

FBPDA
Board of Directors Meeting Minutes: April 18, 2015

Date: April 18, 2015

Time: 10:00AM-12:00PM

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

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

Absent: Sharon Bowman, Lisa Pennix, Casey Beaver

Next Meeting: Scheduled for May 16, 2015

Next month Mindfulness Leader: Pam

Meeting called to order: 10:00 AM by Charlie O'Neil

Mindfulness Exercise led by: Gordana. We used a picture of our pets to bring us to a peaceful place

1. Minutes reviewed and approved as written.

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.

2. Treasurers Financial Report:

Nancy reported, in Lisa's absence, \$7356.00 in bank, April we had \$100.00 in donations (not in bank yet)

Action Item(s):

- a) Lisa will provide monthly reports.
- b) Charlie will apply for large donations from Walmart and such. He will explore both the donation opportunities and private and government grant opportunities. He informed us that the category we best fit for grant applications is, 'Community Engagement'.

(Discussion continues to focus on how we would spend grant money. Suggestions included offering treatment, going into the school system and a variety of areas to introduce DBT).

- c) We need to continue to thank people for their donations. Nancy will send out thank-you notes.

3. Meeting date/Announcements : Next meeting on 5/16/2015 confirmed

Action Item (s):

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

4. By-Laws-Articles of Incorporation

Action Items:

- a) A conference call is scheduled with new pro-bono attorney to review the by-laws. Charlie and Casey will be on the conference call together.

5. Website Update

Action Items:

- a). Remind people to use Amazon Smile instead of Amazon and put link on website (technical difficulties will be resolved).
- b). We need an automatic sign up list for our website and mailing list. (Nancy will ask Michael and Michelle for both of these things)

- c). Clinicians corner was updated, and we need to keep the content regularly updated. Blogs need to be added on a regular basis. Encourage search for resources.
- d). Nancy will continue to add links for; NEABPD, NAMI, TARA and all pertinent resource information and amazon smiles information with help from Derek.
- e). Gordana and Casey will develop a twitter account.
- f). Nancy will ask Michael to create a link so readers can join our email list, also for blogging and Facebook postings.

6. Strategic Plan: Board reviewed and approved the Strategic Plan.

Action Items:

- a). Add school systems, take law enforcement out, and utilize community service.
- b). Add Pam Hernandez and Gordana Krone as board members and add their 'bio' descriptions.
- c). Nancy read 'The Board Members Description and Commitment'. The board unanimously agreed and approved the document to be included in the by-law.

7. Educational Event Planning

Action Items:

- a). We need to determine in May where to place our next series of educational lectures.
- b). For May event: Gordana will convert the flier to just read Adolescent event
- c). Kelly will give the flier to the parents at Prep, Berkley, Plant,
- d). Nancy will give to Academy, and Peace River
- e). New suggestions are to widen the audience, perhaps gear it to professionals before next event brainstorm on how-to.

18, 2015, Wednesday April 15, 2015 and Wednesday May 20, 2015

- Location : The Children's Board, 1002 East Avenue Ave., Ybor City , Tampa 33605
- Time: 6:00 pm.
- Topics:

1. Overview of BPD. 2. Helping Families Cope with BPD. 3. BPD in teenagers (adolescent). Beth agreed to facilitate the first one, "Back From The Edge". The second will be led by either Kelly or if Beth wants to, and will involve viewing the film "Coping with BPD". Again, whoever wants to co-facilitate is welcome. The third will be led by Nancy and will focus on BPD with teens. This will be marketed as a series and through our mailing list on constant contact, mailing list, our website and NAMI. Educational Events are scheduled for the third Wednesday for March, April and May.

Wednesday March

8. Support Group

Gordana distributed Beth's Family Program flyer. The announcement was to introduce free family support to the board members.

9. New Business

- 1. Reach out to School systems and guidance counselors with FBPDA information
- 2. Utilize annual trainings as a good platform for our educational info
- 3. Gordana's article was accepted into Gunderson's project
- 4. Pam graciously offered to have a team building event at her beach condo.

Meeting Adjourned at 12:00 pm