



nami Mercer

Families Meeting the Challenge of Mental Illness



Annual Report **2008**

NAMI Mercer NJ, Inc.

3371 Brunswick Pike, Suite 124

Lawrenceville, NJ 08648

Tel. 609-799-8994, Fax 609-799-8996

home@namimercer.org, www.namimercer.org

May 2009

Dear Members of NAMI Mercer, Friends and Supporters,

Since 1984, NAMI Mercer has advocated for the improvement of the lives of all individuals and families who are affected by mental illness in Mercer County. The progress of the organization is directly related to the constant hard work of family members and consumers who are committed to helping others to have a positive recovery and a future filled with hope.

This report on our accomplishments for 2008 reflects the collective experiences of a membership of more than 400 families in the Mercer County area. It also reflects the excellent work of our small staff: full-time Office Manager Danita Saunders and three part-time program coordinators, Joanna Harrison-Smith, Erika Reading and Tom Tompkins.

During the year, the Board of Directors developed a new strategic plan to chart the direction of the organization for several years. Major objectives are to continue to work to be an inclusive community; to expand our education and support programs to reach youth, young adults and their families; to increase our anti-stigma outreach throughout the county and to eliminate barriers to treatment as they exist in our mental health system.

Our annual report on our progress toward reaching these goals is provided to inform you and to encourage your participation in our work. We highlight the accomplishments of the year, the generosity of our donors and our financial status at the end of 2008. We encourage you to learn more about the work of NAMI Mercer, and we invite you to be an active participant in our programs of education, advocacy and mutual support for families and individuals affected by mental illness.

Past President Pat Demers (2005-2008) was deeply involved in the successful transition from our last executive director and served very capably as our president through July 2008. Pat hopes the future will bring even more recognition for NAMI Mercer and its free programs and services.

Thank you for your support, which has been demonstrated with your gifts of time, creativity, care, leadership, attendance and financial support. Please remember, if you or someone you love is affected by mental illness, you are not alone!

Sincerely,

Sally T. Osmer

Executive Director

William P. Hayes, MD

President



Sally Osmer



From left, new NAMI Mercer officers Laurie Russell, vice president; Bill Hayes, president; Caroline Tompkins, secretary; and Damon Vigiano, treasurer.



From left, past NAMI Mercer presidents Bill Wilmot (1998-2001), Ellen Heath (2002-2005), Chomy Garces (1992-1994) and Pat Demers (2005-2008) with current president, Bill Hayes.

NAMI Mercer: A Brief History

NAMI Mercer had humble beginnings but a great destiny. In the early 1980s, several families began to meet regularly to support each other in the task of coping with mental illness in a loved one. In those days, parents were readily blamed for their children's illnesses; stigma was a major problem; and parents had very little information and no say in treatment.

These family members became the Mercer Alliance for the Mentally Ill (MAMI), which was incorporated in 1984 with Gloria Blumenthal as president. Tom and Chomy Garces later started an office in their home and began to offer classes for families, the Just Friends social group for people affected by mental illness, a helpline and education meetings, all of which are still core offerings of NAMI Mercer.

The families set to work to find group housing for their ill relatives and eventually raised enough money to buy two prop-

erties for this purpose. These were handed over to Catholic Charities in 2005. MAMI held regular public meetings in the Lawrence Library to raise awareness and provide information. A team of volunteers also began working with the staff of Trenton Psychiatric Hospital to monitor conditions, a service that continues to this day.

In 1995, MAMI opened its Lawrenceville office on Lakedale Drive and was run for six years by the Garces, who volunteered fulltime between them as counselor, advisor, office manager, press secretary and accountant.

In 2001, a banner year, a major grant for office support came in from the Robert Wood Johnson Foundation; Chomy Garces received the New Jersey Psychiatric Association's Citizen of the Year Award and a new program for children, "Visions for Tomorrow," was launched. NAMI Mercer (renamed as a county affiliate of the National Alliance on Mental Illness) received the national organiza-

tion's Outstanding Local Affiliate Award for its effective public education programs and strong volunteer commitment.

