Support • Education • Advocacy

Annual Report

American Alliance on Mental Illness
Virginia

2013
Virginia’s Voice on Mental Illness

2013 Board of Directors

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Barbara Collins—First Vice President
Kristin Yavorsky—Second Vice President
Carolyn Wood—Secretary
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Connie Nutter—Member At-Large

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Term ended July 2013
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Virginia Family Network Youth Coordinator
Amanda Long, MSW

Virginia Family Network Program Assistant
Diana Donnelly, MSW

NAMI Virginia needs your help to advance its mission: to promote recovery and improve the quality of life of Virginians with serious mental illness through support, education, and advocacy.

Call our HelpLine at 1-888-486-8264 or visit us online at www.namivirginia.org for more ideas on how you can support this important work.

Membership
Your membership helps support our efforts to provide support, education and advocacy. As a member, you become a part of NAMI at the national, state, and local levels. Please join NAMI today and help us continue to bring help and hope to all who have been touched by mental illness.

Volunteer
Without volunteers, NAMI Virginia could not be Virginia’s voice on mental illness. Volunteers provide family and consumer peer education and support; they advocate on our behalf; and they represent NAMI at health fairs and to community groups. Our volunteers serve on boards and help plan our conferences and special events. They even provide much needed assistance around the NAMI Virginia office.

Donate
NAMI’s success is a direct result of contributions from our generous donors. From a memorial honoring a loved one to an annual donation or a donation to the annual NAMIWalk, NAMI Virginia makes it easy for you to give to a good cause. Send your check to our office—or donate online at www.namivirginia.org

Be part of Virginia’s voice for change—join NAMI today!!
Our Year in Review

Program Leaders Retreat
In keeping with NAMI Virginia’s commitment to excellence, a retreat for program leaders was held in the summer of 2013 with 35 in attendance. The event provided opportunities for training, networking, and energizing the volunteer leaders who facilitate our educational and support programs.

New Programs
We just keep doing more! This year we launched Youth Leadership Network, a grassroots network of youth and young adults who are committed to providing opportunities that support, educate, and empower other youth and young adults with mental health needs. We also introduced HopeVoice, an activity-based youth group that emphasizes the creative process involved in self-expression.

Gubernatorial Candidate Forum Gives the Public an Opportunity to Hear Where Candidates Stand on Mental Health Care
In the summer of 2013, NAMI Virginia sponsored a successful Gubernatorial Candidate Forum with gubernatorial candidates Terry McAuliffe and Ken Cuccinelli. The purpose of the forum was to make mental health issues a policy priority during the 2013 election season, to raise public awareness about the importance of mental health for Virginians of all ages, and to give the candidates a public forum to talk about their policy platform for mental health issues.

We were delighted that on August 5, 2013, 450 mental health advocates and concerned citizens packed the theater at the Collegiate School in Richmond to attend the forum. Candidates addressed a wide range of topics including longstanding gaps in the mental health care system for adults and children, housing and homelessness, workforce and training, and Medicaid expansion. The forum received extensive media coverage from the Washington Post, the Associated Press, WCVE, and other media outlets. We were especially pleased that more than twenty mental health-related organizations signed on as sponsors of the forum, signaling a strong coalition effort and sending a clear message to policy makers at the highest levels of government that mental health care is a priority for Virginians.
Strategic Plan
NAMI Virginia began its strategic planning process in the spring of 2012. A series of internal conversations led the board and staff to begin to seriously consider seizing an opportunity to hit the pause button, take a hard look at the work we were doing, and strategically realign the organization. Once we made a decision to engage in strategic planning, we started our work.

With the support of Floricane, a consulting firm with deep experience helping nonprofit and member associations create strategic plans, we mapped out a six-month process that would engage our stakeholders, leverage the commitment and experience of our staff and board, and result in a detailed and actionable plan.

From September 2012 through February 2013, the entire NAMI Virginia team focused significant time and energy on a serious examination of our challenges and opportunities as an organization. We also made a decision to engage a group of stakeholders around the state to offer their observations, views, perspectives, and feedback. The information gathered from these interviews formed a critical backbone to the strategic plan. A project team of board and staff members was created to provide consistent guidance throughout the planning process and to incorporate feedback from stakeholders into a series of strategic updates. The perspectives gathered from our stakeholders, our Board, and our staff all helped form the creation of a set of strategic outcomes.

