

NAMI Upper Valley Board Meeting
Minutes May 19, 2026

X	Kim Jardine-Dickerson, President	X	Sandy Sandvig, Support Chair		Kim Remien, Friends in Service Here (FISH)
	Larry Roberts, VP, Mental Health Court Liaison		Ray Montgomery, Patient Recovery Rights @SHS		Brandi Daw EIRMC, BHC Liaison
X	Lynne Wade, Secretary, CSP Liaison		Jane Roberts, Mental Health Court Liaison	X	Emily Wunderlich, TRIO
X	Michael Sandvig, Treasurer, CIT Liaison	X	Mark Cukars, Center for Hope	X	Zack Hunt, RHS Youth Crisis Ctr.

1. **Welcome and Introductions:** Emily Wunderlich, has been part of our board in the past, and is returning to help NAMI UV with grant writing. Zack Hunt from RHS Youth Crisis Center.
2. **Review and Approval of the Minutes:** Mark moves the minutes be accepted as amended and Kim seconds the move. Unanimously approved.
3. **Financial Report:**
 - Mike reports cash inflow 4/21/26 through 5/19/26 from donations, dues paid to NAMI UV, dues received from NAMI and interest = 82.43
 - Outflows 4/21/26 through 5/19/26 for computer and software, dues paid to NAMI, insurance, postage and PO box rental, awareness and advocacy = 1,121.92
 - Overall Total = -1039.49
 - YTD 1/1/26 through 5/19/26 inflows from unrestricted organizations and individuals, donations paid direct to NUV, dues received from NAMI and interest = 646.24
 - YTD 1/1/26 through 5/19/26 outflows from advertising, computer and software, dues paid to NAMI, insurance, postage and delivery, PO Box rental, printing and reproduction, prof. and legal fees, advocacy and awareness = 3,910.95
 - Overall Total = -3,264.71
 - Mark moves to accept the financial report and Sandy seconds the motion. Unanimously approved.
4. **Connections Support Group:**
 - Sandy reports that there were 29 total participants in April with 4 new and 1 veteran.
5. **Liaison Reports:**
 - Lynne attended the Community Suicide Prevention meeting. Rick Croft talked about a program helping students at Madison Jr. High. They are using questionnaires to find areas of need in students. With parent approval, they are teaching coping skills to students based on the student answers in the questionnaires that indicate self-harm. When follow up questionnaires are given the answers show measurable improvement.
6. **New and Other Business:**
 - The 5-year Plan is tabled until next month to give all board members a chance to go over it.
 - Mark has completed both the State of Idaho peer support facilitator training, and the NAMI peer support facilitator training.
 - a) He will be the conducting an in-person connections group at the Center for Hope, 530 E. Anderson in Idaho Falls, in the near future.

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- b) Sandy suggests we set aside a stipend for Mark's group for snacks each week. Mike makes a motion to set aside a snacks stipend for Mark's in-person group and Kim seconds the motion. Unanimously approved.
- a) Citizens Community Bank has found that some old board members still have signatory access to NAMI UV accounts. Mike makes a motion that he and Jane will henceforth be the only two board members with access to NAMI UV bank accounts at CCB. Kim seconds the motion and it is unanimously approved.

7. Adjournment:

- Lynne moves we adjourn the meeting and Mike seconds the motion. Unanimously approved.

8. Upcoming Events:

- NAMI Upper Valley Walk will be June 6th at Heritage Park 2194 Snake River Parkway.
- June 24th is the fourth Wednesday; there will be another in the Mental Wellness Series at 6:30 in the IFPL called Peer Support Works in Mental Health.
- The board meeting in July is cancelled for vacations.
- 1st Thursdays.....Community Suicide Prevention meeting at noon. See their FB page for details: communitysuicidepreventionid.org
- Every Thursday at 7 pm.... Connection Peer Recovery Support Group namiidaho.org/calendar for meeting information.
- 3rd Tuesdays.....NAMI UV Board Meeting (cancelled for July)
- 2nd and 4th Tuesdays...Family Support Group – in-person and Zoom (meeting ID 860 4324 9858, passcode: nami)