



2019 ANNUAL REPORT

 **NAMI** | **Mercer**
National Alliance on Mental Illness | Serving the New Jersey Capital Area

FROM THE EXECUTIVE DIRECTOR



Dear Friends,

We have much to celebrate since 2019 proved to be a year of significant impact for NAMI Mercer!

Every municipality in the county passed stigma-free resolutions as part of the Stigma-Free Mercer Campaign – an initiative on which we partnered with Mercer County. Five mayors served as honorary chairs for NAMIWalks Mercer and 3 joined us on the banks of the Delaware as the iconic Trenton Makes Bridge was lit green for mental health. A deluge of rain tested us on WALK Day, but hundreds of NAMI Mercer’s friends and supporters turned out anyway, demonstrating great resilience, walking under colorful umbrellas and delivering the highest grossing WALK in our history at over \$188,000.

More than 35 Ending the Silence presentations were made, reaching 2,000 students, staff, and families. We launched a second site for The Parent Support Network of Central New Jersey, offered in partnership with the Youth Mental Health Project. We welcomed Dr. Ken Duckworth, the clinical director for NAMI National, to Harvest of Hope, and basked in his warm affirmation of our affiliate. We continued our longstanding commitment of lending support to families and individuals navigating all manner of mental health challenges. We mentored 24 student interns, representing 10 institutions of higher education, and onboarded 50 new volunteers. More specifics on the year’s highlights are noted in this Annual Report.

In everything we do, we are motivated by the promise of a brighter, better tomorrow for the families and individuals we serve. Everything we do is possible through your generous support and unwavering commitment. To our Board of Directors who champion our mission, THANK YOU! To our teachers, facilitators, leaders, volunteers who bring our programs and services to life, THANK YOU! To our partners, donors, sponsors, fundraisers whose generosity powers us forward, THANK YOU!

Janet Haag | Executive Director

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NAMI Mercer NJ listens, leads, educates, and advocates, empowering families and individuals to build lives of quality and respect, free of stigma and discrimination.



Healthy Families

IMPACT | less stress, greater understanding, better coping strategies, more support



Twenty-two family members completed the full **Family to Family** program, reporting greater empowerment, reduced anxiety, improved coping and problem-solving skills, and enhanced ability to advocate for their loved ones. One new teacher was trained.

Through our partnership with *Intensive Family Support Services* under *Oaks Integrated Care*, approximately 50 **Family Support Group Meetings** were held at the NAMI Mercer Center, helping hundreds of family members/friends experience less stress and improved family functioning through the development of better coping skills. Short-term individual counseling sessions for family members were provided on-site.

Through our partnership with *The Youth Mental Health Project*, an average of 10 parents/caregivers of youth, under age 24 met for each of 14 **Parent Support Network** meetings during which they shared experiences and resources, as well as working through difficult feelings, leading to a sense of belonging and better role modeling for their children. A second **PSN** site was launched in Hightstown, NJ through a partnership with *ICare*. Three new facilitators were trained.

Generous Partners

We celebrate our individual donors, foundation and corporate partners, all those who believe in our mission and whose generosity enables us to provide the highest quality service. Thank you for your support!

\$25,000 and above

County of Mercer, New Jersey
Janssen Pharmaceutical
Johnson & Johnson Employees (Matching Gifts)
Merancas Foundation
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\$10,000 – \$24,999

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\$1,000 – \$2,499

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Al Dolnick **
Rob & Lori Dolnick **

Benefactor (Gave or solicited \$2,500 or more across events, including NAMI Walks) – 3 stars

Star Supporter/Walker (Gave a single gift of \$1,000 or more to NOWN, the Annual Appeal or solicited \$1,000+ for NAMI Walks) – 2 stars

Patron (Gave a single gift of \$500 or more to Night Out With NAMI or the Annual Appeal) – 1 star

Healthy Individuals

IMPACT | eased pain, higher aspirations, greater confidence, better relationships

Through **Connection Recovery Support Group** an average of 6 peers gathered during 4 monthly meetings to share their challenges and accomplishments, offering one another encouragement and inspiring hope to sustain recovery. Two new facilitators were trained.

