



nami Mercer

Families Meeting the Challenge of Mental Illness



Annual Report 2007

NAMI Mercer NJ, Inc.

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May, 2008

Dear Members of NAMI Mercer, Friends and Supporters,

Thank you for your part in making NAMI Mercer what it is today. We are an organization of members and friends who learn from one another, support each other and raise our collective voice to improve the lives of people affected by mental illness.

It is such a privilege to work each day alongside volunteers and staff who care so deeply about our mission. Upon entering the NAMI Mercer offices in early December, 2007, as the new executive director, I could sense the devotion and expertise of our team of workers.



This report attempts to capture some of the spirit of this place and these people, as it recognizes the highlights of 2007, the generosity of our donors and our financial status at the end of 2007. In pictures, stories, dollars and cents, we demonstrate our accomplishments for the year. We encourage you to learn more about our work and continue your partnership in education, advocacy and support for families and individuals affected by mental illness.

Because of your help and the help of many others, we can boldly say to the people of Mercer County:

If you or someone you love is affected by mental illness, you are not alone!

Sincerely,

A handwritten signature in blue ink that reads "Sally Z. Osner".

Executive Director



The NAMI Walk—An Amazing Day

What an amazing day it was! On October 7, 2007, a bright and beautiful Sunday morning, 55 teams comprising 600 friends, family members and colleagues took a united stand against stigma at NAMI Mercer's inaugural walk in Mercer County Park. Special thanks go to the "Presenting Sponsor," Bristol Myers Squibb.



The NAMI Mercer Board of Directors

Back row, l to r: Caroline P. Tompkins, M.Ed., *secretary*, Lynn LiMato, Hon. Joseph E. Irenas, William Wolfe, William P. Hayes, M.D., John E. Marsland, Jr., Laurie A. Russell, Damon Magnes Vigiano, *treasurer*, Jules DeGraff, Sally T. Osmer, L.C.S.W., *executive director*. Front row, l to r: Carol A. Kivler, M.S., Madeline Monheit, M.S., *vice president*, Pat Demers, M.S., *president*, Ellen Heath, M.S., Elizabeth Pilliod, M.B.A., Ph.D. Insert left, Jeremy Mann. Insert right, Menelas Pangalos, Ph.D.

NAMI Mercer Multicultural Outreach

In 2007 NAMI Mercer made major progress in its long-term goal to be more inclusive and diverse as a community of families and individuals. The past year was one with particular emphasis on outreach to African American families and individuals. Studies have shown that African Americans in the US are less likely to receive diagnoses and treatments for their mental illnesses than Caucasian Americans.

Through the efforts of the Multicultural Outreach Committee,

Kimme Carlos, our outreach coordinator, and Angela DeGraff, our group facilitator, a series of focus groups was held in Trenton to learn about the perceptions of mental illness from African Americans.

In spring of 2007, we held our first Family to Family class in Trenton at Shiloh Baptist Church. By offering the class at Shiloh, we were able to reach a group of people who would have had difficulty attending the twelve-week course outside the city.

The word is spreading about

our programs in Trenton. We now offer a family support group in Trenton in partnership with IFSS (Intensive Family Support System).

In October, we observed the Day of Prayer for Mental Illness Recovery at Galilee Baptist Church in Trenton.

Inclusion and outreach to underserved populations will continue to be a primary goal for NAMI Mercer in coming years, including outreach to Latinos as well as African Americans.

Transition in Leadership

Jerry Lindauer stepped down as executive director in October, 2007. The NAMI Mercer Board engaged in a transition planning process for nine

months with the goal of ensuring a smooth transition in executive directors. We are pleased that the board selected Sally Osmer as the new executive director in December 2007. Sally has the understanding

of a NAMI Mercer family member, the experience of a successful director of a nonprofit organization, and credentials as a Licensed Clinical Social Worker.

NAMI Mercer's Goals and Achievements 2007

Inclusive Community

NAMI Mercer seeks to be an inclusive and diverse community of individuals and families working to improve the lives of people affected by mental illness.

Specific accomplishments for 2007 included:

- Holding the first Family to Family class in Trenton in the Spring of 2007, at Shiloh Baptist Church.
- Co-hosting the Day of Prayer for Mental Illness Recovery on October 13 and a focus group on October 27 at Galilee Baptist Church in Trenton.
- Engaging a membership of 350 families with over 700 individuals in our work.

