



# Onward AND

# Upward!



## *2023 Annual Report*

[www.namimercer.org](http://www.namimercer.org)

# A Note from the Executive Director



*And so lifting as we climb, onward and upward we go ... with courage born of success achieved in the past and with a keen sense of responsibility for the present, we look forward to a future large with promise and hope.*

~ Mary Church Terrell

“Onward and Upward” is a good mantra for 2023. With the worst of the pandemic behind us, we continue to adjust to a world that is definitely different. We have gained a new appreciation for human connection, even as human communication has become far more digitalized. We have had to shift the way we approach most things in our lives. At NAMI Mercer we are wholly engaged in this balancing act!

After launching several new programs in 2022, we turned our attention to refining and building on what we had started which is what I would like to highlight here. *Compelling Conversations* was offered to several faith communities and additional communicators were recruited and trained. More sessions of *WOW (Working on Wellness)* were provided for our corporate partner, IPG Health, with employees logging in from across the country. Participants in *The Empathy Network* decided that meeting bi-monthly was simply not frequent enough, so the group is now gathering weekly. To address the burgeoning youth mental health crisis, we pivoted from NAMI’s signature program, *Ending the Silence*, to a more interactive student-directed model, *Let’s Talk Mind Matters*. And we dug into our new initiative, *Collaboration for Caring Communities*, bringing influencers from urban Trenton to the table so we could listen and learn from them. Phase II will involve a collaborative response to address the trauma that impacts this community on a daily basis.

We embrace the age-old wisdom - “the world changes and we have to change with it” but we could not do this without YOU! So, quite simply, friends, thank you, for being open- to possibilities, for adapting to change, and let us continue “Onward and Upward!”



# Directors

## LEADING FOR EXCELLENCE

### Executive Committee



Tom Pyle, MBA, MS, CPRP  
President



Madeline Monheit, MS  
Vice President



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Secretary



Jason LaViscount, BA  
Treasurer

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Courtney Davis, CPA



George DiFerdinando, Jr, MD



Olive M. Joseph Giles, BA



Robert Hedden, BS



Robin Li, PhD



Stephanie McCarthy, MBA



Mary Michael, BA



Michelle Santoro, MBA



Jared Oberweis, JD

### Management Team



Janet Haag, MA  
Executive Director



Elizabeth Kepniss, BA  
Development Director



Danita Saunders-Davis, BS  
Operations Director



## *Family to Family*

Two 8-session Family to Family classes were held. 32 families completed the course reporting greater feelings of empowerment, reduced anxiety, and improved coping and problem solving skills.

*"When we as family members can see around the corner, we are no longer afraid of the future; we begin to shape it." ~ Bill*



### *IFSS Family Support Group*

Through our partnership with Intensive Family Support Services (IFSS) under Oaks Integrated Care, 117 Family Support Group Meetings were held online or in a hybrid format, we helped hundreds of family members and friends experience less stress and improve family functioning through the development of better coping skills. The average participation per session numbered 16, individual consultations were also held.



### *The Parent Support Network*

12 in-person meetings were held for parents/caregivers of youth under age 24. Participants openly shared their concerns and exchanged resources with a view towards helping their children become all they can be. Average participants per session were 4. The Youth Mental Health Project notified us they planned to cease operations which prompted us to bring this group in-house under the name *Just Parents* in November 2023.



# Peers

## SHARING HOPE

### *Social Support Groups*

#### Just Friends (35+)

49 people attended 12 Meet and Greets, 23 people attended 3 Planning Meetings. 15 in-person social activities were hosted including a play at Kelsey Theater, a trip to Grounds for Sculpture, Bowling/Billiards and Pizza, Movies, an Ice Cream Social, and visits to the Princeton Museum of Art the NJ State Museum/Planetarium, Shady Brook Farm, the Greek Festival, and Mercer County Park. Members also enjoyed lunches at Olive Garden and the Rt 1 Diner, as well as Halloween, Holiday, and New Year's Eve Parties. Total Participation: 549

#### Becoming Friends (18 -35)

Our social support group for the young adult crowd, was resurrected in October, 2023 beginning with 4 people attending a Meet & Greet. Subsequently, 5 in-person activities were held, headlined by movie days. Total Participation: 22.



