This fiscal year has been one of incredible transformation for NAMI North Carolina for many reasons. In late August 2019, Dr. Garry Crites joined the organization as Executive Director. With a strong, person-centered management style, he began his leadership of NAMI NC staff, interns, and volunteers in our mission of enhancing the lives of those affected by mental illness in North Carolina.

Through the first part of the year, NAMI NC and its affiliates were on track to meet or exceed our past performance measurements. However, NAMI NC’s leadership, as well as our affiliates’, was about to be tested with the onslaught of the COVID-19 pandemic. The pandemic caused not only a reduction in revenue, but complete restrictions on travel and face-to-face activities. Things could have ground to a halt, but with increased isolation, stress, and anxiety, our constituency needed our programs now more than ever. We had to adapt and deliver. Over the course of a few short weeks, NAMI NC and its affiliates stepped up to the challenge of finding even more approaches of providing support, education, advocacy, and public awareness to our community.

In 2019-20 the NAMI NC Helpline continued to be a lifeline to many of those in North Carolina. The number of contacts looking for warm support, information and referrals to our partner organizations grew by 73%! With the stress and restrictions of the pandemic, this resource became even more important. During the last quarter of 2019-20, over three-fourths of the calls were COVID-19 related.

What was attended by hundreds of mental health advocates, was jam packed with speakers, workshops, displays by NC artists and exhibitors, and included a luncheon with North Carolina’s Poet Laureate?

NAMI NC’s Annual Conference! The theme was Amplifying Voices: Advocacy, Recovery, Transformation (ART). We received great feedback on all the tools, skills, and ideas imparted at the conference, and we had a good time celebrating our 35th anniversary and reflecting on other great moments in 1984 at our member reception.
EDUCATIONAL PROGRAMS

NAMI Programs continue to make a huge difference to our community. At the state level, we provide public education workshops, webinars on specific issues, and free program leader training that allows local NAMI affiliates to provide NAMI programs. This year, the NAMI team worked together to develop new means of delivering our valuable support and educational programs within the confines of our new environment. Volunteers within our affiliates stepped up to learn how to implement the use of new technology while adhering to proven principles and guidelines—all while protecting and maintaining confidentiality. Hats off to all of our Program Leaders, who are NAMI’s volunteer teachers, facilitators, and/or presenters of our various programs. Together, North Carolinians received over 3,000 educational and support experiences from their tireless efforts.

Pictured at the left are representatives from NAMI Wake County. NAMI Wake was awarded Affiliate of the Year. Additionally, NAMI Wake was instrumental in sharing virtual support group methods with other affiliates to expand virtual programs for all of North Carolina.

NAMIWALKS - A VIRTUAL SUCCESS!

1,339 PARTICIPANTS - $138,939 RAISED FOR MENTAL HEALTH!

NAMIWalks has a long tradition of playing a vital role in the ability to improve the lives of North Carolinians affected by mental health disorders. With the pandemic, we were faced with the possibility of canceling an event that provides a critical source of funds. Instead, our Walk organizers announced a Walk for our times—NAMIWalks Your Way: a new, creative way of building mental health awareness while raising resources as well.

The result was nothing short of stunning. NAMIWalks-A National Day of Hope on May 30th was an amazing day. We received media exposure and social media buzzed with individual statements on the importance of focusing on Mental Health. Almost $140,000 was raised and over 1,300 people united to answer a very important rallying cry: Mental Health for All!
COMMUNITY BUILDING

Studies have shown that many people living with mental illness need support to feel included in the community. Lack of inclusion contributes to feelings of isolation and hampers recovery. In 2019, NAMI NC responded to the call from NC Department of Health and Human Services’ (NCDHHS) Community Inclusion program (CI) focusing on how individuals with mental illness can find natural supports and activities with others in their community. In 2019-2020, NAMI NC trained thirteen different NAMI NC affiliates on how to become CI Champions. As a result and through grants funded by NCDHHS and SAMSHA, five NAMI NC affiliates have already implemented CI projects in their own local area!

THURSDAYS WITH NAMI

As the pandemic hit North Carolina and people were confined to their homes in March, NAMI NC began producing a new weekly video series called Thursdays with NAMI (TWN). Designed to provide a unique way of building conversations and community while adhering to CDC guidelines, the sessions cover a wide range of topics from diagnosis to recovery and everything in between.

The series has met a tremendous need in our state for a feeling of connection and sources of information and hope. With such strong feedback, Thursdays with NAMI is likely to continue even after the virus-related restrictions are lifted.

ADVOCACY

NAMI NC and its members in North Carolina continue work to motivate lawmakers to improve mental health public policy and the system of care for those living with mental illness in North Carolina. Despite the cancellation of our Advocacy Day due to the shelter-in-place orders, there were advances in North Carolina’s legislation work. For instance, a new law, (SB 476), mandates that the State Board of Education must adopt a school-based mental health policy that includes minimum requirements for a school-based mental health plan for K-12 schools. This new law supports mental health training for school staff working in elementary thru high schools and creates a suicide risk referral protocol as well. Early intervention is critical to saving lives.

TEAMING UP FOR MENTAL HEALTH IN NORTH CAROLINA

The NAMI NC team would like to send out a big thank you to our affiliates, donors, interns, partner organizations, and volunteers. Together we have been able to make significant impacts in Fiscal Year 2019-2020 towards our mission of helping all those affected by mental illness in North Carolina build better lives.

Thank YOU for your support!
FISCAL YEAR 2020 PRELIMINARY FINANCIAL OVERVIEW (UNAUDITED*)

INCOME
- Government Contracts/Grants 66%
- Special Events 19%
- Public Support 13%
- Net Investment Income 0.6%
- In-Kind Support 0.8%

EXPENSE
- Program 85%
- Development 11%
- General and Administrative 4%

2019-2020 NAMI NC FISCAL YEAR TOTAL INCOME & EXPENSES

*The reported figures are for the fiscal year ending June 30, 2020 and are unaudited as of press time. Audited financial documents will be made available at www.naminc.org when complete.