Virginia’s Voice on Mental Illness

2017 Board of Directors

Executive Committee
Peter Nicewicz, JD—President
Sandy Mottesheard – First Vice President
Rob Reed, Esq. – Second Vice President
Lynda J. Hyatt, PhD—Secretary
Rich Shelton—Treasurer
Becky Graser—Member At Large
William Phipps, LCSW – Member At Large

Directors
Leondra Burchall, MA
Damien Cabezas, MPH, MSW
Varun Choudhary, MD
Cristy Corbin
Steven Dixon, PhD
Jennifer Giles
Rob Krupicka

Term ended June 2017
Paul Wegkamp, CPA

2016 Board of Directors

Executive Committee
Peter Nicewicz, JD—President
Sandy Mottesheard – First Vice President
Rob Reed, Esq. – Second Vice President
Lynda J. Hyatt, PhD—Secretary
Paul Wegkamp, CPA—Treasurer
Becky Graser—Member At Large
William Phipps, LCSW – Member At Large

Directors
Varun Choudhary, MD
Jennifer Giles
Richard Shelton

Term ended June 2016
Barbara Collins
Sue Eller
Jamie Forehand
Cristy Gallagher
Linda Gurley, RN, BSN, MEd
Cynthia Meyer, MMSW
James S. Reinhard, MD

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.

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!

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

Find us on Facebook
From the President

NAMI Virginia’s 18-month Annual Report has an underlying theme: change. I am pleased to share with you the many positive changes that NAMI Virginia saw during the 18-month period of January 1, 2016 to June 30, 2017. These organizational changes have strengthened NAMI Virginia’s capacity and allow us to continue to promote recovery and improve the quality of life of Virginians with mental illness through enhanced support to NAMI Virginia affiliates, a louder presence in the halls of the Virginia General Assembly, and a growth in NAMI programs.

First, I am happy to announce that Rhonda Thissen joined NAMI Virginia as the Executive Director in September 2017. Rhonda’s leadership and experience in the mental health system in Virginia positions NAMI Virginia well to excel as a leader in providing support and advocacy for those affected by mental illness. NAMI Virginia’s Board of Directors and staff would like to express their sincere appreciation to Mira Signer, the outgoing Executive Director, who had served in her role for nearly ten years and has been paramount in making NAMI Virginia the visible and effective organization that it is today.

In addition, thanks to the generosity of donors such as yourself, NAMI Virginia received funding which enabled us to grow our advocacy work and programs. We have created a new Associate Director position, which will elevate our legislative advocacy work and continue to develop and grow NAMI Virginia’s affiliates. We listened to our NAMI members and heard the want and need to make legislative advocacy an ongoing priority. The Associate Director position will support the Executive Director in our advocacy work, and make it possible to double our efforts and see greater accomplishments in the General Assembly. Additionally, the Associate Director will aid affiliates in NAMI’s re-affiliation process through Standards of Excellence, which will enable our affiliates to expand services and outreach in communities throughout Virginia.

As a result of focused strategic planning and fundraising efforts, NAMI Virginia was additionally able to hire two new staff members. In March 2017, a Program Assistant was hired to provide support to both our adult and family programs and to serve as the coordinator for the NAMI Virginia statewide HelpLine. The toll-free HelpLine provides information and resources to Virginians who are seeking information about mental illness topics. Equally as exciting, in August 2017, a Development Associate was hired to serve as the NAMIWalks Manager and to provide administrative support for fundraising activities.

Finally, under the guidance of our accounting firm, NAMI Virginia adopted a new fiscal year, from July 1 to June 30. Previously, the fiscal year was January 1 to December 31. This change, adopted in 2016, allows us to more accurately plan development efforts and set organizational goals for the year. Due to the change in fiscal year, a short-year Form 990 was completed and filed for the period January 1, 2016 through June 30, 2016. Another Form 990 was completed and filed for July 1, 2016 through June 30, 2017. As a result of the change in fiscal year, our 18-month audit was completed in November 2017. This Annual Report is a summary of our outstanding program and legislative achievements, as well as audited financials, for the 18-month period of January 1, 2016 to June 30, 2017.

It has been my pleasure to work with NAMI Virginia’s Board of Directors, our new and seasoned staff, our affiliates, and our NAMI members, and I look forward to seeing what we can accomplish together as we continue to improve the lives of Virginians affected by mental illness.

Peter Nicewicz
President
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 addictive disorders through advancing knowledge about the brain and behavior.
Adult and Family Outreach

Program data is for the 18-month period of January 1, 2016 through June 30, 2017.

**NAMI Virginia HelpLine**

The NAMI Virginia HelpLine provides support, information, and compassion to individuals and family members affected by mental illness. Typical calls include requests for information on specific illnesses, information on NAMI programs and local community resources, and ways to navigate Virginia’s complex mental health system. Sometimes, just a listening ear and a voice of support is what means the most.

The NAMI Virginia HelpLine responded to 4,543 phone call and email requests in an 18-month period.

**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 provides 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. All support groups are free of cost.

