

Good morning,

Sorry for the delay, I lost my notes...

Guests: Nancy Carmichael (Trina White)
Holy Sessoms Speaker from NAMI

Announcements:

- Rene handed out Thank You's from last quarter's granting
- Beer Captain update – No Shows for Mikala filling in for Danny S.
- Dina – Festival of Trees – our tree went for \$800, need 1 more beer pourer for Nile Hospitality Room 12/21 4:30 ~9:30.
- Tanner: BEC Christmas Party 1/18 pre-party at 4 pm in Presidential Suite. \$15/person.
- Dress a Child next Saturday. Don could use 3-4 more people so we are not doubling up.
- Tanya - Year end special breakfast 12/20, good food and prizes!
- Sr Lights 12/17. Ryan is in good shape stars at Billings Community Center.
- Board Meeting tomorrow night at 5:45.
- 12/13 breakfast business meeting. NO GUESTS!!!
- Cecil P needs sub for 12/13. He is going to his daughter's wedding. Yeah likely excess ;) Please anyone fill in, if you can.

Program National Alliance for Mental Illness (NAMI) – Holy Sessoms was the speaker.

General:

- Currently mental illness is labeled “mental health condition”
- 1 in 5 have an MHC in their life.
- 2019-2020 Yellowstone County needs assessment
 - 80% of health providers see MHC as major issue.
 - 20% of Yellowstone County adults in fair or poor mental health
 - 30% of care givers have poor mental health
- NAMI established in 1995. Self-help organization with volunteer lead programs, free to public to access.
 - Mission – education, support and advocacy
 - Provide 3 classes year round 4 times a week.
 - Support –
 - Connection: group sessions lead by trained peers.
 - Family: support for families and friends of victims.
 - Education:
 - Basic – 6 week program for parents of children and adolescents
 - Peer 2 peer – 8 week program
 - Family 2 family- 12 week (friends and family)
- BEC grant was specifically used to develop the 6 week program in conjunction with Walla Walla and Family Tree Center (location for use and child services during classes). Class specifically geared to parents to help understand, identify MHC's. How do deal with stress and what resources are available. Grant will cover 4-5 more classes.
- 20% of youth 13-18 have an MHC.
- By age 24 75% of individuals with MHC's will have symptoms appear.

- 50% youth with unmanaged MHC's will drop out of school.
- 70% of incarcerated youth have unmanaged MHC's.