



National Alliance on Mental Illness

Delaware &
Morrow Counties

ANNUAL REPORT

2016

Our Mission: To improve the quality of life and ensure dignity and respect for persons with serious mental illness, and offer support to their families and close friends.

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At NAMIWalks June 2016



Signature Programs Offered

We had a remarkable year as dedicated volunteers expanded our program offerings, as well as continued the helpful programs for family members and peers offered the previous year. **All programs are provided free of cost to the community.**

FAMILY TO FAMILY (SPRING AND FALL)

This educational program is a 12-week course for the family and caregivers of individuals living with serious mental illness.

FAMILY SUPPORT GROUP (MONTHLY)

A peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

PEER CONNECTION RECOVERY SUPPORT GROUP (BI-MONTHLY)

A recovery support group program for adults living with mental illness. These groups provide a place that offers respect, understanding, encouragement, and hope.



PEER TO PEER (NEW IN 2016)

A 10-session course for adults living with mental health challenges. NAMI Peer to Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The education program is free and confidential, held once a week for two hours and is taught by trained Peer Mentors living in recovery themselves.

ENDING THE SILENCE (NEW IN 2016)

An interactive 50-minute presentation that helps teens (13-18) learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends. Free of cost to schools, youth organizations and communities.

BASICS (NEW IN 2016)

For parents or caregivers of children ages 13 or younger who have anxiety, depression, mood disorders, OCD, ADHD, ODD, PTSD or another brain disorder. This 6-week course helps parents and caregivers advocate for their children within school and health care settings while promoting the need for self-care, coping and communication skills.



Impact: By the Numbers

EDUCATION

26 program graduates, including Family to Family, Basics, and Peer to Peer

5 Ending the Silence youth-oriented presentations

3 community presentations

SUPPORT

36 support groups serving those living with mental health conditions and their families

ADVOCACY

7 invitations to share our experiences with local and state officials

4 health and information fairs attended

REFERRALS

124 individuals provided information and resources

1,220 website visits

STAFF

1 part-time staff member

15 volunteers



NAMI members bring mental illness Out of the Shadows at Delaware's First Friday in October



Community Involvement

Our knowledge and resources were brought to the community in 2016 through a variety of activities.

COMMUNITY PARTICIPATION

- NAMI representative invited to provide input for the Delaware Morrow Mental Health Recovery Services Board (**DMMHRSB**) **Strategic Business Plan**.
- NAMI members presented and held discussion at **United Methodist Women's Circle**.
- NAMI representative was invited to participate at **Morrow County Mental Health Summit on Guardianship**.
- NAMI representatives were invited and participated on the Delaware County team at the **"Effective Court-Ordered Outpatient Treatment Symposium."**
- NAMI members were invited to share their viewpoints as family members or those living with mental illness at **Crisis Intervention Training** for law enforcement. Spring and fall classes. NAMI was also in attendance at **Career Center Police Academy**.
- NAMI represented at **Delaware Chamber of Commerce Health and Wellness Fair**.

- **NAMI hosted a table at the 6th Annual Suicide Prevention Walk for Delaware County** on Sept 10th.

EVENTS

- **We hosted a Delaware Chamber of Commerce Open House** in May with a presentation to the local business community.
- Participated in June **NAMIWalks** fundraiser with NAMI Franklin County.
- **Sponsored a presentation by Dr. Bernadette Melnyk**, Professor of Pediatrics and Psychiatry at The Ohio State University presentation on “Screening, Identification and Evidence –based Management of Depression and Anxiety in Children and Teens” in October.

TRAININGS

- Members took **trauma informed care training** as support group facilitators.
- **8+ members trained** for support groups and NAMI signature programs.



Affiliate Development

In 2016, we developed our volunteers, used social media and expanded our professional presence.

REAFFILIATION

Re-affiliation with NAMI National accomplished in 2016. NAMI Delaware & Morrow Counties met NAMI national compliance standards in areas including policy, governance, finance, insurance and program areas. We were acknowledged by NAMI national as a “model” small affiliate.

NEW OFFICE

Opened new offices in Delaware to facilitate more programs and support groups.

