



Board of Directors Meeting
January 9, 2018
2 pm at IRMHC

In Attendance: Terry Heverly, JacQuan Winters, Shanna McIntosh, Laura Reeves, Marilou Baker, Joseph Abrams and Kathryn Adams

Welcome

Meeting opened by Joseph Abrams.

Approve November 2017 Minutes

Motion: Laura Reeves

Approve November 2017 meeting minutes.

Second: Joseph Abrams

Motion carried unanimously.

Hot Hundred/DCBC Update

Per the Steering Committee Meeting:

Britney McComb offered an update on planning for the 2018 ride.

The UA Rec Center has approved the Grounds Use Permit for Saturday, July 28th. However, at this time, the City of Tuscaloosa plans to charge \$3,360 for police support for the event. At the recommendation of the City, Britney has applied for \$5,000 from Tuscaloosa Tourism and Sports Commission to help cover costs. She requested letters of recommendation and success stories from Steering Committee members.

Britney has met with members of DCBC who have suggested a new route, rather than a reversal of the original, and would reduce the number of rest stops to 3. At least one DCBC member is slated to be in charge of each rest stop. Members have also offered to assist with social media posts tailored to cyclists.

In addition, there is discussion about adding a shorter ride that is tailored for children and/or families.

Registration is scheduled to open by January 21st with early bird registration of \$55—Jan. 22-March 1.

Per Board Discussion:

Shanna offered additional marketing support for the ride, including television, radio and billboard time.

DCBC has requested a return to 50/50 split of registration costs to a cap amount.

Joseph emphasized the need to minimize upfront costs.

Financials and Accounting

Kathryn will request an end-of-the-year Profit and Loss Statement from LaBounty to distribute to Board members. Discussion about additional fundraising activities.

Open Board Positions

Board members are needed to fill positions of President and Vice-President.

Other Issues and Announcements

Motion: Laura Reeves

Approve combining Board and Steering Committee meetings for the time being, beginning with the next regularly scheduled meeting on February 13th.

Second: Shanna McIntosh

Motion carried unanimously.

Discussion about how to increase consistent involvement of University students in Alliance activities.

Upcoming Meetings

General Meeting – January 22nd at 2 pm

Presentation: JacQuan Winters

TPD Community Room

Steering Committee — February 13th at 1 pm

Board of Directors — February 13th at 2 pm

IRMHC Board Room

SECRETARY: Kathryn Adams

APPROVED: February 13, 2018



Steering Committee Meeting
January 9, 2018
1 pm at IRMHC

In Attendance: Lindsay Preskenis, Britney McComb, Will Adams, Terry Heverly, Joseph Abrams, Kristy McKnight, Amy Crosby, Jamilah Arrington, Rob Robertson, Alexis Grant and Kathryn Adams

Welcome

Meeting opened by Joseph Abrams.

Approve November 2017 Minutes

Motion: Kristy McKnight

Approve November 2017 meeting minutes.

Second: Terry Heverly

Motion carried unanimously.

Hot Hundred/DCBC Update

Britney McComb offered an update on planning for the 2018 ride.

The UA Rec Center has approved the Grounds Use Permit for Saturday, July 28th. However, at this time, the City of Tuscaloosa plans to charge \$3,360 for police support for the event. At the recommendation of the City, Britney has applied for \$5,000 from Tuscaloosa Tourism and Sports Commission to help cover costs. She requested letters of recommendation and success stories from Steering Committee members.

Britney has met with members of DCBC who have suggested a new route, rather than a reversal of the original, and would reduce the number of rest stops to 3. At least one DCBC member is slated to be in charge of each rest stop.

In addition, there is discussion about adding a shorter ride that is tailored for children and/or families.

Registration is scheduled to open by January 21st with early bird registration of \$55—Jan. 22-March 1.

Open Steering Committee Positions

Terry Heverly has agreed to serve as Interim Chairperson of the Alliance. A Chair and Chair-Elect for the Steering Committee are still needed for 2018.

Blackburn Institute Update

TMHA is partnering with a group of six University of Alabama students in the Blackburn Institute to publish an illustrated story written for 4th and 5th grade city school students about mental health. This is a Daniel Community Scholars Program opportunity. The student team presented their civic engagement idea to the University in November and the idea was chosen to receive funding of \$5,000 for implementation.

Joseph will provide draft copies of the publication when they become available for Steering Committee review and commentary. A finalized draft is expected by January 21st.

