Support • Education • Advocacy

NAMI Virginia
National Alliance on Mental Illness

Annual Report
2015
Virginia’s Voice on Mental Illness

2015 Board of Directors

Executive Committee
Barbara Collins—President
Crisy Gallagher—First Vice President
Peter Nicewicz, J.D.—Second Vice President
Lynda J. Hyatt, PhD—Secretary
Paul Wegkamp, CPA—Treasurer
Becky Graser—Member At Large
Cynthia Meyer, MMSW—Member At Large

Directors
Sue Eller
Linda Gurley, RN, BSN, MEd
Sandy Mottesheard
William (Bill) Phipps, LCSW
Robert Reed, Esq.
James S. Reinhard, M.D.
Carolyn Wood

Term ended June 2015

Robert Cluck    James Winfield
Connie Nutter   Kristin Yavorsky
William Park    Mary Zirkle

Staff
Executive Director
Mira Signer, MSW

Director of Finance
Deborah Michael, Accountant

Administrative Assistant
Danny Aldred

Director of Development
Megan Hodges

Director of Events and Special Projects
Farleigh Fitzgerald

Director of Programs
Sarah Steadman, MSW

Program Assistant
Mary Beth Walsh

Director of Children and Youth Policy and Programs
Stephany Melton Hardison, MSW

Virginia Family Network Youth Coordinator
Amanda Long, MSW

Virginia Family Network Program Assistant
Hayden Myer

NAMI Virginia needs your help to advance its mission: to promote recovery and improve the quality of life ofVirginians 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.

Join
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 individual and family peer education and support; they advocate on our behalf; and they represent NAMI at health fairs and community events. Our volunteers serve on boards and help plan our conferences and special events. They also provide much needed assistance around the NAMI Virginia office.

Donate
NAMI Virginia’s success is a direct result of contributions from our generous donors. From a memorial honoring a loved one to an annual donation or to 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!

P.O Box 8260 Richmond, VA 23226
804-285-8264 • 888-486-8264
info@namivirginia.org
www.namivirginia.org

Find us on Facebook
NAMI Virginia Receives Recognition from the Standards for Excellence Institute®

Standards for Excellence® is a national initiative to help nonprofit organizations achieve the highest benchmarks of ethics and accountability in nonprofit governance, management and operations. The Cameron Foundation provided NAMI Virginia with an opportunity to participate in the Standards for Excellence Institute® which offered skill building and professional development workshops to guide staff and the board of directors in conducting an in-depth analysis of our governance, management, and operations policies and procedures. The Standards for Excellence Institute® has six areas of focus that span all areas of nonprofit organizations:

1. Mission, Strategy, and Evaluation
2. Leadership: Board, Staff, and Volunteers
3. Legal Compliance and Ethics
4. Finance and Operations
5. Resource Development
6. Public Awareness, Engagement, and Advocacy

Following a four month in-depth learning period and joint staff and board organizational visioning process, NAMI Virginia, with the support of the Nonprofit Learning Point and The Cameron Foundation, submitted an application to The Standards for Excellence Institute®. In the fall of 2015, NAMI Virginia received the Standards Basics® recognition with the Institute.

In October of 2015, NAMI Virginia was awarded the Handy L. Lindsey Jr Award for Excellence in Organizational Management for our efforts in meeting and receiving Standards for Excellence Basics® recognition. The Standards for Excellence® process provided NAMI Virginia with an opportunity to further strengthen our organization and ability to meet our mission and vision and to develop resources and best practice models to aid our affiliates in the similarly named re-affiliation process through NAMI’s Standards of Excellence. Historically, NAMI affiliates have had a grassroots ‘mom and pop’ organizational model. With ever increasing governance and ethics demands on the services of nonprofits and heightened scrutiny on their activities, NAMI is asking all affiliates to meet basic nonprofit best practices around legal, financial and operational activities termed Standards of Excellence, all while staying true to our grassroots history, culture, and mission. The end goal is ensuring that NAMI is a household name, strengthening our mission of support, education, and advocacy, and helping affiliates have the tools and capacity to serve their communities. Re-affiliation is the process of coming into compliance with these standards and thus achieving the end goal.

Enhancing NAMI Virginia’s nonprofit operations and receiving recognition from the Standards for Excellence Institute® will enable us to provide better support to our grassroots affiliates as they go through re-affiliation via NAMI’s Standards of Excellence process and will help us continue to increase the number of Virginians that are served through our support and educational programs. We would like to thank The Cameron Foundation, Nonprofit Learning Point, and Standards for Excellence Institute® for providing us with an opportunity to strengthen the mission of NAMI Virginia and our affiliates.

