

2016-2017 Annual Report



North Carolina's Voice on Mental Illness

From the President & Interim Executive Director

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 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 community, state, and federal levels to motivate policy change and increase funding and services for those with the greatest need.

In FY 2016-2017, there were 1,615 members 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 voices on mental illness.

MEMBERSHIP

NAMI members help carry out our mission through the strength of community. Your membership helps to provide support, education, advocacy, and public awareness across the state. As a member, you become a part of NAMI at the national, state and local levels. Not a member? Consider joining to be a part of the NAMI community. Visit naminc.org/join to become a member today!



VOLUNTEER



Volunteers are the heart of NAMI North Carolina. They provide peer education and support, advocate on behalf of the organization, and represent NAMI North Carolina at health fairs and community groups. Our volunteers 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, email events@naminc.org.

DONATE

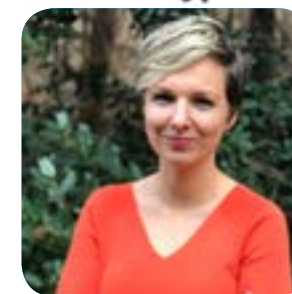
NAMI North Carolina's success is a direct result of contributions from our generous donors. There are many ways to give—consider leading or joining a NAMIWalks team, make a donation in honor or memory of a loved one, or visit us at [naminc.org/donate now/](http://naminc.org/donate-now/) to make a donation anytime. 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!



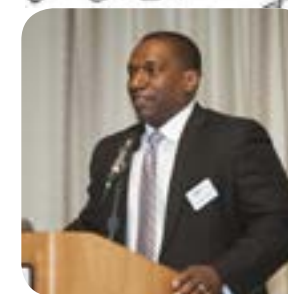
Since NAMI North Carolina has opened its doors over 30 years ago, we've been privileged to be a part of the largest national grassroots organization for people affected by mental illness. NAMI North Carolina has witnessed and sustained many changes throughout the life of our organization. Change is oftentimes difficult but can be a fertile ground for new and fresh ways to expand our vision and mission. The one thing that hasn't changed? Our devoted members, whose passion and commitment to the NAMI mission is unparalleled.

We often think back to the "NAMI Mommies" who bravely shared their experiences and stories which eventually grew the NAMI movement to what it is today. Similarly, the movement in North Carolina has been dependent on our fierce members who show up to support groups, teach the NAMI signature programs, and advocate to their local policymakers for a better future for people affected by mental illness. Much of the success outlined in our annual report is shared with the local affiliate and program leaders who give a face to what mental illness is - an illness just like any other. When we say our members are the heartbeat of our organization, we mean it. NAMI North Carolina members have time and time again courageously shared their experience with friends, colleagues, strangers, and policymakers - slowly, persistently, and collectively chipping away at stigma.

As we move forward together through uncertainty and future seasons of change, we need your support now more than ever. We cannot wait to get to work on the challenges ahead and seizing opportunities to grow our collective voice. All of our stories and experiences are part of the bigger narrative NAMI North Carolina is poised to tell. We hope your voice is one of them.



Nicholle Karim
Interim Executive Director



Victor Armstrong
Board President

NAMI NC BOARD OF DIRECTORS 2016-2017

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Jessica Herbin, LCSWA

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Program Highlights

TEACHER TRAININGS

In 2016-17, volunteers in NAMI North Carolina affiliates across the state continued to provide education, skills, and support for individuals living with mental illness and their loved ones through NAMI Signature Programs. Programs offered in NC include:



Educational Classes: Family to Family, Peer to Peer, Basics, and Homefront

Support Groups: Connection (Peer) Support Group and Family Support Group

Presentations: In Our Own Voice and Parents and Teachers as Allies

In addition to providing technical assistance and support, NAMI North Carolina held 6 state program leader trainings in 2016-2017, training 74 new program teachers, mentors, facilitators, and presenters.