Through our **Just Friends Social Support Group** approximately 90 members engaged in 63 social activities to mitigate social isolation by making friends and having fun. A recent partnership with the *Reach Out, Speak Out Wellness Center* is expanding the group.

Through the **Hearing Voices Support Group** under the umbrella of *The Hearing Voices Network* approximately 5 peers gathered weekly, finding a safe haven for sharing and growing from their experiences of hearing voices or having other unusual sensory perceptions.

Through an **Overcoming Social Anxiety Workshop** offered in partnership with *Find Your Voice NJ*, 4 peers completed the program, developing resilience by learning and practicing tools to reduce their anxiety in social situations and work toward becoming the best version of themselves.



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Kyle & Robyn Hand **
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Generous Partners



*“Our work is possible thanks
to your generosity.”* — Jay

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*Any errors or omissions are unintentional.
Should you find any, let us know and we will
correct our records.*

Thriving Communities

IMPACT | more inclusive, deeper connections, models for positive change

Through our **Helpline**, more than 579 inquiries (of which approx. 60% were first-time contacts) were fielded by 25 volunteers and staff, who provided support and valuable information and resources. Callers reported more knowledge, less stress, and a clearer path forward.

Through 35 **Ending the Silence** presentations for Students, Families, and School Staff, we addressed the critical issue of youth mental health, reaching over 1737 participants who reported the presentation helped them become more astute about recognizing early warning signs of mental illness, learn more about when, how, and where to seek help, and reach greater understanding and acceptance of those with mental health challenges. Five new lead presenters and 7 young adult presenters completed the online training.

Through 18 **In Our Own Voice** presentations, individuals who are living with mental health challenges shared their personal stories to reduce stereotypes about mental illness and communicate a compelling message of hope to more than 350 attendees. One new presenter was trained

Through our **Summer Expressive Arts Program** 53 people enjoyed Painting, Creative-Writing, Card-Making, Dance Yoga, Improv, all the while enhancing their mental wellbeing.

At our **Harvest of Hope Annual Wellness Conference**, keynote presenter, Dr. Ken Duckworth, inspired more than 147 attendees to "Dream Big, Take Action and Know the Science" of mental health. Attendees also participated in 2 of 15 interactive workshops increasing knowledge and learning practical skills to achieve good mental health



"Her story gave me courage and hope"

— Madison .

Community

Through 24 **Community Education** events, we reached upwards of 650 people.

Highlights included:

- A screening of the documentary for approximately 50 attendees, *"Resilience: The Biology of Stress & the Science of Hope"* with a facilitated conversation led by a parent, school counselor, and a graduate student whose thesis focused on resilience. Offered in partnership with Notre Dame HS.
- Three presentations made by 2 of our Spanish-speaking interns as part of a targeted outreach to the Latino community through *LaFutura* under *The Latin American Defense Fund*. An informational brochure and card were created in Spanish to be distributed at outreach events.
- A postvention (suicide and mental health), held at *Hopewell Valley HS* with the *Traumatic Loss Response Team* working directly with 144 students.
- A post-film discussion engaging 45 attendees following the screening of three "shorts" on mental health during the *Prindie Film Festival at Princeton University*.

By participating in 22 **Community Outreach Events** such as wellness fairs/mental health awareness-raising activities we reached more than 2600 attendees.

Through a key partnership with *Mercer County* on the **Stigma-Free Mercer** initiative

- Every municipality across Mercer County passed stigma-free resolutions
- Five Mayors participated as Honorary Chairs at NAMIWalks Mercer NJ
- On the night before NAMIWalks Mercer County, the iconic "Trenton Makes The World Takes Bridge" was lit green for Mental Health

More than 700 people gathered in the pouring rain for NAMIWalks Mercer NJ, walking, raising awareness about mental health, building community, securing funds, and demonstrating the kind of resiliency of spirit that enables people with mental health challenges to seek treatment, pursue recovery, and lead full, meaningful lives.



