

NAMI CONSUMER CONFERENCE CALL
April 11, 2007

Present on call: President Mark Arneson, Secretary Louise Stapert, Treasurer Kim Shorers, Lois Knoke, Meredith Clark, Jim Simbeck, Gayle Mueller, State-Heather Nelson.

#1. Mark gave the welcome.

#2. An addition was added to the agenda. Heather reported on Alternatives 2007 Conference and application.

#3. Correction to the March minutes were made and approved. The \$50,000 state funding reduction was several years ago. The Executive Committee also includes President Mark Arneson and Secretary Louise Stapert. Daniel Fisher is a member of CNECTD and Executive Director of National Empowerment Center. Debbie Whittle runs the conference call.

#4. Old Business:

- A. Mark reported that SD NAMI will find out April 14th if the grant for In Our Own Voice training has been approved.
- B. Mark reported that he is working with Tim Johnson on building a NAMI website that will be set up like a bulletin board.
- C. The Council agreed by consent that the minutes will be posted on the NAMI Website after approval.
- D. The kick off luncheon for the NAMI Walk will be Saturday noon, April 14th at CJ Calloways in Sioux Falls. There will be a board meeting at 8:30am prior to the luncheon. Mark thought people could still get into the luncheon.
- E. National NAMI Convention will be in San Diego in June. Mark is hoping to be there.
- F. Mark is also on the State Independent Living Council. He will be going to Washington D.C. in July. If anybody has any concerns or ideas regarding issues for people with disabilities, which includes mental illness in addition to wheelchair bound or other people needing help, to please contact him.
- G. Peer to Peer training is in the process of being rolled out. They're in the process of getting trainers. Astra-Xeneca is paying for the training.

#5. Jim and Meredith participated in the National Empowerment Center conference call. Meredith gave a report. Florida has put together a state network in one year's time. This was done through advocacy, peer to peer groups, working with state members, growing web-based training, toll free conference calls and membership recruitment through consumer to consumer using drop in centers. This led to getting a Certified Peer Specialist. A grant was applied for.

Voting memberships are broken down as follows: Families of consumers are free; self disclosure-a member with mental illness is free; nonvoting consumer run centers \$35.00; provider agencies are \$75.00; associates are members who are not self

disclosing is a donation. There is also a steering committee. This is a consumer driven program. Georgia was used as the template.

The next subject will be Road to Delineation study. There are representatives by district. The conference lasted one hour and sixteen minutes. There is a CD available of the conference call. 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. power2u.org is the website. There is a link on <http://health.groups.yahoo.com/group/CNECTD>.

Jim emphasized this group is not a threat to NAMI. Jim is working on a consumer survivor group.

#6. Heather reported on the Alternatives conference that is set for October 10-14th at St. Louis, MI. Scholarships are available. A letter of recommendation is required for scholarship application. Applications must be received by May 25th and it must be sent through the mail. The agenda for the meeting is not yet available. Heather will ask Amy about sending someone. The website is www.alternatives2007.org.

There is also a DBSA conference is August 10-12th in Orlando, FL. The web address is: www.DBSAAlliance.org.

#7. Discussion: Mark reported he has been diagnosed with sleep apnea. He was told that this can contribute to depression, diabetes and cholesterol. Louise also has sleep apnea and uses a C-PAP machine to keep airway open when sleeping. Dr. Michael Haley of Mitchell has described sleep apnea as an “insidious killer”. It also contributes to heart problems.

There is an upcoming teleconference on Friday April 27th on Adult Issues on Borderline Personality Disorder. The number is 1-888-858-6021, access code 309918.

Respectfully Submitted
Louise Stapert
Secretary, NAMI Consumer Council