Barbara Collins
President

Mira Signer
Executive Director
Our Year in Review

NAMI Virginia Second in Nation for Program Impact - Fourth Year in a Row

For the fourth year in a row, NAMI Virginia and its affiliates ranked second in the nation out of all NAMI state organizations (except for California) for program impact. We held 1,861 activities (support groups, educational classes, and outreach presentations), reaching more than 23,000 individuals. We are very proud of this accomplishment, and we anticipate that we will impact even more individuals and families in 2016. We cannot thank our affiliates, program volunteers, program coordinators, donors, and supporters enough for their investment in our mission.


National Leadership awards are given annually to program leaders who exemplify leadership qualities in a particular program. NAMI Virginia is proud that Cheryl Dehaven was awarded the 2015 Inspiration Award.

Every year NAMI honors program volunteers who have given their time and energy supporting and educating people in their community. In 2015, we were proud to celebrate the following program volunteers who were added to the NAMI Hall of Fame.

Silver Hall of Fame: Given to teachers or mentors who have taught 10+ classes, support group facilitators who have led groups for two or more years and presenters who have led 30+ presentations.

Lesly Clapp, NAMI Virginia Beach, In Our Own Voice
Casey Gilbert, NAMI Hampton/Newport News, In Our Own Voice
Adriene Spence, NAMI Virginia Beach, In Our Own Voice
Monica Larkin, NAMI Williamsburg, Family Support Group
Linda Roush, NAMI Williamsburg, Family Support Group
Angela Hendking, NAMI Hampton/Newport News, Connection Support Group
Kathy Sievert, NAMI Virginia Beach, Connection Support Group
Jan Valliere, NAMI Northern Virginia, Connection Support Group

Gold Hall of Fame: Given to teachers or mentors who have taught 20+ classes, support group facilitators who have led groups for five or more years and presenters who have led 60+ presentations.

Jim and DeDe Moyer, NAMI Danville, Family Support Group
Lillie Ray, NAMI Hampton/Newport News, In Our Own Voice
James Winfield, NAMI Hampton/Newport News, In Our Own Voice
NAMI Virginia continued its partnership with NIMH through the NIMH Outreach Partnership Program. 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.

NAMI Virginia continued its partnership with NIMH through the NIMH Outreach Partnership Program. 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.

Our Year in Review continued...

NAMI Affiliates’ Annual Leadership Retreat

It was so energizing to spend an entire day with our affiliate leaders focusing on skill development, strong programs, and board development and engagement. The event provided opportunities for training, networking, and coming together as a state to celebrate the great work being done in Virginia by NAMI affiliates and volunteers.

Virginia State Trainer Retreat

NAMI Virginia hosted the first State Trainer Retreat in November of 2015. Our amazing State Trainers spent the day connecting and learning skills that will better prepare and train future program leaders in Virginia. We are grateful for their hard work in helping maintain and manage our programs in Virginia.

NAMI Partners with Alpha Kappa Alpha Sorority, Inc.

Starting in 2015, Alpha Kappa Alpha Sorority, Inc. (AKA) and NAMI are working together to increase mental health awareness in the African American Community. AKA is the nation’s oldest sorority, and their motto is “service to all mankind.” This four year partnership is designed to raise mental health awareness in order to improve the quality of life for African American individuals and families who are impacted by mental health conditions. NAMI Virginia and its affiliates would like to thank our AKA partners in Virginia for a productive collaboration to fight the stigma of mental illness in all communities.

NAMI Virginia Launches a New Program for Parents

In an effort to ensure that parents of children and youth with mental health needs have a range of education and support options to choose from to best meet their needs, NAMI Virginia partnered with NAMI Minnesota to launch a new education program for parents, called Children’s Challenging Behaviors. Children’s Challenging Behaviors is a six-hour workshop for parents that provides information to help parents understand typical behaviors versus challenging behaviors that require intervention. Parents learn when and how to seek help, develop parenting strategies, and learn the ins and outs of special education and other educational supports.

National Institute of Mental Health (NIMH) Outreach Partnership Program

NAMI Virginia continued its partnership with NIMH through the NIMH Outreach Partnership Program. 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.
Adult and Family Outreach 2015

NAMI Virginia’s HelpLine

NAMI Virginia’s HelpLine 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 2015, NAMI Virginia’s Helpline responded to 2,692 phone call 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 (NAMI Family Support Group). Groups are peer-led providing an environment in which everyone shares a unique bond; all can personally relate to shared, lived experiences. Support groups are free.

