



# **nAMI Mercer**

**Families Meeting the Challenge of Mental Illness**

---



## Annual Report 2010

---

### **NAMI Mercer NJ, Inc.**

3371 Brunswick Pike, Suite 124

Lawrenceville, NJ 08648

609-799-8994, fax 609-799-8996

home@namimercer.org, www.namimercer.org



June 2011

Dear NAMI Mercer Members, Friends, and Supporters,

We are very pleased to provide you with this report on the activities and accomplishments of NAMI Mercer for 2010.

Some of the year's highlights are:

Major progress in our Advocacy Programs with the founding of Crisis Intervention Training for law enforcement officers, the recruiting of volunteers to rejuvenate the monitoring of Trenton Psychiatric Hospital, and the formation of an Advocacy Committee to oversee our efforts;

A new training program for HelpLine volunteers;

Our second annual fall Harvest of Hope recovery and wellness conference with more than 170 people attending;

Our third NAMI Walk to combat stigma and raise awareness with 900 participants and donations exceeding \$100,000 for our support, education and advocacy programs.

During 2010 the Board of Directors identified a fifth priority objective for our Strategic Plan — Sustainability. It is important for us to plan for the health and growth of our organization into the future. To this end, the Board worked on setting goals to ensure the sustainability of our membership, programs, financial resources, staffing, and space. An outcome of this initiative has been the designation of February as Membership Month and our first annual membership drive. Another outgrowth of the sustainability initiative is the reconfiguration of our staff structure with the planned addition of a part-time Development Director and a full-time Program Director in 2011.

We are privileged to work alongside you to educate, support, and advocate for improved lives for people affected by mental illness in our community. Thank you for your generosity and for your various contributions in 2010.

Sincerely,

*Sally Osmer*

Sally T. Osmer  
*Executive Director*

*Bill Hayes*

William P. Hayes, MD  
*President*





## The NAMI Mercer Board of Directors, 2010

Front row: John Marsland, Joseph Irenas, Thomas Pyle. Back row: Inge Eriks, Carol Kivler, Laurie Russell (*Vice President*), Karen Marquis, Sally Osmer (*Executive Director*), William Hayes (*President*), Caryl Chambers, Madeline Monheit (*Secretary*) and Ivy Minely. Not shown: Damon Vigiano (*Treasurer*), Lauren Agoratus, Robbi Alexander, Kurtis Baker, Jules DeGraff, Andrew Hendry, C. Elizabeth Leach, Jeremy Mann and Valerie Powers Smith.

## Volunteers are the Heart of NAMI Mercer

During 2010 NAMI Mercer's volunteers led support groups, taught classes, answered the HelpLine, organized events, provided outreach at community events, advocated with public officials, stuffed envelopes and so much more.

We have about 200 active volunteers. For major events—the NAMI Walk, the Harvest of Hope Conference and Night Out with NAMI—volunteers are the capable and friendly hosts. For the quieter moments in our offices and groups, they offer their significant skills and sensitive caring to individuals and

families who are affected by mental illness. Volunteers are the heart of NAMI Mercer.

Here is a sampling of their roles:

HelpLine responders – 16 people  
 In Our Own Voice presenters – 12 people  
 Family to Family teachers – 10 people  
 Administrative volunteers – 6 people  
 Newsletter writers – 2 people  
 Mailing helpers – 15 people  
 Outreach volunteers for community events – 10 people

NAMI Connection Support Group facilitators – 5 people  
 Just Friends, Becoming Friends and Just Kids leaders – 15 people  
 NAMI Walk volunteers – 100 people  
 Night Out with NAMI volunteers – 40 people  
 Harvest of Hope Conference volunteers – 35 people

During 2010, our volunteers donated 6,845 hours. With their help, NAMI Mercer touched the lives of more than 4,000 people during the past year.

Thank you all!

# NAMI Mercer's Accomplishments 2010

## Advocacy

Formed an Advocacy Committee to inform members about current mental health issues.

Served as a partner in the Crisis Intervention Training initiative for Mercer County law enforcement officers. Forty-nine officers from six departments were trained.

Recruited five new volunteers to monitor Trenton Psychiatric Hospital by observing conditions and providing feedback.

Continued to participate in county, state and NAMI NJ public policy committees.

## Inclusive Community

Continued outreach to African Americans and Latinos to offer our services and advocacy.

Co-sponsored an educational outreach program in Spanish at St. Anthony's Church in Hightstown for more than 90 people.

Sustained an active membership of 400 households representing 750 people.