In January 2002, a screening of the movie "A Beautiful Mind" in Princeton inaugurated a series of annual fundraising events that laid the foundation for NAMI Mercer's move to paid, professional staffing and its present headquarters in Lawrence Commons.

Rachel Howard, our first paid executive director, was hired in 2002, followed by Jerry Lindauer in 2003 and Sally Osmer in 2007.

In 2009, NAMI Mercer celebrates its 25th anniversary, a momentous occasion for Mercer County families whose loved ones are affected by mental illness. The 2009 NAMI Mercer Walk on Saturday, May 30, a five-kilometer circuit on the grounds of Educational Testing Service (ETS) in Lawrenceville, will mark this great occasion and give us all a chance to get together.

NAMI Mercer's Goals and Accomplishments, 2008

Inclusive Community

NAMI Mercer will increase the participation and membership of people from diverse economic, racial, ethnic and age groups in NAMI Mercer.

In 2008, NAMI Mercer:

- Engaged a membership of 350 families with more than 700 individuals in our work.
- Completed the first year of paid Volunteer Coordinator, with 150 volunteers working for more than 4,700 hours. We improved processes for recruiting, training and supporting volunteers at all levels of the organization.
- Developed outreach materials for and piloted a new NAMI National educational program, Sharing Hope: Understanding Mental Health, an outreach resource for African-American faith communities, at Galilee Baptist Church, Trenton, in November.

Education and Support

We will expand the education and support services for youth and young adult consumers (ages 17-30) and their families.

In 2008 our trained volunteers and staff:

- Established a new College Outreach Committee and designed a pilot program with Rider University, reaching around 200 students in the 2008-2009 academic year.
- Taught three Family-to-Family 12-week courses for 52 people, with one course held in Trenton.
- Trained teachers and taught the

first NAMI Basics class for 16 parents of young children in the spring and fall.

- Sponsored NAMI CARES and W.R.A.P. support group and recovery program for consumers.
- Founded a new support group for consumers, Weight Management Support Group, which is peer-led and meets monthly.
- Gathered Just Friends, our signature social program, for around 100 activities for 50 active consumer members.
- Sponsored our monthly socialization group for children, Just Kids, with 25 active families.
- Initiated a new social group for young adult consumers, Becoming Friends, with an initial membership of 12 people.
- Partnered with Greater Trenton Behavioral HealthCare to offer IFSS (Intensive Family Support System) support groups, family counseling for more than 30 families and monthly public education events.

Outreach and Awareness

We will increase the number and quality of community awareness and education events in a variety of settings in Mercer County.

Our outreach and awareness activities have:

- Delivered "In Our Own Voice" anti-stigma presentations to 69 different groups with more than 1,900 people (an increase of 100 percent over 2007), with 15 trained Mercer County presenters.
- Planned collaborative outreach

activities for Mental Health

Awareness Month in May with the Professional Advisory Committee of the Mercer County Mental Health Board and designed book marks that were distributed to 6,000 people in the county, through the library system.

- Engaged 24 congregations in Mental Illness Awareness Week in October in providing information on mental illness and offering prayers for consumers and their families.
- Delivered 14 presentations to civic, professional and community groups in 2008.
- Distributed mental health and NAMI Mercer information at 17 community events in all areas of the county.

Advocacy

NAMI Mercer will advocate to break down barriers to successful treatment outcomes in Mercer County. During 2008 NAMI Mercer:

- Participated on the Mental Health Board, Family Partnership monitoring of Trenton Psychiatric Hospital, Professional Advisory Council for the county, NAMI NJ Public Policy, Legislative and Family Support Committees and other mental health advocacy bodies.
- Advocated for federal mental health parity law which passed in October, 2008.
- Initiated a new partnership with Capital Health Psychiatric Screening Center and early steps for a collaborative approach to improving law-enforcement relationships.