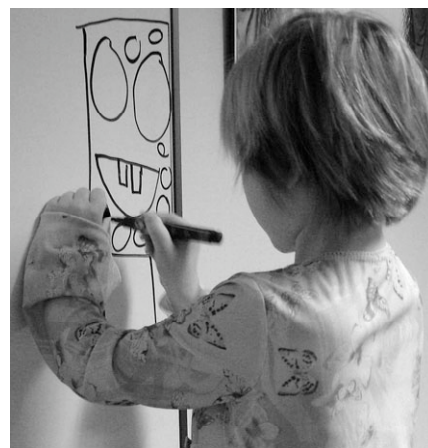


Education and Support

NAMI Mercer provides the information, education and supports to improve the quality of life of consumers and their families.

In 2007 our trained volunteers and staff:

- Taught four Family to Family 12-week courses, with one course held in Trenton.
- Taught two Visions for Tomorrow courses for parents of young children in the spring and fall.
- Sponsored NAMI CARES and W.R.A.P. support group and recovery program for consumers.
- Gathered Just Friends, our signature social program, for over 100 activities for 40 active consumer members.
- Reinvigorated our socialization group for children, Just Kids, with 22 active families.
- Answered over 550 Helpline calls with a team of 16 volunteers who offer support, information and care every week-day.
- Partnered with Greater Trenton Behavioral HealthCare to offer IFSS (Intensive Family Support System) support groups and family counseling for over 30 families.



Outreach and Advocacy

NAMI Mercer will increase the understanding of mental illness and the acceptance of people with mental illness.

We will raise our voices so all people with mental illness will have access to the effective, evidence-based services that will improve their quality of life and promote real recovery.

Our outreach and advocacy activities have:

- Delivered "In Our Own Voice" Anti-Stigma presentations to 50 different groups, comprising over 1,000 people.
- Distributed mental health and NAMI Mercer information at twelve community events in all areas of the county.
- Participated in Mercer County efforts to improve the mental health services.
- Advocated for state and federal legislation through our NAMI NJ and NAMI National connections

Annual Financial Report 2007

Financial year 2007 was a very strong one for NAMI Mercer.

Highlights for the year

Income from fundraising events was the largest ever, due to both the January Night Out With NAMI and the first ever NAMI Walk in October. Night Out With NAMI raised net income of \$75,278 for our programs, while the NAMI Walk provided net income of \$71,675. Not only did these events provide the necessary income for the organization, but in combination, they gathered over 1,000 people who are committed to our mission. In 2007 all indicators of financial health showed increases — year-end annual income, annual program expenses and net assets.

The Finance Committee and Board of Directors are pleased to report that our increased revenue has allowed NAMI Mercer to add three part-time staff members for the coordination of In Our Own Voice, Visions for the Future and Multicultural Outreach. In 2008, we will add a part-time Volunteer Coordinator as well.

The longer view

The Income and Expenses graph below demonstrates the progress of the organization over the past 10 years of program expansion, and of impact in the community. The income spike in 2001 and 2002 reflects the “Campaign for the Future” capital campaign which enabled NAMI Mercer to move toward a paid staff and in the 2005 move into the NAMI Mercer Center. The \$35,200 capital expenses of the new office are included in the 2005 expenses shown below. We achieved a balanced budget in 2006 and our income exceeded expenses in 2007.

Income and Expenses in 2007

Income

| | |
|--|-----------|
| Fundraising Events | \$205,433 |
| Grants from Corporations & Foundations | 67,595 |
| Donations from Individuals | 29,258 |
| Government Contracts | 10,732 |
| Interest | 6,686 |

