



Interoffice Memo

DATE: September 19, 2025

PHONE: 909-252-5142

FROM: DR. GEORGINA YOSHIOKA
Director, Behavioral Health

TO: NATALIE KESSEE
Administrative Manager, Behavioral Health

SUBJECT: BEHAVIORAL HEALTH COMMISSION OUT OF COUNTY TRAVEL – 2025 NORTHERN ALLIANCE ON MENTAL ILLNESS (NAMI) CALIFORNIA ANNUAL CONFERENCE

Attendees Name: Three members of the Behavioral Health Commission: Amanda Uptergrove, Allie Mink and Dakota Westlake

Cost Center: DIRMHC

Dates of Travel: October 16-17, 2025

Destination: Sacramento, CA

Purpose of Travel: Attend 2025 NAMI Conference

Expenses: All meals included as schedule and conference information is not yet available.

Private Mileage	Each traveler to drive personal vehicle roundtrip from residence to the Ontario Airport (\$0.70): Amanda Uptergrove – Adelanto, CA 104mi Allie Mink – Highland, CA 56mi Dakota Westlake – Highland, CA 56mi <div>Total</div>	<div>\$72.80</div> <div>\$39.20</div> <div>\$39.20</div> <div>\$151.20</div>	<div></div> <div></div> <div></div> <div>\$151.20</div>
Rental Car	Enterprise \$68.12/person x Three Attendees	\$68.12	\$204.36
Registration	Early Bird until 8/15/2025 \$285.00 x Three Attendees	\$285.00	\$855.00
Flight	Southwest \$186.96 (\$145.45 + \$41.51) x Three Attendees	\$186.96	\$560.88
Lodging	Sheraton Grand Sacramento Hotel \$464.66 (\$398.00 + \$66.66 taxes/fees) x Three Attendees	\$464.66	\$1,393.99
Meals	Breakfast \$11.00/two days Lunch \$15.00/two days Dinner \$24.00/three days <div>x Three Attendees Per Person</div>	<div>\$22.00</div> <div>\$30.00</div> <div>\$72.00</div> <div>\$124.00</div>	<div></div> <div></div> <div></div> <div>\$372.00</div>
Contingency Fee	Unforeseen Expenses <div>Approx.</div>	<div>\$54.19</div>	<div>\$162.57</div>

Cost for Amanda Uptergrove	\$1,255.73	
Cost for Allie Mink	\$1,222.13	
Cost for Dakota Westlake	\$1,222.13	
	Grand Total	\$3,700.00
	<i>Estimate</i>	

Contact Name: Marybel Valadez

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Justification: The 2025 Northern Alliance on Mental illness (NAMI) Conference will allow Commissioners to collaborate and connect on the future of mental health. This conference will feature workshops, discussions, and access to leaders in mental health who will share their experience and recommendations for moving forward to mental health parity. Commissioners will gain valuable insight on collaborative efforts across the state and allow them the opportunity to engage in support networks specific to mental health and wellness throughout California.

GY:jg