NAMI North Carolina is extremely grateful for all of our generous supporters. We would like to acknowledge the donors who have contributed $250 or more.

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UNC Center for Excellence in Community Mental Health  
United Way of Central Indiana  
Wake Forest School of Medicine  
Wells Fargo Community Support

**INDIVIDUAL**

Leslie Acton  
Debbie Aiken  
Anonymous  
Leigh Atherton  
Elijah Bazemore  
Heidi Bell  
Wilbert Blackman  
Dixie Branch  
Philip Bronner  
Daniel Brown  
Akilah Burns  
Martha Butner  
Brenda Campbell  
Susheela Chandrasekaran  
Jim & Becky Compton  
Fairley Cook  
David & Jody Crawford  
Audrey Cummings  
Esther David  
Maryann & Glenn Davis  
Barry Dixon  
Kimberly Durland  
Kafui Dzirasa  
Carolina Fisher  
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Rainbo Hultman  
Cindy Jones  
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Michael S. Lancaster  
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Community Foundation  
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Kirby Sheridan  
Pamela Shipman  
Jennifer Shufelt  
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Peggy & Robert Terhune  
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Ronald Wright
LETTER FROM THE EXECUTIVE DIRECTOR

It seems that the phrase “It was the best of times, It was the worst of times” from the Dickens novel is as applicable today as it has ever been before. Our work is called to become more flexible at a time when funding becomes harder to obtain and maintain. The core of NAMI’s work is our education and support programs that happen through our affiliates. NAMI’s Alliance allows us to connect to communities from whichever level can have the most impact.

You will see in this report how we are involved in coalitions and communities in our state. Our efforts to increase the capacity of our affiliates and our connection to communities is contingent on the ability we have to glean the appropriate resources for our work. We need you in this effort. You can be involved with us through your work in our programs. You can be involved by giving a monthly donation to us. You can also be involved with us by being a leader in your affiliate, the state, or nationally.

NAMI came into being because our families needed information and support. That has not changed. No matter what the political, financial, or services environment in our state, we still need education and support. Our members, our families, are doing their best in an environment that is difficult to get clear answers from. Our strength is in our connections. We will always be here to support each other.

2015-2016 BOARD OF DIRECTORS

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ABOUT US

OUR MISSION
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.

OUR VISION
In our envisioned future mental illness will no longer thwart a person’s fulfillment of his or her potential. With early pinpoint diagnoses, interventions and targeted medications and services there is no pervasive disability. Ultimately, we envision a day when prevention or a cure is found.

OUR APPROACH
Advocate at the county, state and national levels for non-discriminatory access to quality healthcare, housing, education and employment for people with mental illness. Educate the public about mental illness. Work to eliminate the stigma of mental illness. Advocate for increased funding for research into the causes and treatment of mental illness.
Whether you are a person living with mental illness, a family member, a provider, or a member of the general public, there is a NAMI education or support program to help you learn more about mental illness, develop coping strategies, and find the support you need. In North Carolina Education and Support Groups are offered by local NAMI affiliates with training support provided by NAMI North Carolina.

32
Total Number of NAMI Signature program classes
2015-2016

48
NAMI Family Support Groups
2015-2016

43
Total Number of NAMI Program Leaders Trained
2015-2016

16
NAMI Connections Support Groups
2015-2016

361
Total Number of People who participated in NAMI Signature programs
2015-2016

1,136
NAMI NC HelpLine Calls
2015-2016

New Initiatives

In 2015-2016, NAMI North Carolina launched the Education and Research Initiative to support the NAMI NC community by exploring how mental illness intersects with identity and experience. Research projects will increase support for people living with mental illness and establish NAMI North Carolina’s voice as the leader in mental health education, research, and advocacy in North Carolina. To learn more visit www.naminc.org.
NAMI Affiliates in North Carolina