74
new program
leaders trained

PEER LEADERSHIP COUNCIL



The NAMI North Carolina Peer Leadership Council (formerly known as the Consumer Council) enjoyed a year of community building and growth throughout the year. Ken Schuesselin, Consumer Policy Advisor for the DHHS Division of MH/DD/SAS, joined the council as a non-voting member. He delivers ongoing reports and updates to the council about his work at the division striving to develop and advance services and influence policies affecting peers throughout the state. At the annual business meeting, the council benefitted from an over 400% increase in peer representation (compared to the meeting held in 2015).

The annual fall retreat planned long-range objectives for the council, including objectives for productivity and accountability as the council continues to grow in strength and numbers. Throughout the spring months of 2017, council chair Lucy Wilmer visited affiliates across the state, speaking about goals and objectives of the council as well as recruiting affiliate representatives.

These visits resulted in new peer affiliate representation from six previously unrepresented affiliates. In June of 2017, the Peer Leadership Council sent a letter to state senators and DHHS leadership voicing council members' concerns regarding Medicaid reform. Additionally, several council members attended the 2017 NAMI National convention in Washington D.C., sharing NAMI North Carolina peers' perspectives on Medicaid reform.



Program Highlights

HELPLINE

The NAMI North Carolina Helpline provides education, support, and referrals to callers across the state. Staff members provide supportive listening to callers in need while also providing information on services, support groups, local affiliates, and how to navigate the mental health system in North Carolina. Callers can also request literature, such as fliers and other educational materials, through the Helpline.

988
Helpline calls
answered

NAMI North Carolina Helpline: 800-451-9682

10
NAMI on Campus
chapters in NC

NAMI ON CAMPUS

NAMI on Campus clubs are student-led, student-run mental health organizations on college campuses. These groups provide support, education, and advocacy for students affected by mental illness. NAMI on Campus clubs across NC hold creative events, serve the needs of students, and create on-campus communities.

Stories from across the state: Duke University



In its first 3 years of existence, Duke's NAMI On Campus (NOC) has been incredibly active, mainly in the areas of increasing public awareness of mental illnesses and reducing stigma on campus, providing an avenue for support for those living with mental illnesses on campus, influencing University policy, and, more recently, providing a conduit for connecting students on campus with NAMI signature programs in the community. This past year, Duke's NOC has held events like "letters

for doughnuts" where students can get a free doughnut when they send a letter of support for a friend's mental health. They decorated a landmark bridge with an anti-stigma message, and held a number of educational events throughout Mental Health Awareness month. One of the students described NOC as, "really the only group of our kind, a grassroots advocacy group that educates people about mental health and mental illness." Duke's NOC has ongoing collaborations with a number of other student organizations; they've worked with Duke's Panhellenic Council on a wellness fair encouraging students to check out the various wellness resources available on campus as well as an Anti-Bullying 5K with Duke Healthy Lifestyles and Bull City Fit. NOC has also been invited to work with Duke's Counseling and Psychiatric Services (CAPS) to provide information as to how to better meet the mental health needs of the student body. It has been the mental health awareness events where students share their own personal stories (or have them anonymously read) that have been especially meaningful.



2016 ANNUAL CONFERENCE



On October 7-8, 2016, over 200 people gathered in Raleigh, NC for the 2016 NAMI North Carolina Annual Conference. On Friday, Dior Vargas, Latina feminist mental health activist and creator of the People of Color Mental Illness Photo Project, delivered a compelling keynote on her experience with mental illness and her ongoing projects to combat stigma. Attendees enjoyed a variety of workshop speakers, presenting on subjects such as suicide prevention, mindfulness, psychiatric advance directives, and communication. On Saturday, participants heard from Dr. Amy Tiemann, parenting and child safety expert and author of *Mojo Mom: Nurturing Your Self While Raising a Family*. She conversed openly with attendees and brought individuals to an increased understanding child mental health. Lastly, we celebrated award recipients who excelled in their work on behalf of NAMI and people affected by mental illness. Thank you to all who presented, volunteered, sponsored, and attended!