The following 15 affiliates and four cities 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 Charlottesville
- NAMI Central Virginia
- NAMI Danville
- NAMI Hampton/Newport News
- NAMI Harrisonburg/Rockingham
- NAMI Mid-Tidewater
- NAMI Norfolk
- NAMI Northern Shenandoah Valley
- NAMI Northern Virginia
- NAMI Piedmont
- NAMI Prince William
- NAMI Rappahannock
- NAMI We Care Shenandoah
- NAMI Virginia Beach
- NAMI Williamsburg
- City of Wytheville
- City of Blacksburg
- City of Wise
- City of Parksley

Of Note: Blacksburg and Wise each started a new group bringing support to western parts of the Commonwealth.

**NAMI Family Support Group**

NAMI Family Support Groups are free 90-minute weekly support groups run by trained 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 five NAMI Family Support Group facilitator trainings graduating 41 new facilitators. NAMI Virginia and its affiliates provided support to 6,508 individuals through 709 NAMI Family Support Group meetings.

Of Note: NAMI Family Support Groups continue to grow, with a recent focus on groups in rural communities.

**NAMI Connection Support Group**

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 NAMI Connection Support Group facilitator trainings, graduating 31 new facilitators. NAMI Virginia and its affiliates provided support to 8,124 individuals through 983 NAMI Connection Support Group meetings.
Educational courses are a key facet of NAMI Virginia’s mission. We view education as the pathway to empowerment and wellness, and an important mechanism for breaking the stigma around mental illness. 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 13 affiliates and two Virginia cities hosted an educational class, totaling 65 courses for 734 individuals.

- NAMI Blue Ridge Charlottesville
- NAMI Central Virginia
- NAMI Hampton/Newport News
- NAMI Mid-Tidewater
- NAMI Norfolk
- NAMI Northern Shenandoah Valley
- NAMI Northern Virginia
- NAMI Prince William
- NAMI Rappahannock
- NAMI Roanoke
- NAMI Virginia Beach
- NAMI Williamsburg
- City of Blacksburg
- City of Emporia

### 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 one NAMI Family-to-Family training, graduating 15 new teachers.

NAMI Virginia and its affiliates provided education to 534 individuals through 39 NAMI Family-to-Family classes.

### 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, all of whom have personal experience living well with mental illness.

NAMI Virginia offered one training, graduating 18 new teachers.

NAMI Virginia and its affiliates provided recovery education to 200 individuals through 26 NAMI Peer-to-Peer classes.

Of note: NAMI Northern Virginia hosted a pilot course in the newly revised NAMI Peer-to-Peer program set to be released in 2018.

### In Our Own Voice

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. NAMI In Our Own Voice is a practical tool to educate and increase awareness about the true nature of mental illness.

NAMI Virginia and its affiliates offered four trainings, graduating 38 new presenters.

NAMI Virginia and its affiliates provided 704 presentations to a total of 9,344 audience members.
NAMI Virginia’s Children and Youth Outreach Department offers support and education for parents, who have a child or youth with mental health needs, and for youth and young adults with mental health conditions. Our ability to serve is enhanced by the opportunity to execute the statewide parent and youth networks termed Virginia Family Network (VFN) and Youth MOVE Virginia (Motivating Others through Voices of Experience) through a contract with the Department of Behavioral Health and Developmental Services.

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 and are free of cost.

**NAMI Family Support Group - For Parents**

These free 90-minute weekly support groups are 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 understand mental illness and can offer practical ideas and solutions. 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 (three groups)
- NAMI Prince William County (two groups)

NAMI Virginia and its affiliates provided support to 581 parents and caregivers through six NAMI Family Support Groups - For Parents.

**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. In 2016, the youth group at United Methodist Family Services became the first local Youth MOVE chapter in the Commonwealth. As Youth MOVE Central Virginia, this youth group now has access to additional resources and training that will help strengthen the youth voice in Virginia.

The following offered youth groups:

- Formed Families Forward
- NAMI Central Virginia, in partnership with United Methodist Family Services

NAMI Virginia and its affiliates provided support to 283 youth and young adults through two active youth groups.

**Education and Outreach Programs**

In collaboration with NAMI Virginia’s affiliates, the VFN and Youth MOVE Virginia offered several educational programs providing 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 as well as the community at large.

The following affiliates hosted an educational course, presentation, or were involved in parent and/or youth outreach and training, totaling 96 courses and trainings:

- NAMI Blue Ridge Charlottesville
- NAMI Central Virginia
- NAMI Hampton/Newport News

- NAMI Northern Shenandoah Valley
- NAMI Northern Virginia
- NAMI Prince William

- NAMI Roanoke
- NAMI Virginia Beach

Program data is for the 18-month period of January 1, 2016 - June 30, 2017.
Children and Youth Outreach, Continued

Program data is for the 18-month period of January 1, 2016 through June 30, 2017.

**NAMI Ending the Silence**

*NAMI Ending the Silence* 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 and their journey to recovery.

NAMI Virginia offered one teacher training in 2016, graduating eight new presenters.

NAMI Virginia and its affiliates provided 80 *NAMI Ending the Silence* presentations to 2,161 students.

**NAMI Children’s Challenging Behaviors**

*NAMI Children’s Challenging Behaviors* is a six-hour workshop for parents of children and youth with mental health needs, led by trained and experienced parents who provide information to help other parents understand typical behaviors versus challenging behaviors that require intervention.

NAMI Virginia held one *NAMI Children’s Challenging Behaviors* Teachers’ Training in 2017, graduating nine parents, and one training in 2016, graduating 10 parents.