The following 17 affiliates offered 74 different support groups. All offer at least one Family Support Group or Connection Support Group. Many offer both, with multiple meetings for each:

NAMI Blue Ridge  NAMI Harrisonburg/Rockingham  NAMI Piedmont
NAMI Central Virginia  NAMI Mid-Tidewater  NAMI Prince William
NAMI Chesapeake  NAMI Norfolk  NAMI Rappahannock
NAMI Danville  NAMI Northern Shenandoah Valley  NAMI Williamsburg
NAMI Hampton/Newport News  NAMI Northern Virginia  NAMI Virginia Beach

The following towns do not fall under a specific affiliate; however, they offered at least one Family Support Group or Connection Support Group in 2015: Clifton Forge, Bristol, Parksley, and Wytheville.

Of Note: Three affiliates started five new support groups in 2015. Also, NAMI Virginia and affiliates partnered with all three Virginia Veteran Administration Hospitals to bring in NAMI Connections Support 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 other 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 and affiliates provided support to 4,430 individuals through 479 Family Support Group meetings.

Of Note: The number of individuals supported increased by 414, while the groups met 83 more times than last year.
NAMI Connection Support Groups are free 90-minute weekly support groups led by trained individuals who are at a point of managing 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 an environment of respect, understanding, encouragement, and hope.

NAMI Virginia offered six Connection Support Group facilitator trainings in 2016, graduating 31 new facilitators.

NAMI Virginia and affiliates provided support to 5,364 individuals through 625 Connection Support Group meetings.

Of Note: The number of individuals supported was increased by 958.

**Education and Outreach Programs**

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 important - 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 13 affiliates and one Virginia city hosted an educational class this year, totaling 60 courses for 728 individuals.

- NAMI Central Virginia
- NAMI Danville
- NAMI Hampton/Newport News
- NAMI Mid-Tidewater
- NAMI Norfolk
- NAMI Northern Shenandoah Valley
- NAMI Northern Virginia
- NAMI Piedmont
- NAMI Prince William
- NAMI Rappahannock
- NAMI Roanoke
- NAMI Williamsburg
- NAMI Virginia Beach
- City of Wytheville

**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 three Family-to-Family trainings in 2015, graduating 20 new teachers.

NAMI Virginia and affiliates provided education to 472 individuals through 29 Family-to-Family classes.

**Homefront**

This is a free six-week course for family members, caregivers, and friends of military service members and veterans living with mental illness. The course is taught by trained family members or caregivers of military service members and veterans living with mental illness.

NAMI Virginia and affiliates provided education to five individuals through one Homefront class.
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 have personal experience living well with mental illness.

NAMI Virginia offered one training in 2015, graduating 14 new teachers.

NAMI Virginia and affiliates provided recovery education to 227 individuals through 19 Peer-to-Peer classes.

This 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 affiliates provided advocacy training to 69 individuals through four NAMI Smarts offerings.

This is a premiere anti-stigma program that changes attitudes, assumptions, and stereotypes by describing the reality of living with mental illness. People with mental health conditions share their powerful personal stories in this free, 90-minute presentation. In Our Own Voice is a practical tool to educate and increase awareness about the true nature of mental illness.

NAMI Virginia and affiliates offered two trainings in 2015, graduating 25 new presenters.

NAMI Virginia and affiliates provided 677 presentations in 2015 to a total of 7,880 audience members.

See What Program Participants Are Saying

“I attended a few NAMI Family Support Group meetings and was quickly overwhelmed — in a very positive way — with the number of resources available to me — all without charge. I met other family members who shared stories similar to mine, without judgement and without placing blame. We were there to share our frustrations, our victories and to reenergize for the next weeks, helping our loved ones with their recovery.

There are so many things I want people to know about NAMI, not just one. NAMI is an effective agent of social change. NAMI is out in front of changing laws, improving services and providing support to the people who need it. At the grassroots level, this work is being done by volunteers, like me. And, there is no charge for the wealth of knowledge and support we offer.

The classes and support groups and other outreach are so valuable, so accessible and so important. And, finally, the other families you meet along the way have enriched my life in so many ways. I want everyone who needs NAMI to share that experience.”

- Denise in Herndon, Virginia
In 2015, the VFN and Youth M.O.V.E. had a number of exciting milestones, including:

- Hosting the third annual statewide Family and Youth Leadership Summit attended by 135 parents, youth, young adults, and professionals. The Summit consisted of a keynote speaker, workshops, and a separate set of workshops geared specifically toward youth and young adults. Fifty youth and young adults participated in the youth workshops.
- Co-chairing the Virginia Department of Behavioral Health and Developmental Services Children and Adolescent Services Transformation Team and representing the family and youth voice on six state level committees.