Other Issues and Announcements

Discussion about scheduling Pass the Petals in May of 2018 to coincide with Mental Health Awareness month.

There are 17 Suicide Symposium DVDs are still available. Terry Heverly is the contact to obtain a copy.

April 2-5 is National Public Health Week. Monday, April 2, has a specific focus on behavioral health and access to mental health services. Terry recommended the Alliance participate in Eta Sigma Gamma's coordination of University activities on that day.

Discussion about restructuring the format of monthly General Meetings and unifying speakers based on a chosen mental health topic.

Rob Robertson will schedule a speaking date with the Tuscaloosa mental health historian.

Upcoming Meetings

General Meeting – January 22nd at 2 pm

Presentation: JacQuan Winters

TPD Community Room

Steering Committee — February 13th at 1 pm

Board of Directors — February 13th at 2 pm

IRMHC Board Room

SECRETARY: Kathryn Adams

APPROVED: February 13, 2018



Combined Board and Steering Committee Meeting
February 13, 2018
1 pm at IRMHC

In Attendance: Lindsay Preskenis, Terry Heverly, Laura Reeves, Wen Walsh, Julia Apodaca-Lane, Quinika Bradley, Jennifer Singleton, Kristy McKnight, Rob Robertson, Trendle Samuel, Nicole Hall, Ellen Tucker, Shanna McIntosh and Kathryn Adams

Welcome

Meeting opened by Terry Heverly. Kathryn noted two changes to the agenda, including continuation of a combined Board and Steering Committee meeting in March and editing one section title to read, "Open Steering and Board Positions."

Approve January 2018 Minutes

Motion: Lindsay Preskenis

Approve January 2018 Steering Committee meeting minutes.

Second: Ellen Tucker

Motion carried unanimously.

Motion: Laura Reeves

Approve January 2018 Board meeting minutes.

Second: Terry Heverly

Motion carried unanimously.

Hot Hundred/DCBC Update

There was no specific update for this meeting. Terry noted the Tuscaloosa Police Department plans to charge \$3,360 for Ride support on Saturday, July 28th. Joseph would like to meet with Alliance members at noon on Friday, February 16th at his office to discuss options for covering this cost.

Open Steering Committee and Board Positions

Terry Heverly has agreed to serve as Interim Chairperson of the Alliance. A Chair and Chair-Elect for the Steering Committee are still needed for 2018, as well as a President and Vice-President for the Board.

Blackburn Institute Update

Two of six University of Alabama students in the Blackburn Institute partnering with TMHA attended today's meeting: Quinika Bradley and Wen Walsh. Blackburn Institute is a civic engagement leadership group. The group chose mental health awareness as a platform and reached out to TMHA to partner on an illustrated comic book story written for 4th grade city school students about mental health. The student team presented their civic engagement idea to the University in November and the idea was chosen to receive funding of \$5,000 for implementation.

A draft of the comic book has been created and is awaiting approval. If approved, an illustrator or team of illustrators will be tasked with creating images and then a limited number of published copies of the comic book will be circulated to approximately 1,560 4th grade students within the Tuscaloosa City School system for reading and discussion. The students requested TMHA help compensate the illustrators \$100 each for a team of four.

IRMHC will provide a three-hour training to as many as 60 volunteers—many of whom will be UA students—prior to presenting the comic book to City School students. More than one student will be in each classroom during the reading and discussion.

Other Issues and Announcements

WAYLA (West Alabama Young Leaders) will recognize Derek Osborn of PRIDE on February 22nd.

April 2-5 is National Public Health Week. Monday, April 2, has a specific focus on behavioral health and access to mental health services. Terry requested volunteers from the Alliance to join members of Eta Sigma Gamma at their table on that day.

A free event called *Girl Talk—Overcoming Obstacles to Empower Women*—will be held by PRIDE at the RiverMarket on April 26th. Nicole mentioned the organization is seeking exhibitors to purchase tables and sponsors to cover the cost of food.

