Mission Statement

The mission of NAMI North Carolina is to provide support, education, advocacy and public awareness so that all affected by mental illness can build better lives.

About Us

NAMI North Carolina is a grassroots non-profit 501(c)3 organization, founded 31 years ago, that serves the needs of those living with mental illness and their families in North Carolina by providing education, support, and information and referral services. We also provide advocacy at the individual, community, state and federal levels to motivate policy change and increase funding and services for those with the greatest need.

In FY 2014-2015, there were 1,600 members from 30 affiliate partners across the state that share the mission of NAMI North Carolina. Our organization is a chartered state organization of NAMI, the National Alliance on Mental Illness, one of the country’s largest and most trusted voice on mental illness advocacy.

Membership

Your membership helps support our efforts to provide support, education, advocacy and public awareness. As a member, you become a part of NAMI at the national, state and local levels. Not a member? Consider joining NAMI today to bring help and hope to all who have been touched by mental illness. Visit naminc.org/join to join us today!

Volunteer

Volunteers are the heart of NAMI NC. They provide family and consumer peer education and support, they advocate on our behalf, and represent NAMI at health fairs and community groups. They serve on boards and they help plan our conferences and special events. Special thanks to all of our wonderful volunteers! If you would like to volunteer with us, please call us at 919-788-0801.

Donate

NAMI’s success is a direct result of contributions from our generous donors. There are many ways to give—consider participating in NAMIWalks, make a donation in honor of a loved one, or visit us online to make a donation anytime: naminc.org. For information on planned gifts, call us at 919-788-0801. Thank you to all of our donors who make the work of NAMI North Carolina possible!
The past year has been one of transformation for NAMI North Carolina. In December 2014, we bid farewell to our longtime Executive Director, Deby Dihoff. In January 2015, Jack Register joined us as the new Executive Director, where he continues to carry on our mission of support, education, advocacy and public awareness so that all affected by mental illness can build better lives.

Our organization would not be possible without our members and affiliates who work on a grassroots level to carry out our mission. Our membership keeps growing and we are currently at an all-time high. Our affiliates continue down the path to secure re-affiliation. We have continued our great programming that directly affects the lives of families and consumers in our state.

Our events have also continued to grow—from our Annual Conference to the most successful NAMIWalks season in NAMI NC’s history, raising nearly $160,000. In February 2015, we had a phenomenal Crisis Intervention Training (CIT) Conference that brought together over 400 professionals from law enforcement to mental health.

Despite the transitions in leadership and staff that we’ve faced in the past year, it is vital that we pause and remember why we do our work. Our community is composed of many voices who have something to say about the experience of mental illness in our state. We continue to advocate at the General Assembly in order to create a new and more inclusive dialogue, while also reaching out to our membership with advocacy programs, such as NAMI Smarts for Advocacy, in order to build the capacity of our members to become engaged in self advocacy. Collectively, our strength comes in our shared work to create change.

Our greatest currency for changing the mental health landscape in North Carolina is our stories. Our stories and experiences become the fodder in which change can occur. We are truly fortunate to be associated with our dedicated members and volunteers who believe that those affected by mental illness can have a different experience in North Carolina.
NAMI Peer-to-Peer is a recovery-focused educational program for adults who wish to establish and maintain wellness. The course provides critical information and strategies related to living with mental illness.

- 6 Peer-to-Peer classes were offered by 6 affiliates.
- Peer-to-Peer celebrated 88 graduates.
- 12 Peer-to-Peer mentors were trained.

NAMI In Our Own Voice (IOOV) unmask mental illness using stories to illustrate the realities of living with mental illness. You gain a better understanding of what it is like to live with mental illness and stay in recovery. In Our Own Voice can change attitudes and stereotypes regarding mental illness.

- 526 people were reached by 26 IOOV presentations.
- 14 new presenters were trained.

NAMI Family-to-Family is a psycho-educational course for family members, caregivers and friends of individuals living with mental illness, and is designated as an evidence-based practice.

- 34 Family-to-Family classes were held throughout N.C. and 452 graduates completed the program.
- 22 new teachers were trained in Family-to-Family.
Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers and loved ones of individuals living with mental illness. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants.

- 20 affiliates offer 48 different support groups throughout the state.
- 30 Support Group facilitators were trained.

NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others’ experiences, share coping strategies, and offer each other encouragement and understanding.

- 12 affiliates have one or more NAMI Connection groups for a total of 16 groups.
- 28 new facilitators were trained to provide Connection groups.

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. The hallmark of a NAMI support group is leveraging the collective knowledge and experience of the other participants.

- 20 affiliates offer 48 different support groups throughout the state.
- 30 Support Group facilitators were trained.

Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. NAMI NC has a trained YMHFA instructor to provide these programs.

- NAMI NC provided 3 YMHFA courses that certified 49 participants in YMHFA.
NAMI on Campus clubs are student-run and led organizations that provide mental health support, education, and advocacy on campuses with the goal of improving the lives of students who are directly or indirectly affected by mental illness.

The following 9 colleges and universities have NAMI on Campus clubs: NC State University, Appalachian State University, UNC Chapel Hill, UNC Wilmington, East Carolina University, Cape Fear Community College, Sandhills Community College, Guilford Tech Community College and Elon University.

Program Highlights - Education and Support

NAMI Basics is an educational program for parents and caregivers of children and adolescents living with mental illnesses.

- 2 NAMI Basics classes were offered by 2 affiliates.
- NAMI Basics celebrated 27 graduates.
  - 10 new NAMI Basics teachers were trained.

NAMI Basics is an educational program for parents and caregivers of children and adolescents living with mental illnesses.

- 2 NAMI Basics classes were offered by 2 affiliates.
- NAMI Basics celebrated 27 graduates.
  - 10 new NAMI Basics teachers were trained.

27 graduates

This two-hour in-service program helps school professionals identify the early warning signs of early-onset mental illnesses in children and adolescents in schools.

- 2 presentations were made reaching 20 school professionals in 2 affiliates.
  - 16 presenters were trained.
NAMI North Carolina Consumer Council

The NAMI North Carolina Consumer Council is open to representation of every affiliate, as well as nine at-large positions. The council has a chair who also serves on the NAMI NC Board of Directors. The charge of the Council is to be the voice of the consumer community within the organization. The Council has the capacity to educate the larger NAMI community about the issues that directly affect consumers. The Council meets once a month via a conference call and has a face-to-face retreat in the summer. The Council also meets face-to-face during the Annual Conference.

The goals and objectives of the Council are to move to active participation in the work of the organization and to consistently find ways to increase the capacity of the consumer community within the organization.

NAMI Homefront is a six-session adaptation of the evidence-based NAMI Family-to-Family Education Program. This program focuses on the unique needs of families of military service members and veterans who are living with mental illness and often face post-deployment or post-discharge challenges.

- There are 5 trainers and 6 NAMI Homefront teachers in NC.

Veterans Council

The purpose of the NAMI Veterans Council is to advocate for veterans with serious mental illnesses and their families. The Council covers active military personnel and their dependents with serious mental illness.

- NAMI NC Veterans Council has grown from 13 members to 15 members representing 7 affiliates.
NAMI NC Helpline

The NAMI NC Helpline provides three main services: education, support and referrals. It provides education by talking to callers about mental illness and specific diagnoses, while allowing plenty of time for the caller to discuss their anxieties or concerns. The Helpline also refers callers to our support groups and psycho-educational classes held by local affiliates, and helps individuals navigate the system of care. Literature, such as brochures, fliers and other educational materials, is provided as well.

Total Helpline calls: 1,825
- 63% adults
- 37% children

Materials distributed: 15,064

Reason for calling:

Helpline calls by diagnosis

**Adults**
- Bipolar Disorder 24%
- Depression 17%
- Schizophrenia 15%
- Schizoaffective Disorder 13%
- Anxiety Disorders 9%
- Substance Abuse 8%
- Post-traumatic Stress Disorder (PTSD) 8%
- Psychosis 7%

**Children**
- Bipolar Disorder 39%
- Attention-Deficit/Hyperactivity Disorder (ADD/ADHD) 21%
- Depression 11%
- Schizophrenia 11%
- Anxiety Disorder 11%
- Suicidal thoughts 6%
- Behavioral Disorder 1%

Text 4 Teens

Text 4 Teens is designed to help reach teenagers who are trying to cope with various crises and give them the support and help they need in a form of communication they use everyday...texting!

Text 4 Teens is available in Forsyth, Davie, Stokes and Rockingham counties and is provided by NAMI NC and Centerpoint Human Services.

- In FY 14-15, 372 texts were received.
NAMI NC’s 2014 Annual Conference: Connecting Two Worlds: The Journey to Wellness - Integrating Physical and Behavioral Health Care

Close to 300 people attended the 2014 NAMI North Carolina Annual Conference on October 17 and 18, 2014, focusing on integrating primary and behavioral health care. Held in Raleigh, NC, the conference welcomed keynote speaker Dr. Laura Galbreath, Director at SAMHSA-HRSA Center for Integrated Health Solutions, who spoke on integrating care from a national perspective. Attendees chose from a variety of sessions on topics such as: public policy and local advocacy, how to advocate for yourself and loved ones, holistic approaches, chronic pain management, suicide prevention, telepsychiatry, smoking cessation and more. The audience also heard the inspiring words from those living with mental illness. The exhibit hall was packed with resources, art and even chair massages. Since the conference, we have continued to see many conversations take place around the topic of integrating primary and behavioral health care in North Carolina.

