

VOCAL
Board of Directors Meeting Minutes
January 6, 2016

Board Members: Troy Ark, Marty Grizzle, Bobbie Hepner, William Hart

On Phone: Michelle Sese-Khalid, Lynn Lull

Staff: Bonnie Neighbour, Deidre Johnson

Guests: Rachel "Ryan" Tempesco, Steve Hills, Alice Coleman

Meeting called to order at 10:13 am.

Review Agenda:

Announcements:

Review of Minutes:

a. September 2, 2015 – Reviewed.

No need for a motion to approve the minutes as they were approved in the Executive Committee meeting on 11.16.15 after not having quorum for the regularly scheduled 11.2.15 Board meeting.

Executive Director Report and Program Reports: See attached page.

a. FY16 Budget –Reviewed.

No need for a motion to approve the budget as it was approved in the Executive Committee meeting on 11.16.15 after not having quorum for the regularly scheduled 11.2.15 Board meeting.

2016 Board Meeting Schedule –Reviewed.

2016 Holiday Schedule – Reviewed.

Bobbie Hepner makes a motion to change the November 2, 2016 meeting to October 26, 2016 due to a conflict of scheduling, seconded by Lynn Lull. Roll call vote held – 6 yes. Motion approved.

Board Positions:

a. Open Board Positions

Reviewed current applications and one applicant whose application was faxed and not received called in to introduce herself to the Board.

i. Regions 1, 2, and 7

ii. One At Large expiring 5/16 and one At Large expiring 5/17

William Hart makes a motion to accept the applications and appoint Tammy Washington to Region 2, Steven Clemons to Region 7, and Tim Glover to At Large expiring in 2017, seconded by Bobbie Hepner. Floor open to discussion and others wish to break the vote apart. William Hart withdraws his motion.

William Hart makes a motion to accept the application of Tammy Washington to represent Region 2, seconded by Bobbie Hepner. Roll call vote held – 5 yes, 1 abstain. Motion approved.

William Hart makes a motion to accept the application of Steven Clemons to represent Region 7, seconded by Marty Grizzle. Roll call vote held – 6 yes. Motion approved.

Marty Grizzle makes a motion to accept the application of Timothy Glover to represent the At Large position expiring in 2017, seconded by William Hart. Roll call vote held – 6 yes. Motion approved.

William Hart makes a motion to accept the application of Steven Hills for the At Large position expiring in 2016, seconded by Bobbie Hepner. Roll call vote held – 6 yes. Motion approved.

Troy Ark appoints Rachel “Ryan” Tempesco to the Advisory Committee.

Board Committees:

a. Executive Committee

- i. 9.15.15 Minutes – Reviewed.
- ii. 11.16.15 Minutes – Reviewed.

b. Finance Committee – Nothing to report.

c. Fundraising Sub-Committee – Thanksgiving appeal brought in some funds.

d. Advocacy Committee – Meeting later this month.

e. Governance Committee – Hoping to meet late this month or beginning of next.

f. Nominating Committee – Nothing to report.

Other business:

Bonnie Neighbour informs Board that the SAMHSA grant expires this year and that the office is working on the new RFP now.

Meeting adjourned at 2:37 pm.

Respectfully submitted by Deidre Johnson and Michelle Sese-Khalid.

Executive Director Report 1/6/16

Executive Director and Network

- DBHDS
 - Bonnie had been working with Commissioner Ferguson on DBHDS's Involuntary Admission Workgroup to submit to the General Assembly. That work has been completed now.
 - Bonnie served on the Steering Committee for and the SAMHSA Certified Community Behavioral Health Clinics grant. Virginia has been awarded that grant and Bonnie continues to serve on the steering committee for the plan for these clinics.
- VOCAL provided support to a peer-led Recovery Conference for Region IV in late October. We managed the registrations for the conference, served on the programming committee, and provided leadership in several areas on the day of the conference.
- William and Bonnie presented a workshop on Trauma at the Region IV Recovery Conference
- VOCAL participated in Pride festivals in Harrisonburg, Charlottesville and the state festival in Richmond. We've created a one-pager of mental health resources for Virginians in the LGBT community to hand out at the festivals in addition to handing out the bracelets with our website. The information from the one-pager will be available on our website.
- A new VOCAL website is almost ready for a soft release before we make a public announcement. This should be up and available in the next few weeks.
- We also had a table at the VAPRA Conference, thanks to Jerry Higginson who volunteered to set up and take down the display
- VOCAL Board and staff participated in our annual Strategic Planning Retreat in Montpelier in September
- Bonnie continues to be involved with the state RAFT group (formerly called BRSS TACS), the Region IV RAFT group and the Region IV Training and Housing Committees
- We are also involved in the Region IV Behavioral partnership
- VOCAL has a seat on the Behavioral Health Advisory Council
- We had a follow-up Staff Retreat in Charlottesville in October to begin to look at how to operationalize the strategic plan
- VOCAL had a two day visit for TA with Lauren Spiro and Patrick Hendry following the strategic planning retreat and organizational assessment. We were given many tools that might be helpful to us.
- We have said farewell to Jane as she has begun working at Region Ten and have welcomed Malaina Poore back on board with VOCAL as Network Program Director. We have also extended an offer to one of the candidates for the Program Director position to work with us temporarily through the legislative session.
- VOCAL had a joint Holiday Open House with NAMI-Central Virginia which is housed in the same building we are.
- Deidre is exploring having a "parent advisory" group aimed at VOCAL members who are parents with the intent to see if there's a way VOCAL can best support them in staying well.
- We are entering into the legislative session with tomorrow being the day people can go speak at the budget hearings, January 27th the Mental Health Advocacy Day on Capitol Hill and the first day of the session on January 13th. We will need to convene the Advocacy Committee no later than shortly after January 20th when we will have a better idea of what bills are filed that might be of interest to VOCAL.