Upcoming Meetings

General Meeting – February 26th at 2 pm

Presentation: Steve Davis, Bryce Historian

TPD Community Room

Combined Board and Steering Committee — March 13th at 1 pm

IRMHC Board Room

SECRETARY: Kathryn Adams

APPROVED: March 13, 2018



Combined Board and Steering Committee Meeting
March 13, 2018
1 pm at IRMHC

In Attendance: Lindsay Preskenis, Terry Heverly, Laura Reeves, Rob Robertson, Alexis Grant, Lauren Hadley, Priscilla Perry, Trendle Samuel, Joseph Abrams and Kathryn Adams

Welcome

Meeting opened by Joseph Abrams. He requested members be prepared at the April combined meeting to further discuss and submit creative ideas regarding a potential area of focus for the remainder of 2018: Youth Mental Health. Rob and Laura noted the prevalence of school shootings and evidence of youth mental health issues both locally and nationally and the need for an awareness campaign—youth mental health identifiers.

Approve February 2018 Minutes

Motion: Rob Robertson

Approve February 2018 Board and Steering Committee combined meeting minutes.

Second: Alexis Grant

Motion carried unanimously.

Hot Hundred/DCBC Update

Meeting at noon on Friday, March 16th at noon with DCBC members at Joseph's office to finalize the financial agreement between the two organizations.

Open Steering Committee and Board Positions

Terry Heverly has agreed to serve as Interim Chairperson of the Alliance. A Chair and Chair-Elect for the Steering Committee are still needed for 2018, as well as a President and Vice-President for the Board.

Blackburn Institute Update

By March 9th, the team planned to have the copy for the comic book approved. However, that has not been confirmed. The remainder of March will be used to complete copy and merge illustrations with the text. The publication is slated for completion by March 30.

To Terry's knowledge, the team chose a single illustrator.

Published copies of the comic book will be circulated to approximately 1,560 4th grade students within the Tuscaloosa City School system for reading and discussion.

A grant application submitted by Laura on behalf of IRMHC requested \$465 to reimburse IRMHC for the safeTALK manuals needed to complete suicide alertness training in conjunction with the Blackburn Institute project. IRMHC has agreed to provide a three-hour training to as many as 60 volunteers—many of whom will be UA students—prior to presenting the comic book to City School students. More than one student will be in each classroom during the reading and discussion.

Other Issues and Announcements

Two grant applications were submitted by Laura Reeves on behalf of IRMHC and Youth Services Institute and were recommended to the Board by Steering Committee members. Board members approved.

Motion: Joseph Abrams

Approve \$750 Silver Sponsorship for Tuscaloosa REACTS conference.

Second: Terry Heverly

Motion carried unanimously.

Motion: Monty Morrow

Approve \$465 to reimburse IRMHC for 60 safeTALK manuals for suicide alertness training.

Second: Terry Heverly

Motion carried unanimously.

April 2-5 is National Public Health Week. Monday, April 2, has a specific focus on behavioral health and access to mental health services. Terry requested volunteers from the Alliance to join members of Eta Sigma Gamma at their table on that day.

A free event called *Girl Talk—Overcoming Obstacles to Empower Women*—will be held by PRIDE at the RiverMarket on April 26th. Nicole mentioned the organization is seeking exhibitors to purchase tables and sponsors to cover the cost of food.

Kathryn will email members to determine if there is a member willing to serve in a creative capacity to explore grant funding opportunities to benefit the Alliance and also remind members of open Steering Committee and Board positions.

Upcoming Meetings

General Meeting – March 19th at 2 pm

Presentation: Josh Hayes & Diandra "Fu" Debrossee
"Our Nation's Growing Opioid Crisis—Upcoming Litigation"

TPD Community Room

Combined Board and Steering Committee — April 10th at 1 pm

IRMHC Board Room

SECRETARY: Kathryn Adams

APPROVED: April 10, 2018



Combined Board and Steering Committee Meeting
April 10, 2018
1 pm at IRMHC

In Attendance: Terry Heverly, Will Adams, JacQuan Winters, Monty Morrow, Jennifer Singleton, Amy Crosby, Audrey Ellis, Julia Apodaca-Lane, Rob Robertson, Alexis Grant, Jamilah Arrington, Marilou Baker, Shanna McIntosh, Trendle Samuel, Joseph Abrams and Kathryn Adams

Welcome

Meeting opened by Joseph Abrams.

Approve March 2018 Minutes

Motion: Audrey Ellis

Approve March 2018 Board and Steering Committee combined meeting minutes.

Second: JacQuan Winters

Motion carried unanimously.

