



NAMI Mercer

Families Meeting the Challenge of Mental Illness



Annual Report

2009

NAMI Mercer NJ, Inc.

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June 2010

Dear Members of NAMI Mercer, Friends and Supporters,

We are very pleased to present this Annual Report for 2009, NAMI Mercer's 25th Anniversary Year. It outlines some of our major achievements that have impacted our community in very positive ways. We draw your attention to three significant areas of accomplishment:



Sally Osmer

A major highlight for 2009 has been **communication**. *The Times of Trenton* honored our anniversary year by publishing eleven monthly articles on NAMI programs that benefit our community. Elisabeth Hagen and Madeline Monheit shared the research and writing, submitting professional material within deadlines. The Hagen/Monheit team also produced our quarterly newsletter, *The Messenger*, which reaches about 2,000 households and organizations. In December 2009, NAMI New Jersey honored us by selecting *The Messenger* as the "Outstanding Affiliate Newsletter." With the professional assistance of Jim Alexander, our communications team also redesigned and rewrote the NAMI Mercer website to more effectively convey our mission to the broader community. Our improved website has received positive feedback and increased use — averaging 4,400 visits to the site each month.

Another highlight has been extraordinary **special events**. Once again, we opened the year with a successful Night Out With NAMI on January 6. In May, we were pleased to host a special screening of *The Soloist* as guests of the Princeton Garden Theater. More than 200 attendees viewed the movie and heard a panel of experts speak about homelessness and mental illness. The NAMI Walk gathered more than 600 people in May for the anti-stigma event that raised \$85,000. We also hosted our first conference in October, *Harvest of Hope: Recovering from Mental Illness*, for more than 120 participants. NAMI Mercer members and friends enjoyed devoting a day to learning more about mental illness and recovery together.

Finally, 2009 was a year of significant **growth in our programs** for mental health consumers. We launched *NAMI Connection*, following a new NAMI National consumer support group model. Five trained facilitators began offering a weekly (rather than a biweekly) group. The peer-led Weight Management Support group continues to meet monthly with guidance from Bill and Mary Hayes, who provide expertise in nutrition and wellness strategies.

Our three consumer social groups are all thriving! *Just Friends* has more than 50 members and offered nearly 100 activities. The *Becoming Friends* group (ages 18-30) sponsored 2-4 events each month for its fifteen participants. The personal testimonies of group members attest to the importance of friendship in recovery. *Just Kids* has a strong core membership of 25 families with children who have behavioral and mental disorders. The children are establishing positive friendships at the monthly gatherings that are led by a faithful group of volunteers and area college interns.

NAMI Mercer is truly a network of families and individuals that mutually educate, support, and advocate for improved lives for all people affected by mental illness. Thank you for your participation and assistance in so many different ways.

Sincerely,

Sally T. Osmer
Executive Director

William P. Hayes, MD
President

Harvest of Hope, October 10, 2009



Left, from left: NAMI Mercer President Bill Hayes, keynote speaker Sharon O'Brien and NAMI Mercer Executive Director Sally Osmer.



Top, from left: Michelle Berenwick and Ann Basile.
Top right: Joanna Harrison-Smith and Thomas Klem.

Above: Delores Williams and Nora Kales.
Right: Heart to Hearts VP Sue Methot and Libby Bartholomew.

NAMI Mercer's Goals and Accomplishments, 2009

In 2009, we at NAMI Mercer:

Advocacy

Participated in the Mental Health Board, Professional Advisory Council, Family Partnership at Trenton Psychiatric Hospital, NAMI NJ Public Policy and Legislative and Family Support Committees, and other mental health advocacy bodies.

Participated in founding a crisis intervention training program for law enforcement officers in Mercer County, with initial training sessions held in December 2009.

Advocated for state and federal legislation through our NAMI NJ and NAMI National affiliations.

Inclusive Community

Sustained a membership of 400 families comprising more than 760 people.

Coordinated more than 170 active volunteers, who donated 6,200 hours of service.

Conducted NAMI's signature programs to reach more diverse populations—with nearly half of our In Our Own Voice presentations and half of our Family to Family classes held in Trenton.

Education and Support

Held two highly successful major education events: a special screening of *The Soloist* followed by a panel discussion on homelessness and mental illness for more than 200 people in



President Bill Hayes opens the October Harvest of Hope conference in the Presbyterian church, Lawrenceville.

May, and a full-day conference, *Harvest of Hope: Recovering from Mental Illness*, with a keynote address and twelve workshops for more than 120 participants in October.

Taught two, 12-week Family-to-Family courses for 34 people.

Taught two classes of NAMI Basics for 34 parents in the spring and fall.

Sponsored NAMI Connection, a new weekly support group and W.R.A.P. (Wellness Recovery Action Plan) recovery program for consumers. New facilitators were trained for both programs.

Strengthened the monthly Weight Management Support Group for consumers with capable leadership and steady participation of 12 people.

Held about 100 activities for the 50 active consumer members of Just Friends, our signature social program.