NAMI Virginia and its affiliates provided three *NAMI Children’s Challenging Behaviors* workshops, graduating 36 parents.

**NAMI On Campus**

*NAMI On Campus* clubs are student-run organizations that provide mental health support, education, and advocacy opportunities in a university or college setting with the goal of improving the lives of students who are directly or indirectly affected by mental illness. Here in Virginia, we are proud to support six clubs.

Current *NAMI On Campus* clubs in Virginia include:

- Christopher Newport University
- Liberty University
- Radford University
- University of Virginia
- Virginia Commonwealth University
- Virginia Tech University

**Advanced Parent Leadership Training**

Advanced Parent Leadership Training is an intensive two-day training focused on skills and competences relevant to being parent leaders in their communities. This training is great for parents who are ready to use their experiences to support other parents including Parent Support Partners, parent advocates, and NAMI program volunteers. These individuals want the formal training to continue to develop and enhance their competencies as leaders in the parent movement. Training topics include systems navigation, history of the family movement, effective story telling, communication skills, group facilitation, cultural competence, boundaries, and self-care.

NAMI Virginia offered two Advanced Parent Leadership Trainings, graduating 28 parents.
Children and Youth Outreach, Continued

*Program data is for the 18-month period of January 1, 2016 through June 30, 2017.*

**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 two Advanced Youth Leadership Trainings, graduating 30 youth and young adults.

**NAMI Say It Out Loud**

*Say It Out Loud* is a tool created by NAMI to encourage dialogue about mental health among youth and young adults. The *Say It Out Loud* toolkit includes: a short film featuring three youths from Virginia sharing their experience with a mental health condition, a discussion guide, a narrated presentation for the facilitator, and fact sheets. *NAMI Say It Out Loud* is unique in the fact that anyone can access and offer the program. In other words, you don’t have to be trained to utilize it. Simply download the materials or request a toolkit. A helpful hint: The video is often shown in conjunction with a panel of youth speakers. If you’re looking for an innovative way to engage youth and families in your affiliate or community, this is a great option.

NAMI Virginia and its affiliates hosted a total of 11 *NAMI Say It Out Loud* presentations with a total of 1,020 audience members.

**Parent Retreat**

In March 2017, NAMI Virginia hosted the first annual Parent Retreat in which 16 parents participated. The purpose of this retreat was to offer an opportunity for parents serving in the parent movement to come together for targeted learning and discussion. The topic of this inaugural retreat was “Authentic Parent Engagement: How do parents know when it’s present and when it is not?” Perspective-taking activities were utilized to introduce the topic, and then parents were broken into small groups to discuss the topic from a personal and systems perspective. The resulting group wisdom was helpful for individual insight as well as serving as the basis for final review for the Family Engagement Guide created to support the System of Care initiative.

**Young Adult Retreat**

Also in March 2017, NAMI Virginia hosted the first annual Young Adult Retreat attended by 11 people. In partnership with Virginia Commonwealth University’s Rams In Recovery and College Behavioral and Emotional Health Institute (COBE), this retreat offered a unique opportunity for young leaders from around the Commonwealth to connect with each other. Primarily a way for young adults with lived experience to feel heard and supported, the retreat provided an inclusive and accepting space for young people who are actively engaged in peer support.

**Annual Family and Youth Leadership Summit**

During the last 18 months, we hosted the fourth and fifth annual statewide Family and Youth Leadership Summit. Both were well attended with a combined showing of over 320 youth, young adults, and professionals. The 2016 keynote speakers were Dr. Allison Jackson, a longtime advocate in child trauma research and Wendy Besmann, parent and author of *Team Up for Your Child*. The 2017 keynote speaker was award-winning author and advocate Pete Earley. In addition to keynote speakers, the Summit consisted of two tracks: one for parents and professionals and one for youth and young adults. Both utilized workshops, resources, and networking opportunities to offer parents a sense of connection and empowerment to help their own family as well as other families.
Development Activities

Development activities occurring within the 18-month period of January 1, 2016 through June 30, 2017.

Mental Health Month Campaign 2016

As a means of raising awareness and vital funds for our program and advocacy work, NAMI Virginia launched a Mental Health Month Campaign (MHMC) in 2016. The MHMC provided individuals with an opportunity to share their story, as well as gave them easy to use social media tools to further mental health awareness among their social media contacts. A group of generous donors also came forward and offered to match all donations made up to a total of $5,000. NAMI Virginia donors raised $8,800 and received the $5,000 matching gift, for a total of $13,800 raised during the campaign.

Give Day 2017

In 2017, NAMI Virginia held a similarly successful campaign. On May 10, 2017, NAMI Virginia held our first annual Give Day in place of a month long fundraising campaign. Magellan of Virginia generously offered to match all donations made on Give Day, up to a total of $5,000. Give Day resulted in $11,985 in donations, which included the matching gift from Magellan of Virginia. In addition, we saw an increase in the number of donors that participated in the campaign compared to 2016.

NAMIWalks Virginia 2016

Our biggest year yet! In 2016, more than 2,000 walkers raised $205,479, surpassing our goal of $200,000, in support of NAMI Virginia and its affiliates’ mission of support, education, and advocacy. As one of the largest mental health awareness events in the Commonwealth, NAMIWalks Virginia is a vehicle for candid conversations about mental illness and an opportunity to remember and honor those affected by mental illness. The walk included 110 sponsors and 100 teams that came together to celebrate mental health recovery—because recovery is possible!