We Couldn't Do It Without Volunteers!

NAMI Mercer has a team of more than 160 volunteers who work in every aspect of our mission.

In 2008, the volunteers provided more than 5,000 hours of work for the organization.

The Helpline volunteers are on duty in our office weekly, with two volunteers per shift.

Volunteers staff our outreach tables for community events and health fairs across the county.

Administrative volunteers assist with clerical and computer tasks.

Our volunteer communications team writes our quarterly newsletter, newspaper articles and other publications.

The Family-to-Family Program

has volunteer teachers who teach the 30 hour course. We have a team of 12 trained teachers and run three to four classes per year with two teachers for each class.

NAMI Basics is the course for parents of children under 18, and we have two volunteer teachers who teach the six-week class twice a year. Our consumer support and

continued on Page 4

Annual Financial Report, 2008

The year 2008 was a very strong financial year for NAMI Mercer.

Highlights for the year

- In January 2008, NAMI Mercer had its annual major fundraising event, Night Out With NAMI. The net income for the event was \$89,197, or 28 percent of our income for the year.
- Income from grants from corporations, foundations and congregations increased by 67 percent in 2008 from 2007, in part due to new funders. Shire Pharmaceuticals, Church & Dwight, Fred C. Rummel Foundation, Merancas Foundation and Princeton University Chapel were new funders in 2008.
- A very significant factor for our income was the receipt of a bequest of \$40,000 from the Anna Leigh Charitable Trust.
- During the year, we were able to make some improvements in our office space and replace some of our computers to increase the efficiency of the overall operation.
- The Annual Appeal was stronger than in years past, with 115 donors contributing.

We are very pleased to have ended the year with a surplus, given the economic climate.