Fostered significant growth in Becoming Friends, our social group for young adult consumers. Becoming Friends offered 2-3 events each month

with peer leadership and partnerships with Just Friends.

Offered a monthly socialization group for children, Just Kids, with 25 active families.

Partnered with Greater Trenton Behavioral HealthCare to offer IFSS (Intensive Family Support System) support groups and family counseling for more than 30 families.

Outreach and Awareness

Developed a new website with the capacity to more effectively communicate with the broader

community, send email correspondence, receive online donations, enroll members, and register participants for events.

Delivered In Our Own Voice anti-stigma presentations to 57 different groups comprising more than 1,300 people.

During Mental Illness Awareness Week in October, teamed with 30 congregations in providing information on mental illness and offering prayers for consumers and their families.

Distributed mental health and NAMI Mercer information at 21 community events throughout the county.

Hosted a NAMI Walk at Educational Testing Service in May to fight stigma and raise awareness about mental illness. Corporate sponsorships and contributions raised by the 600 walkers brought in more than \$85,000 to subsidize our free programs.

Published 11 articles in *The Times of Trenton*, describing our services.

We Couldn't Do It Without Our Volunteers!

As a grass roots organization, we depend on members who share the common bond that brings us all together. In each program area, special event and office support activity, volunteers meet our needs who recognize the importance of giving their time in return for the experience of being involved with us.

In 2009 we tallied 6,200 volunteer hours, an increase of over 1,400 hours from 2008 reflecting the increase in volunteers and the various activities

they support. But, for all the new volunteers we welcome, we always need more. Job opportunities come and go, people's lives change, and we must adapt.

NAMI Mercer is a unique affiliate of NAMI New Jersey because of our strong base of volunteers, who provide free education, such as Family-to-Family and NAMI Basics, provide education at community outreach events, assist with "Night Out With NAMI" and the NAMI Mercer Walk, and help

to organize our newest endeavor, NAMI Mercer's fall conference "Harvest of Hope."

Every time there is a need for people to help, our volunteers come through. We extend our most heartfelt appreciation to all of you!

We also look forward to increasing our value to the Mercer County community — in support of our mission — by recruiting more wonderful volunteers.

Annual Financial Report, 2009

We are very pleased to report that NAMI Mercer continued to have a strong financial position during 2009, despite the challenging economic climate.

Highlights for the Year

The major fundraising events, the January Night Out With NAMI in and the May NAMI Walk, comprised 54 percent of the annual income. These helped us to spread out our major income to improve our cash flow for program operations. NAMI Mercer will continue to schedule these events to both raise awareness about our mission and funds for our programs. The income from the fall Annual Appeal continues to increase with an expanded number of donors each year. We continue working to enhance all sources of income.

Our expenses for 2009 show modest increases over the prior year. The staff and volunteers were very frugal in managing program and administrative costs, since low revenues were anticipated.

Income

Fundraisers	\$170,543
Grants	83,655
Individuals	33,551
Gov't Contracts	10,400
Membership	7,826
Interest	4,712
Total Income	310,687