NAMI Virginia would like recognize our top fundraising individuals and teams for their hard work. Congratulations and thank you for all that you do!

Top Fundraising Teams
NAMI Virginia Beach
Magellan Health, Inc.
NAMI Piedmont, Team Hope

Top Fundraising Individuals
Kim Ashby
Courtney Boone
Stephany Melton Hardison
Advocacy Highlights

Advocacy activities occurring within the 18-month period of January 1, 2016 through June 30, 2017.

NAMI Virginia is proud to be a critical leader for awareness, education, and change throughout Virginia. In 2016 and 2017, advocates from across the state met with their legislators at the Virginia General Assembly, making a case for a stronger mental health system. Armed with statistics and research to back up our priorities and using the power of personal stories to inform legislators, NAMI Virginia members, affiliates and partners advocated to:

- Improve access and strengthen the array of community based services offered across the continuum for children, young adults, and adults.
- 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.

Legislative Successes and Outcomes

Thanks to the strength of its grassroots advocates, NAMI Virginia advocated for and helped pass the following in 2016 and 2017:

- A combined total of $9.1 million in new funding for permanent supportive housing to provide rental subsidies and supportive services for adults living with serious mental illness.
- Increase in eligibility for the Governor’s Access Plan (GAP) to individuals with incomes up to 100% of the Federal Poverty Level.
- $3.5 million in new funding to strengthen crisis services for children and adolescents.
- $4 million in new funding to expand Programs of Assertive Community Treatment (PACT).
- $6.2 million in new funding to implement same-day access to screenings at Community Services Boards.

Strategic collaborations and a grassroots empowerment campaign are important elements to our advocacy work. During the 2016 and 2017 sessions, NAMI Virginia continued to partner with Voices for Virginia’s Children, Mental Health America of Virginia, and VOCAL to host our annual Mental Health Advocacy Day (MHAD). MHAD is an event that brings together mental health advocates from across the Commonwealth who meet with legislators to share their personal stories to influence legislative outcomes.
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.

“I couldn’t find the answers I wanted from the doctors or therapists on how to handle my 26 year-old daughter with a mental illness. A friend told me about NAMI’s Family-to-Family Course. After my wife and I took it, I found it so helpful that I volunteered to teach it and was certified to teach by NAMI Virginia after four days of training in Richmond last year.”
- Ken, NAMI Family-to-Family Teacher

“The most meaningful thing that I learned was how to share my story. It has always been just talking about my life story to social workers, therapists and DSS but with no boundaries because they were my advocates and I was just the youth.”
- Advanced Youth Leadership Training Participant

“I lost my best friend to mental illness. John was caring, hilarious, and just an all-around fantastic friend. He brought so much love and laughter to my life. I will never be the same without him. NAMI is such an important organization for people, like John, who battle mental illness on a daily basis. It helps support and educate those suffering from mental illnesses and the families who's loved one have a mental illness. I joined NAMIWalks Virginia in 2016 as a way to honor John and the millions of others who fight mental illness every day.”
- Stephanie, NAMIWalker

“NAMI has played such a big part in my recovery because I knew that I was not alone. I knew that I was among people who would not judge me. Going to the Connections Peer Support meetings gave me a new found courage. I wanted to learn more about my mental illness. Taking the Peer-to-Peer class helped me to have a better understanding of my mental wellness. The more involved with NAMI I get the more I learn. I would not trade my NAMI family for anything in the world. I get to listen to their stories and share my own. I'm a big believer in paying it forward. NAMI is the best way I can do that.”
- Ed, NAMI Peer-to-Peer Mentor and NAMI Connection Facilitator
In September 2016, the NAMI Virginia board of directors, under the guidance of our accounting firm, voted to change our fiscal year from the calendar year to instead run from July 1 through June 30. Thus, the new fiscal year began retroactively on July 1, 2016 and ended on June 30, 2017. As a result of this retroactive change in fiscal year, NAMI Virginia’s most recent audited financial statements are for an 18-month period, January 1, 2016 to June 30, 2017.

### Audited Revenue and Expenses Statement
#### 18-Months: January 1, 2016 to June 30, 2017

<table>
<thead>
<tr>
<th>Support and Revenue</th>
<th>Jan. 2016– June 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions</td>
<td>$267,946</td>
</tr>
<tr>
<td>Grants</td>
<td>$733,138</td>
</tr>
<tr>
<td>Membership</td>
<td>$14,873</td>
</tr>
<tr>
<td>Interest</td>
<td>$357</td>
</tr>
<tr>
<td>Other Income</td>
<td>$6,421</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$1,022,735</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Jan. 2016– June 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>$699,913</td>
</tr>
<tr>
<td>Administrative</td>
<td>$75,913</td>
</tr>
<tr>
<td>Special Events</td>
<td>$146,174</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$922,000</strong></td>
</tr>
</tbody>
</table>

**Change in Net Assets**

**Net Assets, beginning of year** $231,101

**Net Assets, end of year** $331,836
In September 2016, the NAMI Virginia board of directors, under the guidance of our accounting firm, voted to change our fiscal year from the calendar year to instead run from July 1 through June 30. Thus, the new fiscal year began retroactively on July 1, 2016 and ended on June 30, 2017. As a result of this retroactive change in fiscal year, NAMI Virginia’s most recent audited financial statements are for an 18-month period, January 1, 2016 to June 30, 2017.