NAMI NC also celebrated its 30th anniversary on Friday night, where we invited NAMI NC founding members and other people who were key in making NAMI NC the successful organization that it is today. The event also featured a timeline of notable NAMI NC events and the unveiling of a special 30th anniversary quilt.

Congratulations to the 2014 NAMI NC Award Winners! We are so humbled by the great work people are doing throughout North Carolina. Thank you to all who attended, spoke, volunteered, exhibited at and sponsored our annual conference!

2014 Affiliate Leadership Conference

On October 16, 2014 NAMI North Carolina affiliate leaders and members gathered from across the state to network and learn from one another. Representatives from affiliates shared their success stories in the areas of diversity building, community outreach and advocacy. The group was trained in the first module of NAMI Smarts for Advocacy, received a training on how to be an advocate, and heard from special guest speaker, Mike Mayer (CRA Consulting), NAMI NC Board President, on how to be an effective leader. Throughout the conference, affiliates presented one another with certificates of achievement highlighting the successes and talents of others.
2015 NAMIWalks Highlights

We kicked off the NAMIWalks Season with a concert, An Evening with Brandon McSwain. The event was held in Durham and featured a full concert, networking, a photo booth and recognition of stand-out 2014 NAMIWalks participants. A few months later, the Team Captain Kick-Off Luncheon made history with its Back to the Future theme. Our featured speaker was Miss Statesville Katie Knowles, who advocates for mental health issues as a part of her platform.

On Saturday, May 2, 2015, over 1,400 people gathered at the Dorothea Dix Campus in Raleigh to participate in the 11th Annual NAMIWalks—the largest and most successful yet! Together, with family, friends and even our furry friends, we stomped out stigma, raised awareness and funds, and celebrated recovery. Special thanks to all those who walked, volunteered, donated, sponsored and created teams for this year’s walk. Huge kudos to everyone for exceeding our financial goal of $150,000 by raising nearly $160,000!

Participants enjoyed Zumba, exhibits, corn hole, tasty treats and refreshments, bounces houses, face painting, music, and of course, the annual t-shirt contest. Congratulations to Wellness City for winning the 2015 NAMIWalks t-shirt contest with their creative and powerful shirt design.

North Carolina’s 2015 CIT Conference

NAMI North Carolina hosted the third biennial North Carolina CIT Conference on February 10, 2015 at the McKimmon Center in Raleigh. The conference theme, “Our Time is Now: Building the Bridge Together,” highlighted the importance of both the law enforcement and mental health communities working together in order to better serve those experiencing a mental health crisis. It was a packed house with over 400 in attendance and we were pleased to have a variety of professions represented at the conference.

Secretaries Frank Perry from the Department of Public Safety and Aldona Wos from the Department of Health and Human Services gave opening remarks before keynote speaker, Sheriff Sam Page from Rockingham County, took the stage to discuss the importance of CIT in his community. Anthony Pugh, NAMI NC board member, gave a luncheon speech about his lived experience and the intersection of CIT. The conference also featured plenary speaker Sharon Wise whose talk on “Trauma, Recovery and Community Resiliency” captivated the audience. There were a variety of breakout sessions that remained packed throughout the day. Topics ranged from veterans to youth to elderly.

Event Highlights

Special thanks to the North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services who provided support and funding through the Community Mental Health Block Grant for the CIT scholarships and staffing to make this conference possible.
Legislative and Advocacy Events

NAMI North Carolina had another busy year advocating for people affected by mental illness. This year’s public policy platform, which was developed by our public policy committee with input from NAMI NC membership, focused on five key areas vital to optimizing the lives of people affected by mental illness. NAMI North Carolina works to:

• Advocate for increased access and funding for first episode psychosis programs
• Improve quality and length of life for those with severe mental illnesses through integrating primary and behavioral health care
• Leverage our collaboration with the Prison Advisory Committee to ensure the health and safety of adults and juveniles with mental illnesses within the prison and judicial justice system
• Develop independence and stability, reduction of emergency department usage through a system of affordable and available housing
• Improve the economic and personal self-sufficiency of individuals with mental illness through employment

NAMI North Carolina launched Tell Your Story Tuesdays (TYST), a series of advocacy events aimed at members learning how to tell their lived experience with mental illness effectively to state lawmakers. Many members made the journey to Raleigh in order to provide a real face to mental health policy issues in our state. Along with TYST events, members were able to engage state lawmakers on a variety of issues during in-person meetings, including group homes and Individual Placement and Support (IPS), the evidence-based form of supported employment for people with mental illness who want to work.