Published a quarterly newsletter (circulation 2,000) and sent 99 E-Blasts to our membership and program participants.

Marshaled more than 200 active volunteers who donated 6,500 hours of service.

## Outreach and Awareness

Made presentations at 18 outreach events in the county using new presentation materials.

Provided 46 In Our Own Voice presentations to more than 1,200 people at colleges, congregations, corporations, mental health treatment agencies, civic and government groups.

Offered mental health awareness presentations in 12 college classes and eight congregations.

Gathered 900 people for the NAMI Walk in May and raised \$100,000 for our programs.

## Education and Support

Initiated a new training program for HelpLine volunteers.

Responded to more than 640 HelpLine calls.

Held three Family to Family classes with 56 participants and six teachers.

Provided NAMI Connection, a weekly support group for consumers with four facilitators.

Offered WRAP (Wellness Recovery Action Plan) classes with two new leaders and 12 participants.

Held the 2nd annual fall Harvest of Hope wellness conference for 170 attendees.

Offered monthly public education sessions on mental



**Bill Hayes at the podium during the Harvest of Hope conference in fall, 2010.**

health topics.

Sponsored three active and growing social groups: Just Friends with 70 members; Becoming Friends with 20 members; and Just Kids with 20 members. The groups provided a total of 130 social opportunities for children and adults.

Sponsored a Weight Management/Wellness Support Group for consumers.

## Sustainability

Added sustainability as our fifth priority objective in strategic planning.

Developed sustainability goals for membership, programs, resources, staffing, and space.

## Annual Financial Report 2010

**N**AMI Mercer had a challenging year in 2010 in terms of income. While fundraising events continue to be our largest area of income, we experienced a reduction of around \$17,000 from events in 2010 as compared to 2009. In general, the Night Out With NAMI in January has declined in income, and the NAMI Walk in May has increased. Since both events help us to generate income for cash flow throughout the year and help to raise awareness of our mission, we are committed to sponsor both events for the future with some alterations in the Night Out.

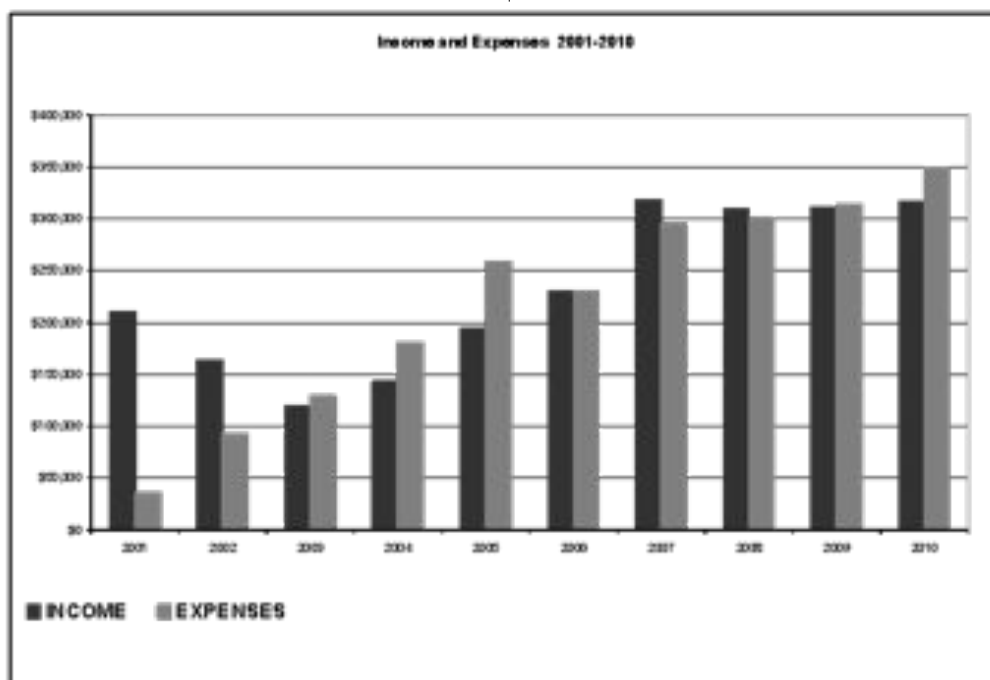
In line with our strategic objective to become a more sustainable organization, income from grants, individuals and membership increased significantly in the past year. We continue to work toward strengthening these areas.

The expenses for 2010 demonstrate increases in all program areas: education, support, outreach and advocacy, and a significant reduction in Management and General Expenses. During 2010 we renegotiated the lease for our offices in Lawrence Commons and an additional \$9,500 was expended for maintenance costs that were unanticipated. This amount, when considered with the reduction in income from fundraising event, explains the bulk of the deficit for the 2010 year.