The below list of generous donors are for this 18-month period and does not include our equally generous donors who give to NAMI Virginia events such as NAMIWalks Virginia, nor does it include our generous grant funders.

We cannot say thank you enough to our big-hearted donors for your investment in the NAMI mission and those that we serve.

### FY 2017 Donors

Donors giving during the period of July 1, 2016 to June 30, 2017. This reflects NAMI Virginia’s new fiscal year of July to June, instead of the previously used calendar year of January to December.

<table>
<thead>
<tr>
<th>$25,000 and up</th>
<th>Jim and Amy Satterfield</th>
<th>$250 to $499</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anonymous</td>
<td>Mira Signer</td>
<td>Faye Austin</td>
</tr>
<tr>
<td></td>
<td>Joel Silverman</td>
<td>Bank of America</td>
</tr>
<tr>
<td></td>
<td>Doreen Wise</td>
<td>James Bullock</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jesselle Christenson</td>
</tr>
<tr>
<td>$10,000 to $24,999</td>
<td></td>
<td>Bill and Eleanor Farrington</td>
</tr>
<tr>
<td>Betsy Greer</td>
<td></td>
<td>Cristine Gallagher</td>
</tr>
<tr>
<td>Constance and Linwood Lacy Foundation</td>
<td></td>
<td>Rebecca Graser</td>
</tr>
<tr>
<td></td>
<td>$500 to $999</td>
<td>Ed Haas</td>
</tr>
<tr>
<td>$5,000 to $9,999</td>
<td>Anonymous</td>
<td>F. Allen Harris</td>
</tr>
<tr>
<td>Community Health Charities</td>
<td>Don and Kay Ashby</td>
<td>Michael Kelley</td>
</tr>
<tr>
<td>Fidelity Charitable Gift Fund</td>
<td>Allen and Barbara Bartnik</td>
<td>Jim Martinez</td>
</tr>
<tr>
<td>Johnson &amp; Johnson, Inc.</td>
<td>Benevity</td>
<td>Anna McKenney</td>
</tr>
<tr>
<td>Magellan Health, Inc.</td>
<td>Bill and Eleanor Farrington</td>
<td>Courtney and Sandy Mottesheard</td>
</tr>
<tr>
<td>Magellan Cares Foundation</td>
<td>John and Martha Franklin</td>
<td>Joseph and Constance Samuels</td>
</tr>
<tr>
<td>$1,000 to $4,999</td>
<td>Herb Greene</td>
<td>Janet Sheridan</td>
</tr>
<tr>
<td>Anonymous</td>
<td>Margaret Ann Holt</td>
<td>Benta Sims</td>
</tr>
<tr>
<td>Benevity</td>
<td>Lynda Hyatt</td>
<td>Joanna Stebick</td>
</tr>
<tr>
<td>Betty Ann and Lee Griffin Charitable Fund</td>
<td>Susan Kalanges</td>
<td>Naomi Verdugo</td>
</tr>
<tr>
<td>Charlottesville Area Community Foundation</td>
<td>Kings of Glory Lutheran Church</td>
<td>Virginia Virkler</td>
</tr>
<tr>
<td>Andrew and Martha Dwyer</td>
<td>Anthony and Susan Maiello</td>
<td>Wells Fargo Community Support</td>
</tr>
<tr>
<td>Virginia Fulton</td>
<td>James and Stella Reinhard</td>
<td>Campaign</td>
</tr>
<tr>
<td>Kenneth Kendler</td>
<td>Holly Rhodes</td>
<td>Liesl Wiederkehr</td>
</tr>
<tr>
<td>Robert Krupicka</td>
<td>Rich and Barbara Shelton</td>
<td></td>
</tr>
<tr>
<td>Gary Melton</td>
<td>Paul and Debra Wegkamp</td>
<td></td>
</tr>
<tr>
<td>Pfizer Foundation</td>
<td>Weinstein Properties</td>
<td></td>
</tr>
</tbody>
</table>
FY 2017 Donors, Continued

$100 to $249
Accenture
Anonymous
Gail Auman
Kenneth Baker
Janet Zoe Barsy
Edward Beales
Llewellyn and Deborah Bigelow
Emily Boone
John Bottiglione
Rebecca Bowers-Lanier
Ronald Branscome
Cynthia Burkhardt
David Dickson
Diana Donnelly
Kathleen Donovan
Mark Elim
Exelon
Robert Gluck
Carol Gottschalk
Marion Graham
Becky Graser
Robert and Marjorie Green
Ed Haas
Dana Hlusko
Robert and Lyn Holmes
Ron Honburg
Judith Hopkinson
Frances Joyce Hudson
Judy Jenkins
Paula Kupstas
Mark and Joan Leonard
Jeffrey Levin
Martin G. Lichtenstein
Brenda Lovan
Joy Loving
Phyllis McCafferty
Deborah Michael
Mary Mullins
NAMI Norfolk
Alexander Nguyen
Peter Nicewicz and Emily Ward
John Oliver
John Orrock
P.E.O. Chapter E. Virginia
Taylor Putney
Lynn Rafferty
Heather Roderick
Jane Roningen
Linda Saunders
Kathi Shiff
Joan Simpson
Kathalina Stein
Patricia Stewart
Minda Suchan
Maggie Walker Mental Health and Disability Awareness Club
Patricia Veliotes
Patricia Victorson
Wells Fargo
Robert Williams

