Virginia
Annual Report
July 1, 2017 to June 30, 2018
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

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

Be part of Virginia’s voice for change — join NAMI today!
From Our President

As a growing, learning organization, NAMI Virginia’s Annual Report has a continuing theme of change. I am pleased to share with you the many positive changes that the organization has seen during our Fiscal Year (FY) 2018, which comprised the 12-month period of July 1, 2017 through June 30, 2018. These organizational changes have further strengthened NAMI Virginia’s capacity and, as such, has made it possible for us to provide more support to our affiliates, further our legislative advocacy work, and grow our programs.

It has been an incredibly busy year for us as an organization. During FY 2018, NAMI Virginia programming touched over 22,000 individuals and families across Virginia through more than 3,100 presentations, support groups, community events, and other activities. This is a 20% increase in the number of lives touched last year as compared to the previous year, and a nearly 85% increase in discrete program activities over the last three years. These increases truly demonstrate the dedication of our staff and especially that of our growing number of volunteers!

FY 2018 saw a number of staff transitions as well. In February 2018, we said goodbye to Stephany Melton Hardison, our Associate Director, and Megan Hodges Mann, our Director of Development. These staff members provided dedicated service to NAMI Virginia for six and four years respectively. Sarah Wilson, who has been with NAMI Virginia for nearly 10 years in several different capacities, was promoted into a revamped Assistant Director position in July and has been working to strengthen our affiliates and programming. Our local affiliates are the backbone of NAMI Virginia, and building their capacity to increase the number of individuals and families affected by mental illness is a top priority for NAMI Virginia.

NAMI Virginia welcomed three new staff members in 2018. Caitlin Reynolds joined us in May 2018 as Director of Development; Laura May took the position of Director of Child and Youth Programs in July; and Nicole Anjum came on board as our first-ever Virginia Family Network Program Assistant in July as well. Laura’s role also includes serving as the Director of the Virginia Family Network, the statewide parent network, through which she shares her personal story of lived experience as a parent of children with mental health challenges to benefit other families facing these challenges.

We continue to serve as the voice of our members through legislative and policy advocacy. During the 2018 General Assembly session, NAMI Virginia successfully advocated for a $4.5 million increase in state funds for permanent supportive housing for individuals with serious mental illness. This funding will enable an additional 235 people who cycle in and out of homelessness and institutional care to access safe and secure permanent housing. We will continue to advocate for these services, as for the last three years, supportive housing has been identified as the top need in their communities by NAMI Virginia members responding to our annual membership survey on access and priorities. For the 2019 session, we will also be working with our fellow advocates to expand funding for outpatient and crisis services for both children and adults and to improve mental health treatment in Virginia jails and prisons.

In this my first year as President, it has been my pleasure to work with 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.

Lynda Hyatt, Ph.D
President
During 2018, 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 and informing the public about mental disorders, alcoholism, and drug addiction, thus 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.

NAMI Virginia offers NIMH content to its stakeholders in our monthly eNewsletters and through our Quarterly Research Newsletter.

2018 Notable Activities

Affiliate Leadership Retreat

Thanks to the generous support of the Bank of America Charitable Foundation and Anthem Healthkeepers, NAMI Virginia held its annual Affiliate Leadership Retreat in June 2018. This year’s retreat, which focused on “Life After Re-affiliation,” offered strategies for affiliate management, leadership, and culturally competent community outreach. Leaders from 13 affiliates attended the event and enjoyed the opportunity to share stories and network with NAMI Virginia staff and their fellow affiliates.

Re-affiliation

In 2018, NAMI Virginia continued to focus on assisting our local affiliates to meet NAMI’s re-affiliation standards by the December 2018 deadline. The ultimate goal of NAMI’s re-affiliation efforts is to strengthen our movement and its organizations at all levels by instituting best business practices in the way our affiliate conduct activities and mitigate risk. Completing the re-affiliation process isn’t easy, and we truly appreciate our affiliates’ hard work on this initiative!

