

FBPDA Board of Directors Meeting Minutes – August 15, 2015

Date: August 15, 2015

Time: 10:00AM-12:00PM

Location: TBC for CBT Group Room, 511 Wilbur St. Brandon, Florida 33511

Attendees: Nancy Gordon, Gordana Krone, Jacki Krone, Pam Hernandez , Kelly Turner, Charlie O'Neil

Absent:

Next Meeting: Scheduled for September 19, 2015

Next month Mindfulness Leader: Nancy Gordon

Meeting called to order: 10:00 AM by Charlie

Mindfulness Exercise led by: Kelly - Participation Exercise

1. Minutes reviewed and approved as written.

The minutes will be formatted and edited by Nancy who will also take the minutes next month since Jacki will be out. Discussed the idea of transferring from Dropbox to Google drive which is more accessible.

Action Items:

- a. Jacki will distribute agenda and all board members will print out and bring current month's minutes to the meeting
- b. Nancy will post minutes on the website
- c. Nancy will transfer the items in drop box to Google drive

2. Treasurers Financial Report and Fund Raising: Pam reported income and expenses. Bank Balance is: \$7110.64

Future discussions will include ways in which we will use the funds that we raise

Action Item(s):

- a. Pam will continue to provide the financial report as interim treasurer.
- b. Continue discussions on how to use the fundraising from the Honey Baked Ham fundraiser.

3. Meeting date/Announcements :

Next meeting on 9/19/2015 confirmed

Action Item (s):

- a. Nancy will put all meeting dates and announcements on the website.

4. By-Laws-Articles of Incorporation:

By Laws are approved and accepted

5. Website and Social Media Update:

Gordana Posts on FB regularly resulting in increasing FB likes and Gordana posts on our website regularly.

Action Items:

- a. Amazon smile link needs to be added

- b. Clinician's corner needs updating, and we need to keep the clinical content regularly updated with blogs on a regular basis. Encourage search for research. Kelly agreed to do a blog on BPD and Trauma
- c. Gordana will develop a twitter account.
- d. Nancy and Kelly will updates the provider list with residential programs and any other providers that can be listed.
- e. Gordana will post information from other organizations and events.
- f. Pam will ask a Professional to create the link to transfer items on FB to our website and help us with computer related items.
- g. We need to visibly promote on website the Amazon Smile for upcoming holiday purchases.
- h. Gordana will research Brochure contents and present content options
- i. Gordana contacted Michelle and solicited her help
- j. Create a newsletter in response to requests from website

6. Business Plan:

Broad Business plan was board approved. Reviewed the Action Plan for what we want to accomplish until the annual meeting in March. Working Action Plan will be included in each Agenda.

Action Plan Goals:

- a. Gordana will post on social media 2 blog posts a month, one on general, one on clinician corner. Re-Posting - All Board Members can contribute the stories, slogans, videos they find that supports our inspirational and educational goals.
- b. Support groups in Hillsborough County- Jacki and Pam will provide updates
- c. More educational activities to target consumers, educators, physicians, healthcare professionals- Nancy, Beth and Kelley will coordinate the education with other mental health agencies and programs
- d. Beth will be teaching a course on BPD?DBT at St. Pete College
- e. Nancy will present an educational program to the Hillsborough County School psychologists
- f. A Stress/Holiday educational Informational Sheet will be posted on the website o- Tips surviving the holidays to be done on website by the end of October. Pam agreed to work on this.
- g. Repeat our lecture series in conjunction with a treatment center- clinicians will research options. Nancy and Kelly will look for agencies to partner with.
- h. Continuous website updates
- i. Board Development
- j. Gala Event
- k. Annual Meeting in March

7. Educational Event Planning

Since this is the cornerstone of our mission, we will deliberately strategize our efforts to maximize results.

Action Items

- a. Plan and schedule educational events in conjunction with with BPD Month, Mental Health Awareness Month in May.
- b. Create a Holiday Survivor's Tip and Check list to get through the holidays
- c. Provide evaluation tool after each educational event.

8. Support Group Update:

FBPDA will endorse the family support group as their project. Pam brought the flyers and Jacki and Pam shared the dates and their work towards getting this up and running. This is very exciting to get this going!

Action Item:

- a. Post announcement on website and market as soon as location is confirmed

9. New Business

- Pam is attending Family Connections Orlando event
- www.familiesforbpdresearch.org
- Beth being on as an advisory Board approved.
- SOP for Email communications will be written by Charlie

Action Items

- a. Pam will provide update on Family Connections training
- b. Charlie will write an SOP for email communications.
- c. Nancy will send out titles of books to read on Board Development for Non-Profits.

Meeting adjourned at Noon