The 2013 Strategic Plan for NAMI Virginia is focused on three strategic outcomes that were selected for their relevance and ability to drive NAMI Virginia’s mission and vision. Over the next several years, the Board and staff of NAMI Virginia will use these strategic outcomes—and the underlying strategies and tactics—to strengthen its ability to meet the mission of the organization.

Education and Affiliate Engagement
We will work to ensure the success of our affiliates and build a more visible and active presence throughout Virginia communities.

Advocacy and Awareness
We will strengthen our role as a critical resource for information, support, and advocacy on mental illness in Virginia. We will raise awareness of mental illness.

Build a Robust and Influential NAMI Virginia
We will build a robust and influential NAMI Virginia to save more lives, to reach more people, and to achieve our mission.

You can download a copy of our Strategic Plan on our website.

Thank you for all that you do to help NAMI Virginia carry out its mission; we are deeply grateful for your support. Together, we are stronger. Together, we are making a difference.

Robert Cluck
President

Mira Signer
Executive Director
Support Highlights of 2013

NAMI Virginia’s HelpLine

NAMI Virginia’s Help Line provides support, information and referrals to individuals and family members coping with serious mental illness. Typical calls include requests for information on specific illnesses, information about services and how to access services. Sometimes just a listening ear and a voice of support is needed. In 2013, NAMI Virginia’s Helpline responded to over 2,223 phone calls and email requests!

Support Groups

Support Groups are a key aspect of NAMI’s grassroots organization. Support groups fill a need that complements NAMI’s signature education programs and provide community members with an anonymous and confidential space to share and receive support. In a way, the support groups are the gateway into the NAMI programs. Groups are facilitated by trained volunteers, who practice an evidenced based model provided by NAMI. NAMI support groups serve the unique needs of the individual living with a mental health diagnosis (NAMI Connections) and their friends and families (Family Support Group). Groups are peer led, providing an environment in which everyone shares a unique bond; Each can personally relate to the situation of others in the group. Support groups are free.

The following 19 affiliates offer 75 different support groups. All offer at least one family support group or Connections support group. Many offer both, with multiple meetings for each.

NAMI Blue Ridge  NAMI Norfolk  NAMI Rappahannock
NAMI Central Virginia  NAMI Northern Shenandoah Valley  NAMI Williamsburg
NAMI Chesapeake  NAMI Northern Virginia  NAMI Virginia Beach
NAMI We Danville  NAMI Piedmont  NAMI Virginia Virtual Affiliates
NAMI Hampton/ Newport News  NAMI Portsmouth-Suffolk (Southwest and Eastern Shore)
NAMI Harrisonburg  NAMI Prince William
NAMI Mid-Tidewater

Of Note:

Family Support Groups and Connection Groups increased from 69 to 75 groups.
NAMI Virginia partnered with the all three Virginia Veteran Administration Hospitals to bring in NAMI Connections Groups to serve the needs of the veteran population.

NAMI Family Support Groups are free 90-minute weekly support groups run by the family members of persons who live with mental illness for friends and family members of persons living with a mental illness. These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Virginia offered 1 Family Support Group facilitator training in 2013, graduating 18 new facilitators.

NAMI Connection Groups are free 90-minute weekly support groups led by trained individuals who are at a point to well manage their illness and are able to give back. These are recovery support groups for all adults living with mental illness, regardless of their diagnosis offering. They offer an environment of respect, understanding, encouragement, and hope.

NAMI Virginia offered 3 Connection Support Group facilitator trainings in 2013, graduating 34.
Education Highlights of 2013

Educational Courses are a key facet of NAMI Virginia’s mission. We view education as the pathway to empowerment and wellness. NAMI Virginia’s educational programs provide reliable information, valuable insight, coping strategies, communication skills, a supportive network and most importantly, hope. The programs draw on the lived experiences of individuals and family members who have personal experience with mental illness who share their own wisdom while also providing fact based content. Program leaders are trained volunteers. All of our signature education programs are free to participants.