**Support Groups**

Support groups are a vital part of our overall goal to ensure that parents and youth have access to support, training, and resources from others who have traveled similar journeys. These groups can serve as a lifeline.

**NAMI Family Support Group — For Parents**

These free 90-minute weekly support groups led by parents, who have a child or youth living with a mental health condition or an adult child who experienced symptoms as a child or youth. At the end of the day, parents want to talk with other parents, who can understand and offer practical ideas and solutions, and these support groups allow for a safe and welcoming environment to do so.

The following affiliates offer support groups for parents who have children and youth with mental health needs:

- NAMI Central Virginia (one group)
- NAMI Northern Virginia (four groups)
- NAMI Prince William County (one group)
- NAMI Virginia Beach (one group)

NAMI Virginia and affiliates provided support to 153 youth and young adults through two active youth groups.

**Activity-Based Peer-Support Youth Groups**

Peer-support youth groups are activity-based and led by trained young adults with lived experience. Groups are “youth-guided,” which reinforces the idea that youth and young adults can and should be the drivers of their own care and are capable of being effective leaders in their community. Youth groups ultimately serve as a place where young people can come and be themselves, while interacting with and meeting others who have similar experiences.

The following three affiliates and community partners offered support groups for youth with mental health needs:

- Formed Families Forward (one group)
- NAMI Central Virginia and United Methodist Family Services (one group)
- NAMI Hampton/Newport News (one group formed in 2015; scheduled to begin meeting January 2016)

NAMI Virginia and affiliates provided support to 468 parents and caregivers through seven NAMI Family Support Groups - For Parents.
Children and Youth Outreach 2015 continued...

**Education and Outreach Programs**

In collaboration with NAMI Virginia’s affiliates, the VFN and Youth M.O.V.E Virginia offered several educational programs targeted to provide a range of support, training, and mentorship to parents, youth, and young adults. Trained parents and young adults draw on their lived experiences to provide support to other parents and youth.

The following affiliates hosted an educational course or were involved in parent and/or youth outreach and training, totaling 19 courses and trainings:

- NAMI Central Virginia
- NAMI Northern Shenandoah
- NAMI Prince William
- NAMI Hampton/Newport News
- NAMI Northern Virginia
- NAMI Roanoke

This is a free six-week educational course for parents and other primary caregivers of children and youth with mental health needs. The course is taught by two trained parents.

NAMI Virginia offered one training in 2015, graduating eight new teachers.

NAMI Virginia and affiliates offered seven NAMI Basics classes in 2015, providing education to 56 parents.

This is a two-hour in-service program helping school professionals identify the signs and symptoms of mental health conditions in children and youth in schools. The program focuses on the specific, age-related symptoms of mental health conditions in youth, how best to intervene, and shares the lived experiences of individuals and families. This program is designed for teachers, administrators, school health professionals, parents, and others in the school community. The toolkit has been developed to be culturally sensitive.

NAMI Virginia offered one training in 2015, graduating six new teachers.

NAMI Virginia and affiliates provided two NAMI Parents and Teachers as Allies presentations in 2015 to a total of 156 audience members.

This is a 50-minute presentation designed to give students an opportunity to learn about mental health conditions through an informative PowerPoint and short videos. The presentation educates students about the signs and symptoms of mental health disorders and gives them ideas about how to help themselves, family members, or friends who may be in need of support. The program also includes personal testimony from a youth or young adult with lived experience about their journey to recovery.

NAMI Virginia offered two teacher trainings, graduating 12 teachers.

NAMI Virginia and affiliates provided seven NAMI Ending the Silence presentations to 518 students in 2015.

A new six-hour workshop for parents of children and youth with mental health needs, led by trained and experienced parents who provide information to help parents understand typical behaviors versus challenging behaviors that require intervention.

NAMI Virginia held its first Children’s Challenging Behaviors Teachers’ Training in 2015, graduating eight parents.
NAMI On Campus clubs are student-run 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 fight stigma.

Current NAMI On Campus clubs in Virginia include:

- Christopher Newport College
- College of William and Mary
- Lord Fairfax Community College
- University of Virginia
- Virginia Commonwealth University

Advanced Parent Leadership Training

Advanced Parent Leadership Training is an intensive one day training focused on skills and competences relevant to being parent leaders in their communities. This training is great for parents who are parent support partners, parent advocates, and NAMI program volunteers who want the formal training to continue to develop and support their roles as leaders. It is also great for parents who are ready to get involved and are looking for ways to do so.