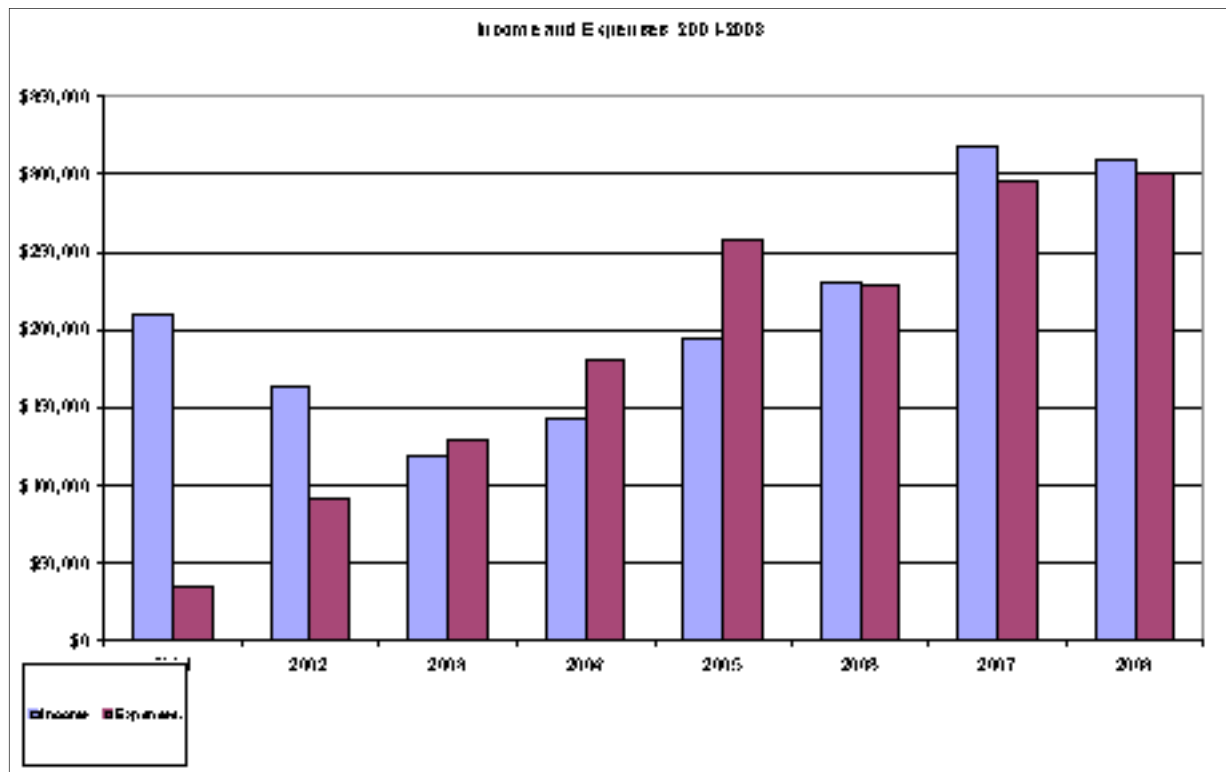
Income

Fundraising Events	\$ 105,018
Grants (Corporations, Foundations and Organizations)	95,820
Donations	41,543
Bequest	40,000
Government Contracts	10,712
Membership Dues	9,889
Interest Income	5,781
Total Income	\$ 308,763

Expenses

Program Services	\$ 213,606
Management and General	42,119
Fundraising Expenses	45,128
Total Expenses	\$ 300,853
Net Income	\$ 7,910

"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, 2008 and 2007, and its revenues collected, expenses paid and changes in net assets, and statements of functional expenses for the years then ended." Lewis Parker, CPA.



Sponsors, Supporters and Memorial Donations, 2008

Above \$25,000

Anna Leigh Charitable Trust

\$15,000-\$25,000

Ortho-McNeil-Janssen
Pharmaceuticals Inc.

\$10,000-\$14,999

Bristol-Myers Squibb Company
Johnson & Johnson Matching Gift
Program

Shire Pharmaceuticals, Inc.
The Bunbury Company
The Merancas Foundation, Inc.
Wyeth

\$5,000-\$9,999

Church & Dwight Employee Giving
Fund

Curtis McGraw Foundation
NAMI New Jersey
PhRMA Group
The Fred C. Rummel Foundation
Joseph & Nancy Irenas
Brian & Linda McGrath

\$2,500-\$4,999

Educational Testing Service
Lawrence Township Community
Foundation

NAMI National
United Way Designated Contributions
Ray & Janet Hurst

\$1,000-\$2,499

Alexander Road Associates
Catholic Charities
First Presbyterian Church, Cranbury
UBS Financial Services
Greater Trenton Behavioral
HealthCare
Jewish Community Foundation
New Jersey Monthly Magazine
PNC Bank
Princeton HealthCare System
Roma Bank
Anonymous Donors
Glen Cantor & Inge Eriks
Michael & Jane Chwick
Robert & Pat Demers
Corby Finney & Kathleen McVey
Betty Wold Johnson
Richard & Sharon Kaplan
Carol Kivler
Alan & Maddy Monheit
Thomas & Carol Nied
Mary Ellen Szczepanik
Tom & Caroline Tompkins
Damon Vigiano
William & Betty Wolfe

\$500-\$999

Albemarle Foundation
Capital Health System
Goldman, Sachs & Co. Matching Gift
Program

Hinkle, Fingles & Prior
Attorneys at Law

Hopewell Valley Community Bank
Princeton University Chapel
Schering Plough Workplace Giving
Stark & Stark
The McGraw-Hill Companies
Employee Giving

Unitarian Universalist Congregation
of Princeton

Harris & Charlotte Adams
George & Joyce Albers-Schonberg
John & Renee Celinski
Linda Gochfeld

Robert Hendrickson
Colin & Maggie Hill
Immanuel & Vera Kohn
Lynn LiMato
Jane Maggard

John & Carol Marsland
Thomas McCracken
Rick & Sally Osmer
Elizabeth Pilliod

Thomas & Molly Pyle
Laurie Russell

Neil Shainwald & Catherine Pike
David Valan
Bill & Phyllis Wilmot
Bruce Yamamoto & Cathy Beach
John Yates
Michelle Zechner

