

NAMI Mercer 2014

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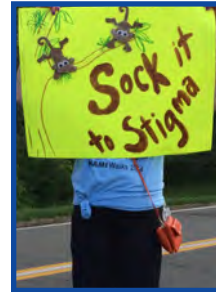
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ESTABLISHED IN 1984, NAMI MERCER ENVISIONS AND WORKS TOWARD A FUTURE WHEN FAMILIES AND INDIVIDUALS WITH MENTAL ILLNESS WILL REALIZE THEIR FULL POTENTIAL IN A RESPECTFUL AND UNDERSTANDING SOCIETY.



NAMI MERCER CELEBRATED ITS 30TH ANNIVERSARY THIS YEAR



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



2014 Annual Report

NAMI MERCER

ADVOCACY

- ✓ We reorganized the Advocacy Committee's efforts into three projects: Trenton Psychiatric Hospital monitoring; law enforcement education for Mercer County; and training NAMI Mercer members to share their stories with legislators.
- ✓ Throughout the year, NAMI Mercer used mass emails to inform its membership and participants of mental health advocacy issues at least once each month.
- ✓ There were seven monitors for Trenton Psychiatric Hospital providing visits and feedback to the hospital administration.
- ✓ NAMI Mercer members participated in advocacy efforts by representing NAMI Mercer in Mercer County's Systems Review Committee, the Mental Health Professional Advisory Committee, the NAMI NJ Family Support Workgroup, the NAMI NJ Public Policy and Legislative Committee and NJ Family Monitoring Work Group.

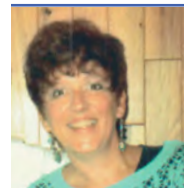


As a former mental health counselor and current psychiatric researcher, I am thrilled to be a member of the Program and Services Committee and co-chair the Advocacy Committee. We brought public education sessions to a new venue, reaching many more people in our efforts to eradicate stigma through education, we regained access to continue monitoring efforts at Trenton Psychiatric Hospital to ensure patient safety, and we gained agreement from local police departments within Mercer County to participate in additional mental illness training of their officers. I believe that the ongoing efforts of these two committees can only improve the lives of individuals and families affected by mental illness.

Lori Jacobi, Advocacy Committee Co-Chair and Program and Services Committee Member

OUTREACH

- ✓ We established several new partnerships throughout the county and co-sponsored events with Trenton Housing Authority, Catholic Charities, Depression Bipolar Support Alliance, Trinity United Methodist Church, Princeton Public Library, four school districts, eight mental health treatment organizations and nine congregations.
- ✓ Our largest outreach event continued to be the NAMI Walk in May. In 2014, we gathered 1,000 people at the Walk with over 6,600 people donating in support of walkers and teams. Thirty organizations participated in the Wellness Fair at the Walk, providing information and healthy experiences for the attendees.
- ✓ As part of the National Minority Mental Health Month in July, we held a Mental Health Awareness Fair at Trenton Housing Authority's Donnelly Homes Community Center with around 200 people attending and over 20 area wellness and mental health organizations attending.
- ✓ In Our Own Voice, a national recovery and anti-stigma program, held 28 presentations to over 700 people in treatment settings, colleges, congregations and other organizations.
- ✓ Staff and volunteers participated in 23 community fairs, festivals, and wellness events to raise awareness about mental illness and recovery.
- ✓ During Mental Illness Awareness Week (MIAW) in October, 100 congregations distributed NAMI Mercer information and offered prayers for people affected by mental illness.



Outreach events are excellent opportunities for both NAMI Mercer volunteers and the communities where the events are located. Volunteers get to see firsthand many different local areas, and the communities get to see that families with mental illness are not alone.

Lynne Foley, Program and Services Committee Member and Outreach Volunteer

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A total of 1,170 people donated online a total of \$63,720.82 to the NAMI Mercer Walk.

In 2014, 435 people made donations of less than \$100 for a total of \$14,443.04.

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*2015 Patron Society Membership is open to all individuals who make a single donation of \$500 or more in support of Night Out with NAMI or the Annual Appeal during the enrollment period (July – December 31, 2014).

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2014 ACCOMPLISHMENTS

EDUCATION

- ✓ A total of 42 people graduated from three 12-week Family-to-Family classes, offered at the Trinity United Methodist Church in Ewing and at the NAMI Mercer Center.
- ✓ Twelve parents completed two classes of NAMI Basics, a six-week program for parents of children or adolescents with behavioral or emotional challenges. Classes were offered in partnership with the Mercer Family Support Organization.
- ✓ Nine public education events were held in 2014 on mental health topics, with over 130 people attending.
- ✓ The Harvest of Hope wellness conference on October 11 had over 180 participants for the full day of wellness education and activities. Our keynote speaker was Melody Moezzi, a mental health activist, attorney and award-winning author. Ms. Moezzi's presentation was entitled "From Restraints to Recognition: Realizing Recovery through Advocacy," and our theme for the day was "Recovery through Discovery." There were 14 concurrent workshops offered in a wide range of wellness topics, with a drum circle and a closing sing along. Evaluations from participants were very positive.
- ✓ Four presentations of Parents and Teachers as Allies, a mental health education program for school professionals, were held in Trenton, East Windsor and Hamilton schools. Trenton Schools approved the program for future teacher and parent trainings.



George Washington Carver once said, "Education is the key to unlock the golden door of freedom." NAMI Mercer strongly believes that educating the public about brain-based disorders will break down the barriers of stigma, freeing persons affected by mental illness to seek treatment and live productive and fulfilling lives. Since 2010, it has been my pleasure to chair the Harvest of Hope Conference, one of NAMI Mercer's education programs. Each October, nearly 200 of us gather to hear an inspirational speaker and to attend wellness workshops. It is a day of camaraderie, hope, and healthy experiences. I am always amazed by the number of educators who donate their time to teach our classes and to the many volunteers who make Harvest of Hope possible.