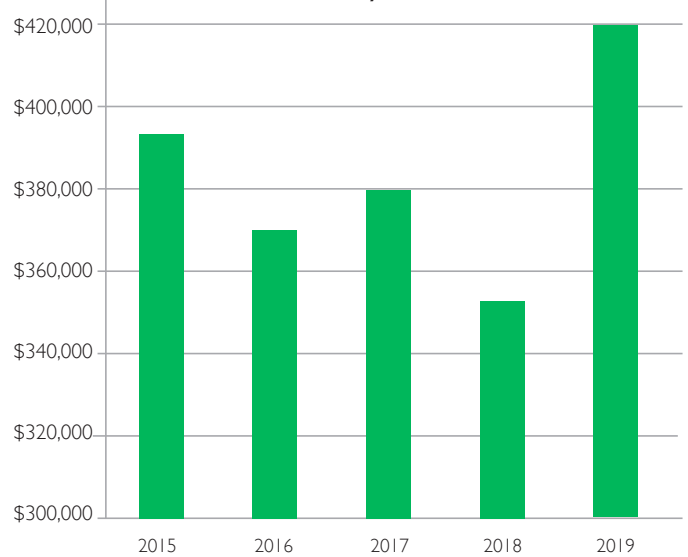
Treasurer's Report

Fiscal year 2019 proved to be an exciting, positive year for NAMI Mercer. The Annual Walk broke another fundraising record raising over \$188,000! Corporate and government grants increased from 2018 and NAMI Mercer received a \$25,000 gift from the family of John Forbes Nash in recognition of all we do to support families affected by mental illness. By keeping expenses aligned with the budget, NAMI Mercer increased its net assets from \$352,235 to \$418,836!

In addition to the increased operating revenue, NAMI Mercer saw an increase in its Fund for the Future account held with Princeton Area Community Foundation. This increase was due to investment gains as well as the continued donations being made to honor or memorialize individuals with a "leaf" on NAMI Mercer's Giving Tree. As of December 31, 2019, the Fund for the Future account held \$174,980.

Jerilyn Angotti, *Treasurer*

5 Year History of Net Assets



December 31, 2019
Cash and Investments

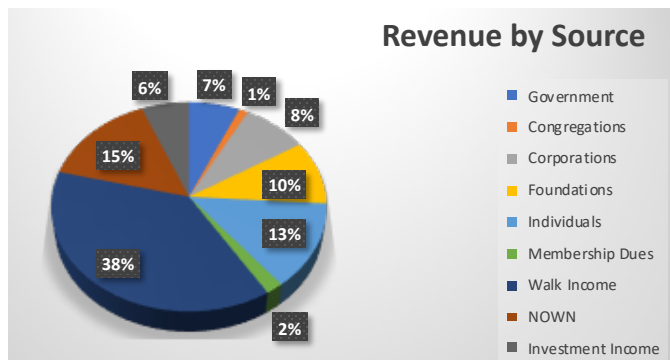


2019 Audited Financial Statement

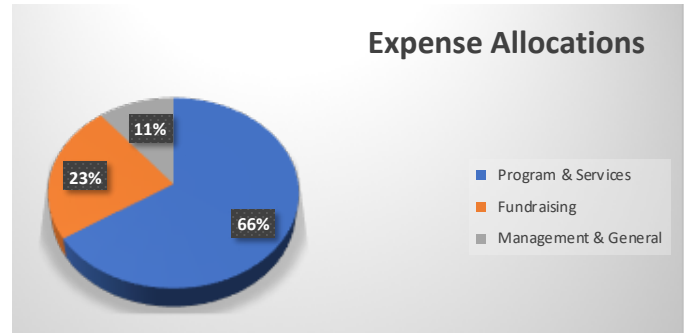
Revenue	\$498,390	
Government	\$ 32,598	7%
Congregations	\$5,855	1%
Corporations	\$42,000	8%
Foundations	\$49,250	10%
Individuals	\$66,179	13%
Membership Dues	\$9,364	2%
Walk Income	\$188,264	38%
NOWN	\$74,426	15%
Investment Income	\$30,569	6%
Total Revenue	\$498,505	100%

Expenses	\$431,904	
Program & Services	\$283,626	66%
Fundraising	\$101,888	23%
Management & General	\$46,390	11%
Total Expenses	\$431,904	100%
Increase in Net Assets	\$66,601	

Revenue by Source



Expense Allocations



Fundraising NAMI Mercer Style



NAMI Mercer Giving Tree

Five Gold Leaves for a total of \$12,500 were added to the NAMI Mercer Giving Tree in 2019

In Loving Memory of: Joyti Agrawal
Edward H. Becker III
Robert Demers
John & Alicia Nash

In Honor of: Philomena Traynor



Dedicated Volunteers

We are inspired and uplifted by the 200+ volunteers who contributed upwards of 8,000 hours of service in 2019, enabling us to change more lives for the better in the New Jersey Capital region! To all – our heartfelt thanks!