2017 CIT CONFERENCE

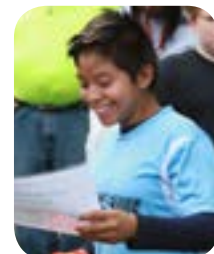
The 2017 North Carolina CIT Conference was presented in partnership by NAMI North Carolina and NC Department of Health and Human Services on February 7. The conference highlighted the importance of law enforcement and mental health communities working together to best serve those experiencing a mental health crisis. Dr. Risdon Slate of Florida Southern College delivered a keynote address entitled *The Criminalization of Mental Illness: Crisis and Opportunity for the Justice System*. Workshop presentations included topics such as pre-arrest diversion options, brain injury, and reducing stigma. After lunch, attendees enjoyed a presentation by Eric Weaver, Executive Director of Overcoming the Darkness LLC and a retired Sergeant from the NYPD.



NAMIWALKS 2017



More than 1,000 people participated in the 2017 NAMI Walks event, which was held on May 6, 2017 at Dorothea Dix Campus in Raleigh, NC. It was a lovely morning to stomp out stigma with family and friends of NAMI North Carolina. Attendees enjoyed refreshments, yard games, Zumba, t-shirt contest, and our first annual best dressed dog contest! We raised over \$135,000 through sponsorships and the hard work of our individual fundraisers. NAMI North Carolina couldn't have enjoyed such a successful event if it weren't for all who walked, volunteered, donated and sponsored.



ADVOCACY

NAMI North Carolina continues to be a leading organization advocating for policies that support people affected by mental illness. With the support of the NAMI North Carolina public policy committee, NAMI North Carolina continues to work on core issues identified by our members: safe and affordable housing, timely and appropriate mental health treatment in the criminal justice system, increased access to mental health treatment in the community, increased employment supports for those who want to work, and a mental health system that works well for everyone, especially in times of crisis. This year, we've celebrated raising the age of juvenile offenses from 16 to 18 - a law that will undoubtedly



have an impact on youth experiencing mental illness and their families. Additionally, newly developed Treatment Diversion Units (TDUs) will provide treatment to inmates with mental illness in North Carolina prisons. However, the public behavioral health care system sustained further budget reductions which will certainly impact those who need mental health services.

MEMBERSHIP

NAMI North Carolina has over 1,500 members across the state who champion justice, dignity, and respect for all people affected by mental illness. Most importantly, being counted as a NAMI member strengthens the impact with local, state, and national leaders and policymakers to spread awareness, shape legislation, and challenge stigma. NAMI members are passionate about their local communities, and have found a community within NAMI.

"NAMI was there for me when I was having a hard time with my son. NAMI brought support and understanding that I wasn't alone."
-Diane

"I like the sense of community that NAMI provides. NAMI has become my family and friends."
-Dana

"Whether you're living with mental illness or a family or friend of someone living with mental illness- I would absolutely recommend NAMI."
-Donna

"NAMI support groups have helped tremendously with my recovery."
-Anthony

"I think the future is brighter for me and others because of NAMI."
-Julia

Audited Financials

Corporate & Foundation Support (\$100+)

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

	Year Ended June 30, 2017	Year Ended June 30, 2016
PUBLIC SUPPORT		
Contributions	102,005	67,149
Change in value of split-interest trust	-	(2,979)
Membership dues, net	15,097	12,132
DMHDDSAS contracts	439,868	439,885
LME contracts	302,761	337,130
Nongovernment grants	12,450	29,413
Special events	139,222	147,013
Total public support	1,011,403	1,029,743
OTHER REVENUE		
Conference fees	76,473	36,677
Investment income	7,443	9,193
Net realized and unrealized gain on investments	30,738	6,001
Other income	8,480	145
	123,134	52,016
Total public support and other revenues	1,134,537	1,081,759
Total revenues, gains, and other support	1,134,537	1,081,759
EXPENSES:		
Program	871,465	993,056
Unallocated payments to affiliates	45,300	104,747
General and administrative	338,189	47,591
Fundraising	176,073	82,132
Total expenses	1,431,027	1,227,526

