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2012



nami | Mercer

National Alliance on Mental Illness

Serving Mercer County, New Jersey



NAMI Mercer is a nonprofit organization that works to improve the lives of individuals and families who are affected by mental illness through education, advocacy and mutual support.

ADVOCACY

- ❑ Recruited 10 people to serve as Trenton Psychiatric Hospital Family Monitors.
- ❑ Interviewed community partners as part of the Jails and Criminal Justice Task Group study of our local jails and people with mental illness.
- ❑ Developed and distributed materials and made presentations in area schools concerning mental health for children and adolescents.
- ❑ Visited with state legislators to communicate NAMI Mercer's priorities. NAMI Mercer leaders participated in county, state and national public policy committees and conferences regarding mental health.

OUTREACH

- ❑ Increased number of In Our Own Voice (IOOV) presentations from 47 in 2011 to 76 audiences for over 1,700 people in 2012.
- ❑ Recruited and trained leaders for our multicultural outreach program, Sharing Hope, for mental health presentations in Spanish and English.
- ❑ Observed Mental Illness Awareness Week with outreach to 80 congregations and presentations for 600 Mercer County Board of Social Services employees.
- ❑ Participated in 37 community outreach events to spread the word that mental illness is treatable and recovery is possible for all!



At the 2012 NAMIWalk, from left: Rep. Rush Holt, NAMI Mercer President Bill Hayes and County Executive Brian Hughes.

A Voice for Advocacy

Mental illness nearly sank us. Good thing we found NAMI Mercer early. From Family-to-Family and IFSS, we gained knowledge, then contacts, then help, then confidence to face the challenge. Once we got connected, we never sailed alone. Our newfound NAMI Mercer friends became emotional ballast that helped us right our ship.

Though we are still on the journey, all is much better now. We never forget how hard it was — and how hard it still is for all who still suffer the storm alone. Knowing the system's many holes, having climbed out of them, we resolved to help to fill them.

NAMI Mercer's Advocacy Committee is the shovel that now helps us dig into the system's problems and turn up more help for the next family. Committee members write appeals, state testimony, visit officials, monitor hospitals, teach teachers, sit on councils, work with police, trumpet the cause, and spread the word. Hard to believe, NAMI Mercer helped us turn lemons to lemonade, to transform the maelstrom from an inexplicable burden to an inimitable blessing.

Tom Pyle

Family Member; Chair, Advocacy Committee; Member, Board of Directors

Hear from people who have experienced an IOOV presentation

"One of my career goals is to be a mental health counselor and it was so helpful to learn about the different treatment options for people."

"I learned so much about how coping skills can make a big difference in recovery."

"The presentation shows that people are stronger than their illnesses and we all need to have hope for better times."

"I have gone through these things too, and it helped me to hear that people do get better."

"It gave me a better outlook on how to handle stress."

"It showed me how my actions can affect a person who had mental illness."

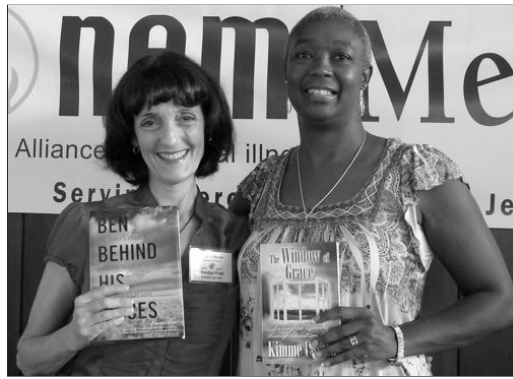
"This presentation gave me more inspiration to be a special education teacher. A good friend of my family lost a son to suicide a few years ago. I heard today that maybe I can make a difference."

EDUCATION

- ❑ Offered four Family to Family classes in Ewing, Hamilton and Lawrenceville, for 59 family members.
- ❑ Trained 14 NAMI Basics teachers for the whole state of New Jersey, and increased local capacity to offer classes for parents of children with behavioral challenges.
- ❑ Sponsored 2 full WRAP (Wellness Recovery Action Plan) classes for 26 people.
- ❑ Held Harvest of Hope Wellness Conference for 180 people with the theme “Empowering Your Mind, Body and Spirit.”
- ❑ Sponsored monthly Public Education Meetings on mental health topics

SUPPORT

- ❑ Provided weekday Helpline that received calls from 714 people in 2012, an increase of 12 percent over the prior year.
- ❑ Sponsored biweekly peer-led NAMI Connection Support group.
- ❑ Facilitated three thriving social groups — Just Friends, Becoming Friends and Just Kids — which collectively offers 126 activities for 125 adults and children.