NAMI Virginia offered two Advanced Parent Leadership Trainings, graduating 16 parents.

Advanced Youth Leadership Training

Advanced Youth Leadership Training is a two-day training for youth and young adults who want to be leaders in their community. Ideal for any young person who would like to use his or her lived experience to help others, the training is also a great way to introduce the concepts of self-efficacy to the next generation of mental health advocates. Essentially, the Advanced Youth Leadership Training is an effective tool for any community or affiliate to increase their youth engagement in a culturally competent and strengths-based way.

NAMI Virginia offered one Advanced Youth Leadership Training in 2015, with 20 youth and young adults participating.

See What Program Participants Are Saying

“NAMI Virginia is important to me because NAMI provided the opportunity for a free education class on what mental illness is, how the brain may be affected by mental illness, how to communicate with my loved one living with mental illness, and how vital it is to take care of myself. This class, NAMI Basics, was so instrumental in teaching me how to understand and manage my daughter’s mental illness (and my own), that I became a NAMI Basics facilitator so I could pay it forward. In addition, NAMI offered me support and resources to help me help myself and my daughter. NAMI also encouraged my continued involvement in supporting others by sharing my story and experiences and offering hope to those who are on a similar journey.

NAMI was a life-saver for me and my family and I am forever grateful!”

- Cristy in Mechanicsville, Virginia
Development Activities 2015

NAMI Virginia Annual State Convention

The 2015 NAMI Virginia Annual Convention, “Hope, Help, Action,” took place on Saturday, June 6 at the Crowne Plaza Richmond Downtown. It was wonderful to see so many passionate leaders from across Virginia come together. Some of the highlights were the opening plenary on “Trauma Informed Care” by Dr. Allison Jackson and the “State of NAMI” by NAMI Executive Director Mary Giliberti, J.D. Workshops throughout the day featured top quality presenters providing information and tools to increase participants’ knowledge and skills in a wide range of topics. The Convention presented opportunities to connect with old friends, make new friends, and discover new resources.

NAMI Virginia Participates in The Amazing Raise, a 36 Hour Online Giving Campaign

The Amazing Raise, sponsored by The Community Foundation, is a 36-hour online giving campaign serving Richmond and central Virginia. 553 non-profit organizations participated, raising over $1.84 million in unrestricted funds. As a second year participant in The Amazing Raise, NAMI Virginia was able to increase our number of donors and dollars raised compared to the previous year. We raised a total of $5,030 which included a $1,500 incentive prize grant for the 2nd Chance Early Bird Contest. This is the second year in a row that we have won this incentive prize. Donors pledged their support ahead of time, and the NAMI Virginia staff was up early with fingers ready to enter donations at 6:00 AM sharp to win the $1,500 prize.

NAMI Virginia would like to thank all of our donors and volunteers who helped make this campaign a success. Our supporters are amazing.
Development Activities 2015 continued...

NAMIWalks Virginia 2015

NAMIWalks Virginia 2015 was incredible. It was a beautiful day and we had approximately 2,000 people in attendance. It was heartwarming and inspiring to see so many dedicated advocates and supporters united for the cause of raising awareness about mental illness. With one in five impacted by mental illness, NAMIWalks highlights the amazing bond between businesses, families and individuals of all generations who join forces to support the NAMI mission. It is a truly inspiring and energizing experience that helps remind us how much we all have in common. We are deeply grateful for the support and generosity of our sponsors, team captains, donors, walkers and volunteers – we could not do it without you! See you October 15, 2016!

Statistics and Successes
• Together, with our affiliates, the Walk raised $177,861 towards supporting the NAMI mission in Virginia.
• We impacted a larger audience and expanded our reach within the state.
• We had 119 walk teams register and celebrate in our joint success on Walk day.
• We had 74 sponsors support the Walk through monetary and in-kind donations.

NAMI Virginia would like to express our sincere gratitude to our 2015 Business Team Chair, Bill Phipps, Magellan of Virginia, for his continued support and leadership in making NAMIWalks Virginia a success.

NAMI Virginia would also like to thank and congratulate our top fundraising individuals and teams! Way to go!