Growing Youth MOVE Virginia

First launched in 2014, NAMI Virginia’s youth and young adult engagement initiative Youth MOVE Virginia (YMV) has seen significant growth since its inception. In 2018, YMV supported a total of five activity-based youth groups across the state. We are proud to report that groups exist in all five major regions in Virginia, with the longest-running groups located in the Tidewater, Northwest and Southwest regions. While all of the groups look different and are in various stages of development, their very existence is a testament to how far Virginia has come in providing support for young people with mental health needs. YMV has also made tremendous strides through NAMIWalks. For three years running, the YMV NAMIWalks team, “MOVE Over Stigma,” has raised thousands of dollars for NAMI Virginia via personal fundraising and profit-sharing fundraisers with local businesses. In addition, the youth track at the Annual Family and Youth Leadership Summit and Young Adult Retreat is now a permanent fixture in NAMI Virginia’s program and service array. NAMI on Campus has also seen significant growth, with six official clubs in the state at the end of FY 2018 and several others in development and/or operating unofficially. Whether it’s through youth groups, NAMI on Campus clubs, trainings or opportunities for peer connection, we’re proud to say that NAMI Virginia has come a long way in providing supports for young people across the Commonwealth! We have complete confidence in the next generation of NAMI leaders!

National Institute of Mental Health (NIMH) Outreach Partnership Program

During 2018, 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 and informing the public about mental disorders, alcoholism, and drug addiction, thus 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. NAMI Virginia offers NIMH content to its stakeholders in our monthly eNewsletters and through our Quarterly Research Newsletter.
2018 Adult and Family Programs

NAMI Virginia HelpLine

The NAMI Virginia HelpLine provides support, information, and compassion to individuals and family members affected by mental illness. Typical calls and emails 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.

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 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 Connection) and their friends and families (NAMI Family Support Group). Groups are peer-led and provide an environment where everyone shares a unique bond; all can personally relate to shared, lived experiences. All support groups are free of cost.

NAMI Family Support Groups are free 90-minute weekly support groups for friends and family members of persons living with a mental illness and are run by trained family members of persons who live with mental illness. These groups provide a place that offers respect, understanding, encouragement, and hope. NAMI Virginia and its affiliates provided support to 4,107 individuals through 795 NAMI Family Support Group meetings during 2018. In addition, NAMI Virginia offered four NAMI Family Support Group facilitator trainings, graduating 31 new facilitators. Of Note: NAMI Family Support Groups continue to grow, with a recent focus on groups in rural communities. The following 14 affiliates, along with four cities, offered 62 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 Northern Virginia          City of Blacksburg
NAMI Central Virginia                   NAMI Piedmont                   City of Wise
NAMI Hampton/Newport News               NAMI Prince William             City of Parksley
NAMI Harrisonburg/Rockingham            NAMI Rappahannock               City of Wytheville
NAMI Mid-Tidewater                      NAMI Central Shenandoah Valley
NAMI Norfolk                            NAMI Virginia Beach
NAMI Northern Shenandoah Valley         NAMI Williamsburg

Of Note: Blacksburg and Wise each started a new group in FY 2018, bringing support to western parts of the Commonwealth.

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 recovery support groups for all adults living with mental illness regardless of their diagnosis, offer an environment of respect, understanding, encouragement, and hope. During 2018, NAMI Virginia and its affiliates provided support to 6,513 individuals through 1,229 NAMI Connection Support Group meetings. Of Note: NAMI Virginia offered four NAMI Connection Support Group facilitator trainings, graduating 37 new facilitators.
2018 Adult and Family Programs

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, 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 what is most important - hope. The programs draw on the lived experiences of individuals and family members who have personal experience with mental illness and 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 affiliates hosted an educational class, totaling 137 courses for 452 individuals:

NAMI Blue Ridge-Charlottesville  NAMI Northern Virginia  NAMI Virginia Beach
NAMI Hampton/Newport News  NAMI Piedmont  NAMI Williamsburg
NAMI Mid-Tidewater  NAMI Prince William
NAMI Norfolk  NAMI Rappahannock
NAMI Northern Shenandoah Valley  NAMI Roanoke

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 13 new teachers.

Peer-to-Peer

This unique, practical learning program is a free eight-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 10 new teachers, and its affiliates provided recovery education to 130 individuals through 13 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 31 new presenters, and provided 542 presentations to a total of 6,439 audience members in 2018.
NAMI Virginia’s Child and Youth Programs Department offers support and education to parents who have a child or youth with mental health needs, and to youth and young adults with a connection to mental illness. Our ability to serve these important constituencies through the Virginia Family Network (VFN) and Youth MOVE Virginia is enhanced by a contract with the Virginia Department of Behavioral Health and Developmental Services (DBHDS), which is providing us with the opportunity to enhance these networks statewide. Both the VFN and Youth MOVE Virginia, which stands for Motivating Others through Voices of Experience, are consistent with NAMI Virginia’s vision and values of utilizing peer-led support, education, mentoring, and role modeling to empower parents, youth, and young adults. These programs aim to address individual needs and provide a platform for participants to “pay it forward” through peer support and advocacy to transform the larger service system. All programs are free-of-cost to participants and are supported by grants from the DBHDS and the federal Substance Abuse Mental Health Services Administration (SAMHSA).