Friends
Anonymous
Amazon Smile
Jessica Anderson
Marsha Ansel
Marjorie Antus
Bruce Ashkenas
Derek Barros
Berkadia Commercial MTG LLC
Rosalyn Berne
Linda Bilger
Gini Blostein-Wolf
Brandi Brown
Lydia Brumfield
Karen Buterbaugh
Jane Callaway
Richard Carlson
Karen Carpenter
Faye Chamberlain
Linda Clements
Hal Coldiron
Valerie Coler
Josie Collier
Thomasine Cubine
Cynthia Dahl
Elizabeth Downey
Michael Eddleton
Rebecca Eisenman
Jamie Elzie
David Forrest
Melissa Foublasse
Daniel George
Sarah Giacobbe
Jennifer Giles
Sally Glaes
Margaret Gorman
Joann Grayson
Chase Guerrant
Helle Hamilton
Melissa and Courtney Hammack
Marlene Heid
Judith Hines
Nancy Hopson
Kathleen Hughes
J.K. Inc.
Marian Jefferson
Barbara Joynes
Alexandra Kedrock
Marvin Kibler
FY 2017 Donors, Continued

Friends continued

Ryland Kimbler
Carol King
Garth Larcen
Robert Lawrence
Alexandria W. Lewis
David Logren
Terry Martin
Kimberley Mencias
My Tribute Gift Foundation, Inc.
Candice Nesbitt
Tierra Parker
Michelle Payne
Robert Poignant
Jane Polzer
Rock Family Trust
Joe Sarti
Eugene Schoch
Anthony Severoni
Michael Shank
Tariq Sheikh
Francis Steadman
Theodore Stewart
Amanda Swindle
James Thomas
United Way of Greater Richmond and Petersburg
United Way of Roanoke Valley
John Urbach
Wanda Von Mosch
Joanna Walker
Arthur Weinstein
Patricia White
Joanne Willard-Tuchak
Caitlin Williams
Patricia L. Wood
Vickie Wreenn
Mark Yeatts

Ad Honorem

In honor of Carol Evans
John Evans

In honor of David Giancaspro and Michael Giancaspro
Carol Kratch

In honor of Kris Hughes
Kathleen Hughes

In honor of Luke Raines
Candice Michalik

In honor of Irma Mahone
VACPN

In honor of Mira Signer
Margaret Crowe
Carol Evans
Doris Roberts
Nicole Zamostny

In Memoriam

In memory of Marilyn Copeland
Diana Bailey

In memory of Gwendolyn Holt
Frank Baris
Garrett Hartely
Carol Holt
Linda Reichard
Ronald Lovelace
Rustburg Connection
Erich Sauerbrey
Kenda Tufford

In memory of Carol Evans
Linda Korn

In memory of Bonnie Lane
Leanne Lane
Tammy Maner

In memory of Zachary Lugar
Eileen Lugar

In memory of Thomas McGrath
Thomas Lowell
Catherine Marshall
Jamie Maughn
Jeanie Redford

In memory of Kevin Satterfield
Kimberley Bratton
John Fry
Pamela Green
Charlotte Strano

In memory of Louise Seiler
Robert Seiler, Jr.
### FY 2016 Donors

Donors giving during the period of January 1, 2016 through June 30, 2016. This timeframe is a six-month period, due to NAMI Virginia’s retroactive change in fiscal year.