- Adams & Cheek Dentistry
- Alkermes Pharmaceutical
- Alliance Behavioral Healthcare
- Alpha Kappa Alpha
- American Express Foundation
- Bamboo Therapeutics, Inc.
- Bell Family Foundation
- Benevity Community Impact Fund
- Blue Cross BlueShield
- Brain Injury Association of North Carolina
- Branch Residuals & Soils, LLC
- Brynn Marr Hospital
- Camp LeJeune Religious Offering Fund
- Cardinal Health at Home
- Cardinal Innovations Healthcare
- Carolina Partners in Mental Healthcare
- Clyde Cooper's BBQ
- Community Counseling, Education, and Research Clinic
- Community Foundation of Greater Greensboro
- Community Health Charities of NC
- Correct Care Solutions
- Daymark Recovery Services
- Dr. Lena's Life Coaching
- Duke Energy Foundation
- Duke Psychiatry and Behavioral Services
- Duke University Department of Psychiatry and Behavioral Sciences
- Easter Seals UCP
- Elon Beta Theta Pi
- Fairmont UMC
- Fairmont United Methodist Church
- Fidelity Charitable Gift Fund
- Franklin Street Partners
- Garriss Hardy & Associates
- GlaxoSmithKline Foundation
- Greenbrook TMS NeuroHealth Centers
- Hickory Ridge High School HOSA
- Highland School of Technology HOSA
- Holly Hill Hospital
- IBM Employee Services Center
- INCITE Consulting Solutions
- Johnson & Johnson Healthcare Systems, Inc.
- Ketamine Treatment Centers
- Lululemon
- Mako Medical Laboratories
- Mary Magdalene Circle of Garner UMC
- Max V. Krebs Charitable Remainder Unitrust
- Merz North America, Inc.
- Monarch
- NAMI Alamance, Caswell, Rockingham
- NAMI Cabarrus
- NAMI Durham
- NAMI Durham
- NAMI Guilford County
- NAMI Johnston
- NAMI Moore County
- NAMI N.W. Piedmont
- NAMI Orange County
- NAMI Randolph County
- NAMI Rowan
- NAMI South Mountains
- NAMI Wake County
- National Christian Foundation
- NC Client Assistance Program
- NC Department of Insurance
- NC Fetal Alcohol Prevention Program
- NC Health News
- NC Problem Gambling Program
- Neidig Family Foundation
- Network for Good
- North Carolina Chapter of the American Foundation for Suicide Prevention
- Old Vineyard Behavioral Health Services, Inc.
- Otsuka America Pharmaceutical, Inc
- Pfizer Foundation Matching Gifts Program
- Plymouth High School HOSA
- Positive Focus, LLC
- Religious Life Committee at Croasdaile Village
- Rescue Rangers, LLC
- Sandhills Center
- Schwab Charitable Fund
- Snyder Hankins Custom Homes
- Sparrow Tyson Fund
- Strategic Behavioral Center
- The Arc of North Carolina
- The Carolina Inn
- The Normann Financial Group
- Threshold, Inc.
- Triangle Community Foundation
- Trillium Health Resources
- UNC Center for Excellence in Community Mental Health
- United Way of Central Indiana
- United Way of the Greater Triangle
- Village Restaurant Group
- VOICE Therapeutic Solutions
- Wells Fargo Community Support

Individual Support (\$100+)

Individual Support (\$100+)