CO-OP

- Hosted a phone call where state contracted peer-run program directors agreed to use a 16 question recovery-focused evaluation tool developed by the Fairfax County peer-run programs.
- Attended Alternatives Conference, networking and finding resources to benefit VOCAL and the other peer-run programs (and myself, personally. Thank you.)
- Prepared for a Board of Directors training for Friends for Recovery in Chesterfield (postponed due to weather for Nov. 14)
- Visited Southern Virginia programs, including a two day consultation with WeCare on policies, procedures and staff evaluations.
- Began processing 1st quarter attendance and service hours data for peer-run programs.
- The CO-OP is planning and peer-run Executive Director retreat for March 14-15, tentatively.
- Provided support to independent, privately funded peer-run program directors wanting to organize their peers to ask the general assembly for an appropriation for peer-run program start-up programs in Virginia.
- Conducted a Board of Directors training for Friends for Recovery in Chesterfield and prepared for one for Wellness Interventions of Norfolk (to be held Jan 15)
- Researched cost for non-profit outcomes databases and reviewed ongoing funding options.
- Represented VOCAL at Central State Hospital Forensic Unit's first Wellness Fair.
- Completed a report to DBHDS on 1st quarter attendance and service hours data for peer-run programs. Moved data reporting portal to VOCAL's new website and communicated with program directors about new process.
- Researched location, cost and speakers for 2nd annual PRP Executive Directors' Retreat.
- Completed new format for annual PRP Needs Assessment process.

REACH

- Worked with Bonnie to organize first WRAP Facilitator Refresher Training, at the VOCAL office in September and October. We are considering pros and cons of doing this again. Five peers completed the training.
- Presented workshop on expressive art experiences at the Region IV recovery conference October 29.
- Attended Alternatives 2015 in Memphis
- December WRAP Facilitator Training completed, with 8 new facilitators trained and 2 facilitators refreshed. Those trained are from 8 different communities in Virginia, and all are have voluntary or paid positions where they will be leading groups.
- Ann is leading a Youth WRAP group at Murray High School in Charlottesville. Murray is a charter school in the Albemarle County School System. Youth WRAP is designed for 16 to 25 year olds, and the hope is that this introduction of Youth WRAP to Virginia will encourage young people to be trained as facilitators, and bring a Copeland Center Youth WRAP training here.
- The Copeland Center has interest in offering an Advanced WRAP Facilitator Training in Virginia, and Ann is recruiting CSBs and regional recovery funds to sponsor trainees.
- REACH continues to respond to inquiries about peer support specialist certification and grandparenting of Certified Peer Recovery Specialists.
- As part of VOCAL's strategic planning project, Ann will convene a focus group in February, on how to bring recovery and peer support ideas to Virginia's mental health provider education programs. This focus group input will help us determine whether outreach to provider education programs is an appropriate goal for VOCAL.

- Setting up WRAP Facilitator Training for December 7 through 11 at Shalom House. Trainers will be Erin Tucker and Beth Gager.
- Studying whether VOCAL can play a role in bringing Peer Support Specialist Training to peers who will qualify to be grandparented into Certification this year.
- Working with Youth WRAP specialist, Lettie Elenes, of the Copeland Center, on bringing Youth WRAP to Virginia. This effort is beginning with Ann leading a WRAP group at Murray High School in Charlottesville. If participants are interested when this group is completed, the Copeland Center will train them to become facilitators for other transition age peers.
- Working with Matthew Federici of the Copeland Center on bringing Advanced WRAP Facilitator Training to Virginia in 2016. At this point we are collecting a list of Virginia WRAP Facilitators who would like the training, and we are looking for possible sources of funding.
- Working with Lydia on revision of REACH section of VOCAL web page.
- Working with staff on strategic plan.