Over the last year, we have continued to meet parents, youth and young adults “where they are” to build these important resources. Whether it’s through a support group, a workshop, a retreat, or resource sharing, we pride ourselves on offering programming that is both inclusive and empowering for families and youth. Some of our exciting milestones during FY 2018 include:

- **Development and implementation of traveling workshops and presentations to serve all areas of the state**— even those without local parent leaders. This initiative, coined “Done in a Day,” allows any community to bring in peer-led learning for both parents and youth at no cost.

- **Development and implementation of an annual three-cycle Learning and Leadership Scholarship** for youth, young adults, and their caregivers who wish to continue their learning towards developing their voices as advocates for themselves and others. Families can receive up to $200 towards the initiative and recipients are selected by the VFN Advisory Board.

- **Incorporation of parent and caregiver planning committees** for both the Family and Youth Leadership Summit parent track and Parent Leadership Retreat. Both events are geared to serve the needs of parents, and having parents plan and execute these events further promotes peer mentoring as well as better integration to the needs of families. Members were pulled from alumni of the VFN parent leadership training and Advisory Board.

- **Establishment of an activity-based peer support group for youth in every region of the state.** In partnership with local NAMI affiliates, CSBs and other nonprofit organizations, these groups serve as localized supports for youth with mental health needs who may have a variety of experiences within various child-serving systems. While these groups are all in various stages of development, we’re optimistic that communities across the state are investing in mental health for youth.

- **Establishment of a pool of funds for NAMI on Campus chapters.** As part of an ongoing effort to engage college students, we were able to provide funds for NAMI on Campus chapters who participated in this year’s Second Annual Young Adult Retreat. Chapters who took advantage of this opportunity are reimbursed for up to $200 for expenses to support capacity building, program development, and community engagement.

- **Development and implementation of the first Young Adult Access Issues and Priority Survey.** Similar to the NAMI Virginia Annual Membership Survey on Access and Priorities, Youth MOVE Virginia conducted this survey in an effort to highlight the barriers that are specific to the transition-age youth and young adult population in Virginia. This tool is a first step in allowing our membership and the general public to gain a better understanding of the challenges faced by young people.
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 Groups - 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.

NAMI Central Virginia (one group)        NAMI Prince William County (two groups): NEW
NAMI Northern Virginia (three groups)

NAMI Virginia and its affiliates provided support to 472 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 affiliates and community partners offered support groups for youth with mental health needs:

NAMI Central Virginia and United Methodist Family Services (one group)
NAMI Williamsburg (one group)
Formed Families Forward (one group)
Frontier Behavioral Health and Planning District One Behavioral Health Services (one group)
Winchester Community Mental Health and MET-R Integrated Health (one group)

NAMI Virginia and affiliates provided support to 245 youth and young adults through five 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 10 affiliates hosted an educational course, presentation, or were involved in parent and/or youth outreach and training, totaling 130 courses and trainings:

NAMI Blue Ridge        NAMI Prince William
NAMI Central Virginia
NAMI Hampton/Newport News  NAMI Virginia Beach
NAMI Mid-Tidewater
NAMI Northern Shenandoah Valley
NAMI Northern Virginia

NAMI Roanoke
2018 Child and Youth Programs

*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 his or her journey to recovery. NAMI Virginia offered no presenter trainings in 2018.

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


*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 seven clubs. Six of the clubs are officially recognized by NAMI. While one is not, it nonetheless remains a strong support for students on campus.

Current NAMI On Campus clubs in Virginia include:

- Christopher Newport University
- Hampton University (unofficial)
- Liberty University
- Radford University
- University of Virginia
- Virginia Commonwealth University
- Virginia Tech

Collectively, NAMI on Campus clubs reached 1,180 students. This includes outreach events, general body meetings, officer meetings, social gatherings, fundraisers and workshops.

*NAMI Basics* 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 2018, graduating eight new teachers, and we and our affiliates offered four NAMI Basics classes, providing education to 28 parents.
2018 Child and Youth Programs

Advanced Parent Leadership Training
Advanced Parent Leadership Training is an intensive two-day training focusing 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.