Fall Conference

The conference is tentatively scheduled for October 16th. Jennifer Singleton is a co-chair for the event. Joseph agreed to confirm that the auditorium at Alabama Fire College is available. Jennifer initiated a discussion about modifying the start time to ensure everyone is able to get there with morning school traffic, as well as extending the conference to a full day event.

Agreement to open the doors at 8:30 am for coffee and light refreshments, begin the conference at 9 am and offer exhibitor tables for \$50 each or allow exhibitors to sponsor breaks by providing refreshments.

Jennifer recommended a topic of focus: "Advancements in Treatment of Mental Illness."

Lunch will not be provided if the event is extended to a full day; however, the lunch break will be sufficient to allow attendees time to leave campus and return for the second half of the conference.

Hot Hundred/DCBC Update

Joseph met with members of DCBC on Friday, March 16th at noon to discuss the financial agreement between the two organizations. The agreement has not yet been finalized.

Joseph noted the need to increase overall participation by all TMHA members for the 2018 event, which will be held Saturday July 28th. The Wish List will be released in coming weeks, providing opportunities for individuals and agencies to donate a variety of items needed, which offsets the overall cost of the ride.

The Tuscaloosa Police Department has reduced the fee required for Ride Day support to \$1,000.

Blackburn Institute Update

No update today.

Other Issues and Announcements

Tuscaloosa REACTS will be held this Friday, April 13th.

A free event called *Girl Talk—Overcoming Obstacles to Empower Women*—will be held by PRIDE at the RiverMarket on April 26th. Nicole mentioned the organization is seeking exhibitors to purchase tables and sponsors to cover the cost of food.

Upcoming Meetings

General Meeting – April 16th at 2 pm

Presentation: Kylie Kitchens

Bradford Health Services

TPD Community Room

Combined Board and Steering Committee — May 8th at 1 pm

IRMHC Board Room



Combined Board and Steering Committee Meeting
May 8, 2018
1 pm at IRMHC

In Attendance: Amy Crosby, Ellen Tucker, Terry Heverly, Shanna McIntosh, Julia Apodaca-Lane, Laura Reeves, Britney McComb, Lindsay Preskenis, Joseph Abrams and Kathryn Adams

Welcome

Meeting opened by Terry Heverly.

Approve April 2018 Minutes

Motion: Joseph Abrams

Approve April 2018 Board and Steering Committee combined meeting minutes with correction to the topic for the Fall Conference—“*Advancements in Treatment of Mental Illness.*”

Second: Julia Apodaca-Lane

Motion carried unanimously.

Fall Conference

The conference is tentatively scheduled for October 16th from 8:30 am to noon. Jennifer was not present at today’s meeting; however, Terry noted speakers are being finalized and the next planning meeting will be held in June.

Vital will provide free CMEs and CEUs for the conference for nurses, physicians, social workers and counselors. Shanna is overseeing this process.

Joseph will confirm the Alabama Fire College venue prior to the June meeting.

Hot Hundred/DCBC Update

Ride Director Britney McComb provided an update on planning for the 2018 ride, which will be held Saturday July 28th.

Registration is low to date, but there are radio spots for Town Square Media and iHeart Radio that have been produced with Shanna's help and will run as recurring announcements now through the end of July. In addition, Britney plans to schedule interviews on Talk of Alabama closer to Ride Day.

Queen City Cycles has agreed to partner with TMHA/DCBC to increase registration, including giveaways on social media. TuscaBlue has agreed to sponsor flyers to promote the event.

Sponsorship confirmed to date is \$11,000. Funds received include: \$500 NUCOR; \$1000 IRMHC; \$500 Bradford; \$3000 Tuscaloosa Tourism & Sports Commission.

A member of DCBC has offered a connection to supply ice for the event.

NorthStar Ambulance has been confirmed to be present at headquarters.

TTSC is providing goody bags.

Britney is working with the Greek system at the University of Alabama to allow fraternity and sorority members to donate money through Venmo to Tuscaloosa Mental Health Alliance for points. She has also identified a UA graduate working to establish a photography business willing to donate his time on Ride Day.

SignUp Genius lists will be created to manage the Wish List, as well as each rest stop and volunteers for ride events, like Bag Day.

Regarding the medals, a small number will be ordered in advance and names will be taken to order post-ride for all centurions who would like one.

Bag Day will be held Wednesday, July 25th from 8 am to noon in the IRMHC Training Room. Pre-Registration will be held from 5-8 pm at Black Warrior Brewing on Friday, July 27th.