NEW MEETING STRUCTURE

New meeting structure ideas were introduced to develop the affiliate including Marketing, Executive and Program committee meetings.

CONFERENCE ATTENDANCE

Our affiliate was represented by two members at NAMI National Conference in Denver, CO, July 2016. Several members attended NAMI Ohio retreat in the spring and brought back inspirational ideas for building our organization.

2017-2018 BOARD ELECTIONS

Elections were held in December for 2017-2018 Board of Directors.

ONLINE PRESENCE

Increased our affiliate presence on social media. Completed ongoing website enhancements and updates to better serve our communities. Distributed a monthly e-newsletter.



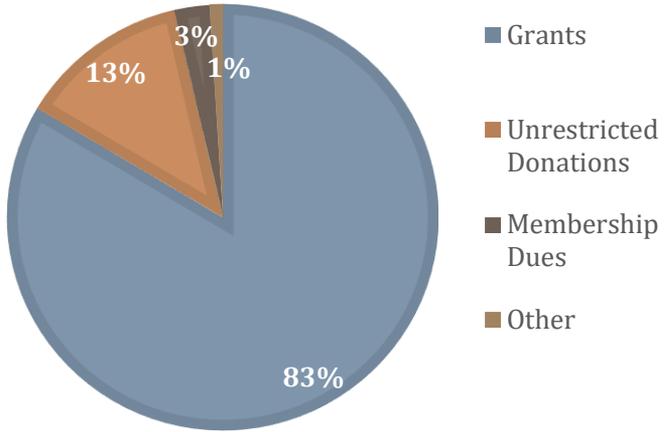
Karen Hart and Becky Becker at Dr. Melnyk's presentation



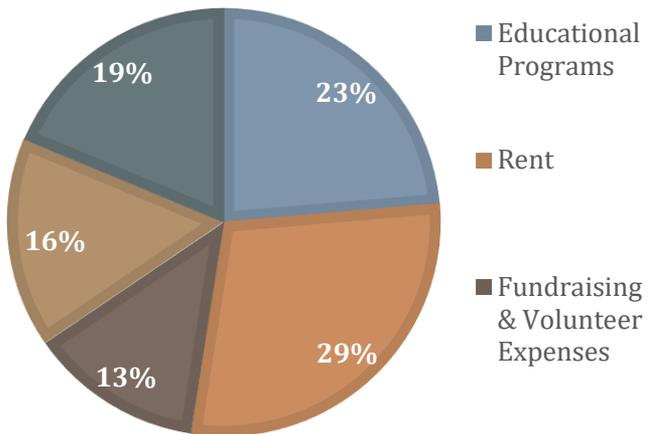
Financial Information

- We received over \$37,500 in grant funding including:
 - \$28,000 from Delaware Morrow Mental Health Recovery Services Board
 - \$2500 from Delaware County Foundation
 - \$2500 from the Healthcare Foundation of Delaware County
 - \$2000 from Consolidated Electric
 - \$1240 from NAMI Ohio
 - Two Honda Grants for a total of \$500.
- We received \$4,000 in member donations.
- We raised over \$2,500 in donations from participation in a NAMI Walk.
- NAMI Delaware and Morrow Counties continues receive ongoing donations from United Way.

TOTAL INCOME: \$ 44,872



TOTAL EXPENSES: \$ 42,868





To Our Supporters

Our sincerest thanks to our dedicated board and essential volunteers for spending *countless* hours working to improve the quality of life and ensure dignity and respect for persons with serious mental illness, and offer support to their families and close friends. **And we could not have done this important work without the generosity of our donors and funders who supported us this past year.**

2016 was a year of remarkable growth in the areas of program offerings, affiliate development and grant funding for NAMI Delaware and Morrow Counties. We eagerly look forward to moving our mission forward in 2017, and we are strategically planning to meet the challenges ahead.

NAMI Delaware and Morrow Counties Board of Directors

Karen Hart, President/Interim Treasurer
Becky Becker, Affiliate Coordinator
Robin Lincoln, Vice President
AnnMarie Vergara, Secretary