Top Fundraising Individuals
Kim Ashby – NAMI Virginia Beach
The Haley Family – NAMI Piedmont
Courtney Boone – NAMI Virginia Beach

Top Fundraising Teams
NAMI Virginia Beach
Magellan Health, Inc.
Legacy – NAMI Hampton/Newport News

“NAMI has been a great source of support and fulfillment for me. I have many strong bonds with my NAMI peers and view NAMIWalks as an excellent way to connect, advocate, and fundraise for an important cause. In fact, forming the team became the catalyst for the development of a social club which meets regularly now for meals, movies, and more.” - First time walker, Susie
Advocacy Highlights 2015

NAMI Virginia is proud to be a critical leader for awareness, education, and change throughout Virginia. In 2015, advocates from across the state met with their legislators at the General Assembly Building, making a case for a strong mental health system in Virginia. Armed with statistics and research to back up our priorities and using the power of personal stories to inform, NAMI Virginia members, affiliates and partners advocated to:

● Strengthen the array of services offered across the continuum for children, young adults, and adults.

● Expand access to crisis response and stabilization services to ensure that all regions of Virginia have crisis stabilization capabilities.

● Invest in permanent supportive housing models that offer affordable, integrated housing with community-based supports.

● Support laws that strengthen the mental health system, improve treatment laws for people with mental illness, and promote accountability in the public and private sectors.

Strategic collaborations and a grassroots empowerment campaign are important elements to our advocacy work. During the 2015 session, NAMI Virginia continued to partner with Voices for Virginia’s Children, Mental Health America of Virginia and VOCAL Virginia to host Mental Health Advocacy Day - an event that brought together mental health advocates from across the Commonwealth to lobby their legislators.

2015 Legislative Successes

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

● Funding to implement the Governor’s Action Plan to insure more Virginians.

● $2.1 million in new funding for permanent supportive housing to provide rental subsidies and supportive services for 150 adults living with a mental health diagnosis.

● $2 million in new funding to expand and strengthen children’s mental health crisis response and psychiatric services.

● $3 million in new funding to start three new Programs of Assertive Community Treatment (PACT) teams in the state.

● $1.8 million in new funding to expand and strengthen therapeutic assessment “drop off” centers to provide a bridge between law enforcement and mental health.
From Our Supporters

NAMI Virginia and its affiliates are unique in that the individuals that we serve through our free support and education programs often give back by becoming a NAMI volunteer and sharing their lived experience with others. Transforming program participants into volunteers is a testament to the strength of our programs and the NAMI nation of dedicated grassroots volunteers.

“NAMI has saved my life! I found NAMI many years ago and through educational classes, support groups, and meeting people through NAMI, I now am a State Trainer for In Our Own Voice and have served on a local board of directors. I NEVER could have accomplished so much without my NAMI family.”
- Jennifer Giles, State Trainer for In Our Own Voice

“It's so beautiful to hear someone's story and watch the advocate grow in confidence. The transformative power when others own and share their story always amazes me.”
- Chris Yanez, State Trainer for In Our Own Voice

"I was lost in a sea of confusion as my son was lost in a sea of psychosis until I found the NAMI Family Support Group and Family-to-Family program. NAMI helped me find hope and solace in the fact that we are not alone and recovery is more than possible."
- Sandy Mottesheard, NAMI Virginia Board Member, State Trainer for Family Support Group and Family-to-Family, and Homefront Teacher

“NAMI, through its education and support programs, has shown that we are not alone as our family struggles with our daughter's mental illness. Only NAMI has provided us with the knowledge and compassion we need to care for our daughter and fight against societal stigma and spread the word that treatment works.”
- Joe Ashworth, State Trainer for Family-to-Family

“NAMI Virginia's programs helped me get connected to recovery and reconnected to the person I've been all along that got lost in the "sickness" mentality. Through NAMI Virginia, I discovered I'm not alone, I have purpose and value, and I can help others along their journey like I've been helped along my own.”
- Elyse Hunt, State Trainer for Peer-to-Peer and Youth M.O.V.E. Virginia Advisory Board Member
NAMI Virginia Financials

Revenue and Expenses Statement  
2014 compared to 2013

<table>
<thead>
<tr>
<th>Support and Revenue</th>
<th>2014 Audited</th>
<th>2013 Audited</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Contributions and special events</td>
<td>$224,699</td>
<td>$192,802</td>
</tr>
<tr>
<td>Grants and contracts (Restricted)</td>
<td>334,334</td>
<td>300,019</td>
</tr>
<tr>
<td>Membership dues</td>
<td>16,818</td>
<td>15,544</td>
</tr>
<tr>
<td>Interest</td>
<td>963</td>
<td>1,313</td>
</tr>
<tr>
<td>Other Income</td>
<td>1,947</td>
<td>2,511</td>
</tr>
<tr>
<td>Convention</td>
<td>8,865</td>
<td>3,882</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$587,626</strong></td>
<td><strong>$516,071</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>2014</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>$473,794</td>
<td>$424,589</td>
</tr>
<tr>
<td>General and Administrative</td>
<td>37,760</td>
<td>37,760</td>
</tr>
<tr>
<td>Special Events/Other Fundraising</td>
<td>70,996</td>
<td>55,402</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$587,711</strong></td>
<td><strong>$517,751</strong></td>
</tr>
</tbody>
</table>