Harvest of Hope

October 6, 2012

NAMI Mercer’s Harvest of Hope Wellness Conference, first held in 2009 as a special 25th anniversary event, has become a cornerstone of our education efforts. While so many of NAMI’s programs respond to illness, our annual full-day conference emphasizes health and wellness. The goal of Harvest of Hope is to provide camaraderie, hope, and healthy experiences for our NAMI Mercer community. In 2012, 180 participants gathered on October 6 for an inspirational talk by actress/author Randy Kaye, communal meals, a collective drumming circle, and small-group workshops on topics such as stress management, communication skills, nutrition, poetry-writing, art therapy, physical fitness, and other self-care activities.

It has been my pleasure to chair the Harvest of Hope planning committee since 2010 with the hopes of replacing the “I” of illness with the “WE” of wellness. I have been overwhelmed by the generosity of local professionals who donate their time to teach the workshops. I am thankful to the Presbyterian Church of Lawrenceville for hosting the event and to the many NAMI Mercer volunteers who make the conference possible.

Madeline Monheit

Secretary, NAMI Mercer Board and Chair, Harvest of Hope 2010-2013

What NAMI Means to Me

NAMI (The National Alliance for Mental Illness) was the missing piece of my recovery and treatment. The network of community and friends that it has provided me has finally made me feel like a whole person.

It goes beyond the clinical and professional services that had succeeded in stabilizing me, but that didn’t fully address the social isolation that I had always felt.

Being in a supportive group of peers who share the same experiences has allowed me to more fully develop my personal identity by providing me with a sense of inclusiveness that was lacking in my life.

If I had to describe NAMI in just one word, it would be wholeness. I am more than my diagnosis, and instead of it being something that separates me from others, it is now something that connects me to them.

That is why NAMI makes me feel like a whole person now.

Fred Howard

Peer Leader, Just Friends Social Group



VOLUNTEERING

Empowering Self, Empowering Others through Volunteering

❑ NAMI Mercer has 230 volunteers who answer HelpLine calls, teach classes, facilitate support and social groups, serve on committees, plan events, organize our offices and much more.

❑ In 2012, volunteers donated 9,858 hours to further the mission of NAMI Mercer. The estimated value of donated hours totals \$218,256.

Note: The Independent Sector estimates the value of volunteer time for 2012 is \$22.14 per hour. The estimate helps acknowledge the millions of individuals who dedicate their time, talents, and energy to making a difference. Charitable organizations can use this estimate to quantify the enormous value volunteers provide.



Volunteerism — the Heart of NAMI Mercer

Sometimes the best things just seem to happen when you least expect them. I had no idea that walking through the door at the NAMI office would be a life changing experience. I had simply come to stuff envelopes with my IFSS support group. But something kept me coming back. As the volunteer coordinator got to know me and realized that I was a retired teacher, he suggested that I might be willing to help out with the Just Kids group. I was hooked. At the time I was also a volunteer at an anonymous helpline and not sure that I was really helping. I wondered if I would be able to handle the NAMI helpline. There was so much to learn. But you could do research and call the person back — really making a difference! The rest is history. I am now a committed volunteer and also do outreach and serve on a committee.

The bottom line is that volunteering at NAMI has enriched my life. I have definitely received more from my experience as a volunteer than I have been able to give. I am proud to be a volunteer and a member of the NAMI Mercer family.

Louise Beste

NAMI Mercer Volunteer

SUSTAINABILITY

❑ Developed a new five-year Strategic Plan for 2013-2018 to guide NAMI Mercer.

❑ Conducted an annual membership campaign for 440 households.

❑ Engaged the talents and time of over 230 volunteers who offered 9,858 hours of their time to achieve our objectives for 2012.

❑ Raised \$369,659 from events, individuals, foundations, corporations, organizations and a grant from Mercer County, in order to provide help and hope to over 5,000 people during 2012.

Core Fundraising Activities and New Ventures

NAMI Mercer's Board of Directors and Development Committee value organizational sustainability and have worked together to realign the development calendar. The Board and Development Committee work closely with NAMI Mercer's Director of Development maintaining core fundraising activities while aggressively seeking new areas of funding.

In 2012, the NAMI Mercer Patron Society was established and today boasts more than 40 member families. With a professional staff of three people, NAMI Mercer relies on the gifted and generous group of over 230 volunteers who staff all its programs and committees.

I am pleased to assist NAMI Mercer in planning for a sustainable future in achieving our mission in Mercer County.

John Marsland

Chair of Development Committee

A Year of Transitions

For NAMI Mercer, 2012 was a year of transitions, both in our staff and major event schedule.