#### $1,000 to $4,999

<table>
<thead>
<tr>
<th>Organization/Name</th>
<th>Individual(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charlottesville Area Community Foundation</td>
<td>Christine Gallagher</td>
</tr>
<tr>
<td>Community Health Charities</td>
<td>Rebecca Graser</td>
</tr>
<tr>
<td>F. Allen Franklin- Vehicle Donation Program</td>
<td>Eddie Haas</td>
</tr>
<tr>
<td>Magellan Health, Inc.</td>
<td>Dana Hlusko</td>
</tr>
<tr>
<td>Jim and Amy Satterfield</td>
<td>Steven Jenkins</td>
</tr>
<tr>
<td>Adah S. Jaffer Trust</td>
<td>Johnson &amp; Johnson, Inc.</td>
</tr>
<tr>
<td></td>
<td>Jeffrey Levin</td>
</tr>
<tr>
<td></td>
<td>Joy Loving</td>
</tr>
<tr>
<td></td>
<td>Deborah Michael</td>
</tr>
<tr>
<td></td>
<td>Laura Oiler</td>
</tr>
<tr>
<td></td>
<td>James Oppy</td>
</tr>
<tr>
<td></td>
<td>John Orrock</td>
</tr>
<tr>
<td></td>
<td>The Arenstein Foundation</td>
</tr>
<tr>
<td></td>
<td>Unitarian Universalist Congregation</td>
</tr>
<tr>
<td></td>
<td>Naomi Verdugo</td>
</tr>
<tr>
<td></td>
<td>Wells Fargo Community Support Campaign</td>
</tr>
<tr>
<td></td>
<td>Robert Williams</td>
</tr>
<tr>
<td></td>
<td>Workman Publishing Co.</td>
</tr>
<tr>
<td></td>
<td><strong>Friends</strong></td>
</tr>
<tr>
<td></td>
<td>Amazon Smile</td>
</tr>
<tr>
<td></td>
<td>Bank of America</td>
</tr>
<tr>
<td></td>
<td>Dennis Barnes</td>
</tr>
<tr>
<td></td>
<td>Linda Barnes</td>
</tr>
<tr>
<td></td>
<td>G. Jean Beach</td>
</tr>
<tr>
<td></td>
<td>Ulric Berard</td>
</tr>
<tr>
<td></td>
<td>Marcia Black</td>
</tr>
<tr>
<td></td>
<td>Tara Casey</td>
</tr>
<tr>
<td></td>
<td>Christopher Ciarochi</td>
</tr>
<tr>
<td></td>
<td>Linda Clements</td>
</tr>
<tr>
<td></td>
<td>Marylin Copeland</td>
</tr>
<tr>
<td></td>
<td>Tommie Cubine</td>
</tr>
<tr>
<td></td>
<td>David Dickson</td>
</tr>
<tr>
<td></td>
<td>John Dixon</td>
</tr>
<tr>
<td></td>
<td>Dianna Donnelly</td>
</tr>
<tr>
<td></td>
<td>Jamie Elzie</td>
</tr>
<tr>
<td></td>
<td>Farleigh Fitzgerald</td>
</tr>
<tr>
<td></td>
<td>David Forrest</td>
</tr>
<tr>
<td></td>
<td>GE United Way Campaign</td>
</tr>
<tr>
<td></td>
<td>Virginia Germino</td>
</tr>
<tr>
<td></td>
<td>Jennifer Giles</td>
</tr>
<tr>
<td></td>
<td>Carol Guido</td>
</tr>
<tr>
<td></td>
<td>Susan Gunn</td>
</tr>
<tr>
<td></td>
<td>Marlene Heid</td>
</tr>
<tr>
<td></td>
<td>Oscar Hines</td>
</tr>
<tr>
<td></td>
<td>Barbara Joynes</td>
</tr>
<tr>
<td></td>
<td>Beant Khalsa</td>
</tr>
<tr>
<td></td>
<td>Kimberly Lange</td>
</tr>
<tr>
<td></td>
<td>Kathleen Leatherwood</td>
</tr>
<tr>
<td></td>
<td>Carmen Lee</td>
</tr>
<tr>
<td></td>
<td>Alexandria Lewis</td>
</tr>
<tr>
<td></td>
<td>David Lofgren</td>
</tr>
<tr>
<td></td>
<td>T. Logan</td>
</tr>
<tr>
<td></td>
<td>Eileen Lugar</td>
</tr>
<tr>
<td></td>
<td>Jason Malufau</td>
</tr>
<tr>
<td></td>
<td>Denise McFadden</td>
</tr>
<tr>
<td></td>
<td>Cynthia Nelson</td>
</tr>
<tr>
<td></td>
<td>Brianna Petro</td>
</tr>
<tr>
<td></td>
<td>Tuesday Pleasants</td>
</tr>
<tr>
<td></td>
<td>Robert Poignant</td>
</tr>
<tr>
<td></td>
<td>Stacy Ruble</td>
</tr>
<tr>
<td></td>
<td>Tariq Sheikh</td>
</tr>
<tr>
<td></td>
<td>Wanda Von Mosch</td>
</tr>
<tr>
<td></td>
<td>Tom and Kathy Weaver</td>
</tr>
<tr>
<td></td>
<td>G.S. Winkler</td>
</tr>
<tr>
<td></td>
<td>Nicole Zamostny</td>
</tr>
</tbody>
</table>
FY 2016 Donors, Continued

Ad Honorem

In honor of Jose Armille
  The Tubbs Family Trust

In honor of Martha and Henry Brissette
  Patricia Soule
  Robert Ukrop
  Martha Welch

In honor of Craig Collins
  Jo Ann Moore
  Courtney and Sandy Mottesheard

FY 2015 Donors

Donors giving during the period of January 1, 2015 to December 31, 2015. 2015 donors were not included in the previously released 2015 Annual Report, as our audit was not completed at that time. NAMI Virginia, as an accounting best practice, only releases audited financials.

$10,000-$24,999
Constance and Linwood Lacy Foundation
Betsy Greer

$5,000-$9,999
Charlotte Flynn
Community Health Charities
Fidelity Charitable Gift Fund
Johnson & Johnson, Inc.
The Cameron Foundation

$1,000-$4,999
Don and Kay Ashby
Barbara F. Mann Trust
Charlottesville Area Community Foundation
Andrew and Martha Dwyer
Kimberly McGraner
The Community Foundation

$500-$999
Benevity
Ronald Estridge
Virginia Fulton
Barry and Heather Gale
Rashida Gray
Herb Greene
Tom Harris
Joseph and Constance Samuels
Anthony and Susan Maiello
Andrew Price
James and Stella Reinhard
United Way of Roanoke Valley
Weinstein Properties

$250-$499
Faye Austin
Ron and Linda Ball
Christine Gallagher
Michael Kelley

$100-$249
Anonymous
Allen and Barbara Bartnik
Llewellyn and Deborah Bigelow
Emily Boone
Ronald Branscome
Lan B. Choi
Bill and Eleanor Farrington
John and Martha Franklin