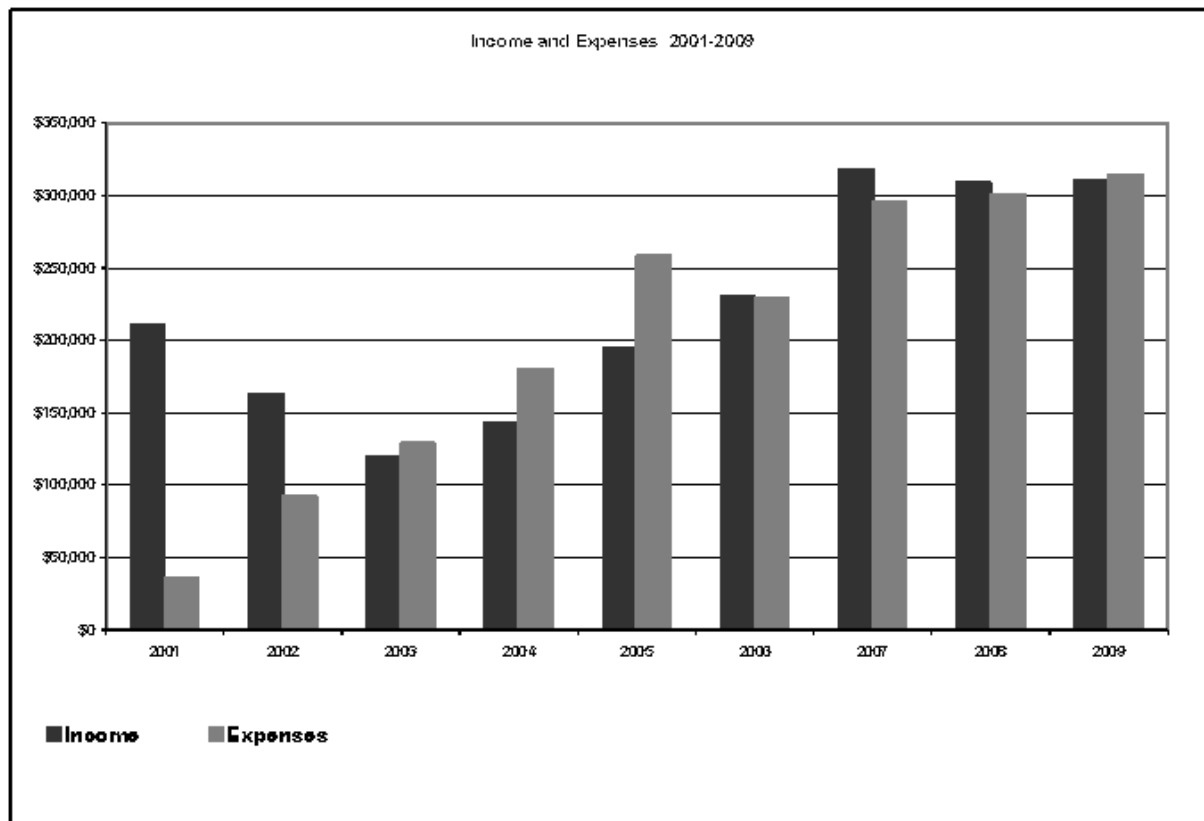
Expenses

Program Services	216,641
Management and General	47,001
Fundraising Expenses	50,136
Total Expenses	313,778

Net Income (3,091)

"In my opinion, the financial statements referred to above present fairly, in all material respects, the asset, liability and net assets of NAMI Mercer NJ, Inc. as of December, 31, 2009, and its revenues collected, expenses paid and changes in net assets, and statements of functional expenses for the years then ended."

Lewis W. Parker, CPA



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NAMI Mercer

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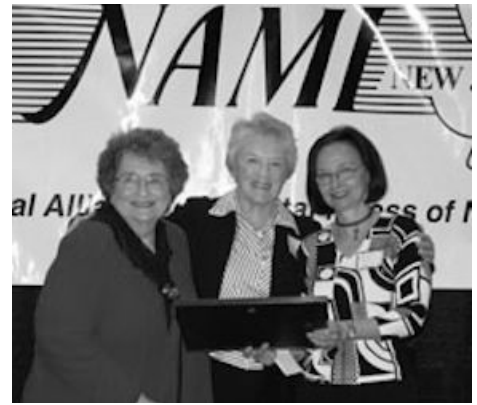
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People We Are Proud Of

At the NAMI New Jersey holiday party on Dec. 9, **Liz Hagen** and **Madeline Monheit** accepted the 2009 NAMI NJ Outstanding Affiliate Newsletter Award on behalf of NAMI Mercer. Elisabeth and Madeline are co-editors of the NAMI Mercer Messenger, which is in its 28th year of publication.

Madeline is the lead writer, while Liz does the photography and layout for each issue. The Messenger is mailed to 2,000 friends of NAMI every quarter. It also is available online at www.nami-mercer.org.



Above: NAMI New Jersey E.D. Sylvia Axelrod with Liz Hagen and Maddy Monheit.



Above left: Phyllis and Bill Wilmot with their daughter Elise, winner of the Alan Lunt Award for service to people affected by mental illness. Above right: Kimme Carlos.



On Nov. 12, the NJ Psychiatric Rehabilitation Association presented its prestigious Alan Lunt Memorial Award for Consumer Advocacy to **Elise Wilmot**. The annual award recognizes an outstanding mental health peer provider in the state.

Elise is employed by Greater Trenton Behavioral Healthcare (GTBH) on its Residential Intensive Support Team (RIST). She is a very active NAMI Mercer volunteer and an In Our Own Voice speaker, bringing her personal story of recovery to a wide range of audiences. She co-facilitates our NAMI Connection peer support group, a member/volunteer in NAMI Mercer's Just Friends social program, and co-facilitates WRAP.

Kimme Carlos was named a 2009 Garden State Woman of the Year (non-profit category) by the Garden State Woman Education Foundation.

Kimme received her award at the Foundation's 5th annual awards luncheon on Mar. 12 at the Park Avenue Club in Florham Park, NJ.

Kimme has devoted countless hours to

increasing understanding about mental illness and fighting stigma, especially among her fellow African Americans.

NAMI Mercer Board member **Laur-en Agoratus** was honored as Humanitarian of the Year at the ASAH annual conference in November. ASAH is a not-for-profit organization of private schools and agencies in New Jersey that provide highly specialized services to more than 11,000 infants, children and young adults with disabilities.

The ASAH award recognizes advocacy and leadership on behalf of New Jersey citizens with special needs and their families.

Lauren, whose daughter Stephanie has significant disabilities and special health care needs, is New Jersey's Family Voices Coordinator, works on the Statewide Parent Advocacy Network (SPAN) Family to Family Health Information Center and is a NAMI Basics teacher.

In spite of her disabilities, Stephanie was recently featured in the Fall/Winter edition of the New Road School's "Traveler" newsletter.