We adjusted our staff to include three fulltime positions, an executive director, an operations director and a director of outreach and development, reducing the staff by a half position to achieve our strategic objectives and to address our potential financial shortfall.

We decided to move the January Night Out with NAMI to November, which necessitated our having both a January and a November Night Out with NAMI in 2012. With this change, we were able to spread our major fundraising events throughout the year: NAMI Walk in May, Night Out in early November and Annual Appeal at the year end. In this unique transition

year, we incurred added fundraising expenses due to our sponsoring two Night Outs. The NAMI Walk generated less income in 2012 due to the scheduling of other walks in a similar timeframe in New Jersey.

While our core programs continued to serve more people, the income from grants, events and individuals were each down from the prior year, resulting in a deficit for 2012.

During the year, NAMI Mercer impacted the lives of over 5,000 people with our programs of advocacy, education, support and outreach, with an increasing membership of over 440 households and an energetic group of over 230 volunteers.

Damon Vigianno
Treasurer

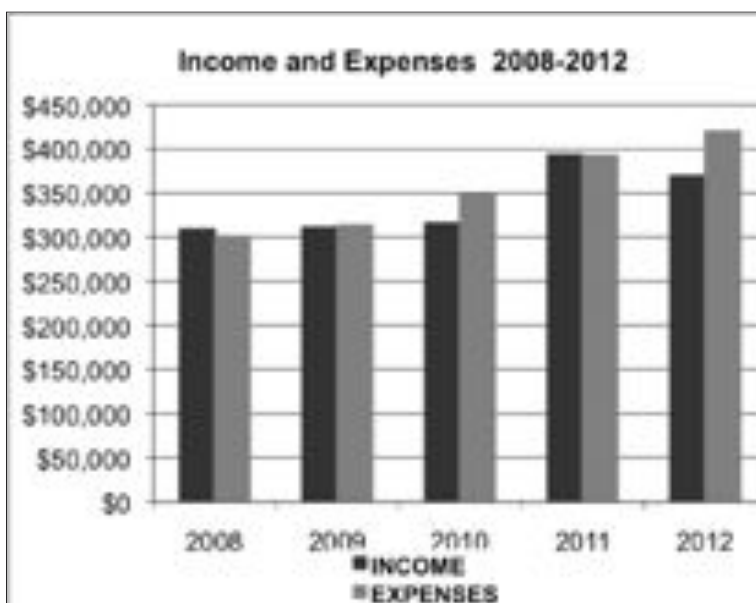
ANNUAL FINANCIAL REPORT, 2012

INCOME

Events income (Sponsors and Participants)	\$200,545
Grants Income Foundations, Corporations, Government, Congregations)	99,200
Donations from Individuals	69,904
Total Income	\$369,649
Net Income/Expense	(\$50,578)

EXPENSES

Program Services (Advocacy, Education, Support Outreach)	\$284,320
Management and General	36,880
Development (Grants, Events, Individuals)	99,025
Total Expenses	\$420,225



Please note: During 2012, 230 NAMI Mercer volunteers worked over 9,858 hours in many varied roles. The estimated value of their donated hours is \$218,256 (Independent Sector). Including this sizable donation, NAMI Mercer's net contribution to the Mercer County Community totals \$638,481 for 2012.

SPONSORS, SUPPORTERS AND MEMORIAL DONATIONS, 2012

\$15,000–\$24,999

Bristol-Myers Squibb
Company
The Bunbury Company
The Merancas
Foundation

\$10,000–\$14,999

Educational Testing
Service
Janssen Pharmaceutica
Incorporated

\$5,000–\$9,999

Anonymous Donors
Church & Dwight
Employee Giving Fund
County of Mercer,
New Jersey
First Presbyterian
Church of Cranbury
F.I.S.H. Foundation
Hon. Joseph &
Nancy Irenas
Johnson & Johnson
Matching Gift
Lawrence Township
Community Foundation
Otsuka America
Pharmaceutical, Inc
The Curtis W. McGraw
Foundation
The Fred C. Rummel
Foundation

\$2,500–\$4,999

L.D. Faden
Dr. William & Mary
Hayes
Carol A. Kivler
Brian & Linda McGrath
Dr. Alan & Madeline
Monheit
PhRMA
Dr. Ronald & Karen
Schotland

\$1,000–\$2,499

Albemarle Foundation
AmeriHealth Mercy
Dr. Joan & Stephen
Brame
Carrier Clinic
Michael & Jane Chwick
Comcast Financial
Agency Corporation
Robert & Pat Demers
Lisa Dorigo