| Change in Net Assets                  | ($85)        | ($1,680)     |
| Net Assets, beginning of year         | **$250,012** | **$251,962** |
| Net Assets, end of year               | **$249,927** | **$250,012** |

*Our 2015 Audited Financial Statements and 2015 contributors will be included in next year’s annual report. As of the time of publication of this year’s annual report, our 2015 audit was still being conducted and we do not yet have that information available. Please note that our 2015 Audited Financial Statements will be made available on GuideStar and GiveRichmond as soon as possible upon completion.
### Expenses

#### Income

### Support and Revenue Year over Year

- **Program Services**
  - 2014: $334,334
  - 2013: $224,699

- **Grants and contracts (Restricted)**
  - 2014: $192,802
  - 2013: $152,019

- **Membership dues**
  - 2014: $16,818
  - 2013: $15,544

- **Interest**
  - 2014: $1,313
  - 2013: $963

- **Other Income**
  - 2014: $2,511
  - 2013: $1,947

- **Convention**
  - 2014: $3,882
  - 2013: $8,865

### Expenses Year over Year

- **Program Services**
  - 2014: $473,794
  - 2013: $424,589

- **General and Administrative**
  - 2014: $42,921
  - 2013: $37,760

- **Special Events/ Other fundraising**
  - 2014: $70,996
  - 2013: $55,402

### 2014 Expense Break Out

- **Program Services**: 81%
- **General and Administrative**: 7%
- **Special Events/ Other fundraising**: 12%
2014 Donors

Please note that while this is the 2015 Annual Report, the financials and list of generous donors are for 2014 as NAMI Virginia only reports audited financials. Our 2015 audit will not take place until after the 2015 Annual Report is released. Therefore 2015 financials and donors will be listed in the 2016 Annual Report. We thank you for your understanding as we work to provide you with the most accurate audited financial information. Donors included in this report do not include donors to NAMI Virginia events such as NAMIWalks Virginia.

NAMI Virginia sincerely thanks all of our generous donors for your commitment to the mission of NAMI.

$25,000 and Up
Betty Ann and Lee Griffin Charitable Fund

$10,000-$25,000
Constance and Linwood Lacy Foundation
Stanley Family Foundation

$5,000-$9,999
Fidelity Charitable Grant
Betsy Greer
Johnson & Johnson

$1,000-$4,999
Combined Health Charities
Community Health Charities
Don and Kay Ashby
Charlottesville Area Community Foundation
Andrew and Martha Dwyer
Jim and Amy Satterfield

$500-$999
Edward Beales
Ronald and Cynthia Estridge
Barry and Heather Gale
Herbert Greene
Mike and Mary Kelley
Anthony and Susan Maiello
Anna McKenney
Paramount Builders, Inc.
United Way of Roanoke Valley
Carolyn Wood

$250-$499
Bill and Eleanor Farrington
James and Stella Reinhard
Joseph and Constance Samuels
Benta Sims
Thomas and Kathy Weaver

$100-$249
Dianne Appolito
John Back
Allen and Barbara Bartnik
Llewellyn and Deborah Bigelow
Kendall Biggs
Jesselle Christenson
Daniel George
Betsy Greer
Donna Gum
Dana Hlusko
Ron Honberg
Dennis and Judith Hopkinson
Laura Chessin Design
Joan Leonard
Jeffrey and Karen Levin
Martin Lichtenstein
Catherin Littman
Joanne Lofgren
Joyce Loving
Marshall McVadon
Benjamin Meredith
Courtney and Sandra Mottesheard

Friends
Ellen Acconcia
Aetna
Shonna Allen
Altria Group
AmazonSmile
Dennis Barnes
Rebecca Butler
Jane Callaway
Russell and Carolyn Campbell
Joy Cheng
Boyd and Linda Clements

George and Joan Neal
James Oppy
P.E.O. Chapter E. Virginia
Roger Payne, Jr.
Elizabeth Rafferty
Nan Rollison
Vernon and Jane Roningen
Patricia Ryan
Robert Seiler
Joanna Stebick
Kathalina Stein
Frank and Mary Ellen Tetrick
Naomi Verdugo
Virginia Virkler
Kathy Washington
Robert Williams
James Yarborough
2014 Donors continued...

