

NAMI Upper Valley Board Meeting

Minutes January 20,2026

X	Kime Jardine-Dickerson President	X	Sandy Sandvig, Support Chair	X	Jane Roberts, CSP Liaison & BHB Liaison
X	Larry Roberts, VP, Mental Health Court Liaison		Brandi Daw, BHC Liaison		Membership Chair (vac)
X	Lynne Wade, Secretary Children's BHB Liaison		Emily Usher, Veterans pgms		Kim Felde, promoter/organizer for NAMI Walks
X	Michael Sandvig, Treas, CIT Liaison		Chloe Felde, Youth outreach		

1. Welcome and Introductions

- Zach Hunt from Rehabilitative Health Services (RHS)
- Mark Cukurs from Center for Hope
- City Councilman John Radford

2. Kim announces that the Giving Machine was a huge success. Thank you to all the volunteers that made this event possible!

3. Review and approval of the minutes for November 2025 and December 2025.

- Sandy makes a motion to approve the minutes and Jane seconds it. Unanimously approved.

4. Mike presents the financial report Cash Flow

- Total Inflow – Year to date 1/1/2026 – 1/19/2026 donations from unrestricted individuals and organizations = \$300.
- Total Outflows consisting of program \$120, Business (utilities), web services 31.00 = \$151.
- Overall total remaining = \$149
- Cash flows from 12/16/2025 to 1/19/2026
- Inflows of donations unrestricted individuals 1,174.12 and dues 26.00 total = 1,200.12
- Total Outflows for program, awareness, and advocacy = 1,180.00 business utilities 31.00 = 1211.00
- Overall Total = -10.88
- Larry moves to approve the financial report and Lynne seconds it. Unanimously approved.

5. Connections Report

- Sandy said that the Connections Group has averaged the same number of participants since the end of the year 2024

NAMI Upper Valley Board Meeting

Minutes January 20, 2026

- The overall total participant attendance for 2024 was 346 with 29 new participants and 49 veterans. The end of the year 2025 is 345 with 31 new and 50 veterans. This is a good number but hopefully we will have more new participants this year.

6. NAMI UV Liaisons report:

- Larry and Jane report from the structured Mental Health Court. The weekly MHC encourages and awards the progress of each participant whether big or small, and it's a celebration when a participant graduates.
- Kim reports that the Children's Behavioral Health Meeting is planning a resource fair on February 20th, and NAMI UV will be there to share information for the families of children with mental health difficulties. Also discussed at the Behavioral Health Board Meeting is educating on consequences. It's time to think about applying for grants.
- Mike reports that CIT officer training is already scheduled for May, July and September.

7. Partnership and support opportunities

- NAMI Walks will be on June 6th, 2026. If each of our board members canvases for some volunteer walkers we keep the money for our local affiliate.
- Zach Hunt is a Case Manager at RHS and explained they provide essential medical and mental health services regardless of the patient's ability to pay. He talked about Rise Up where they have a teen and child in crisis center for ages 5 – 17. It is 100% voluntary and youth who may be on the street can walk in for protection and services.
- The 11th annual RHS Hustle for Mental Health 5K/Fun Run donations will be used to support NAMI Upper Valley on May 9th at Snake River Landing.
- Mark Cukars from the Center for Hope in Idaho Falls has volunteered to be on NAMI UV board. He said there's a need for a Family-to-Family class at the Center for Hope. Ray and Mark expressed interest in becoming facilitators for the peer-to-peer group. They qualify because they each have lived experience with mental illness and drug abuse. Sandy said they would need to take the Train the Trainer course, and both are interested in the course.
- John Radford City Councilman in Idaho Falls spoke to us about Eastern Idaho Community Action Partnership. This partnership provides essential services in our community; like Head Start early education, food banks, help with heating bills, window replacement, caregiver support, and adult protective services. They also offer housing for families, seniors, and disabled individuals.

NAMI Upper Valley Board Meeting

Minutes January 20,2026

- The TRIO resource fair at the ISU Student Union building on May 16th is an opportunity to support veteran families.

8. New Business and Announcements

- We are looking forward to the Chukars Game on May 20th and in addition to our resource table we're planning a raffle.
- On the 4th Wednesday of each month NAMI UV is hosting a free information class at the Idaho Falls Public Library, 457 West Broadway. This month Homelessness and Mental Illness.
- Matt Hardin, of Magellan Behavioral Health of Idaho, will be speaking at the February board meeting. It will be the annual board elections meeting at 6 PM and board members will bring something to share.

9. Adjournment

- Larry makes a motion to adjourn the meeting. Ray seconded, and it is unanimously approved.

10. Upcoming Events

- 1st Thursdays.....Community Suicide Prevention meeting at noon. See their FB page for details: communitysuicidepreventionid.org
- 3rd Fridays.....R7 Behavioral Health Board Meetings See [Meetings, Agendas & Minutes | Eastern Idaho Public Health](#)
- Every Thursday at 7 pm.... Connection Peer Recovery Support Group namiidaho.org/calendar for meeting information.
- 3rd Tuesdays.....NAMI UV Board Meeting
- 2nd and 4th Tuesdays...Family Support Group – in-person and Zoom (meeting ID 860 4324 9858, passcode: nami)