

Letter from the Director



My name is Judy Gardner and I am passionate for what NAMI stands for. We should educate, advocate, listen and lead. I have over 25 years of professional work experience with nonprofits and local government. What I have learned is that the stigma around mental illness costs everyone and creates havoc for families who often don't know where to turn or how to support a loved one who lives with a serious mental illness.

As a Family-to-Family instructor, I have seen firsthand how NAMI programs work with us, the families who live in support of individuals with serious mental illness, as well as with individuals who are recovering and need help.

NAMI needs to do more. We can help through our educational programs which need to reach more areas and populations than ever before. We can also help by advocating for better health care integration, more supported housing, diversion from the criminal justice system, supported education and employment and more treatment for substance use disorders. Our support programs also need to grow. NAMI also needs a strong infrastructure of trained and motivated volunteers and staff and efficient office operations.

I see myself as a facilitator, promoter, and champion for NAMI's unique contribution to mental health. We are the voice of mental health, because we ensure that our lived experience is woven into the fabric of recovery and mental health services.

The NAMI Difference

"I thought I was the only one who had these problems but [in Peer-to-Peer] I learned that other people have the same problem. I am not the only one who is mentally ill."

—Peer-to-Peer Participant

"I learned how to communicate better with my loved one suffering from a mental illness".

—Family-to-Family Participant

"It was ok for me to be open and honest in Peer-to-Peer and then a light went on. I didn't have to sit here and be intimidated, and I could say something and be open and it wasn't going anywhere. I came in kind of intimidated and kind of scared, more or less, and once I felt "Oh this is cool, everybody's alright." And that's when it started for me."

—Peer-to-Peer Participant

Administration

Judy Gardner
Executive Director
Barb Higman
Office Manager
Pat Doyle
Volunteer Coordinator
Penney Acosta
Family Ed. Coordinator

Board Members

Mark Creekmore
President
Tyrone Kelsey
Vice President
Sara Wesser
Secretary
Position Open
Treasurer

Members-at-Large

Oliver Cameron
Jerry Clayton
Chuck Hughes
Paula Michalak
Thomas Powell
Pat Root
Julie Walden
Darlene Wetzal

Annual Report 2015/2016



Our Mission:

- **Educate** people in the community about these illnesses and available resources
- **Advocate** for optimal treatment, rehabilitation services, desirable living situations and meaningful work for all individuals coping with mental illness
- **Support** those who are suffering from mental illnesses, their families and friends
- **Eradicate the stigma** surrounding these disorders by encouraging openness and by stressing that these illnesses are biological in nature

NAMI Washtenaw County is a nonprofit 501(c)3 organization, and a local affiliate of the national NAMI and NAMI Michigan.

Education Programs:

NAMIWC education programs educate people in the community about mental illnesses and available resources. Education programs are led by peers who have been trained by NAMI.



Parents and Teachers as Allies: NAMI Parents and Teachers as Allies is a mental health in-service training for school personnel and parents. Attendees learn to support students experiencing mental health challenges and to effectively connect struggling students and their families to resources and services.

Ending the Silence: Through this 50 minute classroom presentation, students see the reality of living with a mental health condition. A young adult living with mental illness and a family member tell their stories about mental health challenges, including what hurt and what helped

Family-to-Family: Family-to-Family consists of 12 weekly classes structured to help family, friends, and caregivers maintain their own well-being, while providing support for those with a mental

illness diagnosis. Classes are taught by a team of trained NAMI Family-to-Family graduates who understand what it is like to have a loved one struggling with a psychiatric condition.

Peer-to-Peer: Peer-to-Peer is a 10 week recovery-focused course. Classes are led by individuals in a good place in their recovery from mental illness. They are trained to provide the most up-to-date critical information and life-strategies in a supportive and confidential environment. Peer-to-Peer is available to adults living with a mental illness diagnosis.

Advocacy Programs:

NAMIWC advocates for optimal treatment, rehabilitation services, desirable living situations and meaningful work for all individuals with mental illness. NAMI advocates at all levels, national, state and local. NAMI and NAMI Michigan provide direction and leadership for advocacy on national and state policies. NAMIWC's Mental Health Matters Committee and our Board of Directors lead our local advocacy activities.

