



moms mental health initiative

Board of Directors Position

We are seeking community leaders to join our Board of Directors with expertise and networks in DEI, law, board governance, grant research, fundraising, finance and accounting, marketing and public relations, event planning, program development and evaluation, and healthcare professionals.

The MMHI's Board is very much a working board with bi-monthly meetings (third Wednesday from 6:00-8:00 p.m.), committee service, and project work. Board Directors should be able to commit an average of 2 hours a week to advance committee work, attend meetings well-prepared, and partner in fundraising and advocacy. They are willing to deliberate candidly, confidently treading on sensitive topics that may result in "messy" discussions because they trust one another and are comfortable with the culture of the nonprofit, confident that everyone values mutual respect.

What is Moms Mental Health Initiative?

MMHI is a nonprofit organization dedicated to helping moms and other pregnant people navigate perinatal mood and anxiety disorders by sharing information, connecting them to resources and providing peer-driven support.

Since 2016, MMHI has helped more than 700 mothers in southeastern Wisconsin who are suffering from perinatal mood or anxiety disorders gain access to evidence-based treatment and peer support.

Board Directors serve two-year terms and demonstrate a passion for MMHI's founders' North Star:

As moms who have experienced postpartum depression and anxiety, we are familiar with the pain and hopelessness these illnesses bring. We also know it gets better; a lot better. We started Moms Mental Health Initiative because we want to help more moms in our community reach the light at the end of this dark and lonely tunnel. We know how difficult finding the right help can be, so we want to make the task easier. Above all, we want you to be confident knowing that, with the right help, you will feel better. You are not alone.

Each Board Director completes an annual "Board Commitment," which is described below:

These commitments are combined to create an overall Board commitment goal and prioritize initiatives with the resources available. Without committing to a personal monetary donation, if you were elected as an MMHI Board Director, how do you feel you could contribute to the Board's overall commitment goal?

- We ask that each Board Director include MMHI as one of their top three charitable donations each year. There is no expectation of a specific donation amount or quota. However, MMHI strives to have a 100% giving Board and encourages each director to make a significant financial contribution based on their capacity.
- We ask that each Board Director actively advocate for MMHI and participate in fundraising activities including attending key events. That could include reaching out to an employer, corporate contact, or individuals in their network for monetary and/or in-kind donations.

- We ask that each Board Director nominate at least one viable board candidate or work group participant annually.
- In addition to attending bi-monthly board meetings and annual board retreat, we ask each Board Director to actively participate or chair a board committee, work on a project, or volunteer in some capacity during his/her/their time on the board.

Please send an email detailing your interest in this role to info@mmhimke.org with the subject "Board of Directors Position"