NAMI Alamance/Caswell/Rockingham | NAMI Albemarle Region | NAMI Appalachian South | NAMI Cabarrus County | NAMI Charlotte | NAMI Coastal Division | NAMI Cumberland/Harnett/Lee | NAMI Durham | NAMI Four Seasons | NAMI Gaston-Lincoln | NAMI Guilford | NAMI Halifax County | NAMI High Country | NAMI Lake Norman/Iredell | NAMI Johnston | NAMI Moore County | NAMI N.E.W. | NAMI N.W. Piedmont | NAMI Orange County | NAMI Pitt County | NAMI Randolph County | NAMI Rowan County | NAMI Rutherford/Cleveland/Burke | NAMI TA | NAMI Union County | NAMI V.F.G.W. | NAMI Wake County | NAMI Western Carolina | NAMI Wilkes | NAMI Wilmington

Community Voice

NAMI Family-to-Family

"NAMI’s Family to Family is an excellent program – full of information for those with a loved one living with mental illness. Participants not only receive the support they need, but they are also there to support others. So many people are touched by mental illness. Joining NAMI was a great way to get involved and help erase the stigma associated with mental illness.” - Bob Andersen, NAMI Four Seasons

After their daughter passed away as a result of her mental illness, Bob Andersen and his wife Skip formed the NAMI Four Seasons affiliate in Hendersonville with the mission to help other families.

Andersen has also been actively involved Crisis Intervention Team training and promotion in his local area---building the awareness for the need for first responder education on mental illness.

“If it had not been for the NAMI support group, I would have never been able to handle and prepare for this life-changing event”

Seven months ago, my 21-year-old son was hospitalized three times in different facilities. Because of HIPPA laws, I was unable to receive any medical information. I assumed that his sudden bizarre behavior was caused by possible substance abuse or my son was brain-washed from experiencing some kind of eccentric religious epiphany. After waiting for hours in the hospital for answers from anyone working there, someone handed me a colorful NAMI brochure that gave me valuable insight into possible reasons for my son’s sudden and mysterious hospitalizations. I had not heard of NAMI before, but the very next day, I immediately called and spoke to an NAMI volunteer who told me about NAMI and where local meetings are held. I had not gone to any kind of support group before, and I didn’t think anybody else would understand my situation. I was wrong. During my very support group meeting hosted by Michele Brown, who was my rock through this crisis, I was not alone. I listened to the stories of families of consumers who shared similar poignant and real experiences about their loved ones. I learned in this first support group to stop blaming myself for my son’s situation. The families also shared tips and strategies on how to advocate for my son and how to speak to doctors to give them information about my son’s condition. One family member gave me helpful advice that doctors don’t have to give me any information, but they will listen to my concerns because the more information they know, then the better they can help my son. This advice was beneficial because of a week later, the psychiatrist was able to discuss my son’s condition with me. If it had not been for the NAMI support group, I would have never been able to handle and prepare for this life-changing event after learning that my son does indeed have a mental illness. I have continued attended the NAMI support groups since my very first meeting because of the tremendous support and group therapy. - Zoe, Member, NAMI Charlotte
**Advocacy**

As one of the only statewide organizations for people who are affected by mental illness, our work - and your membership - is more important than ever. We support policies that improve the quality of life for someone living with a mental illness. This year, we focused our advocacy efforts on five policy areas:

- Ensure those who need mental health services receive timely, appropriate, affordable, and high quality care
- Extend life expectancy for people living with mental illness by integrating physical and behavioral healthcare
- Advocate for humane treatment of those with mental illness in the criminal justice system, with emphasis on access to appropriate, recovery-focused mental health treatment along the criminal justice continuum
- Increase availability of stable and affordable supportive housing
- Improve the quality of life for people living with mental illness through competitive employment and employment supports

From advocacy efforts at the NC General Assembly during the budget process to our role on the Governor’s Task Force on Mental Health and Substance Use, we have continued to keep our message clear: everyone deserves the opportunity to experience recovery. Mental illness is an illness like any other, and the time to fund and expand mental health care is past due in North Carolina. Moving into 2017, NAMI North Carolina will build on years of advocacy work to continue to make the hope of recovery possible for more North Carolinians.

**NAMI on Campus**

NAMI on Campus groups work to end the stigma that makes it hard for students to talk about mental health and get the help they need. These groups are student-run and find creative ways to raise awareness about mental illness on college campuses.