Elin Abercrombie	Fain Buete	Dayna Ellefson	Kathy Hopkins	Mitch McGee	Elizabeth M. Pekarek	Kenneth Schultz	Sandra Vinton
Leslie Acton	Mary Bugger	Doug Elvers	Elizabeth Hopkins Thomas	Tina McGhee	Mary Pennington	Phillis Scott	Lucy Wachira
Barbara Akins	Willie Bullock	Sara Erickson	Raymond & Beth McKee	Troy McLean	Jacqueline Pennino	Reid Shalvoy	Kenneth Walker
Ann Akland	Barbara Burch	Joanne Essenwein	Huger	Kristen Mcsvain	Pat Phelan	Paul Sheerin	Joyce Wang
Gerald Akland	Lisa Burwell	Shari Evans	Sam & Ann Hummel	Elizabeth Meyerdierks	Marion Phipps	Dave Sheets	Debbie Watkins
Karen Albright	Martha Butner	Kevin Fitzgerald	Juanita Huryn	Mary Michael	Pamela Plane	Brian Sheitman	Martha Watson
Donna Alderman	Richard Callahan	Karen Frigon	Kenneth Ingraham	Sheila Mikhail	Charles & Eunice	Kirby Sheridan	Mitzie Weatherly
Allen Alger	Eric Camp	Gary Gaddy	Ralph Jackson	Ryan Miller	Pinckney	Ayana Simon	Sarah Weathersby
Andy Alger	Charles Carter	Jane Gagliardi	Michelle Jacobs	Tovah Mitchell	Bruce Pitner	David & Dorothy Smith	Robert Weimer
Anne Allison	Katrina Carter	Martha Geer	Dorothy James	Cynthia Moore	Gerald Plovsky	Joshua Smith	Richard Weiner
Joseph Amaismeier	Shonda Carter	John Gilmore	Suresh Jani	Margaret Moore	Michael Pobat	MaryLou Leiser Smith	Billy West
Rita Anderson	Aimee Caverly	Jack & Brenda Glenn	Fred Jarskog	Marlee Moore	Susan Pollock	Wanda Smith	Alvah & Louise Whealton
Jane Anderson	John Cella	Barbara Glover	Judy Jenkins	Willette Morman	Deepak Poplai	Lee Smith	Victoria & William Whitt
Lisa Angel	Susheela Chandrasekaran	Raelene Godinez	Robert & Carol Jensen	Martie Morris	Joyce Anne Porter	Kimberly Smith	Priscilla Williams
Josh Arant	Joe Clark	Susan Goldhaber	Judith Jester	Jane Morrison	Rajesh Prabhu	Phoebe SmithHinton	Jackie Willingham
John Arrowood	John Clark	George Gordon	Cramer Johnson	Greg & Mary Moyer	Marlene Pratto	Heather Snoeberger	Bobbette Willis
Lou Athanas	Frank Cleary	Darrin Goss	Odetta Johnson	Bill Moyer	Edwin Preston	Rabeh Soofi	Kenneth Wilson
Terry & Laura Atherton	Theresa Cochran	Cindy Grasty	Kim Johnson	Linda Mundle	Wayne & Caryl Price	Arthur Springer	Jacquelyn Wilson
Linda Bamford	Adam Coker	Dana Greenwood	Sandra Johnson	Rob Myers	Otis & Mary Louise	Betty Sproule	Lewis Wilson
Jill Bashore	Kerri Cole	Kay Gresham	Elizabeth Johnstone	Jack Naftel	Purdie	Ruth Stanton	Robert E. Winton
Elijah Bazemore	Yvonne Coleman	Jill Griffin	Richard & Helen Jones	Kathy Nash	Randall Purdy, Jr.	Benjamin Staples & Brenda	Susan Wissmann
William Beaty	Tina Como	Marc Grimmett	Celia Jones	Joseph Navarro	Edith Rand	Nevidjon	James Womble
Erica Bell	Jim & Becky Compton	Teresa Grossi	Hetty Kaiserlik	Charles & Kathy Nealen	Ashley Ratliff	Gia Stark	Janice Woychik