The following 15 affiliates hosted an educational course this year, totaling 55 for 574 individuals.

NAMI Central Virginia  NAMI Northern Virginia  NAMI We Care Augusta
NAMI Chesapeake  NAMI Piedmont  NAMI Virginia Beach
NAMI Hampton/Newport News  NAMI Prince William  NAMI Virginia Virtual Affiliate
NAMI Mid Tidewater  NAMI Portsmouth/ Suffolk  (Southwest Virginia)
NAMI Norfolk  NAMI Rappahannock
NAMI Northern Shenandoah Valley  NAMI Roanoke

Note: Targeted outreach to serve young adults was successfully made by our Northern Virginia affiliate through the Peer-to-Peer program.

Family-to-Family

This psycho-educational program is a free 12-week course for family members and caregivers of adults living with severe and persistent mental illness. The course is taught by two trained family members.

NAMI Virginia offered 2 Family-to-Family trainings in 2013, graduating 28 new teachers.

NAMI MESA

Identical to Family-to-Family in content and process, this program incorporates a family member and mental health professional as teachers. There were no trainings in 2013 as NAMI Virginia has transitioned to offering Family-to-Family as its primary education course for loved ones of adults living with mental illness.

NAMI Virginia’s affiliates offered 5 MESA classes in 2013, providing education to 47 individuals.

NAMI Basics

NAMI Basics is a free six-week educational course for parents and other primary caregivers of children and adolescents who are living with mental illness. The course is taught by two trained family members.

NAMI Virginia offered 1 training in 2013, graduating 6 new teachers.

NAMI Virginia’s affiliates offered 12 Basics classes in 2013, providing education to 85 parents.

Peer-to-Peer

This unique, practical learning program is a free 10-week course for people with serious mental illness, who are interested in establishing and maintaining their wellness and recovery. The course is taught by a team of two trained “mentors” and a support person, who are all personally experienced at living well with mental illness.

NAMI Virginia offered 1 training in 2013, graduating 21 new teachers.

NAMI Virginia’s affiliates offered 17 Peer-to-Peer classes in 2013, providing recovery education to 148 individuals.
Education Highlights of 2013

NAMI Smarts

NAMI Smarts is an educational course designed to support individuals in building and strengthening their advocacy skills. Provided in three part modules the course enables individuals to feel informed, confident and ready to make a difference.

NAMI Virginia and our affiliates offered 3 NAMI Smarts courses, providing advocacy training to 90 individuals.

In Our Own Voice

In Our Own Voice is a premiere education program for individuals living with mental illness to learn to speak to community audiences about their experiences with brain disorders, treatment and recovery. In Our Own Voice is a practical tool to educate and increase awareness about the true nature of brain disorders.

NAMI Virginia offered 1 training in 2013, graduating 16 new presenters.

Virginia ranked SECOND IN THE NATION for program impact in 2013!

- This was the SECOND year in a row NAMI Virginia has come in second for biggest program impact! (1,227 activities held, reaching 12,291 individuals)

- We have been doing more NAMI programs and reaching more individuals than any state, other than California, in the last two years. To its credit, California has 71 NAMI affiliates with a state population estimate of 37 million compared to Virginia with 21 affiliates and a population estimate of 8 million. (That's a little more than three times as many affiliates and four times as many people in California!)

- We continue to outdo ourselves, exceeding our 2012 efforts by holding (and reporting) an additional 329 program related events for an additional 3,002 individuals! 917 activities, reaching 9,239 individuals were held in 2012.
In June 2011, through the generous support of the Virginia Department of Behavioral Health and Developmental Services (DBHDS), NAMI Virginia launched a new program called the Virginia Family Network (VFN). The goal of the VFN is to establish and strengthen our statewide network of parent leaders who are committed to providing opportunities that support, educate, and empower other families with children and youth with mental health needs, while also advocating for the voices and needs of all families throughout Virginia. While working in partnership with parent leaders, NAMI affiliates, and other community organizations, the goal of VFN is to have at least one support group that is especially for parents of children/youth with mental health needs in every region, with an array of trainings being offered throughout the year, all to be available and within reach of our affiliates.