\$250-\$499

Caxton Associates, LLC
Covenant Presbyterian Church
CRI Worldwide, LLC
HACBM
Hopewell Presbyterian Church
Joe Canal's (Birchfield Ventures, LLC)
The Prudential Foundation
Matching Gifts
TNS Healthcare, Inc.
David & Maynett Breithaupt
Juan & Caridad Camilo
Ronald & Vicky Campbell
Jacalyn Chadwick
Jules and Angela DeGraff
Eleanor Fried
Ellyn Geller
Grand Slam We Care Foundation
Nancy Grieco
William & Mary Hayes
Janet Hersey
Eric Johnson
Nora Kales

Lanier & Marilyn Leonard
Duncan & Evelyn Macfarlane
Lola Madsen
Howard & Lyn Maher
John E. Marsland
Jonathan & Marilyn McCabe
Ruth Mekitarian
David & Katherine Miller
Albert & Leatrice Minzter
William & Mary O'Shaughnessy
Lewis & Margherita Pepperman
Mark Perrin
Herschel & Andrea Rabitz
Shirley Radack
Carol Rickard
Pat Sayles
Ronald & Karen Schotland
Nick & Joan Semenuk
Fred Vereen
Robert & Barbara Wolfe

\$50-\$249

Borden & Perlman Insurance
Ellen Charry Family Fund
Inter-Networx
Prudential Foundation Matching Gifts
Psychopharmacology Research
Association
Well Youniversity, LLC
Martha Akers
Philip & Dorothy Albert
Maureen Amter
Frank & Mary Andreoli
Barbara & Frank Arcarese
Scott & Amy Ashe
Russ Atchley
Joseph & Adelaide Avella
Alejandro & Weizhen Bacelar
Charles Bachus
Frank Barham
Jerome & Shirley Barris
Brian & Andrea Bass
Ann Bastian
Michael & Jane Batt
Robert & Joan Bennett
Francesca Benson
Louise Beste
Leslie & Anita Bittenson
Anne Blair
Joseph & Sarah Bolster
Patricia Borden
Ronald & Sally Brenner
Paul Brogle
Frederick & Sharon Brubaker
Kirk & Harriet Bryan
David & Mary Byrne
John & Sherri Cade
Jason Scott Camilo
Thomas & Carol Charleroy
Kelley Chase
Susan Chermak

Paul & Linda Chew
 Chandrasen Chhatpar
 David Christie
 Alexander Chwick
 Gertrude Chwick
 Douglas & Karin Clark
 Michael Clear
 Tina Clement
 Joseph & Maryann Coffey
 Jack Conley
 Gail Conley
 John & Irene Cottone
 Jonathan & Diane Cox
 Marianne Crisitello
 Robin & Valerie Cunningham
 Susan Darley
 Alice Dipaola
 William & Jean Dolan
 Sean & Beth Ann Donovan
 Judith Donovan
 Joseph & Beverly Dubee
 Marilyn Durkee
 A.J. Dybvig & Katherine McGavern
 George & Sarah Easter
 Nancy Easton
 Victoria & Ray Echevarria
 Willam Edwards
 Jane Ensminger
 Barry & Annie Erner
 Gioconda Escalona
 Arthur & Janet Eschenlauer
 Donald & Ann Farfalla
 Nicholas & Alice Ferrant
 Issie & Eva Flaer
 Peg Forrestal
 C. Fritz & Mary Jane Hager
 Miguel & Maria Garces
 Charles & Diane Gilfillan
 Paul & Barbara Gingher
 Robert & Francine Goldstein
 Melvin & Josephine Gonsalves
 Joan Goodman
 Phyllis Gowa
 William & Amanda Green
 Thomas & Judith Gregory
 Janet Griegel
 Carey Gross
 Michael & Ilene Grossman
 Jean Gunkel
 Martin & Betty Gurvitch
 David & Elisabeth Hagen
 Barry & Regina Haimer
 Raymond & Barbara Hallows
 Mary Lou Handwerk
 Laurie Harmon
 Margaret Harper
 Ralph & Barbara Hartman
 Hendrick & Nancy Hartog
 Bernice Harvey
 Ellen Heath & Robert Schuster
 Marguerite Heath
 Phil & Kim Hochrun
 Michael & Vera Hochrun