Going forward, the Board of Directors and the Executive Director are confident that our financial position is strong for 2011.

*"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, 2010 and 2009."* Lewis Parker, CPA

Income		Expenses	
Events Income (sponsors and participants)	\$153,054	Program Services	
Corporate, Congregation		Education Programs	\$69,990
and Foundation Grants	89,616	Support Programs	102,825
Donations from Individuals	61,735	Outreach and Awareness Programs	72,058
Government Grants	13,000	Advocacy Programs	30,283
Membership Dues	9,619	Total Program Services	\$275,156
Interest Income	2,707	Management and General	\$38,778
<b>Total Income</b>	<b>\$329,731</b>	Fundraising	\$52,515
		<b>Total Expenses</b>	<b>\$366,449</b>
		<b>Net Income</b>	<b>\$(36,718)</b>



## ***Sponsors, Supporters and Memorial Donations, 2010***

<b>\$15,000-\$25,000</b> Bristol-Myers Squibb Company Educational Testing Service Ortho-McNeil-Janssen Pharmaceutical Inc. The Merancas Foundation, Inc.	Dennis & Ivy Minely Alan & Maddy Monheit Pfizer PNC Bank Princeton HealthCare System Roma Bank Rose & Louis Linowitz Charitable Foundation Ronald & Karen Schotland Stark & Stark Edward Steinman & Kathyrne Morris Tom & Caroline Tompkins Unitarian Universalist Congregation of Princeton United Way Designated Contribution	The Haggerty Family Foundation David Valan Bill & Phyllis Wilmot William & Betty Wolfe <b>\$250-\$499</b> Silas Baker Barbara Bancroft James & Elizabeth Bartholomew Mary Bryant Christ Congregation Pamela Clark Jack Costello David & Suzanne Cristoforo CWA Local 1036 Jules & Angela DeGraff Susan Doherty-Funke East Mountain Hospital Family Guidance Center Lisa Feldman Bruce & Jayne Gershkowitz Linda Gochfeld Joe Gormely Judith Gregory HACBM Charles & Rosanna Jaffin Nora Kales William & Nancy Kales KMW Productions LLC Lanier & Marilyn Leonard Lewis Parker CPA Elinor Lunder Howard & Lynn Maher John & Carol Marsland Francis & Eileen McCarthy Mercer Oaks & Marina Catering Charles & Kathleen Milligan William & Mary O'Shaughnessy Perform Care Paul Petrello Phoenix Management Holdings LLC Neil Shainwald & Catherine Pike Kathleen & Lawrence Pinder Princeton Nassau Pediatrics Herschel & Andrea Rabitz Robert Wood Foundation Martha Ellen Rowe Linda Skokowski Peter & Alicia Stevenson Brian & Mary Ternoe Kathryn Tolin	UBS Employee Giving Program Patricia Valan Linda Van Melis Damon Vigiano Donna Votto Evelyne Wallace Maureen Walton Robert & Barbara Wolfe Anne Zaun Michelle Zechner <b>\$100-\$249</b> 21st Century Business Systems Mirna Abrego Gary Adams Harris & Charlotte Adams Asher Ailey William Allen Sandra Alton American Express Charitable Giving Lucille Anderson Laura Ascari John & Rosemary Ashby Susan Bartholomew Patrick Barton Kimberly Baylog Mary Ellen Beall Bill Besser Black Rock Nancy Block Joseph & Sarah Bolster Alexander & Albina Bothwell Harden Boyce Angela Bozio Joan Brame Cynthia Bratman Kimberly Britton Peter Brooks Frederick & Sharon Brubaker Denise Bruner Kirk & Harriet Bryan June Burkhardt Charles & Sarah Burkman David & Mary Byrne C. R. Bard Foundation Kristin Cabral William & Suzanne Camlin Kimme Carlos Century Office Products Jacalyn Chadwick Paul & Linda Chew Cathy Chin Douglas & Karin Clark Tia Clifton
<b>\$10,000-\$14,999</b> Mercer County, NJ The Bunbury Company The Fred C. Rummel Foundation Betty Wold Johnson	<b>\$500-\$999</b> AAMH--All Access Mental Health George & Joyce Albers-Schonberg Alexander Road Associates Bristol-Myers Squibb Employee Giving Program J. Robert Bratman James & Melissa Cacace Caryl Chambers Covenant Presbyterian Church Employees Charity Campaign David Freeman Sam & Beverly Geller Therese Grolly Mary Ann Haverkate Colin & Maggie Hill David & Julia Huse Walter & Joanne Johnson Duncan & Evelyn Macfarlane McGraw Hill Companies Carol & Thomas Nied Rick & Sally Osmer Princeton University Chapel Thomas Pyle Sandoz, Inc Immanuel Kohn & Vera Sharpe Kohn Mary Ellen Szczepanik	<b>\$5,000-\$9,999</b> First Presbyterian Church, Cranbury Brian & Linda McGrath Joseph & Nancy Irenas PhRMA The Curtis W. McGraw Foundation <b>\$2,500-\$4,999</b> Carol Kivler Shire <b>\$1,000-\$2,499</b> Albemarle Foundation Anonymous Donors Bristol-Myers Squibb Company Matching Gift Capital Health Carrier Clinic Jane & Michael Chwick Comcast Financial Agency Corporation Robert & Pat Demers Educational Testing Service Employee Donations Glenn Cantor & Inge Eriks Greater Trenton Behavioral Health Care William & Mary Hayes Janet Hurst Johnson & Johnson Matching Gift Program Lawrence Township Community Foundation Michael & Karen Marquis	<b>\$100-\$249</b> 21st Century Business Systems Mirna Abrego Gary Adams Harris & Charlotte Adams Asher Ailey William Allen Sandra Alton American Express Charitable Giving Lucille Anderson Laura Ascari John & Rosemary Ashby Susan Bartholomew Patrick Barton Kimberly Baylog Mary Ellen Beall Bill Besser Black Rock Nancy Block Joseph & Sarah Bolster Alexander & Albina Bothwell Harden Boyce Angela Bozio Joan Brame Cynthia Bratman Kimberly Britton Peter Brooks Frederick & Sharon Brubaker Denise Bruner Kirk & Harriet Bryan June Burkhardt Charles & Sarah Burkman David & Mary Byrne C. R. Bard Foundation Kristin Cabral William & Suzanne Camlin Kimme Carlos Century Office Products Jacalyn Chadwick Paul & Linda Chew Cathy Chin Douglas & Karin Clark Tia Clifton