NAMI Virginia’s VFN vision is to be a resource to our affiliates and other organizations as they grow their efforts to reach youth and families. We are grateful for the affiliates that have embraced the program goals thus far: NAMI Central Virginia, NAMI Hampton/ Newport News, NAMI Norfolk, NAMI Northern Virginia, NAMI Northern Shenandoah Valley, and NAMI Virginia Beach.

In 2013, the VFN program had a number of exciting milestones. They include:
- Being awarded the Statewide Family Network Grant from the Substance Abuse Mental Health Services Administration (SAMHSA)
- Hosting the first annual statewide Family and Youth Leadership Summit
- Developing and facilitating a specially-designed curriculum and training that is focused on promoting parent leadership and complements many of the NAMI Signature Programs

The Virginia Family Network is only as strong as the families, affiliates, and communities behind it, and as a result, we are always actively recruiting and reaching out to families, affiliate leaders and others to help us in our efforts. If you are interested in getting involved or for more information, contact us at 804-285-8264 or visit www.namivirginia.org/programs/virginia-family-network.

**VFN launches New Programs for Youth!**

The recently launched Youth Leadership Network is a grassroots network of youth and young adults who are committed to providing opportunities that support, educate, and empower other youth and young adults with mental health needs. The VA Youth Leadership Network places great emphasis on advocating for youth-guided policy, peer support and mentorship throughout the mental health system and the state of Virginia.

The VA Youth Leadership Network is governed by an advisory board, comprised of 10 young adults from around the state who have lived experience with a mental health condition. These individuals were recruited because of their experience with the mental health system and insight based on personal or family experience. Board members are routinely included in discussion about mental health policy and practice, and hold quarterly meetings to stay accountable and informed on current activity across the state.

The Richmond-based youth group HopeVoice is still going strong, with about 10 active members who attend the meetings every other week. HopeVoice is an activity-based youth group that emphasizes the creative process involved in self-expression. Recently, the youth have been engaged in a poetry writing projects, which some will share at the upcoming Family and Youth Social this month.

If you would like to get involved or are interested in learning more about these programs contact Amanda Long at (804) 285-8264 ext. 211 or at along@namivirginia.org
Advocacy Highlights of 2013

NAMI Virginia is proud to be an ardent and active leader for awareness, education, and change throughout Virginia. In 2013, advocates took to the halls of the state legislature to make our case about the need for a stronger mental health system. Armed with statistics and research to back up our priorities and using the power of our personal stories, NAMI Virginia's members and affiliates advocated for

- Suicide prevention services
- Children's mental health crisis services
- Mental health first-aid training
- Expansion of permanent supportive housing
- Jail diversion programs
- Adequate capacity for acute inpatient care in the public and private sector
- Transparency and accountability within the mental health care system

Strategic collaborations are important to our work, given how much there is to do! We are proud of our partnerships with organizations that seek similar goals as ours including the Campaign for Children's Mental Health, the Psychiatric Society of Virginia, the Virginia Sheriffs Association, and the Virginia Coalition to End Homelessness. Together, our voices are stronger, and we can demonstrate there is strength in numbers.

2013 Legislative Successes

Thanks to the strength of its grassroots advocates, NAMI Virginia advocated for and helped pass the following:

- $1.5 million in new discharge assistance planning funds to assist people on the ready-for-discharge list, who are facing extraordinary barriers. These funds will provide services in the community — housing and medication, for example — to enable the person to transition to the community.
- $900,000 in new funding for the development of therapeutic assessment “drop off” centers. This funding will help expand assessment centers in three to four regions in Virginia.
- $900,000 in new funding to expand children’s mental health crisis services. This funding is in addition to the introduced budget, which provided $1,000,000 in funding. This funding will provide psychiatric and crisis response services for children requiring mental health services.
- $2 million in new funding for housing. $500,000 is allocated to the development of permanent supportive housing, $500,000 in support of rapid re-housing, and $1.0 million from this amount is to be used to supplement the Housing Trust Fund.
- $500,000 in new funding for suicide prevention funding. This amendment adds funding to provide a comprehensive statewide suicide prevention program effort.
- $600,000 in new funding to implement mental health first-aid training. This nationally-recognized training provides mental health first-aid training and certification to recognize and respond to mental or emotional distress.
Virginians Receive Awards at National Convention in San Antonio

National leadership awards are given annually to program leaders who exemplify leadership qualities in a particular program. Kristen Duda of NAMI Northern Virginia received the NAMI Peer-to-Peer Leadership Award, and Cheryl DeHaven received the In Our Own Voice Leadership Award. Congratulations to both Kristen and Cheryl!

