer Council) subject to the approval of the Board of Directors.~~ The President, prior to approval by the Board of Directors, may form study committees. **The Board of Directors shall also provide for the establishment of a state Consumer Council.**

The President shall make all appointments to ~~such~~ committees, except for the Consumer Council, subject to the approval of the Board of Directors. The Board of Directors will develop procedures for all committees except the Consumer Council. Procedures for the Consumer Council will be developed by the Consumer Council, **subject to** with the approval of the Board of Directors.

Submitted by the NAMI Texas Governance/ Bylaws Committee and supported by the NAMI Texas Board of Directors.

Rationale: The proposed amendment is a housekeeping matter to clarify the language used in the section on Committees.

6) Proposed Bylaws Amendment #6: Amending Article VIII, Section 4: Nominating Committee

Section 4: Nominating Committee

A nominating committee will be composed of **at least** three members appointed by the Board according to procedures adopted by the NAMI Texas Board of Directors. **At least one current member of the Board of Directors shall serve on the Nominating Committee.**

Submitted by the NAMI Texas Governance/ Bylaws Committee and supported by the NAMI Texas Board of Directors.

Rationale: This proposed bylaws amendment expands the membership on the Nominating Committee and ensures that at least one member is a member of the Board of Directors.

7) Proposed Bylaws Amendment #7 Article XI, Fiscal Year

The fiscal year of NAMI Texas shall begin on the first day of September **January** and end on the last day of August **December** of each year.

Submitted by the NAMI Texas Governance/ Bylaws Committee and supported by the NAMI Texas Board of Directors.

Rationale: This proposed bylaws amendment changes the fiscal year to the calendar year, making it consistent with the NAMI national bylaws. The change is deemed best practice for non-profit governance.

Melinda Martin: Con't from page 5

while going through the most trying experience of my life. I found the answers I needed and the courage it takes to be the legal guardian of a person with a severe mental illness. I know how vital it is to be surrounded by others who have also walked down the same fearful, dangerous path and survived the ordeals associated with mental illness.

5. What is the most pressing internal or organizational issue facing NAMI Texas today? What course of action do you suggest?

Out of the many issues facing NAMI Texas, I believe the most pressing is the need to strengthen the existing affiliates and to start

new ones in various locations. In order to accomplish this growth to our organization, I believe we must partner with the local MHMR community centers, mental health professionals, school counselors, and churches. Yes, help from the religious community sounds challenging, but I believe that NAMI FaithNet provides the information and tools that will help us gain their support. Because most pastors are not trained to counsel persons with mental illness, they send them away without providing appropriate solutions. Christian counselors may be hesitant to refer people to MHMR or private psychiatrists, but they are willing to refer

people to a support group that has individuals of faith, who support their beliefs. The MHMR clinics, local counselors, and private psychiatrists all need NAMI pamphlets (or post a flyer) to provide information to their patients. Partner with local community organizations who come in contact with consumers and their families, and have them send people to NAMI so we can fulfill our mission which is to improve the quality of life for all who are affected by mental illness, and to support their recovery.

Jody Schulz: Con't from page 6

I still see a great lacking of other NAMI programs being offered here and in similar rural communities and work tenaciously to eliminate this problem by educating families and professionals of all programs NAMI Texas offers and how to access them locally. When we educate the community they become empowered.

5. What is the most pressing internal or organizational issue facing NAMI Texas today? What course of action do you suggest?

The most pressing issue NAMI Texas faces is the lack of membership in NAMI Texas for consumers, family members and other concerned individuals and our inability to

identify all members current and lapsed.

Some of the problem stems from NAMI National, but NAMI Texas must develop their own record keeping system to eliminate this issue. It will be impossible to adequately procure future donations through fundraising events and membership drives without contact information. We cannot send current research information or share educational materials offers and updates or identify advocates or learn what is impacting consumers without this base. I imagine what potential NAMI Texas would have if each member enlisted just one new member and they then enlisted just one and the snowball effect of the growth we could see.

Affiliates and NAMI Texas know alone we struggle/meander, but together we thrive and grow. Every member has at least one friend or friend of a friend who needs help accessing educational materials or who can advocate for NAMI Texas locally and legislatively. We need them and they need us. There are consumers out there who need assistance and are losing hope. They more importantly need all of us.

We cannot Break the Stigma alone and persons whose lives are touched or who are living with the effects of the disease of mental illness are the very best Stigma Busters. Together we have much to do.

Amanda Smith: Con't from page 7

of directors for NAMI Pinellas was looking for their first executive director. I am forever thankful for the opportunity I had to serve the board and our wonderful members.

By far, the most valuable part of participation in NAMI has been the occasions to connect with others in a powerful way—to share stories,

offer hope, and encourage members and newcomers to participate in all of the wonderful programs that NAMI offers.

I have met people through NAMI who have not only touched me with their stories but have also greatly enriched me both professionally and personally and have helped me in my own

recovery.

