



THE UNIVERSITY of
NEW MEXICO

NAMI UNM Meeting #2
February 24, 3:30-5:30 pm,
Student Union Building, UNM
Third Floor, Room: Alumni

1 Welcome/ Greetings

- a. Member Sign in
- b. NAMI UNM Introduction
 - **Basic introduction on what NAMI**
 - **Everyone introduced themselves**
 - **Next Meeting to include Mental Health Speaker (Short pres.) [Matt]**
- c. Anonymity Clause

2 Meetings Objective

- a. Update on NAMI UNM standing
- b. Take action in recruiting members
- c. Planning out events and projects
- d. Officer Positions

3 NAMI UNM Update

- a. Proposed Meeting Time
 - **Meeting for planning next Monday March 6 (Bi-weekly thereafter)**
 - **Next Mental Health discussion meeting Friday March 10**
- b. Chartering
 - **Officially a UNM student organization**
- c. NAMI on Campus Application
 - **We are officially recognized by NAMI National, YAY!!**
- d. Budget Workshop
 - **Kim went to workshop. Will work with Japanese club treasurer to get budget done to get ASUNM funding for next year.**
 - **GPSA: we are not in a time frame for a budget now.**
 - **Individual grants**
 - **Individual events**
 - **Work on application for events we may plan for the future so we can receive funding from them. As long as we have 1 grad student involved in our group for funding**
- e. Website
 - We are open for suggestions on decoration or updating the website
 - Donations
 - **Establishing the SJO account → UNM foundation [Matt]**
- f. Executive Board Meeting
 - **Connect choose a date/time**

4 Member Recruitment/ Advertising

- a. Who will present at classes?
 - So far we are thinking of presenting at professor Jackson's 105 general psych class. We are open to other professors and classes where we may briefly present a small info powerpoint to the class.
 - **Kim will work on slide and begin presenting to test out the script. [Kim]**
 - Slide we discussed could include: Info name, project, website, stats
 - **Matt will contact HSSC to present & disseminate, north campus. [Matt]**
 - Talk to them/the leaders so they can share the word with their students
- b. Who will write for the captions for the newsletter and mailing list?
 - **Matt to write the newsletter for the mailing list and Daily Lobo. [Matt]**
 - Daily Lobo Op. Ed.
 - NAMI New Mexico
 - Challenger – NAMI Albuquerque
 - Honors Newsletter
 - List Serv (other departments)
- c. Design flyers?
 - **Santi will be sent the information for the flyers to design, but we will all add suggestions. [Santi]**
 - These are priority as of getting them done and spreading them across campus.
 - Group effort of posting these on campus
 - NAMI NM said we could print copies at their office.
- d. Post on kiosks?
 - As soon as the flyers are designed we will post up kiosks.
 - Elle has offered to post them on the kiosks
- e. *table outside Zimmerman/Humanities building.

5 Projects in Motion

- a. Resource Document
 - **Kim will work on the final list with description and bring it to meeting when its ready. [Kim, Matt, others]**
 - Name, Description, Resources, Cost, Website, Phone #
- b. Weekly Discussion
 - Being broken out to subgroup planning
 - This will be where we send people interested in learning more about NAMI and Mental Health397
 - Topics discussed: Anxiety meme, triggers meme, substance abuse, depression & subcategories, media, stigma, dealing w/stress, coping mechanism

POSTPONED FOR NEXT MEETING

- 6 **Mental Health Awareness Month**
 - a. POSTPONED FOR NEXT MEETING
 - *Matt to talk to Walt Miller about SUB usage [Matt]*
- 7 **NAMI Walk Fundraiser**
 - a. POSTPONED FOR NEXT MEETING
 - *Review NAMI Walks User Agreement [Matt]*
- 8 **“Health Professionals Fair” Saturday, March 25th**
 - a. POSTPONED FOR NEXT MEETING
- 9 **Officer Positions**
 - a. POSTPONED FOR NEXT MEETING
- 10 **Adjourn Meeting**

ACTION STEPS:

- 1 Make slide and script for presentations. [Kim]
- 2 Flyers [Santi/Kim]
- 3 NAMI UNM Article [Matt]
- 4 Work on the budget/SGAO Account [Matt/Kim]
- 5 Next informal meeting Monday 27, 3pm-4pm
- 6 Next formal meeting Monday March 6, 3-4pm [Matt]
- 7 Find Mental Health Speaker [Matt]
- 8 Discussion group meeting Friday March 10 (evening hours can be discussed) [Kim]
- 9 Collect Resource Document Information [Matt]
- 10 Review NAMI Walks Agreement [Matt]