National Institute on Mental Health (NIMH)

NAMI Virginia continued our Outreach Partnership grant from NIMH. The Program partners with national and state organizations to help bridge the gap between research and clinical practice by disseminating the latest scientific findings, informing the public about mental disorders, alcoholism, and drug addiction, and reducing the stigma and discrimination associated with these illnesses. The Program strives to increase public awareness about the importance of basic and clinical research in improving treatments for—and ultimately curing and preventing—mental illnesses and addiction disorders through advancing knowledge about the brain and behavior.

Capturing Hope

Capturing Hope is an ongoing project that captures inspirational messages of hope and recovery. With so much emphasis on the negative outcomes of mental illness in popular media, it is important to have an outlet for the positive. Capturing Hope gives individuals the opportunity to share how NAMI has helped them or a loved one, why they are participating in our events such as NAMIWalks, share their personal story, and honor loved ones. These messages are a great way to put a positive face to an issue that affects so many. NAMI Virginia uses these pictures to promote the reality of recovery and the important role of peer support in that journey.
Outreach & Development Highlights of 2012-2013

NAMIWalks Virginia 2013 was held on Saturday, October 19th, and it was an amazing day! Even a little bit of rain couldn’t dampen the spirits of the 1,635 supporters from around Virginia who gathered to fight stigma and share their stories. It was heart-warming and inspiring to see so many dedicated advocates and supporters united for the cause of raising awareness about mental illness. Thank you to our sponsors, Team Captains, donors, and walkers - we could not do this without you!

**NAMIWalk Statistics**
- We not only reached, but we surpassed our fundraising goal of $200,000!
- 107 Teams participated – a record number for our Walk!
- Over 80 sponsors supported the walk through cash and in-kind donations – another record for NAMIWalks Virginia!

**NAMI Virginia Annual Convention**
Thanks to all those who made the 2013 NAMI Virginia Convention- “Deeply Rooted, Branching Out Working Together to Grow NAMI Throughout Virginia” a SUCCESS!
The convention focused on developing strong affiliates and NAMI leaders including planning, skills-building, and capacity-building. The convention featured workshops such as: Plenary session on strategic planning (including announcing NAMI Virginia's new strategic plan), Volunteer Management, Money: How to Get It, How to Spend It, Leadership and Board Development, and NAMI 360: Understanding the NAMI Membership System.

A very big thank you goes out to Bank of America for supporting this affiliate training.

**Congratulations to the 2013 NAMI Virginia Award Recipients:**
- Outstanding Affiliate of the Year: NAMI Virginia Beach
- Outstanding Consumer Achievement Award: Bryan Sanderson
- Outstanding Family Member/Caregiver: Evelyn Steward
- Joshua S. Collins Award of Excellence: Brian McSally
- Outstanding Legislator of the Year: The Honorable Emmett W. Hanger, Jr.

**NAMI On Campus**
NAMI on Campus (NoC) clubs are student-run and led organizations that provide mental health support, education, and advocacy in a university or college setting with the goal of improving the lives of students who are directly or indirectly affected by mental illness. They work to improve acceptance and services on campus by eliminating the stigma students with mental illness face. These clubs hold educational events that include personal stories being shared with students and faculty, movie viewings with panel discussions and regular meetings for any interested students to attend where they talk about ways to help fight stigma.

**Current NAMI on Campus clubs in VA**
- Lord Fairfax Community College
- Christopher Newport College
From Our Supporters

“For me, recovery is day-to-day and my life is full. I work full-time and volunteer with NAMI as a mentor for the Peer-to-Peer program and facilitate a Connections support group. NAMI has taught me how to recognize my triggers and negative patterns. There is a lot out there for me, and now I know that I am never alone - I have NAMI!”