“With NAMI Wilmington’s strong support, UNCW NAMI on Campus was founded eight years ago. NAMI Wilmington has provided funds to support student travel to trainings and NAMI conferences and always welcomes our students with open arms and display tables, to participate in community meetings and events. The students benefit tremendously from this collaboration, as it gets them off campus and engaged in the real world of mental health advocacy and support. NAMI Wilmington has provided outstanding educational opportunities for us, and we couldn’t fulfill our mission without them.”

-Dr. Sally MacKain, professor of psychology and advisor to NAMI on Campus
### Financial Statement

Revenue and Expenses statement for July 1, 2015 - June 30, 2016 compared to July 1, 2014 - June 30, 2015

<table>
<thead>
<tr>
<th></th>
<th>Year Ended June 30, 2016</th>
<th>Year Ended June 30, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PUBLIC SUPPORT:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contributions</td>
<td>44,697</td>
<td>66,807</td>
</tr>
<tr>
<td>Charitable lead trust spilt-interest</td>
<td>-</td>
<td>86,814</td>
</tr>
<tr>
<td>Change in value of spilt-interest trust</td>
<td>(2,979)</td>
<td>(1,574)</td>
</tr>
<tr>
<td>Membership</td>
<td>12,132</td>
<td>13,472</td>
</tr>
<tr>
<td>DMHDDSAS Contracts</td>
<td>439,885</td>
<td>439,868</td>
</tr>
<tr>
<td>LME Contracts</td>
<td>337,130</td>
<td>341,402</td>
</tr>
<tr>
<td>Grants</td>
<td>29,413</td>
<td>39,984</td>
</tr>
<tr>
<td>Special Events</td>
<td>147,013</td>
<td>177,864</td>
</tr>
<tr>
<td>Workplace Giving</td>
<td>22,452</td>
<td>16,167</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,029,743</strong></td>
<td><strong>1,180,804</strong></td>
</tr>
<tr>
<td><strong>OTHER REVENUE:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conference fees</td>
<td>36,677</td>
<td>49,430</td>
</tr>
<tr>
<td>Investment Income</td>
<td>9,193</td>
<td>9,077</td>
</tr>
<tr>
<td>Net Realized and unrealized gain(loss) on investments</td>
<td>6,001</td>
<td>11,540</td>
</tr>
<tr>
<td>Other income</td>
<td>145</td>
<td>7,374</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>52,016</strong></td>
<td><strong>77,421</strong></td>
</tr>
<tr>
<td><strong>Total Public Support and Other Revenue</strong></td>
<td><strong>1,081,759</strong></td>
<td><strong>1,258,225</strong></td>
</tr>
<tr>
<td><strong>Total Revenues, Gains, and Other Supports</strong></td>
<td><strong>1,081,759</strong></td>
<td><strong>1,258,225</strong></td>
</tr>
<tr>
<td><strong>EXPENSES:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Program (including Walk payments to affiliates)</td>
<td>1,097,803</td>
<td>1,040,409</td>
</tr>
<tr>
<td>General Administrative</td>
<td>47,591</td>
<td>35,702</td>
</tr>
<tr>
<td>Fundraising</td>
<td>82,132</td>
<td>56,021</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>1,227,526</strong></td>
<td><strong>1,132,132</strong></td>
</tr>
</tbody>
</table>
NAMI North Carolina has nearly 1,500 members across the state who champion justice, dignity, and respect for all people affected by mental illnesses. Probably most importantly, being counted a NAMI member strengthens the impact with local, state and national leaders and legislators to spread awareness, shape legislation and remove stigmas.

Learn more about becoming a member by visiting www.naminc.org.

My sister has a persistent illness that has almost killed her more than once. It is called Bipolar, and unfortunately, it is not always treated in our society like the chronic disease that it is. We need a strong voice for those living with mental illness and their families. This is what prompted me to join NAMI.

- Michelle Aurelius, MD

So many people are touched by mental illness. Joining NAMI was a great way to get involved and help erase the stigma associated with mental illness.

- Bob Andersen