Glenn Cantor
& Inge S Eriks
Greater Trenton
Behavioral Health Care
Therese Grolly
IAPSRS – Virginia
Chapter
Sarah Kleinman
David & Laurie Ludgin
Duncan & Evelyn
Macfarlane
Dr. Karen & Michael
Marquis
Merck Partnership
for Giving
NAMI National
Nassau Presbyterian
Church
Tom Nesi & Pamela
McGrew
NJ State Employees
Charitable Campaign
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Osmer
Pfizer
PNC BANK
Princeton HealthCare
System
Thomas & Molly Pyle
Roma Federal Savings
Bank
Sandoz, Incorporated
Stark & Stark
William & Phyllis Wilmot
William & Betty Wolfe

\$500–\$999

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Albers-Schonberg
Jeffrey & Catherine Allen
Avalon Trust
Bank of Princeton
Jim & Liz Bartholomew
Borden Perlman
Capital Health System
Caryl Chambers
Connor, Strong
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Mary Szczepanik
John & Marlene Tucker
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Congregation of Princeton
Walmart
Michael Yang
Zonta Club of
Trenton/Mercer

\$250–\$499

Harris Adams
Michael & Jacqueline
Bregenzer
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Kimme Carlos
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Jacalyn Chadwick
Paul & Linda Chew
Christopher & Ann Crow
Employees Charitable
Campaign
First Presbyterian
Church
of Plainsboro
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Hildred Geertz
Linda Gochfeld
Fritz & Mary Jane Hager
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Service
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Andrew Wallerstein
& Mary Sloane
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Klaus & Michelle Zechner

\$100–\$249

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American Express
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Bahadurian
Kurt & Tricia Baker
Bank of America
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Shirley Chambliss
Charity Flex Fund
Susan Chermak

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John & Irene Cottone
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Leon & Danita Saunders
Davis
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Oliver & Monica Flint
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Schaen & Vicki Fox
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Bruce & Jayne
Gershkowitz
Sandra Gioro
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Goldman, Sachs & Co.
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Kathleen Hayes
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Martha Lasley
Michael Leopold
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Lichtmann
Francis & Alexandra
Lunder
Marcia Mackillop
Lola Madsen
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Mann
Michael & Cecilia
Matthews

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McCabe
Francis & Eileen
McCarthy
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Narayanarao
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Winter
Carol Wojciechowicz
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John Yates
Sarah Yeung
Richard Young

Notes:

***In 2012, 666 people made donations of less than \$100 for a total of \$21,265.*

****This listing does not include the names of people who made ONLINE donations to the NAMI Walk on the namiwalks.org website.*

A total of 1,191 people donated online a total of \$55,698 to the NAMI Mercer Walk.

Thank you to all who have donated to NAMI Mercer in 2012. We have made every effort to accurately represent all donations. Please let us know if you have any questions or corrections for this listing.

2012 Patron Society

George and Joyce
Albers Schonberg
Glenn and Inge Eriks Cantor
Michael and Jane Chwick
Bob and Patricia Demers
Dr. William and Mary Hayes

Andrew and Lisa Melnyk Hendry
Janet Hurst
Honorable Joseph
and Nancy Irenas
Carol A. Kivler
June and Seth Lapidow

Lynn Maher
Dr. Karen and Michael Marquis
John and Carol Marsland
Brian and Linda McGrath
Dr. Alan and Madeline Monheit
Thomas and Carol Nied

Dr. Rick and Sally Osmer
Thomas and Molly Pyle
Dr. Ronald and Karen Schotland
Bill and Phyllis Wilmot
William and Betty Wolfe
Sir Robert and Lady Worchester

NAMI Mercer 2012

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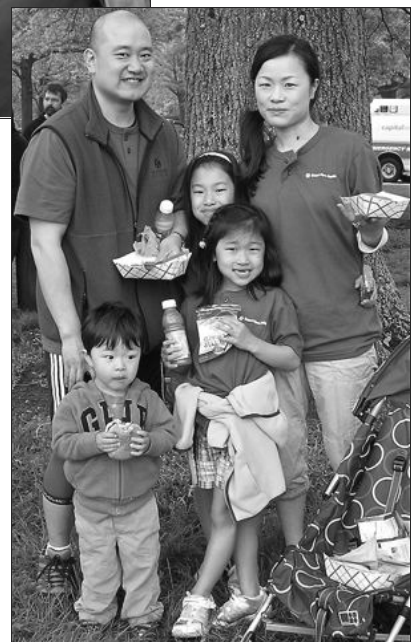
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EDITOR
Elisabeth Hagen



Established in 1984, NAMI Mercer envisions and works toward a future in which families and individuals with mental illness will realize their full potential in a respectful and understanding society.



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