Nancy Hodges
 Francis & Pin-Pin Hsu
 Edward Irenas
 Jennifer Jakubowski
 Gary Karlin & Jane Zamost
 William Jenson
 Joyce Johnson
 Jay Kahn & Joyce Sprafkin-Kahn
 Anne Kannen
 Amy Kasternakis
 Susan Kaufman
 Ronald & Jacqueline Kavas
 Julieann & Darryl Kestler
 Edward & Rosa Kestler
 Eva Kirkland
 Sarah Kleinman
 Kattya Koenigsberg
 Anastasia Lambros
 Alexander & Georgia Lambros
 Maxine Lampert
 Arnold Lash
 Janet Lasley & Marc Brahaney
 John & Kay Lasley
 Kathleen Laurita
 Clifford & Donna Lazarus
 Michael Leopold
 Richard Levandowski
 Jerry Lindauer & Barbara Gilin
 Marlane Lockheed
 Louis & Julia Lombardo
 Suzanne Lornat
 Jayne Love
 Dennis Mahoney
 Thomas & Marilyn Maione
 Williams & Jean Malloy
 Leonard Mangano
 Jeremy & Tracy Mann
 Mary Ellen Marino
 George McCormack
 Kevin McCurdy & Joan MacDonald
 Peggy McNeill
 Richard & Leah Meagher
 Marie Menos
 David & Theresa Mizenko
 Gail Mizsur
 John Monahan
 Robert & Barbara Monheit
 Richard & Helen Newton
 Richard & Carol Ober
 Sondra Obstein
 Massayuki & Sakiko Ono
 John & Monica Orloff
 Lawrence & Jean Parsons
 Ann Marie Pasculli
 Ruth Payne
 Stephen and Adriana Peroutka
 Betty Jane Petterson
 Edith Pike
 Katherine Popenoe
 Denise Pratico
 Catherine Progetti
 Catherine Pruden
 Henry & Patricia Rand

Richard & Lisa Rando
 Robert & Catherine Raphael
 Robert & Patricia Raywood
 Alan Rich & Gloria Espinoza-Behling
 Andrew & Aida Rivinius
 Joan Rizzuto
 Patricia Roberts
 McDonald & Nancy Robinson
 Jonathan & Helen Rod
 Leslie Roosevelt
 Steven & Debra Rosenblatt
 Helen Ross-Sangster
 Edward Rothstein
 Martha Ellen Rowe
 Jerry Rubin
 Hans & Katya Ruyter
 Matthew & Madelyn Schiering
 Raymond Schuller
 Rita Scozzari
 Grace Sells
 Horace & Joyce Shaffer
 Donald Sheasley
 Thomas & Kathryn Shelton
 Stephen & Susan Silver
 Vincent & Verna Silvestro
 Marilyn Simzak
 Iakov & Elena Sinai
 Barry & Linda Skokowski
 Toby Sprafkin & Anne Blair
 Raymond Speer
 Carol Sprafkin
 Karla Stein
 Charles & Elizabeth Stenard
 Alicia Stevenson
 Richard Stone
 Irwin Stoolmacher
 John Georgia Strozyk
 Katrine Stumbaugh
 Lawrence & Odette Taft
 Mildred & Robert Tain
 Brian & Mary Ternoey
 Robert & Marian Tignor
 Kathryn Tolin
 Nicholas & Yolanda Tuz
 Rosemary Untener
 Patricia Valan
 June Valley
 Walter Varan
 Eugene & Patricia Vigh
 Peter Vince & Marilyn Magnes
 Gregory & Jessica Vistnes
 Ruth Vitale
 Thomas & Roseann Walls
 Margery Ward
 Jean Ward
 Chuck Warznak & Janice Moskowitz
 Richard & Emily Wheeler
 Don Wilson
 Robert & Sylvia Woolworth
 John & Kathleen Wunder
 Morton & Nutri Zachter
 Anne Zamonsk
 Leona Zarin

NAMI Mercer

BOARD OF DIRECTORS

William P. Hayes M.D.