Madeline Monheit, NAMI Mercer Board Secretary and Communications Committee Chair

SUPPORT

- ✓ NAMI Mercer's Helpline continued to be the first contact that most members and participants have with the organization. There were 715 calls to the Helpline during the year, answered by a team of 17 trained responders.
- ✓ WRAP® (Wellness Recovery Action Plan) was offered in the spring and the fall with a total of 14 people who completed the eight-session workshop. Two certified facilitators led the WRAP® groups, utilizing the eight consecutive week format to conform to the evidence-based practice requirement of SAMHSA.
- ✓ Our three social group programs—Just Friends, Becoming Friends, and Just Kids—continued to grow and provide social support for more than 140 adults and children. There were 124 social events during the year. The Just Friends and Becoming Friends groups had strong peer leadership, while Just Kids was led by parents and volunteers.
- ✓ NAMI Connection, a peer-led recovery support group for mental health consumers, met twice monthly with an average of ten weekly participants.
- ✓ Each week around 30 people participated in the family member support groups led by Intensive Family Support Services (IFSS) in partnership with NAMI Mercer.



In my recovery I have participated in many of the NAMI Mercer support programs. They help me to stay on track with my recovery. As I became stronger and more resilient, I assisted in leading some of the programs. My experience as an event leader for Just Friends and as a facilitator for WRAP® and NAMI Connection have also been valuable for my recovery.

Akavar Dylutra, Facilitator for WRAP® and NAMI Connection, NAMI Mercer Board Member

SUSTAINABILITY

- ✓ February was Membership Month, with the majority of members joining or renewing their memberships during that time. NAMI Mercer has around 440 member households.
- ✓ On May 17, 2014, NAMI Mercer held its 7th annual NAMI Walk at Educational Testing Service in Princeton, gathering around 1,000 people and raising around \$130,000 to support the programs that we offer at no cost in the Mercer County community.
- ✓ Our 30th Anniversary Night Out with NAMI was held on November 9 at Stuart Country Day School with Dr. Richard Kogan performing the "Music and Mind of Sergei Rachmaninoff." The event was very well attended and raised over \$90,000.
- ✓ During the year, a 19-member Board of Directors led our organization. The board participated in a core capacity assessment project with the Princeton Area Community Foundation and evaluated many aspects of our operations and strategic planning.
- ✓ We initiated the *NAMI Mercer Fund for the Future*, a nonprofit investment fund with the Princeton Area Community Foundation, which will provide capital growth over time to benefit future program and organizational development.
- ✓ NAMI Mercer had a very positive year financially with income over \$432,000, in large part due to our successful Walk and Night Out with NAMI and overall generous giving from individuals, corporations, foundations and congregations.



Sustainability means the capacity to endure. It is rooted in well-developed systems and processes, which are fed by the vision, passion and energies of a dedicated group. NAMI Mercer has, without a doubt, this endurance capacity!

Karen Marquis, NAMI Mercer Board President

VOLUNTEERISM

- ✓ NAMI Mercer's volunteers continued to be the heart of our organization. Each month we held an orientation session for new volunteers who offered their time and talents to enhance the organization and often to strengthen their recovery journeys.
- ✓ The staff of NAMI Mercer comprised two full-time positions—Executive Director and Director of Operations—and a part-time Director of Development. The work of the organization was conducted by the three staff members plus over 290 eager and capable volunteers who served as Helpline responders, office assistants, teachers, support group facilitators, event planners, committee members and organizers.
- ✓ Volunteers donated 11,852 hours of their time to achieve the mission of NAMI Mercer in 2014! This is nearly a 30% increase in service hours over 2013.



I began volunteering at NAMI Mercer after a long period of not only struggling, but also feeling very alone in my journey. As I began my recovery, I was looking for a way to become more involved in the mental health community in a way that was more positive than I had previously experienced. Right away I felt welcomed, supported, comfortable in the environment and with the people with whom I interacted. NAMI Mercer provided a space for me to establish meaningful relationships, give and receive support from others, and assist in doing meaningful work to help an organization whose cause I fully believe in.

Jabeen Obaray, NAMI Mercer Volunteer



ANOTHER STRONG YEAR

The year 2014 was yet another strong financial year for NAMI Mercer. Once again, we successfully presented two fund-raising events, the NAMI Mercer Walk and Night Out with NAMI, which resulted in a 27% growth in income over 2013. Support from foundations, corporations, government and congregations remained strong though not as robust as 2013, declining slightly by 5%, while donations from individuals grew 17%. We remain fiscally sound by holding our expenses to a modest 3% growth. Our fiduciary management has maintained a reserve for our organization. In 2014, we opened an investment account in partnership with Princeton Area Community Foundation, which we call the NAMI Mercer Fund for the Future, depositing a portion of this reserve. In addition, we offered our members the opportunity to become inaugural donors to the Fund for the Future, which will fuel future programs and organizational growth.

Tom Nied
Treasurer

INCOME		EXPENSES	
Events Income:	\$226,422	Program Services:	\$246,533
Sponsors & Individuals		Education, Support, Outreach, Advocacy	
Grants: Corporate, Foundations, Government, Congregations	\$136,150	Management and General	\$39,013
Donations from Individuals	\$86,103	Fundraising	\$93,303
Total Income	\$450,675	Total Expenses	\$378,849
Net Income/Expense	\$71,826		
Value of 11,784 Volunteer Hours Donated to NAMI Mercer by 290 People**	\$302,613		
Total Income with Value of Donated Volunteer Hours	\$753,288		

**Value established by Independent Sector, 2014