NAMIWC accomplishes its advocacy mission through training, direct contact with policy makers and strategic partnerships with community institutions which impact people living with mental illnesses and their supporters. Last year we trained 100 community members in NAMI Smarts for Advocacy. NAMI members testified at hearings on Section 298 of Michigan's 2017 budget, helping stop the privatization of community mental health services. We directed the NIMH Outreach Partnership Program for NAMI Michigan which disseminates research and promotes participation in clinical trials. We participated in 14 committees and boards that provide oversight for Washtenaw County's mental health services.

Support Programs:

NAMIWC support programs support people who are living with mental health challenges, their families and friends. Support groups are led by peers who have been trained by NAMI and NAMI Michigan. Participants gain insight from hearing the challenges and successes of others. Support groups provide a safe and confidential setting where people gain hope and develop relationships through empathy, productive discussions and a sense of community.

Connection Recovery Support Groups: NAMIWC conducts three support groups for those living with a mental illness. These groups differ by age and interest. They are led by trained facilitators who also live with a mental illness.

Family and Friends Support Group: This group helps adults live with and advocate for those with a diagnosed mental illness and is led by trained facilitators who live in support of someone diagnosed with a mental illness.

Volunteers and Staff:

NAMIWC is a grassroots organization operated by our volunteers and four paid staff. Many have lived experience with mental illnesses. For the most part our staff and volunteers are recruited from participants of our programs. One of our paid staff is a Volunteer Coordinator who is essential to NAMIWC. NAMI and NAMI Michigan provide important training for our volunteers in all our programs.

This year, NAMIWC has expanded the volunteer base by 30% for a total of 85 active volunteers and a total of more than 8,000 volunteer hours. Our volunteers implement our education, advocacy and support programs and help our office to function. We have attracted many students and young adults who bring with them energy, enthusiasm and a quest for knowledge.

Our volunteers and staff have increased the attendance in all our programs.



Lisa Gentz and Sheriff Jerry Clayton receive NAMIWC's Community Service award. Left to right: Trish Cortes, Executive Director of Washtenaw County Community Mental Health; Lisa Gentz, Program Manager for Crisis and Access Services at WCCMH; Mark Creekmore, President of NAMIWC; Sheriff Jerry Clayton.

Statement of Activities

July 1, 2015-June 30, 2016

Revenue	
Donations	\$49,221.16
Grants	\$43,916.66
Membership Dues	\$6,724.33
Interest-Savings/short-term inv	\$4,085.89
Transfer from Reserves*	\$10,462.62
Total Revenue	\$114,410.66
Expenses	
Salaries and other Personnel	\$55,541.57
Training and Development	\$9,120.43
Non-personnel	\$29,642.90
Occupancy	\$15,043.76
Misc.	\$5,062.00
Total Expenses	\$114,410.66

* includes funds for one time office renovation expenses

Balance Sheet

As of June 30, 2016

Assets	
Current Assets	\$50,856.87
Cash and equivalents	
Fixed Assets	\$0
Other Assets	\$5,023.87
Total Assets	\$55,880.74
Liabilities and Equity	
Total Current Liabilities	-\$890.44
Total Equity	\$56,770.98
Total Liabilities and Equity	\$55,880.74

12 Community Programs

800 People Served

35 Leaders Trained

8000 Volunteer Hours

85 Active Volunteers

16 Community Partners

Community Partners

Washtenaw Health Initiative
 Fresh Start Clubhouse
 U-M Depression Center
 15th Judicial District Court
 Ann Arbor Police Department
 U-M Department of Psychiatry
 Washtenaw County Community Mental Health
 U-M Division of Public Safety and Security
 VA Ann Arbor Healthcare System

Ann Arbor Center for Independent Living
 Avalon Housing
 National Institute of Mental Health
 Washtenaw County Sheriff
 Washtenaw Intermediate School District
 Eastern Michigan University
 Washtenaw Association for Community Advocacy
 Psychiatric Emergency Services: U-M Department of Psychiatry