President

Laurie A. Russell

Vice President

Caroline P. Tompkins, M.Ed.

Secretary

Damon Magnes Vigiano

Treasurer

Harris Adams

Jules DeGraff

Hon. Joseph E. Irenas

Carol A. Kivler, M.S.

C. Elizabeth Leach, M.S.W.

Lynn LiMato

Karen L. Marquis, Ph.D.

John E. Marsland, Jr.

Jeremy Mann

John Monahan, M.S.W.

Madeline Monheit, M.S.

Elizabeth Pilliod, M.B.A., Ph.D.

EXECUTIVE DIRECTOR

Sally T. Osmer, L.C.S.W.

OFFICE MANAGER

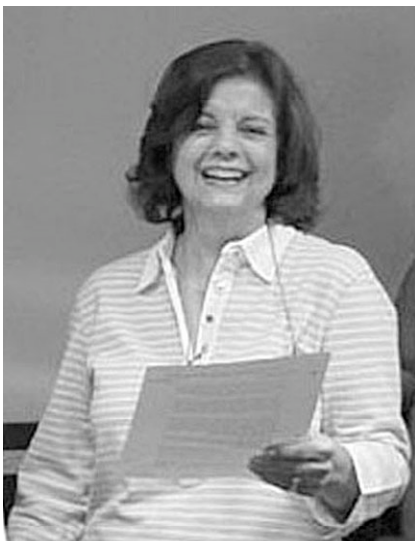
Danita L. Saunders

VOLUNTEER COORDINATOR

Tom Tompkins

EDITOR

Elisabeth Hagen



At left, Linda McGrath, long-term member and former board member, whose devotion to teaching — and training teachers for — NAMI's Family-to-Family course, won her a place in NAMI National's Hall of Fame in 2008.

People We Are Proud Of

At right: Carol Kivler, NAMI Mercer board member, long-term supporter and In Our Own Voice presenter, was honored in 2008 with Garden State Seed of Hope award, given by New Jersey Monthly Magazine, for her accomplishments in the field of help and encouragement to people affected by mental illness.



From left, Sally Osmer, past NAMI Mercer president Pat Demers and Bill Hayes. In June 2008, NAMI National selected Dr. Hayes to receive a 2008 Exemplary Psychiatrist Award. Dr. Hayes is one of 30 psychiatrists from 21 states "who are stars within the nation's mental healthcare system," said NAMI National E.D. Michael J. Fitzpatrick.

Volunteers,

continued from Page 4

social groups, NAMI Care, WRAP, Just Friends, Becoming Friends and Just Kids all have volunteer leaders for their 150 activities each year.

NAMI Mercer has 15 trained In Our Own Voice speakers who make presentations all over the county, reaching around 2,000 presentations in 2008 with their hopeful, anti-stigma message.

Many people volunteer on NAMI Mercer committees and the Board of Directors, overseeing events and steering the organization in its mission. NAMI Mercer is represented

throughout the state by volunteers involved in advocacy work to improve mental health facilities and policy—visiting state hospitals, serving on public boards and participating in NAMI New Jersey public policy and legislative committees.

NAMI Mercer volunteers include youth in high school, college student interns, senior citizens, family members and consumers, women and men, people who come to the office to work and people who work from their homes or in other locations.

In 2008 we have greatly enhanced our coordination of volunteers with the addition of a part-time volunteer coordinator, Tom Tompkins.