Along with legislative advocacy, NAMI North Carolina continues to be engaged in meetings with the Department of Health and Human Services and the Department of Public Safety to advocate for effective and timely services for those living with mental illness.

NAMI Smarts for Advocacy is a one day training focused on developing strategies and skills to help individuals become powerful advocates for those living with mental illness.

• 5 NAMI Smarts trainers trained 91 people in NAMI Smarts at 6 different presentations.
# Revenue and Expenses Statement

July 1, 2014 - June 30, 2015 compared to July 1, 2013 - June 30, 2014

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<tr>
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<tbody>
<tr>
<td>Contributions</td>
<td>$ 66,807</td>
<td>$ 71,106</td>
</tr>
<tr>
<td>Charitable lead trust split-interest</td>
<td>86,814</td>
<td>-</td>
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<tr>
<td>Change in value of split-interest trust</td>
<td>(1,574)</td>
<td>-</td>
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<tr>
<td>Membership</td>
<td>13,472</td>
<td>12,412</td>
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<td>DMHDDSAS Contracts</td>
<td>439,868</td>
<td>399,868</td>
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<tr>
<td>LME Contracts</td>
<td>341,402</td>
<td>315,642</td>
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<td>Grants</td>
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<td>23,994</td>
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<td>Special Events</td>
<td>177,864</td>
<td>125,987</td>
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<tr>
<td>Workplace Giving</td>
<td>16,167</td>
<td>15,664</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$ 1,180,804</strong></td>
<td><strong>$ 967,173</strong></td>
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| OTHER REVENUE:                   |                          |                          |
| Conference Fees                  | $ 49,430                 | $ 36,974                 |
| Investment Income                | 9,077                    | 12,998                   |
| Net realized and unrealized gain (loss) on investments | 11,540 | 38,162 |
| Other income                     | 7,374                    | 1,285                    |
| **Total**                        | **$ 77,421**             | **$ 89,419**             |

**Total Public Support and Other Revenue**

<table>
<thead>
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<th>Year Ended June 30, 2015</th>
<th>Year Ended June 30, 2014</th>
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<tbody>
<tr>
<td></td>
<td>$ 1,258,225</td>
<td>$ 1,056,592</td>
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**Total Revenues, Gains, and Other Supports**

| EXPENSES:                  |                          |                          |
| Program (including Walk payments to affiliates) | $ 1,040,409 | $ 765,781 |
| General and Administrative | 35,702                   | 35,280                   |
| Fundraising                 | 56,021                   | 65,975                   |
| **Total Expenses**          | **$ 1,132,132**          | **$ 867,036**            |

Total overhead for NAMI NC is 8 percent of the total budget.

The complete audited financial statement for the year ending June 30, 2015 will be available on our website at naminc.org.
Donor Recognition

2014-2015 Donor Listing

NAMI North Carolina wishes to recognize the following individuals and organizations who contributed to our Annual Fund during the period of July 1, 2014 - June 30, 2015. We are deeply appreciative and are grateful for your support. This list does not include the many donations we received from individuals and organizations for NAMIWalks.

*indicates deceased

**PRESIDENT’S CIRCLE (>$5,000)**
Coastal Carolina Neuro-Psychiatric
Hilda Wilson Decedent Trust
Holly Hill Hospital
Janssen Pharmaceutical Inc.
Johnson & Johnson

**BENEFACTOR ($2,500-$4,999)**
Lunn & Forro, PLLC
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The Neidig Family
Charitable Foundation
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Pfizer, Inc
Strategic Behavioral Health
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Capitol Broadcasting
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Mr. & Mrs. J. Harold Smith
Mr. Phillip M. Spencer
UNC Center for Excellence in Community Mental Health
Weisler Family Fund

**SPONSOR ($250-$499)**
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WakeMed Physicians Practices Women’s Center
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Wynns Family Psychology

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Expedition School Ltd.
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Giuliana G. Gage
GlaxoSmithKline Foundation
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Mr. & Mrs. John Guyton
Dr. & Mrs. Larry Hagler
Ms. Maida Hall
2014-2015 Donor Listing

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Ms. Kathleen Montalbano
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Ms. Mary Munn
Dr. Jack Naftel
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NC Harm Reduction Coalition
NCOIC
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BJ Pearce
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Wallace & Betsy Anne Price
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Mr. & Mrs. John Lavery
Barjohn Lee
Meagan & Chris Lepore
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Mr. Larry Lindsey
Pat Lloyd
Ms. Rocio Lopez
Ms. Heather Marshall
Mr. James L. Martin
Kaia & Tom Mates
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James Matthews
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