Rachel Adkinson
Lauren Agoratus
Halal Alobaidi
Michael Amter
Jerilyn Angotti
Vaishnavi Anand
Jerilyn Angotti
Alex Bakter
Joe Bakter
Kristina Balciunaite
Kathi Barringer
Louise Beste
Dan Brady
Gerry Brosky
Alicia Bruney
Amanda Buchner
Bob Buda
Jennifer Burroughs
Coleen Burrus
Alison Casserly
Ryan Casserly
Barbara Cavagnaro
Jacki Chadwick
Calvin Chin
Caryl Chambers
Steven Chen
Ritu Chopra
Tara Cirsuolo
Lisa Clayton
Debra Coleman
Ally Cubler
Karyn Cullen
Ann Curry Novak
Lisa Dambrogia
Dawn Dannenbrink
Jacob Dannenbrink
Tom Dannenbrink
Sushma Desai
Lucretia Davis
Lauren De Mederios
Joe De Mederios
Kate Denby
Stan DeRiel
Dennis Devanney
George DiFerdinando
Yvonne Dockery
Rob Dolnick
Tom Domenico
Lillian Domenico
Dave Doran
Daniel Escobar
Barbara Eget



Pearl Elias
Atiya El-Amin
Nick Emiegh
Sue Fleming
Diane Forer
Kim Fosco
Christabel Foster
Melissa Francis
Tracy Gates
Jim Gavin
Laurie Goldman
Hammad Gondal
Vincent Graziano
Charlene Green
Ahmed Grier
Deidre Grier
Charlotte Grodski
John Haag
Elisabeth Hagen
Carry Haimer
Gordon Hamnad
Leslie Handler
Mary Hayes
Robert Hedden
Dorothy Hill
Mindy Hoffman
Brittany Holom
Nanci Husko
Sheila Jentis
Sameer Joshi
Stephanee Kammer
Jane Kammer
Amar Kapadia
Ayesha Karim
Jerome Kidd
Carol Kivler

Georgia Lambros
Alex Lambros
Maria Laquaglia
Jason LaViscount
Betsy Le
Will Leavey
David Lee White
Victoria Lisowski
Sharon Logue
Duncan Macfarlane
Evelyn Macfarlane
Scott Macfarlane
Julie Maddocks
Michelle Madiou
Jeremy Mann
Melissa Marchetti
Karen Marquis
John Marsland
Kathryn McLaughlin
Cathy McTigue
Jean Meier
Ruth Ann Mekitarian
Karen Meltzer
Pranav Menon
Sue Methot
Amanda Migden
Doreen Miri
Alan Monheit
Madeline Monheit
Louise Morse
Ann Murphy
Kevin Murphy
Hannah Nacht
Umang Naik
Nikhil Nandkumar
Nina Narang

Krithika Neela
Sharon Nemeth
Alexa Nyktas
Avani Pavuluri
Harsha Pavuluri
Rao Pavuluri
Dhruv Peechara
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Thomas Pyle
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Rosa Rodriguez
Max Rosenheck
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Rob Ruiz
Evanjaline Sahaya
Manu Sankaran
Gianna Santoro
Karen Schoenitz
Dan Schuberth
Susan Sedia
Ben Seifer
Neil Shainwald
Annette Sheldon
Rania Siddique
Randi Silverman
Cyndee Sindelar
Ryan Slaughter

Denise Smith-Papp
Bette Sorrento
Rachelle St. Phard
Monica Thackalapatti
Jordan Thurston
Georgia Toto
Arlee Trembly
Ellen Trimboli
Nick Tummillio
Jackie Turkel
Amanda Vayda
Yashvi Verma
Alicia Vincelette
Kim Walker
P.J. Wenger
Michelle Williams
Bonnie Williams
Elise Wilmot
Phyllis Wilmot
William Wilmot
William Wolfe
Mary Wright
Audrey Yang

Organizations:
[Hamilton Robotics](#)
[Investors Bank](#)
[Janssen Cares](#)
[Mercer County Technical School](#)
[NJ Renaissance Faire](#)
[Princeton Community Television](#)
[Zero Gravity 1080](#)

Enthusiastic Interns

We partnered with 10 Institutions of higher education in educating/mentoring 24 talented young men and women who will be our next generation of mental health leaders.