---

## *Sponsors, Supporters and Memorial Donations, 2010*

---

Amy Cohen	Robert Hedden	Edward & Donna Morrows	Ellen Saxon
Dianne Cohen	Craig & Karen Hill	Lisa Moscatelli	Patricia Sayles
Steven & Paula Cohen	Marc Hilton	Ronald & Mary Munson	Linda Scheetz
Jack Conley	Carol Hoffmann	Amy Myers-Morris	Schering Plough
Claire Cooney	Holmdel Gastroenterology	Srikanth Nandyala	Workplace Giving
David Olson & Kathleen Cooney	Rob Holmes	Ron Cheryl Nastri	Beverly Schoennagel
Doral Cooper	Margaret Lancefield	Jules & Sharon Nemeth	Douglas Schotland
Mark Cornfeld	& Rush Holt	Myra Weiner & Irving Newman	Dorothy Schweitzer
Thomas & Barbara Deangelis	Hopewell Valley Community Bank	Richard & Helen Newton	Jeffrey Seeley
Jaime Delgado	Derek & Helen Hughes	Stacey Nied	Nick & Joan Semenuk
Genevieve Deltieure	Patricia Huie	Tom Nied	Dave & Gail Sheffield
Michele Deltieure	Edward Irenas	John & Maryann Nordgren	Aaron & Erica Silver
Jean Demers	John Jacoppi	Bernadette Norz	Stephen & Susan Silver
Barbara Denton	Ken Jacoppi	Thomas & Beverly O'Connell	Jonathan Skidmore
Nancy & Greg Doerrer	Sheree Johnson-Gregory	Masayuki & Sakiko Ono	Carol Smith
Brian & Jerilyn Doherty	Michael Jones	Patricia Osander	Michael Solimando
Charles Doherty	Robert & Anne Kausch	Jacqueline O'Shiver	David Southgate
J. Michael Doherty	Pam Kelly	Matthew & Morely Panyko	Peter Stahl
Joseph Doherty	Beverly King	Gerard & Kathy Papp	Barry Steiner
Patrick & Jeanne Doherty	Russell Kivler	Richard & Janice Parker	William & Sheryl Stone
David & Jeanne Doran	Jack Klingert	Lawrence & Jean Parsons	Allan Stoner
Bob Dunne	John & Fay Kobland	Louis & Ann Marie Pasculli	Marjorie Strohsahl
Patricia Durelle	Richard Lafferty	James Paskell	Gerard Stroup
George & Sarah Easter	Linda Lakoseljac	Brenda Pauwels	Robin Surma
Allyson Eastman	Lambertville Kiwanis Club	Vince & Caroline Peloso	Donald & Mary Swanz
James Elmore	Joseph Lamela-Macchia	Paul Perillo	Nan & Jim Tabak
Jane Ensminger	Louis LaMotta	Thomas Petrozziello	Odette Taft
Stephen Finn	Michael Lappan	Peter Pfister	Susan Taylor
Tammy Fischer	Richard Lappan	Edith Pike	Steph Tell
Brad & Sarah Fisher	Jane Larson	Elizabeth Pilliod	Mike Theiler
Eileen Fletcher	John & Kay Lasley	Mike Pohle	Alan Tipermas
Erika Flowers	Leslie Karpf	Robert Powers	Denice Torres
Patricia Foo	Shelley Levine	Preferred Behavioral Health of New Jersey	Trenton Deliverance Center
Peg Forrestal	Elizabeth Lindgren	Frances Prestianni	Daniel & Kathleen Troy