Timothy Bethea	Mike Constantino	John Guyton	Richard J. Kennett	Terry Nemargut	D. Cravens Ravenel	Elizabeth Stauffer	Laura Yost-Grande
Suvrat Bhargave	W.A. & Frances Cook	Tom and Susan Hadley	Keval Kaur Khalsa	Barbara Nettles-Carlson	Jack Register	Adam & Jane Stein	Carol Young
Paula Bird	Carolyn Coolidge-Riggs	Michelle Haffner	Rick Kiernan	Pamela Nielsen	Marguerite Reiter	Jame & Bonnie Stem	Daniel Zipple
Wilbert Blackman	Dana Cote	Claudia Hager	Debra Kindervatter	Rob Nodelman	George Reynolds	Bo & Marion Stephenson	Ann Zuraw
Dorothy Blanchard	James Craven	Paulette Hall	Anne Kingston	Bruce Noll	Holly Rhodes	Elizabeth Stevens	
Douglas Blevins	David & Jody Crawford	Tim Hancock	Mary Beth Kiszely	Michael Norton	Kathy Riccardelli	Elizabeth Sulzbach	
Tony Blount	Al Crumbliss	James & Beth Garriss	Dorothy Kitchen	Rusty Oates	Marva Richey	John & Claudia Sur	
Loire Blount	Anne Cunningham	Hardy	Arlene Klauber	Ronald Oates	Kimberly Roberts	Marvin Swartz & Gina	
Kerry Boatright	Melissa Daubenspeck	Cathy Hargett	M. Jean Klingler	Donna Olsen	Paul Robitaille	Schonfield	
Rachel Bobbitt	Barbara & Michael Davis	Tammy Harrington	Christopher Knight	Jim & Joan Osborne	Daniel Romm	Peggy & Robert Terhune	
Susan Bobo	Darren Debo	Elizabeth B. Harris	Judith Krall	Joseph Pagani	Carol Rommel	Willie Themes	
Tara Bohley	Dan Decker	Sylvie Hart	Rachael LamYuen	Janice Parker	Florence Rowe	Lawrence E. & Ruth	
Calhoun Bond	Nora Dennis	Alexander & Anna Hattaway	Colleen Landherr Maddox	David & Sarah Partington	Betty Rowland	Anne Thompson	
Susan Boone	Sandy Deutsch-Crane	Kiran Hawaldar	Robert Large	Minesh Patel	Paula Ruff	Marilu Thordsen	
Katharine Bouser	Jill Diaz	Cynthia Heafner	Tara R. Larson	Mona Patel	Norma F. Safransky	Priscilla Tillman	
Joanna Bowen	Dolores Diaz-Carrey	Jessica Herbin	Joseph Lee	Shashikant S. Patel	Jane Salyer	Dorry Tooke	
Kathy Boyd	Josie Douglas	Robert & Judith Herron	Joseph & Johnnie	Birju Patel	H. Walker Sanders	Mary Tripp	
Laura Boyes	Tracy Drinker	Ruth Heyd	Lundquist	Vee Patel	Frank Sasinowski	Mary A. Tyrey	
S. R. & Joanna Boyette	Helen Drivas	Steve & Peggy Hickle	Faye Maclaga	Manish Patel	Ellen Satkin	Steven Valentino	
George Boykin	Sandra Dunham	Sara Hilgartner	Mary Mandell	Bob Paul	Lorie Savage	Thomaz Vann	
McKenzie Brannon	Kimberly Durland	Virginia D. Hill	Suzanne Maness	Harry Paul	Mary Savino	Nikita Verma	
Paula Bridges	Muriel Easterling	Ivy Hill	Donald & Carol Matthieu	Ellen Pearsall	Maggie Scarborough	Terry K. Vess	
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Shawn Brown	Barbara Elder	Mark Hoffman	Joe & Emily McClernon	Peter & Nancy Peiffer	Schonberg		
Nancye Bryan	Gove Elder	George Holt	Hortense McClinton	Carol Pekar			