–Angela Henking, Hampton/Newport News

“My experience at NAMI Virginia’s Mental Health Advocacy Day was a true learning experience. I learned that it is imperative to give a voice to mental illness, and to do that you need to connect with those who potentially have the power and money to make real change happen. It was a pleasure to meet with senators, members of congress, and their aides, to discuss this important public health issue.”

-Lisa Andrews, Northern Virginia

“I recently got the chance to advocate with NAMI Virginia for Mental Health Advocacy Day at the General Assembly. The opportunity to advocate on behalf of mental illness was incredible, and the lessons I learned through the experience were life changing. NAMI Virginia showed me that my voice could, and would be heard, and accepted – something I’ve wanted for so long! I matter, and I will tell myself that every day from now on.”

-Lauren Eby, Williamsburg

“NAMI taught me that that I’m not alone in crises. I was so amazed and thankful that there are groups I could go to. I participated in the Family-to-Family training, and came out of it thinking “wow, if this helps me, what is it could do for other families”? I am hopeful for the future. I have learned that change is possible. NAMI has shown me that when you are able to help others, it truly helps you.”

-Connie Nutter, Winchester

“Before getting involved with NAMI Peer-to-Peer, I knew almost nothing about mental illness; all I knew is that I was sick before. NAMI Peer-to-Peer taught me a lot about mental illness. NAMI Peer-to-Peer is highly successful in gaining new members and empowering individuals to become community advocates. Taking this course can make immeasurable differences in peoples’ lives.”

–James Winfield, Jr., Norfolk
## NAMI Virginia Financials

### Revenue and Expenses Statement

#### 2012 compared to 2011

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<tr>
<th>Support and Revenue</th>
<th>2012</th>
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<td>Public Contributions and special events</td>
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<td>Grants and contracts (Restricted)</td>
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<td>Membership dues</td>
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<td>Convention</td>
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<th>Expenses</th>
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<td>Program Services</td>
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<td>General and Administrative</td>
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<th>Change in Net Assets</th>
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<td>Net Assets, beginning of year</td>
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<tr>
<td>Net Assets, end of year</td>
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*Our audited 2013 financials, including 2013 donors, will be included in next year's annual report. Our 2013 audit is being conducted and we do not yet have that information available.*
Expenses

2012 Expense Break Out

Program Services

Program Services

Expenses Year over Year

Support and Revenue Year over Year

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About Us

The National Alliance on Mental Illness (NAMI) Virginia was established in 1984 to provide support, education, and advocacy for individuals and families in Virginia affected by mental illness. We offer public education and science-based information; education and support programs for people affected by mental illness, and public awareness. We have a website and toll-free HelpLine to respond to calls from people throughout Virginia who are seeking information and resources related to mental illness. We engage in legislative and grassroots advocacy to produce systems change. NAMI Virginia is located in Richmond, Virginia, where we are appropriately situated in close proximity to the state legislature and state agencies.

Mission:
Our mission is to promote recovery and improve the quality of life of Virginians with serious mental illness through support, education, and advocacy.

Vision:
NAMI Virginia envisions a world free of stigma and discrimination where all people affected by mental illness get the help, hope, and support they need.

Affiliates in Virginia
NAMI Blue Ridge Family
NAMI Central Virginia
NAMI Chesapeake
NAMI Danville Area
NAMI Halifax County
NAMI Hampton/Newport News
NAMI Harrisonburg-Rockingham
NAMI Mid-Tidewater
NAMI New River Valley
NAMI Norfolk
NAMI Northern Shenandoah Valley
NAMI Northern Virginia/Loudoun
NAMI Piedmont
NAMI Portsmouth-Suffolk
NAMI Prince William
NAMI Rappahannock
NAMI Roanoke Valley
NAMI Tri-County Family Support
NAMI Virginia Beach
NAMI We Care Augusta
NAMI Williamsburg Area
NAMI Virginia Virtual Affiliates (Southwest and Eastern Shore)