Total Income **\$319,704**

Expenses

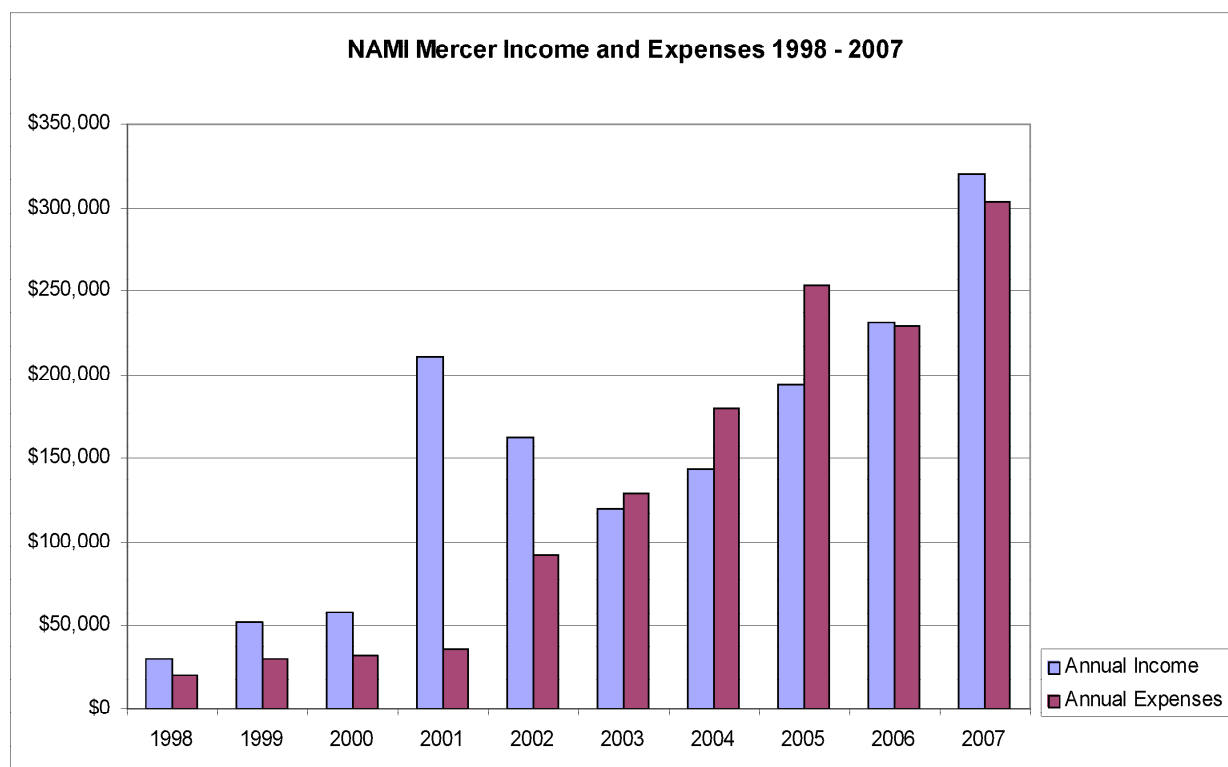
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|---------------------------------|-----------|
| Program Services | \$185,040 |
| Management and General Expenses | 51,843 |
| Fundraising Expenses** | 66,202 |

Total Expenses **\$303,085**

***Note: 2007 Fundraising expenses include Night Out with NAMI expenses for both 2007 and 2008. Contributions to NAMI National and other affiliates from the 2007 NAMI Walk are also included.*

“In my opinion, the financial statements referred to above present fairly, in all material respects, the assets, liabilities and net assets of NAMI Mercer NJ, Inc. as of December 31, 2007 and 2006, and its revenues collected, expenses paid and changes in net assets and statements of functional expenses for the year then ended, on the basis of a modified cash basis as described in the full audit report.” Lewis Parker, CPA.

