

Notes from LDI in Cascade Idaho June 20-21, 2008

In attendance from IMHCA:

Diana Pals  
Laurie Geren  
Janet Allen  
Dana Hunt Unruh

Guest Speaker Richard Yep from ACA:

"Few burdens are heavy when everyone lifts" Anonymous

Expectations

Board Mechanics:

Fiduciary responsibility..avoid conflicts of interest  
Duties of Care...operate in good faith  
Duties of Loyalty...undivided allegiance to the mission of the organization  
Come informed not instructed  
Duties of obedience...follow the By-laws and constitutions of the organization  
Reliance on experts...give due diligence and consideration

Big Practices

Develop strategic plan  
Have routine meetings  
Develop qualified management  
Review and manage the budget  
Financial reporting  
Insurance coverage for the Board (we need to do this)  
Written policies and procedures  
Accurate minutes( I am dancing as best I can)  
Checks and balances

Demographics

Membership..reminders, retention rates  
Services  
Goals

Marketing

Ask what the members want  
Leader:  
Prioritize issues  
Dues...balance cost with perks  
Brainstorming

Top determine the value of the cost take the dues times the length of membership, add non dues purchasing, subtract cost of servicing...that amount is the true value of what is provided

Challenges

Identity  
Managed care  
Ourselves balance/competition  
Too much paperwork  
Other professionals and who we view them and they us

Member needs:

- Newsletter
- Conference
- Renewal

12 month calendar...plan that far ahead with dates, objectives, means and goals

Role of Leader:

- Competency
- Professionalism/ethical
- Hopeful
- Availability
- Follow through
- Knowledgeable
- Group dynamics
- "begging"

"A group becomes a team when each member is sure enough of themselves and their contributions to praise the skills of others"

Use the characteristics of the person you would like to have in the position to determine who should have that position.

Keep in mind:

- Positive revenue model
- Goals should be proactive and market driven
- Keep long and short term needs in mind EMPHASIS ON MEMBER NEEDS

Issue of developing protocols or notebooks for each office or Board Role

Use the website to list registered supervisors

Buy up the Idahomental health domain name...emailed Charmagne for this

Ethics schedules need to be confirmed no later than July 15....email sent out to all presenters

The schedule will be shared with Kristi Enger for the technical schools, Hearer Thompson for the ICA, Kathleen Trotter for the school counselors. Jill Mitchell for the LMFT's and with Mary Owens for the social workers...list serve creed to do so

Directories should be shared between all the divisions of ICA

Stress collaboration between all divisions so that we can support them and benefit from them as well. Specifically the treasurers of each division should be in contact with each other and with the ICA treasurer (Kay Lisenbe : [Kay@Lisenbe.com](mailto:Kay@Lisenbe.com))

IMHCA goals for the coming year:

Laurie Geren will be President through June of 2009 then Janet Allen will become acting president

Increase membership

Fill open Board positions

Feature Ethics presentations with increased marketing of the sessions

ICA Regional conference will be in Coeur d Alene in January of 09:

Janet Allen will be a distinguished speaker for IMHCA and the topic will be on Sex Addictions and why you should care

Looking for national sponsorship

Will consider 4 preconference workshops

Will consider having a student representative on the Board

Board members should be going to all the universities to push for membership in the organizations in the graduate programs. Dana will go to NNU, Janet and Laurie will go to ISU, Diana will be encouraged to go to Uof I. Dana will look into College of Idaho

Cathy Kotter from Creekside Counseling in Idaho Falls will be approached by Janet to become the new secretary

IMHCA has pledged \$250.00 toward securing a new lobbyist for ICA. Capowicz is being considered by ACA and the cost goes down as more states sign on to participate. Idaho constitutes the 11<sup>th</sup> state to sign on.

IMHCA focus will be on membership growth and retention as well as Ethics

Janet Allen will provide seminar/workshops in 4 areas on sex addiction: Idaho Falls, Pocatello, Boise and Moscow. IMHCA will pay her expenses for doing so and a stipend to be determined for the Idaho Falls presentation. The recommended participation fee for members is \$95.00 and \$120 for non-members to attend these seminar/workshops

Calendar of important dates and events to be developed by Laurie Geren and shared with Janet Allen

Deadline for the Fall newsletter is August 15; winter newsletter is October 24

Proposal to re-set fee if someone wants to join IMHCA and AHMCA at the same time to be determined by whole Board

All Board members will be invited and encouraged to attend LDI next year

LDI minutes will be emailed to Dana by Laura Harrowood and then sent to IMHCA Board

Next IMHCA Board meeting is scheduled for Friday August 22 from 11 to 1 at Dana Hunt Unruh's office:  
3709 N Locust Grove Rd Ste 100 Meridian

Laurie would like to schedule a Board meeting at her retreat in Fairview as an overnight event in the near future.