Four rest stops will be stocked this year with two stops being utilized twice for the longest routes.

McAbee will provide a crane again this year and will serve as another stop with parking for friends and family members tracking cyclists.

Britney will investigate the option of a 6-foot TMHA logo tablecloth from TuscaBlue being included in their sponsorship of the Ride.

Blackburn Institute Update

Laura noted the comic book production and distribution has been postponed until the fall.

Other Issues and Announcements

Terry plans to request a \$250 sponsorship of an SCLC (Southern Christian Leadership Conference) anti-drug/opioid awareness event at Government Plaza on Thursday July 26th from 6-9 pm.

Tamika Alexander will present in June and Kylie Kitchens in August.

Upcoming Meetings

General Meeting – May 21st at 2 pm

Presentation: Larry Deavers
Family Counseling Service

TPD Community Room

Combined Board and Steering Committee — June 12th at 1 pm

IRMHC Board Room

SECRETARY: Kathryn Adams

APPROVED: June 12, 2018



Combined Board and Steering Committee Meeting
June 12, 2018
1 pm at IRMHC

In Attendance: Terry Heverly, Kristy McKnight, Jennifer Singleton, Shanna McIntosh, Monty Morrow, Laura Reeves, Jamilah Arrington, Britney McComb, Rob Roberston, Ellen Tucker, Lindsay Preskenis, Joseph Abrams and Kathryn Adams

Welcome

Meeting opened by Terry Heverly.

Approve May 2018 Minutes

Motion: Shanna McIntosh

Approve May 2018 Board and Steering Committee combined meeting minutes.

Second: Laura Reeves

Motion carried unanimously.

Fall Conference

The conference is tentatively scheduled for October 16th from 8:30 am to 4 pm. Joseph is working to confirm the Alabama Fire College.

Jennifer noted a committee meeting is planned on Friday, June 15th at 3 pm. A media chair is still needed for the committee. An agenda and flyer have been drafted and will be shared at the Friday meeting. EventBrite will be used for registration. North Harbor will sponsor breakfast.

Vital will provide free CMEs and CEUs for the conference for nurses, physicians, social workers and counselors. Shanna is overseeing this process. Speakers recommendations are still being accepted.

Shanna has recommended a behavioral specialist be included in the agenda to provide a clinical perspective. Continued discussion about elements of the conference most useful for social workers.

Hot Hundred/DCBC Update

Sponsorship confirmed to date is \$13,000. Funds received include: \$500 NUCOR; \$1000 IRMHC; \$500 Bradford; \$3000 Tuscaloosa Tourism & Sports Commission; \$1500 McAbee; \$1000 Blue Cross Blue Shield.

Joseph noted volunteers are now being recruited for Bag Day (IRMHC from 8:30 am to 11:30 am), Pre-Ride (Black Warrior Brewing from 5-8 pm) and Ride Day (UA Headquarters and Rest Stops from 5 am to 5 pm). Terry has talked with Phoenix House about providing assistance for setup and cleanup at the UA Outdoor Pool Complex.

Britney suggested more volunteers are needed at the end of the day on Ride Day to acknowledge incoming riders and help with cleanup, and a minimum of 10 Rest Stop volunteers are still needed.

It was agreed after discussion not to order a minimum of 10 jerseys to have on hand for sale at headquarters.

Britney has flyers printed and ready to distribute around town. Laura offered to provide additional printed materials for the ride as needed.

To date, only a few items have been confirmed for donations to the Wish List.

Other Issues and Announcements

Kristy McKnight brought a grant application for S.P.A.N. requesting \$500 for a \$25 gift card for each graduate of the S.P.A.N. program. It will be reviewed at the June 18th General Meeting.

Upcoming Meetings

General Meeting – June 18th at 2 pm

Presentation: Tamika Alexander
United Way of West Alabama 2-1-1

TPD Community Room

Combined Board and Steering Committee — July 10th at 1 pm

IRMHC Board Room



Combined Board and Steering Committee Meeting
July 10, 2018
1 pm at IRMHC

In Attendance: Terry Heverly, Kristy McKnight, Nicole Hall, Amy Crosby, Marilou Baker, JacQuan Winters, Lauren Hadley, Monty Morrow, Laura Reeves, Rob Roberston, Audrey Ellis, Joseph Abrams and Kathryn Adams

Welcome

Meeting opened by Joseph Abrams.

