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Annual Report



THE MANY FACES OF

EXECUTIVE DIRECTOR'S MESSAGE

Friends of NAMI Mercer,

In April, I attended an event at Janssen Pharmaceutical at which one of our student interns shared her story. When she finished, the crowd was on their feet, applauding her courage; many were wiping away tears. As I looked around at everyone in that room, I couldn't help but think, "this is why we do what we do." We touch people's minds and hearts; we change people's lives.

Our Annual Report provides some quantifiable metrics about our work but our real impact is best seen in the many faces of NAMI Mercer and yours is among them, pictured here or not. This past year has been one of transition and our community has stepped up to embrace the corresponding challenges and opportunities with grace and

creativity. I am ever so grateful for each one of you and in awe of all that we are able to accomplish together—with guidance from our thoughtful, engaged Board, the incredible dedication of our staff and volunteers, and the much-needed, highly-valued support from our members, donors, sponsors, and friends.

We are looking forward to some exciting new projects in 2016, building on a wonderful legacy of putting people first. We are grateful we can count on you as we continue our efforts to shape a future full of hope for all those affected by mental illness here in Mercer County and beyond!



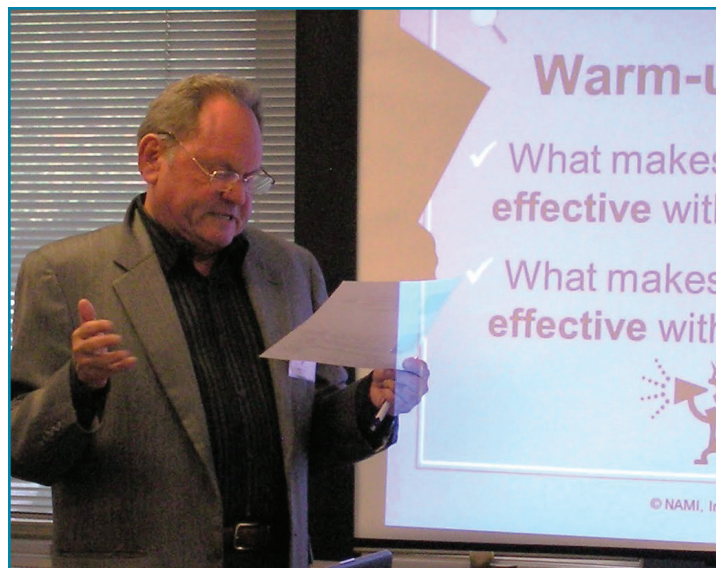
Janet Haag

We Educate

M. is recovering from her second major depressive episode. She has responded well to a combination of drug and talk therapies and is preparing to go back to work. In spite of her progress, M. is fearful of a relapse. If depression struck twice, it can strike again.

Pictured is Stewart Price presenting a workshop at NAMI Mercer's 7th annual Harvest of Hope wellness conference. We not only educate individuals and families about mental illness, we teach strategies for maintaining mental wellness. Recognizing that recovery is a life-long journey with the likelihood of bumps along the way, NAMI Mercer teaches ways to nourish one's mind and body, develop social connections, and engage in meaningful daily activities, such as a job, school, volunteerism, family caretaking, advocacy, and creative endeavors.

NAMI Mercer partnered with The Robert Wood Johnson Fitness Center and The FSO (Family Support Organization) in hosting several public education presentations. Topics included:



Early Intervention for Children's Mental Health, Alternatives to Psychiatric Hospitalization, Stress Management, The Many Faces of Depression, The Life Long Effects of Child Traumatic Stress, Financial Steps for Special Needs Caregivers and a special "Movie Night." On average, 25 people attend these meetings; the session on Stress Management had a record 80 participants, and the class on Depression numbered forty.

Two 12-week Family-to-Family courses were offered, graduating sixteen. In partnership with

the FSO (Family Support Organization) one 6-week NAMI Basics course for parents/caregivers of children or adolescents with behavioral or emotional challenges was offered, graduating six.

Certified facilitators led two evidence-based practice WRAP® (Wellness Recovery Action Plan) Workshops, with fifteen participants completing the program. A special Holiday WRAP® numbered eleven participants.