Robert Foy	Marcia Mackillop	Shirley Radack	Richard & Deborah Van Horn
Jo Ann Franchino	Marilyn Magnes	Robert & Patricia Raywood	Gary Van Nostrand
Kathy Freeman	William & Jean Malloy	Crystal Reaves	Jessica Vistnes
Stockton & Lynn Gaines	Carol Mangual	Theresa Reed	Margery Ward
Mona Gawroniak	Jeremy Mann	Susan Reese	Sandra Ware
John & Linda Gilmore	Lucien & Phyllis Marchand	Ann Renaud	Cynthia Weniger
Pamela Goodman	Evelyn Mars	David & Alexis Rettinger	Helmut & Caroline Weymar
Alycia Gordon	John E. Marsland	McDonald Robinson	Karen Whelan
Michelle Goss	Michael & Cecilia Matthews	Michael Roche	Sharon White
Tara Granaldi	Brandt & Marilyn McCabe	Bonnie Rockel	Robert & Carol Wiedemann
Morton & Sarah Grossman	Marge McCarthy	Janice Roddenbery	J. M. & A. M. Wiedemann
David & Elisabeth Hagen	Tammy McCarthy	Neil & Roseann Rosen	John Wilson
Raymond & Barbara Hallows	Eileen McGuire	Jean Ross	Kathleen Wise
John Hanna	Wendy McIntosh	Helen Ross-Sangster	James & Catherine Woods
Karin Harrison	Kathryn McLaughlin	Marcia Rower	Robert Woods
Alida Harrington	Catherine McTigue	Laurie Russell	Imogene Woodson
Mike Harrington	Louise Mehrotra	Jonathan & Susan Sachs	Mary Wylie
Joanna Harrison-Smith	Anna Mekitarian	Ronald & Lynn Salzman	John Yates
Hendrik & Nancy Hartog	Ruth Ann Mekitarian	Tracy Samuelson	Edwina Zelus
Hinda Haskell	Charles III Meter	Sanofi-Aventis	Andrea Zintz
Karl Hauser	Timothy Meter	Loreto & Marie Santin	
Gloria Hayes	Midstate Therapy Associates	Loralyn Saporito	
	Judy Mihal		
	Revan Miles		



## NAMI Mercer

### OFFICERS

Dr. William P. Hayes

*President*

Laurie Russell

*Vice President*

Damon Vigiano

*Treasurer*

Madeline Monheit

*Secretary*

### BOARD OF DIRECTORS

Lauren Agoratus

Robbi K. Alexander

Kurtis Baker

Caryl Chambers

Jules DeGraff

Inge Eriks

Andrew Hendry

The Hon. Joseph Irenas

Carol Kivler

C. Elizabeth Leach

Tom Pyle

Jeremy Mann

John Marsland

Karen Marquis

Ivy Minely, Esq.

Valerie Powers Smith, Esq.

### EXECUTIVE

#### DIRECTOR

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

### DIRECTOR OF

#### OPERATIONS

Danita L. Saunders

### CONSUMER

#### COORDINATOR

Erika Reading

### VOLUNTEER

#### COORDINATOR

Tom Tompkins

### EDITORS

Elisabeth Hagen

Madeline Monheit



## NAMI Mercer NJ, Inc.

3371 Brunswick Pike, Suite 124

Lawrenceville, NJ 08648

609-799-8994, fax 609-799-8996

home@namimercer.org, www.namimercer.org