Friends continued
Barbara Collins
Bettie Cooper
Marilyn Copeland
David Dickson
William and Beverly Ditman
Diana Donnelly
David Douglas
Walter and Susan Duka
David Forrest
Sheila Franco
Christine Gallagher
Ginter Park Residents Association
Douglas Grant
Donna Gum
Eddie Haas
Joyce Hann
Oscar and Judith Hines
John and Kiyoko Hoover
Just Give
Dave Kelley
Ken’s Cycle Center
Sandra Kerrest
David and Deborah Kolker
Mary Lambert
Mike Magnet
Armine Manwaring
Cynthia Massello
Hugh McGuire
Deborah Michael
Robert and Vivian Miller
John Moore
PNC Foundation
Taryn Potts
Thomas Quinn

Ronald Rains
Renaissance Charitable Foundation
Jim and Grace Spart
Victoria Spence
Paul Spofford
Starbucks
Shanon Tingle
Truist
Howard Twilley
Nancy Veldhuis
Susan Waller
Frank Wickers
Herbert Williams
Patricia Wood

In Memoriam
In memory of Mildred Armstrong
Betty Johnston
In memory of Roy W. Bryant
Wyley and Ann Bryant
David and Mary Lou Bryant
Wade and Angela Bryant
H. B. and Anne Bryant
Owen and Ann Gillette
Wyley and Ann Gillette
Steve and Kelli Gillette
Billy and Wendy Harrison
Bruce and Renee Harrup
In memory of Mary Hartung Comstock
Susan Hartung
In memory of Christopher Eastland
Sheila Kagi
Kay White
In memory of William Harrison
Judith Musa
In memory of Kimball David Bosma
Susan Potter
In memory of James Byrd Horner
Elizabeth Prince
Jerilyn Rhodes
Paul Wiley
Hunter and Lyn Hill

Ad Honorem
In honor of my co-workers
Shellie Archer

In honor of Paul Montgomery
Terry Joseph

In honor of Erin Malone
Phyllis McCafferty

In honor of Michael Bick
Paul and Sharron Spofford

In honor of Deborah Michael and Mira Signer
Jean Oakey

In memory of Lois Lipsett
Gary Melton
### 2014 Donors continued...

<table>
<thead>
<tr>
<th>In Memoriam continued</th>
<th>In memory of Charles Schribner</th>
<th>In memory of Louise Seiler</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In memory of Tyler Masters</strong></td>
<td>All Saints’ Day School</td>
<td>Susan Kalanges</td>
</tr>
<tr>
<td>Cynthia Baknij</td>
<td>Carol Bradof</td>
<td></td>
</tr>
<tr>
<td>Bilmin Company, Inc.</td>
<td>Jane Henderson</td>
<td></td>
</tr>
<tr>
<td>Anne Bozza</td>
<td>Dianne Islev-Peterson</td>
<td></td>
</tr>
<tr>
<td>Dame Construction, Inc.</td>
<td>Bobbie Johnson</td>
<td>Dolby</td>
</tr>
<tr>
<td>K &amp; B Plumbing and Heating</td>
<td>Rebecca Nielsen</td>
<td>In memory of Eric Strawser</td>
</tr>
<tr>
<td>Kathryn Powell</td>
<td>Deborah Payne</td>
<td></td>
</tr>
<tr>
<td>Suzanne Smith</td>
<td>Sandra Reno</td>
<td>Emily Vinson</td>
</tr>
<tr>
<td>In memory of my mom and dad</td>
<td>Aliete Sesler</td>
<td>In memory of Russell Lloyd Vinson</td>
</tr>
<tr>
<td>Adrianna Skinner</td>
<td>Virginia Beach Silver Tappers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bernadene Wallace</td>
<td></td>
</tr>
</tbody>
</table>

---

**Thank you...**

Because of you, NAMI Virginia and its affiliates provided hope, help, and support to over 23,000 Virginians affected by mental illness in 2015.

**Together we are changing lives.**
About Us

The National Alliance on Mental Illness (NAMI) of 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 Danville Area
NAMI Hampton/Newport News
NAMI Harrisonburg/Rockingham
NAMI Mid-Tidewater
NAMI Norfolk
NAMI Northern Shenandoah Valley
NAMI Northern Virginia
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

P.O Box 8260 Richmond, VA 23226
804-285-8264 • 888-486-8264
info@namivirginia.org
www.namivirginia.org