Approve June 2018 Minutes

Motion: Kristy McKnight

Approve June 2018 Board and Steering Committee combined meeting minutes.

Second: Laura Reeves

Motion carried unanimously.

Fall Conference

The conference is now scheduled for October 23rd from 8:30 am to 4 pm. Joseph is working to confirm the Alabama Fire College.

Speakers, CMEs and CEUs are still being confirmed. Terry presented a sample of the program to the Board and Steering Committee for review and suggestions.

Hot Hundred/DCBC Update

Sponsorship confirmed to date is \$13,000. Funds of \$9,000 received include: \$500 NUCOR; \$1000 IRMHC; \$500 Bradford; \$3000 Tuscaloosa Tourism & Sports Commission; \$1500 McAbee; \$1000 Blue Cross Blue Shield; \$1000 Capstone Health Services; \$500 DCH.

Joseph is coordinating volunteers for ride events, including Bag Day (IRMHC from 8:30 am to 11:30 am), Pre-Ride (Black Warrior Brewing from 5-8 pm) and Ride Day (UA Headquarters and Rest Stops from 5 am to 5 pm). Laura recommended “Serve Tuscaloosa” as a group that might assist at ride events.

Significant time was spent in discussion about preparation for the Ride. Joseph specifically requested a core group of volunteers to serve during registration on Friday night and Saturday morning.

Donations to the Wish List are still needed.

Other Issues and Announcements

Kristy McKnight submitted a grant application for S.P.A.N. requesting \$500 for a \$25 gift card for each graduate of the S.P.A.N. program. It was not reviewed at the June 18th General Meeting but was reviewed today.

Motion: Laura Reeves

Approve \$500 to S.P.A.N. for graduation gift cards.

Second: Terry Heverly

Motion carried unanimously.

Monty Morrow agreed to serve as Organizing Chair of a new fundraising idea.

Upcoming Meetings

General Meeting – July 16th at 2 pm

Presentation: None

Hot Hundred Volunteer Orientation

TPD Community Room

Combined Board and Steering Committee — August 14th at 1 pm

IRMHC Board Room



Combined Board and Steering Committee Meeting
August 14, 2018
1 pm at IRMHC

In Attendance: Terry Heverly, Kristy McKnight, Nicole Hall, Monty Morrow, Laura Reeves, Marilou Baker, Ellen Tucker, Lindsay Preskenis, Shanna McIntosh, Jennifer Singleton, Joseph Abrams and Kathryn Adams

Welcome

Meeting opened by Terry Heverly.

Approve July 2018 Minutes

Motion: Laura Reeves

Approve July 2018 Board and Steering Committee combined meeting minutes.

Second: Ellen Tucker

Motion carried unanimously.

Fall Conference

The conference is now scheduled for October 23rd from 8:30 am to 4 pm. Joseph has confirmed Alabama Fire College for the event.

Nicole has completed design for the conference flyer, but the speakers can be added and edited once confirmed. Tables are also still available for exhibitors at \$50 each.

Speakers, CMEs and CEUs are still being confirmed.

Jennifer has created online registration on Eventbrite.com and it can be opened anytime. There was a recommendation to send out a Save-the-Date email as soon as possible and open registration closer to the event to prevent no-shows.

Jennifer will also touch base with Alexis Grant about contributions of refreshments for the event.

Hot Hundred/DCBC Update

Projected income for the 2018 ride is \$8,850.79. Laura provided Kathryn waivers from the event, as well as a printed breakdown of expenses, which totaled \$9,750.20.

Monty commented on the general success of the 2018 ride; however, revenue is down from previous years.

Sponsorship confirmed to date is \$13,000. Funds of \$9,000 received include: \$500 NUCOR; \$1000 IRMHC; \$500 Bradford; \$3000 Tuscaloosa Tourism & Sports Commission; \$1500 McAbee; \$1000 Blue Cross Blue Shield; \$1000 Capstone Health Services; \$500 DCH.

Joseph provided Kathryn \$250 from DCBC to cover half of the \$500 for the Hot Hundred snow cones truck.

General discussion about future fundraising for the Alliance.

Continued discussion to reimburse an additional \$500 to the Ride Director.

Motion: Jennifer Singleton

TMHA will not provide a \$500 additional payment to Britney McComb.

Second: Shanna McIntosh

Motion carried unanimously.