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 in 2018, graduating 10 youth and young adults.

NAMI Say It Out Loud
NAMI 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. In 2018, NAMI Virginia and its affiliates hosted a total of six NAMI Say It Out Loud presentations with a total of 225 participants.

Parent Retreat
In March 2018, NAMI Virginia hosted the first annual Parent Retreat in which 18 parents participated. The purpose of this retreat was to offer an opportunity for caregivers using their lived experience with their child to support other families, in either a paid or volunteer capacity with targeted networking and learning. As mentioned previously, a planning committee of caregivers was used to develop the agenda for the retreat as well as to execute components of the content.

Young Adult Retreat
In February 2018, we hosted the second annual Young Adult Retreat, which 16 people attended. In an effort to showcase safe spaces for young people that value youth perspective and experiences, the event was held at Side by Side Richmond Youth Center. Side by Side is a non-profit organization that serves LGBTQ+ youth in Virginia. Primarily a way for young adults with lived experience to feel heard and supported, the retreat provided an inclusive space for young people who are actively engaged in peer support, mental health awareness and education in their respective communities.

Annual Family and Youth Leadership Summit
In April 2018, we hosted the sixth annual statewide Family and Youth Leadership Summit in Richmond with the generous financial support of Anthem Healthkeepers. Nearly 150 caregivers, youth, young adults, and professionals attended. The keynote speaker for the parent track was Dr. Allison Sampson Jackson, who focused on the importance of connection to build resiliency. Her message, which set the stage for an engaging day of learning and networking in the parent track, urged all to take the courage to connect. As mentioned previously, a planning committee was convened to develop and execute the parent track. The committee offered peer models and zeroed in on key topics and issues caregivers would like to see addressed.
In 2018, YMV hosted its Second Annual Young Adult Retreat at Side By Side, a Richmond-area organization that serves LGBTQ+ youth and young adults.

Last June, YMV opened up its regularly scheduled quarterly board meeting to former board members and key volunteers for a strategic planning session.

In November 2017, YMV hosted an Advanced Youth Leadership Training at the Beacon House in Virginia Beach.
2018 Development Activities

NAMIWalks Virginia 2018

NAMI Virginia would like to recognize our NAMIWalks volunteers and top fundraising individuals and teams for their hard work. Congratulations and thanks for all you do!

Thanks to our sponsors, walkers, and teams, NAMIWalks 2018 was a great success! More than 1,000 walkers raised $173,318 to support 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 68 sponsors and 113 teams that came together to celebrate mental health recovery – because recovery is possible!

Top Fundraising Teams
NAMI Virginia Beach
NAMI Piedmont
84 Main and NAMI Mid-Tidewater

Top Fundraising Individuals
Kim Ashby
Courtney Boone
Deborah Michael

Kiss A Pig Campaign

Building on the success of the Walk, in December 2018 NAMI Virginia hosted our annual Kiss A Pig Campaign, which further supports our mission to promote recovery and improve the quality of life of Virginians with serious mental illness through support, education, and advocacy. Five contestants participated for the privilege of kissing our “guest” pig, Porkahontas, in the month-long campaign, and raised $2,888 to support NAMWalks 2018! At left, our top Kiss A Pig campaign fundraiser, Demi Chowen, shows her love for Porkahontas! The event was held at Richmond’s Mosaic Restaurant, which generously donated a portion of the proceeds of the evening’s dining to NAMIWalks 2018.
NAMI Virginia continues to be a critical leader for mental health awareness, education, and systems change throughout Virginia. In February 2018, advocates from across the state converged on Richmond for two days of advocacy around mental health issues, with February 5 focusing on the needs of children with mental health challenges and February 6 on the needs of adults. Working collaboratively with our sister organizations Mental Health America of Virginia, VOCAL, and Voices for Virginia’s children, NAMI Virginia staff, members, and stakeholders met with legislators at the Virginia General Assembly to advocate for increased funding for mental health services and supports, including:

- expansion of Medicaid under the Affordable Care Act for able-bodied, low-income adults to ensure individuals with mental health conditions can access the services and supports they need;
- increased funding for permanent supportive housing to ensure individuals with serious mental illness can remain in the community in their homes;
- support for alternative transportation for individuals being hospitalized under a temporary detention order, to avoid the trauma of being transported by law enforcement; and
- full funding for STEP-VA, the Commonwealth’s plan for improving access to mental health services statewide for Virginians of all ages.