NAMI Mercer Income and Expenses 1998 - 2007



Sponsors, Supporters and Memorial Donations, 2007

| | | | |
|---|--|--|--|
| <p>Above \$25,000 Janssen, L.P.</p> <p>\$15,000-\$25,000 Princeton Area Community Foundation Wyeth</p> <p>\$10,000-\$14,999 Bristol Myers Squibb Johnson & Johnson PhRMA Group</p> <p>\$5,000-\$9,999 Brian & Linda McGrath Curtis W. McGraw Foundation NAMI - NJ NAMI National Wyeth Neuroscience Team* NAMI Hunterdon Team*</p> <p>\$2,500-\$4,999 Carol's Courageous Recovery Crusaders Education Testing Service Greater Trenton Behavioral Health Care Greater Trenton Behavioral Health Care Team* Ray & Janet Hurst Joseph & Nancy Irenas Janssen Team* Lawrence Township Community Foundation Merrill Lynch Thomas & Carol Nied The Rose & Louis Linowitz Charitable Foundation Walk with Wolves*</p> <p>\$1,000-\$2,499 Alexander Road Associates Melissa Cacace Camden County Youth Partnership Team* Carrier Clinic Catholic Charities Robert & Pat Demers Demers Team* Family to Family Team* First Presbyterian Church of Cranbury Friends of NAMI Team* Goldman Sachs and Company Jewish Community Foundation of Princeton Mercer Bucks</p> | <p>Carol Kivler Mercer County Government Team* Alan & Madeline Monheit NAMI Kids Team* Neil Shainwald & Catherine Pike Princeton University Team* Roma Federal Savings Bank Schering Plough Stacey's Team* Mary Szczepanick Tom & Caroline Tompkins Value Options Walk the Walk Team* William & Phyllis Wilmot William & Betty Wolfe Woodlane Estates Walkers Team* Yardville National Bank Zonta Club Bruce Yamamoto & Cathy Beach</p> <p>\$500-\$999 George & Joyce Albers- Schonberg Capital Health Systems Covenant Presbyterian Church Steven & Susan Darien Dataram Corporation Educational Testing Services Christine Falcone Charles & Diane Gilfillan Colin & Margaret Hill Hinkle & Fingles Hopewell Valley Community Bank John & Katherine Lasley Lynn LiMato David Low Thomas & Alexandra MacCracken Duncan & Evelyn Macfarlane Menelas Pangalos Princeton House Behavioral Health Hereschel Rabitz Sam's Club David Sheffield Edward Shehab & Tracy Lien The McGraw Hill Companies Tuchman Foundation Inc. Unitarian Universalist Church of Princeton Robert & Barbara Wolfe</p> | <p>\$250-\$499 Jim & Liz Bartholomew David & Maynett Breithaupt Ronald & Vicky Campbell Century Office Products Paul & Linda Chew Jim Firestone & Tina Clement Covenant Presbyterian Church Arthur & Janet Eschenlauer Linda Gochfeld John & Jan Gramer Donald Pidcack & Nancy Grieco Raymond & Barbara Hallows Bob Schuster & Ellen Heath Edward & Kathleen Jacobs Charles & Rosanna Jaffin James E Hurley Insurance Company Joe Canal's Discount Liquor Outlet Walter & Joanne Johnson Nora Kales Richard & Sharon Kaplan Maxine Lampert Lanier & Marilyn Leonard John & Carol Marsland Brandt & Marilyn McCabe David & Katherine Miller Paula Norwood NT Callaway Real Estate LLC Rick & Sally Osmer Lewis Parker Mark Perrin Edith Pike Robert Wood Johnson Foundation Harvey & Sandra Rosenhouse Joseph & Mary Rose Russo Patricia Sayles Ronald & Karen Schotland Clarence & Barbara Schutt Howard & Karen Schwartz Nick & Joan Semenuk Thomas Edison State College David Valan Helmut & Caroline Weymar Whole Foods John Yates</p> <p>\$50-\$249 Franklin & Dorothy Agnew Graham & Martha Akers Albemarle Corporation</p> | <p>Philip Albert John & Sheila Allen Michael & Maureen Amter Susan Anderson Judith Arnold Russell Atchley Joseph & Adelaide Avella Joseph Bachalis Virginia Bailey Nancy Ballek Joseph & Sally Barber Brad Barham Sherry Baroon Seabrook Jerry & Shirley Barris William & Patricia Barta Bruce & Lolly Barton Ann Bastian George Cody & Francesca Benson Lawrence Berger Louise Beste Janet Bickal Robert Blankstein Nancy Block Harry & Georgette Boeselager Joseph & Sarah Bolster Geraldine Boone Patricia Borden Alexander & Albina Bothwell Marc Brahaney & Janet Lasley Steven Braithwaite & Wai Yee Chan Jackie Bregenzer Pat Brennan Ronald & Sally Brenner Marian Brownlee-McKee Kirk & Harriet Bryan Mary Budkowski George & Anita Burgey David & Mary Byrne Glenn Cantor & Inge Eriks Peter Cecchini John & Renee Celinski Arlene Ceterski Jacalyn Chadwick Chambers Walk Café David Christie Douglas & Karin Clark Bryan Clarke & Desiree Bryant</p> |
|---|--|--|--|

* Thank you to the 55 Walk Teams who participated in NAMI WALKS on October 7, 2007. We have only included teams that raised over \$1,000.

Sponsors, Supporters and Memorial Donations, 2007

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