NAMI Mercer NJ 2015

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We Advocate

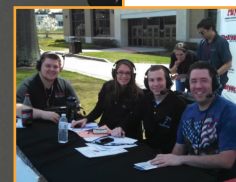
Consider this scenario. The police are dispatched when a 911 caller reports a man threatening to shoot a passerby on the street. He is pacing up and down with his hands deep in the pockets of his hoodie. When the police arrive, how will they respond?

Pictured is NAMI Mercer President Karen Marquis speaking at a county forum on domestic violence. We have been working with the State Crisis Intervention Director; the Mercer County Prosecutor; Mercer County chiefs of police, and administrators at the Capital Health Emergency Psychiatric

Screening Center to implement comprehensive Crisis Intervention Team (CIT) training for local law enforcement officers. Trained police will be better able to recognize the signs of mental illness, to defuse potentially violent situations, and to divert individuals from the criminal justice system to appropriate mental health treatment.

Additionally, seven trained family monitors made periodic visits to Trenton Psychiatric Hospital and provided feedback to the hospital administration.

“CIT can be the difference between a tragic outcome or a successful one.”



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 Behavioral Health Planning Council, the NAMI NJ Family Support Workgroup, the NAMI NJ Public Policy & Legislative Committee, and NJ Family Monitoring Workshop.

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**2016 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, 2015)*

We Listen

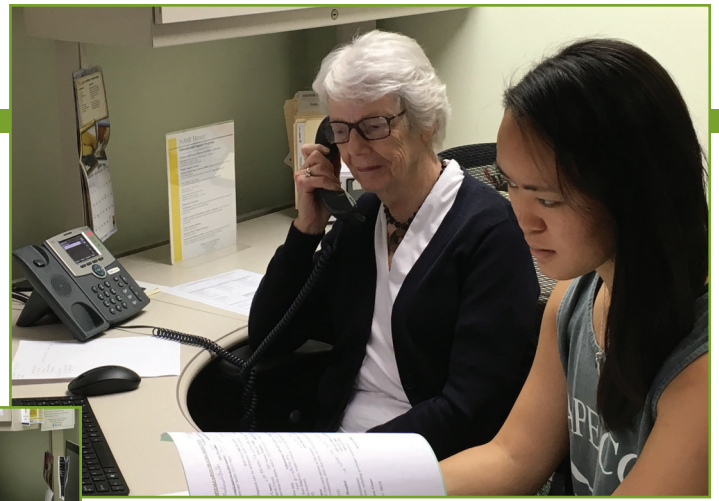
Mrs. S. feels frantic and alone. Her son's grades are dropping, and he has quit the baseball team. Spending most of his time in his room, her son has become withdrawn and secretive. When she asks about blood stains on the towels, he replies that he cuts himself shaving. Mrs. S. fears that he has been mutilating himself. She doesn't know what to do.

Callers to the NAMI Mercer Helpline at (609) 799-8994, do not reach a high-tech, distant call center where operators robotically read from an impersonal script. Our Helpline volunteers are trained family members or mental health consumers themselves. Drawing on the lived wisdom of their own experience, more than 21 Helpline volunteers listened with

empathy, preserved confidentiality, and did their best to help, offering guidance to more than 800 callers. With NAMI Mercer, you are not alone in your struggle to recover.

NAMI Connection, a peer-led support group for mental health consumers, continued to meet twice monthly with an average of ten participants at each session. Each week approximately 30 people participated in the family support groups led by Intensive Family Support Services (IFSS) in partnership with NAMI Mercer.

Two of NAMI Mercer's three social groups – Just Friends and Becoming Friends—continued



to grow, providing social support for more than 150 adults who participated in more than 70 peer-led social events. Thirty-three parents brought their children to seven Just Kids activities. As these children "age out" of the Just Kids group, we are engaged in market research with a view to re-designing the program

to meet current needs and a new generation of participants.

"I am forever grateful – NAMI changed my life."

