

Type of Meeting:	Mental Health Committee -Rotary 5150	Date:	07/18/2023		
Place:	Zoom	Starting Time:	6:00pm		
Facilitator:	Jenny Bates	Ending Time:	7:30pm		
Present:	Jenny Bates, Gloria Dunn-Vuolin, Marisa Remak, Haydi Danielson, Patricia Player Maxwell, David Stompe, Allen Shirley, Joe Teresi, Mikol Davis, George Landau, Sally Swanson, John Tornes, Chris Gallagher, Juliana Fuerbringer, Henry Choi, Yuhui Chen, Jeff Slavits, Madhusudhan Reddy, Tashaki Ford, Jim Carteris, DG Laine Hendricks, Sunny Singh, Lisa Wilhelm, Mitone Griffiths				
Order of Agenda Items	Discussion		Scheduled Actions	Person(s) Responsible	Target Date
Welcome and Introductions	Introductions of new attendees and moment to check in on how we are really doing.		N/A	N/A	N/A
Review of RAG Membership	Jenny shared commitments that would need to be made to start a Rotarian Action Group. We would need to prepare a mission statement, bylaws, get sign off from District Governor Line and have an election. We will need to have a chair, co-chair and at least 3 additional board members. Out of 24 attendees on call, 14 voted to move forward with the application process with the caveat that we continue to move forward with projects and making a change and difference in mental health arena.		Jenny to send bylaws, mission statement to attendees and will have a vote for directors at our next meeting on August 15 th .	Jenny to send info Committee to review and bring comments to next meeting or edits Committee members to consider running for office	8/15/23
Select a Project to begin as a District and/or select a plan for projects/ideas listed	Reviewed Projects and Ideas from last meeting and added ideas: - Mental Health Moments - Speakers on mental health- ask clubs to have at least 2 speakers per year – encourage clubs to partner and have big speakers - Provide information to clubs/interactor/rotactors about mental health – provide access, our own toolkit - Create a link on the RAG website - Laine to reiterate the focus on mental health - Information to our mental health providers we are here for them - Create our own navigation system to help with mental health system - Create our own pin that we can wear - Involve the youth, find curriculum to share more with school				

	- Support funding for mental health projects such as challenge day - Join a walk a thon - Support Group for Families and/or Self/caregivers - Can we lobby or is it a violation of Rotary - School Support in schools - Relief for caretakers- support for family members - Join a walk a thon- NAMI- Oct 7 Marin, SF October 14 San Mateo Committee discussed importance of narrowing in to gain some traction. Items discussed learning towards reducing stigma within the district. Action items created from group at this time include: Mental Health Moments Monthly with DG message and social media promotions throughout the month Nami Walk in San Mateo on October 14th NAMI walk in Marin on October 7 Ask NAMI Marin to come speak to our group about NAMI and how we as Rotarians can support NAMI and breaking stigma and bringing awareness. As a follow up, they have confirmed they will attend our next meeting.	Jenny Bates to coordinate. Let Jenny know if you want to support Joe Teresi and Haydi Danielson to coordinate San Mateo. Work with Jenny to get info out Jeff Slavits to coordinate Marin. Work with Jenny to get info out Jeff Slavits coordinate	Jenny Joe and Haydi Jeff Jeff	
Next meeting: August 15, 2023 6-7:30pm				