Undergraduate Students

College of New Jersey

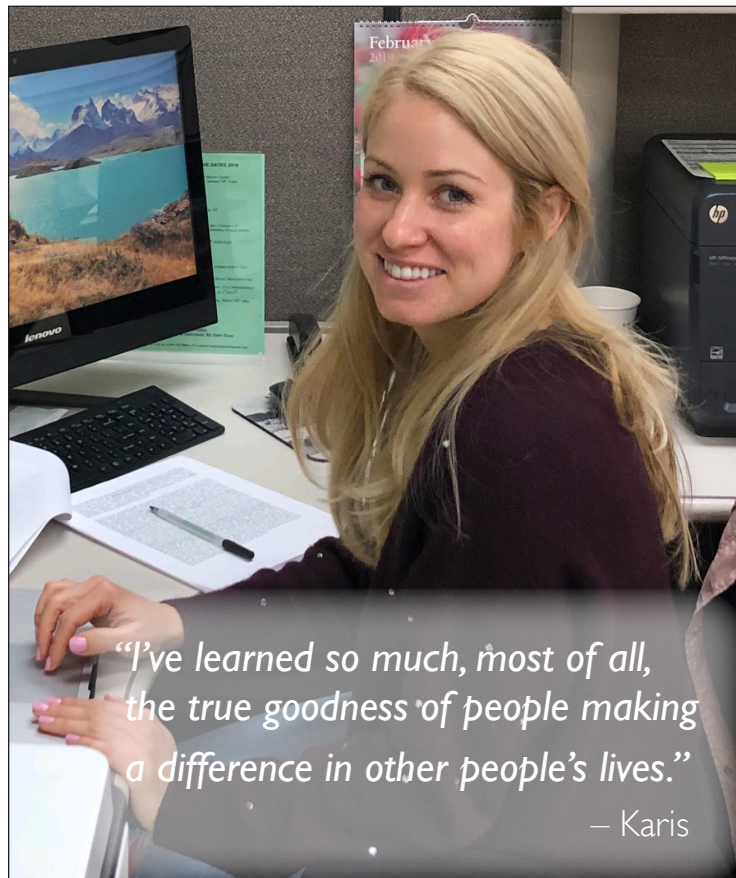
Danielle Costanzo
Danielle DeSantis
Pierre Gonzales
Noelle Jaromsky
Maria Lanquaglia
Dharti Patel
Sarah Pawlowski
Sandra Phan
Jessica Philip
Angela Rambert
Elina Roychowdhury
Palak Shah
Rushabh Solanki
Angelica Zaks

Hofstra University
Swetha Tangore
Juniata College
Rakshan Sadasivuni
Lehigh University
Madison Schulte
Raritan Community College
Robin Colarusso
Rider University
Danayah Daniels
Rutgers University
Apoorva Pillay
University of Lynchburg
Erin Muehleisen
University of Maryland
Sara Hatfield

Graduate Students

Princeton Theological Seminary
Karis Rossi

Rutgers School of Social Work
Emma Preslar



*"I've learned so much, most of all,
the true goodness of people making
a difference in other people's lives."*

— Karis

Together

WE CAN DO SO MUCH MORE

Visit VISIT US. Stop by the NAMI Mercer Office to say Hello and see what we are up to.

Volunteer VOLUNTEER OR INTERN. We are always looking for talented, generous people who want to have a positive impact on the lives of those affected by mental illness.

Donate DONATE. Strengthen our strategic initiatives and core programs with crucial financial support.

Partner PARTNER WITH US. Join us as a co-presenter of a program or event or become a corporate sponsor.

Follow us on Facebook, Instagram and Twitter: [#namimercer](#)

For more ways to get involved, email jhaag@namimercer.org or call 609.799.8994




nami | **Mercer**
 National Alliance on Mental Illness | Serving the New Jersey Capital Area

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