Legislative Successes and Outcomes

Thanks to the strength of its grassroots advocates, NAMI Virginia successfully advocated for the following initiatives and funding that were included in the two-year budget for State Fiscal Years 2019 and 2020.

- Medicaid expansion for able-bodied adults with incomes of up to 138% of the federal poverty level, beginning on January 1, 2019.
- A combined total of $4.5 million in new funding for permanent supportive housing to provide rental subsidies and supportive services for adults living with serious mental illness.
- A combined total of $3.2 million provides new funding for discharge planning services to individuals with serious mental illness leaving Virginia jails.
- $10.7 million each year of the biennium to implement same-day access to screenings at Community Services Boards.

We could not do this work without your support. Thank you for your advocacy on behalf of individuals and families affected by mental illness!
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 NAMI volunteers 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 am so excited to be a part of the NAMI family. It continues to show me how I am not alone in who I am and wanting to give back to the community.”

Kevin Conn
NAMI Northern Virginia In Our Own Voice presenter and Peer-to-Peer Leader

“NAMI has changed my life completely by giving me a sense of purpose and independence. Finally, I am member of an organization that does not discriminate and where I can actually be myself with no stigma or anyone to judge me. Also, I am finally a part of a society that I understand and who understands me. Everyone is so respectful and sincerely caring. It is a privilege and an honor to have been introduced and now a part of an organization that is so great.”

Nicey Anderson
NAMI Norfolk
NAMI Connection Facilitator and Peer-to-Peer Leader

“NAMI has helped me grow as a person in my recovery and has given me a voice and a purpose in the mental health system. NAMI has put structure in my life and has given me goals that I have enjoyed achieving. After my dark days, I never knew that my recovery could help others. NAMI has completed my happiness and my recovery.”

Charlie Thedieck
NAMI Central Virginia
The following information is derived from NAMI Virginia’s most recent audited financial statement, for the time period July 1, 2017 through June 30, 2018.

## Audited Revenue and Expenses Statement

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| Change in Net Assets                              | $158,412             |

Net Assets, beginning of year                       $331,836

Net Assets, end of year                             $490,248
Expenses and Revenue

July 2017-June 2018 Expense Break Out

Program Services: 80%
Administrative: 8%
Special Events: 12%

Expenses

$568,588
$59,004
$81,712

Program Services
Administrative
Special Events

Support and Revenue

$233,005
$596,438
$26,704
$8,069
$374
$3,126

Contributions
Grants
Contributions in operation by affiliates
Membership
Interest
Other income

July 2017- June 2018
2018 Donors

To our big-hearted donors, we cannot sufficiently express our gratitude for your investment in the NAMI mission and those that we serve. The below list of generous donors supported NAMI Virginia in FY 2018, which comprised the time period of July 1, 2017 through June 30, 2018. This list does not include our generous grant funders.

$25,000 and up
T. Rowe Price

$10,000 to $24,999
Betsy Greer
Anonymous (Two)

$5,000 to $9,999
American Endowment Foundation
Community Health Charities
Facebook Fundraisers
Fidelity Charitable Gift Fund (Four)
Johnson & Johnson
Magellan Cares Foundation

$1,000 to $4,999
Charles Schwab
Combined Federal Campaign
Jack and Jill of America, Inc.
Northern Charitable Giving Program

$500 to $999
America’s Best Charities
Anonymous (Two)
Ron Ball and Family
Kevin Brunner
Damien Cabezas
Martha Franklin
Barry and Heather Gale
Herbert Greene
Fidelity Charitable Gift Fund
Tom Harris
Margaret Ann Holt
John Hutson
Anthony and Susan Maiello
Jim Martinez and Kathleen Guerin
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Kurt Kratch

### In Memoriam

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*In memory of Camilla Miller, past NAMI Board Member*  
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*In memory of Stephen Jones*  
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*In memory of Albert Frye*  
Christine Sugimura

*In memory of Mario Bowles*  
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*In memory of children who love lives and the victims of the Florida school shooting*  
Shirley Westbury

*In memory of Jim Horner*  
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“Recovery is not a noun; it is a verb that requires action.”

Sue Damascus, VA
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.

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NAMI Central Virginia
NAMI Hampton/Newport News
NAMI Harrisonburg/Rockingham
NAMI Mid-Tidewater
NAMI Norfolk
NAMI Northern Shenandoah Valley
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