Other Issues and Announcements

As Joseph Abrams has accepted a new job in Birmingham, Monty Morrow has been nominated to serve as Board President of the Alliance.

Motion: Kristy McKnight

Install Monty Morrow as Board President.

Second: Shanna McIntosh

Motion carried unanimously.

Upcoming Meetings

General Meeting – August 20th at 2 pm

Presentation: Will Adams
VA Medical Center—Justice Outreach

TPD Community Room

Combined Board and Steering Committee — September 11th at 1 pm

IRMHC Board Room

SECRETARY: Kathryn Adams

APPROVED: September 11, 2018



Combined Board and Steering Committee Meeting
September 11, 2018
1 pm at IRMHC

In Attendance: Kristy McKnight, Nicole Hall, Rick Beatty, Audrey Ellis, Michael Scales, Kara Carter, Kayleigh Furr, Priscilla Ray, Lauren Hadley, Monty Morrow, JacQuan Winters, Jennifer Singleton and Kathryn Adams

Welcome

Meeting opened by Monty Morrow.

Approve August 2018 Minutes

Motion: Kristy McKnight

Approve August 2018 Board and Steering Committee combined meeting minutes.

Second: Audrey Ellis

Motion carried unanimously.

Fall Conference

The conference is scheduled for October 23rd from 8:30 am to 4 pm at Alabama Fire College.

Save the Date card has been sent.

Speakers, CMEs and CEUs are still being confirmed. Dr. Coleman will not be able to present on the Use of Psychotropic Drugs on Geriatric Patients. Alternate speakers have been asked.

Jennifer asked for thoughts on when to open online registration on Eventbrite.com. Agreement to open on Monday, September 24th. Nicole is completing flyers to hand out that will be ready the day registration opens. Kathryn will distribute a .pdf version of the flyer to the email list.

Hot Hundred/DCBC Update

General discussion about future fundraising for the Alliance. Monty met with Bill Carter of DCBC on Monday, September 10th.

Other Issues and Announcements

Suggestion to hold a separate Board meeting to discuss future goals and Board and Steering Committee member expectations for TMHA prior to the nomination and election of new Steering and Board members in October.

TMHA was asked to host a table at a Substance Abuse Awareness event at TVAMC on October 11th from 10 am to 2 pm. Richard will check the details of the event and may be able to include TMHA materials on his table.

October 7th will be the Out of Darkness walk on the UA campus. Community involvement is welcomed. Registration at 1 pm and walk begins at 2 pm. JacQuan requested TMHA host a table at the event.

Discussion about ordering updated promotional materials for public mental health events.

Monty is communicating with a contact for a social media specialist who can donate time to manage the TMHA accounts.

Monty recommended drafting a 2019 events calendar.

Upcoming Meetings

General Meeting – September 17th at 2 pm

Presentation: Misty Moon

Catholic Social Services

TPD Community Room

Combined Board and Steering Committee — October 9th at 1 pm

IRMHC Board Room



Combined Board and Steering Committee Meeting
October 9, 2018
1 pm at IRMHC

In Attendance: Ellen Tucker, Kristy McKnight, Wen Walsh, Lindsey Preskenis, Terry Heverly, Julie-Ann Burch, Amy Crosby, Marilou Baker, Monty Morrow, JacQuan Winters, Jennifer Singleton and Kathryn Adams

Welcome

Meeting opened by Terry Heverly.

Approve September 2018 Minutes

Motion: Jennifer Singleton

Approve September 2018 Board and Steering Committee combined meeting minutes.

Second: Monty Morrow

Motion carried unanimously.

Blackburn Institute

Wen presented an update on the Blackburn Institute—a civic engagement leadership group at The University of Alabama. The group chose mental health awareness as a platform and reached out to TMHA to partner on an illustrated comic book story written for 4th grade city school students about mental health.

The comic book—"What Would I Do?"—is complete and is slated to be read to as many as 1,600 TCS students during the spring semester after a suggested case study of 1 or 2 classrooms in the fall. Amy is assisting with implementation of the project from a social work perspective.

The book should be available to send to TMHA members in a .pdf format by next week. Discussion about additional compensation to the illustrator.

Fall Conference

The conference is scheduled for October 23rd from 8:30 am to 4 pm at Alabama Fire College.

Registration is open. 137 are registered to date. The capacity at Alabama Fire College is 200 seats or 225 standing room only. Kathryn will email a registration reminder at the end of the week.