Anna McKenney
Cindy Meyer
Courtney and Sandy Mottesheard
NAMI Northern Shenandoah Valley
Peter Nicewicz and Emily Ward
Beth Rafferty
Heather Rhoderick
Holly Rhodes
Joanne Stebeck
Carolyn Wood
FY 2015 Donors, Continued

$100-$249 continued
Gamma Lambda Omega Chapter
David George
Linda Gurley
F. Allen Harris
Dana Hlusko
Robert and Lynn Holmes
Ron Honberg
Dennis and Judith Hopkinson
Lynda Hyatt
Patricia Karthaus
Patricia Kramer
Norman Laskin
Mary Lily Lee
Joan Leonard
Jeffrey and Karen Levin
Martin Lichtenstein
Deborah Morrison
Stuart Norton
John Oliver
James Oppy
Katherine Panfil
PIEtech, Inc.
Vernon and Jane Roningen
Emma Saxe
Robert Seiler
Mira Signer
Rebecca Smith
Jim and Grace Spart
Kathalina Stein
Tara Telfair
Jane Thatcher
Virginia Virkler
Tom and Kathy Weaver
Arthur Weinstein
Wells Fargo Community Support Campaign

Friends
Ellen Acconcia
Aetna
Amazon Smile
Anonymous
Lora Blair
Tricia Blake
Gini Blostein-Wolf
Bright Funds Foundation
Cynthia Burkhardt
William Buterbaugh
Boyd and Linda Clements
Combined Federal Campaign
Yvette Conte
Nathan Culver
Cynthia Dahl
Richard Dill
William and Beverly Ditman
Koren Dodd
Yvette Dowling
Walter and Susan Duka
Rebecca Eisenman
Jamie Elzie
Deborah Farmer
Anne Flack
Steven Forrer
David Forrest
Melissa Foublasse
Sheila Franco
B.J. Franklin
Isabel Gast
Rebecca Graser
Marjorie Green
Susan Gunn
Eddie Haas
Oscar and Judith Hines
Jane Hundley
Diane Israel
Allison Jackson
Kris Johnson
Philip Kassel
Sandra Kerrest
Beant Khalsa
Linda Korn
Edward Latham - Vehicle Donation Program
Robert Lawrence
Donald Lewis
Brenda Lovan
Joy Loving
Eileen Lugar
Marjory B. Guiliano Living Trust
Yvonne Mathis
Christine McEntee
Robert Miller
Rosalie Niedermayer
Fontaine Nimmo
Diane Nortness
Roger Payne
Robert Poignant
Patricia Reddington
Joan Rhodes
David Seibert
William Shadha
John Smith
Barbara Stahl
Jeb Taylor
Truist
Tulsa Community Foundation
Andrea Vinlaun
Suzanne Wiltshire
Sarah Wilson
Gini Wolf
Kristal Wortham
Mark Yeatts
FY 2015 Donors, Continued

Ad Honorem

In memory of Jodi Lynn-Hall Gadshian
Kathy Griese
International Flooring and Protective Coatings, Inc.

In memory of Zachary Lugar
Eileen Lugar

In honor of Janet Sheridan
Pamela Farrar

In memory of Jeanne L. Schnell
Terry Joseph

In honor of Maria Halliday
Renee Guanlao

In honor of Maria Halliday
In memory of Doris Geiger
P.E.O. Chapter E. Virginia

In memory of Wilma Ray
Stephanie Bowers
Deborah Michael
Anne Mustian

In honor of Jody Lively
Thomas Joseph

In memory of James Horner
Pamela Burch-Napier
Walter Burlington

In Memoriam

In memory of Christopher Eastland
Sidney Schneider
Calvin Carter
Candace Dillon
Dorothy Ernst

In memory of Sean Fleming
Agnes Fuller
Essex Bank
Donna Monson
Wendy Moore

In memory of Carl Gable
Carol Gable
Vanessa Schlenkofer
Laureen Trice
Patricia Vogel
Mary Winston

Thank you...

Because of you, NAMI Virginia and its affiliates provide hope, help, and support to thousands of youth, adults, and families each year in Virginia.

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 Charlottesville
NAMI Central Virginia
NAMI Hampton/Newport News
NAMI Harrisonburg/Rockingham
NAMI Mid-Tidewater
NAMI Norfolk
NAMI Northern Shenandoah Valley
NAMI Northern Virginia
NAMI Piedmont
NAMI Prince William
NAMI Rappahannock
NAMI Roanoke Valley
NAMI Tri-County Family Support
NAMI Virginia Beach
NAMI We Care Shenandoah
NAMI Williamsburg

Staff:
Executive Director
Rhonda Thissen, MSW

Associate Director
Stephany Melton Hardison, MSW

Director of Development
Megan Hodges Mann

Director of Finance
Deborah Michael

Director of Adult and Family Programs
Mary Beth Walsh

Director of Children and Youth Programs
Sarah Wilson, MSW

Youth and Young Adult Programs Coordinator
Amanda Long, MSW

Development Associate
Jamie Burch, MSW

Program Assistant
Melissa Hammack

Administrative Assistant
Danny Aldred

Program and Policy Intern
Genesee Little

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

NAMI Virginia
National Alliance on Mental Illness