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In 2015, 605 people made donations of less than \$100 for a total of \$20,053.54

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Empower Fitness

J. has been suffering in silence for most of his adult life. Ashamed of his problems, he believes that if he reveals them, his friends and family will reject him, and he may lose his job. J. is not alone. It is estimated that fear of stigma deters two thirds of persons with a mental illness from seeking treatment.

NAMI Mercer is at the forefront of the effort to change attitudes so people with mental illness can realize their full potential in a respectful and understanding society. More than 950 supporters on

67 teams “socked it to stigma” at the 8th Annual NAMI Walks Mercer County on the campus of Educational Testing Service (ETS) in Princeton. The Walk yielded \$120,000 in donations from business, non-profit, and individual supporters.

Twenty-four In Our Own Voice (IOOV) presentations were made, touching the lives of more than 400 people. During Mental Illness Awareness Week (MIAW) 80+ faith communities in Mercer County received

“Our goal is to change the way the world views mental illness.”



relevant information. Throughout the year, volunteers staffed upward of 22 outreach events.



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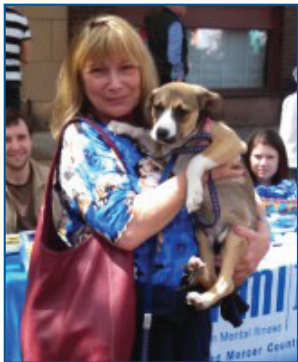
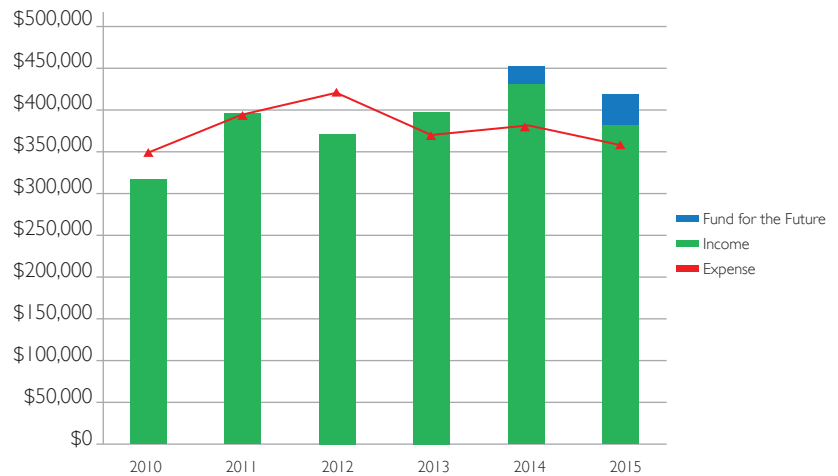
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TREASURER'S REPORT

In 2015 NAMI Mercer faced two major challenges. First, we experienced a leadership transition and secondly, we sustained a small office fire which temporarily displaced us even as we continued to serve our community.

Despite these challenges we ended the year in a positive financial position with net income of \$58,749, including \$37,889 allocated for Fund for the Future. This is certainly good news, however, there is a downward trend in corporate funding that we must work to overcome through more effectively marketing the importance of matching gifts, rethinking our outreach to millennials, and enhancing corporate partnerships.

Tom Nied, Treasurer



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INCOME		EXPENSES	
Events Income: Sponsors & Participants	\$ 196,573	Program Services:	
Grants-Corporate, Foundations, Government, Congregations	\$ 114,075	Educational & Support,	\$ 233,493
Donations from Individuals	\$ 106,264	Management & General	\$ 37,766
Total Income	\$ 416,912	Fundraising	\$ 86,904
Value of volunteer hours less professional services valued at \$17,508** (200+ volunteers)	\$ 264,817	Total Expenses	\$ 358,163
Total Income with Value of Volunteer Hours	\$ 681,729	Net Income/Expense	\$ 58,749

**Value established by Independent Sector, 2015



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Mission: To provide education and support for individuals and families affected by mental illness and to advocate for lives of quality and respect without stigma or discrimination.



THE MANY FACES OF NAMI Mercer: Annual Report 2015



NAMI Vision: A world where those affected by mental illness can live full and productive lives.