5. What is the most pressing internal or organizational issue facing NAMI Texas today? What course of action do you suggest?

Since I have lived in Texas a very short time, I am not qualified to answer this question at this time.

Amber Dorsett: Con't from page 7

was formed in May of 2011.

3. What credentials do you have (i.e., Are you trained to facilitate NAMI Connection, mentor Peer to Peer, or present In Our Own Voice? What about other similar program(s) like WRAP? Are you a certified peer specialist? etc.)

In June of 2009 I started attending the NAMI Connection support groups. After around 4 months I was asked if I would like to become a NAMI Connection facilitator, which I accepted. I went to the training unsure of what it would be like. At that point, I had not accomplished anything of significance in the past 2 years. To my surprise I passed this training. This was a huge stepping stone in the path toward my recovery.

In June of 2010, a year after I started attending NAMI, I was informed of another training. This time it was to be a Peer-to-Peer mentor. After completing this training, I came back to my local affiliate and helped teach the Peer-to-Peer class that was already in progress. I could not believe it; I had to drop out of Peer-to-Peer just one year prior!

I was approached a couple of months later yet again – this time it was for In Our Own Voice. I was very leery of attending this training. "I am not a presenter. I am the person that does everything from the sidelines," I thought to myself. I went to this training only because I was to become the In Our Own Voice Coordinator for my affiliate and needed additional training and insight

to understand the program. I came back not expecting to do more than 1 presentation every few months to a small group of individuals. Since that time, I have done 7 presentations with as many as 35 complete strangers at a time. Never in my life would I have found sharing my story so empowering! Before NAMI, I would have never thought any of this was possible.

In addition to NAMI, I have also chaired DBSA support groups and taken part in some Via Hope trainings and events like WRAP Across Texas.

4. Why do you want to serve as the NAMI Texas Consumer Council Representative?

I want to serve as the NAMI Texas Consumer Representative to the NAMI National Consumer Council because I feel that this is where my experiences and opportunities have led me to go. As a result of my involvement in NAMI's Consumer Signature Programs as well as my current participation with the Consumer Council on both the local and state levels, I feel that I am the most qualified candidate for this position. I also got to attend this year's NAMI National Convention in Chicago where Andy Gibson was elected as Chair of the NAMI National Consumer Council at their annual business meeting. It was when he shared with me that he would not be seeking reelection that I felt running for this position would be a good opportunity for me to continue in my service towards NAMI Texas – by

representing the consumers that reside in our great state.

I spent a lot of time at the convention networking with council members from other states and getting to know the overall structure and current business of the council. If elected I could make the transition from Mr. Gibson to myself a very smooth one. I think the next two years will provide the next National Representative from Texas with a lot of opportunities to help form national policy and development within the organization.

In addition to chairing the NAMI Lubbock Consumer Council, I currently serve on the NAMI Texas Consumer Council Executive Committee as an at-large member where I serve as the subcommittee chair for Affiliate Council Development. My vision for the NAMI Texas Consumer Council is also the goal of my subcommittee – to see every NAMI Texas affiliate with representation on our state council as well see several affiliates form their own local consumer councils. NAMI Texas was the talk of the National Convention because of its quick creation of a working consumer council and, if elected, I want to be able to help other state representatives replicate our successes by aiding in the implementation of other state consumer councils.



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This year our conference is in beautiful Austin, Texas at the Sheraton Austin Hotel at the Capitol. Room rate is \$119.00 per night if you make your reservations before October 5, 2011. Free parking and free WIFI.

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Conference Events

Don't miss our Consumer Council Reception and Affiliate Leadership Reception on Friday night, October 21, 2011.

Affiliate Presidents, please plan on attending our annual appreciation lunch on Saturday. Look for your invitation to arrive soon.

Come hear our great keynote speaker, Dr. Daniel Fisher.

Join us for our Annual Dinner and Awards Ceremony Saturday night. We will be honoring Dr. Joyce Burland, who has retired from NAMI.

Your dinner is included in your registration fee this year, so we hope you will plan on attending.



2011 Keynote Speaker: Dr. Daniel Fisher

Our keynote speaker this year is Daniel Fisher, the Executive Director of the National Empowerment Center and a practicing psychiatrist at Riverside Outpatient Clinic, Wakefield, MA. Dan is a person who has recovered from schizophrenia. He was hospitalized several times prior to becoming a psychiatrist. He is one of the few psychiatrists in the country who publicly discusses his recovery from mental illness. He is a role model for others who are struggling to recover, and his life dispels the myth that people do not recover from mental illness. His recovery and work in the field were recognized by his selection as a member of the White House Commission on Mental Health. Dr. Fisher is also on the National Advisory Council of the Hogg Foundation for Mental Health.

2011 NAMI Texas 27th Annual Conference Saving Minds, Saving Lives

2011 NAMI Texas Annual Conference

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