Check-in and breakfast will be served in a side area with the vendor tables. There are only 2 vendor tables left. Breakfast and the first break have been sponsored. Jennifer is still seeking a sponsor for the third break.

Friday Oct. 12th is the deadline for the conference program information. Laura will design. One speaking slot remains available.

Barbara Huguley is providing volunteers with her sorority. An IRBH intern is securing door prizes.

Jennifer noted the need for a post-conference survey to participants to determine future topics and schedule preferences.

There are sodas and paper products left over from Hot Hundred that can be used.

5 CEU hours (social workers, nurses and LPCs) have been approved.

Hot Hundred/DCBC Update

Payment has been made to DCBC for their portion of registration fees. Monty is waiting to have another meeting with Bill Carter.

Other Issues and Announcements

Terry will man the TMHA table at a Substance Abuse Awareness event at TVAMC on October 11th from 10 am to 2 pm.

Further discussion about other fundraising opportunities and ideas.

Upcoming Meetings

General Meeting – October 15th at 2 pm

Presentation: Antwon Prince-Sealy
Community Service Programs of West AL

TPD Community Room

Combined Board and Steering Committee — November 13th at 1 pm

IRMHC Board Room

SECRETARY: Kathryn Adams

APPROVED: *Pending*



Combined Board and Steering Committee Meeting
November 13, 2018
1 pm at IRBH

In Attendance: Shanna McIntosh, Mary Ellen Tucker, Kristy McKnight, Terry Heverly, Marilou Baker, Monty Morrow, Priscilla Perry, Larry Deavers, Laura Reeves, Audrey Ellis, Richard Beatty

Welcome

Meeting opened by Monty Morrow.

Approve October 2018 Minutes

Motion: Kristy McKnight

Approve October 2018 Board and Steering Committee combined meeting minutes.

Second: Mary Ellen Tucker

Motion carried unanimously.

Blackburn Institute

Laura Reeves addressed concerns regarding an email from Wen Walsh stating the comic was ready to print 1700 copies on 11/27/18 and she was going to be “piloting” the program for 3rd and 4th graders. The group discussed several edits, including a name change to “Real Friends Don’t Bully.” Additionally, Wen had implied via email the comic had approval from Amy Crosby and Audrey Ellis. It was determined no one had approved the final version. Furthermore, we discussed not needing a “pilot,” and the importance of having at least two people presenting the comic to students to allow one to monitor student reactions. Audrey Ellis and Laura Reeves suggested the upcoming MSW Interns assist in the process. It was decided to halt printing until a meeting could be scheduled or the concerns communicated to the Blackburn Institute. Lastly, it had been previously agreed the comic would be presented to 4th and 5th graders.

Fall Conference

Terry Heverly expressed very positive comments regarding the Fall Conference's attendance, speakers, and organization. He sent thank you notes to the presenters. The group discussed the possibility of needing to allot additional time for ethics.

Hot Hundred/DCBC Update

Monty Morrow reported Bill, from DCBC, has not responded to any text from Monty since the check for approximately \$9,000 was presented. He indicated there was a DCBC meeting on 12/07/18 if any TMHA members were interested in attending.

Brittany, previous Hot Hundred Ride Director, has not returned any calls regarding TMHA lists and property she has retained. She has reportedly relocated to Huntsville. A certified letter will be sent.

DCBC will be invited to the TMHA Christmas gathering to begin the dialogue between the organizations.

Other Issues and Announcements

Terry reported an interest in hosting a reception with Tuscaloosa City Schools to review the upcoming publication with interested parents, as well as promote TMHA and Blackburn Institute. He suggested the reception could serve as the spring conference and increase community awareness.

Terry also requested consideration for Board or Steering Committee members to replace him as chairperson. He would like to remain on the Steering Committee.

Laura Reeves confirmed the 05/07/19 date on 2019 meeting list needed to be corrected to 05/14/19.

The Executive Session of Board Members is planning to meet after the Christmas gathering to discuss 2019 TMHA goals and event for the upcoming year.

Upcoming Meetings

General Meeting – November 19th at 2 pm

Presentation: Judge Almond

TPD Community Room

Combined Board and Steering Committee — No December Meeting, Christmas Gathering

IRBH Board Room

SECRETARY: Kathryn Adams*
***Laura Reeves took minutes 11/13/18

APPROVED: February 12, 2019