#### Connection

43 peer-led hybrid meetings were held for participants to share challenges and accomplishments, offering encouragement and support to each other on the journey of recovery. Average participants per session were 4. 2 new assistant facilitators were added.

#### Empathy Network

24 In-person support group meetings were held with average attendance of 12 for those coping with depression. Participants reported feeling understood and encouraged by their peers, reducing their feelings of loneliness and improving their self-esteem.

#### Hearing Voices

A support group for those who hear voices or have other unusual sensory perceptions met twice monthly with an average attendance of 4. Participants welcomed having a safe space for speaking openly and honestly about their experiences and what helps them to cope.

#### Mending Mindsets

25 online support group meetings were held with average attendance of 4 for those coping with anxiety. Participants indicated a reduction in their symptoms, improved coping skills, greater motivation, and less isolation.

#### Weight ≠ Worth

This support group for those who have an unhealthy preoccupation with food or body image was held in partnership with Counseling and Prevention Services (CAPS) on TCNJ's campus. 9 meetings were held in the fall 2023 with average meeting attendance of 5.



# Communities

## PROMOTING WELLBEING

### Workplace Mental Health

Three six-week sessions of *WOW (Working On Wellness)* were held for employees from McCann/IPG Health all across the country with average attendance of 11. Participants discussed relevant topics and networked to promote greater wellbeing.



### Next Gen Initiatives

Our youth became more astute about early warning signs of mental illness, learned how to access help for themselves or their friends, and developed greater empathy for those with mental health challenges.

NAMI Mercer's *Journey of Resilience* was presented to 68 students enrolled in Janssen's Bridge to Employment series for inner city youth and to 40 students enrolled in the Gear-Up program under the NJ Department of Education

700 students at West Windsor Plainsboro South HS were part of an online *Diversity, Inclusion, and Mental Health* presentation. Another 31 benefited from an *Ending the Silence* presentation.

238 students at Cinnaminson HS were part of our Inaugural *Let's Talk Mind Matters* program.

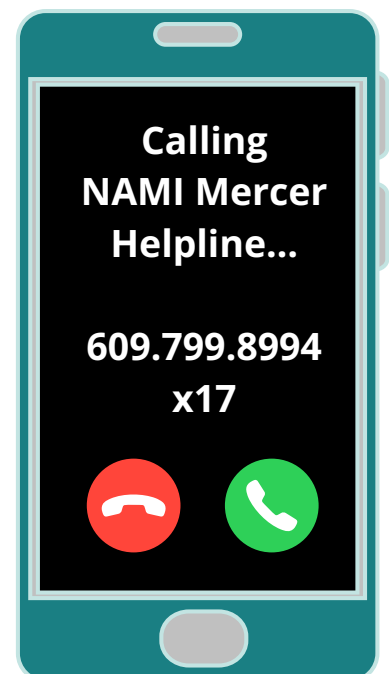
### Warmline & Resource Hub

#### Helpline

454 inquiries were fielded by 7 Helpline specialists working in-office or remotely (supported by staff). 294 of the inquiries or 64% were first-time contacts. Callers reported more knowledge, less stress, and a clearer path forward. 96% stated they would contact the Helpline again in the future for assistance.

#### Helpline +

Callers with more complex or intense needs received hundreds of hours of personalized assistance from experienced mental health advocates within our community with help navigating the mental health and/or criminal justice systems and resolve problems.



## Harvest of Hope

Award-Winning Actress, Political Activist & Advocate for Social Justice, and Global Humanitarian Ashley Judd was our special guest for our annual wellness conference. She engaged in a fireside chat facilitated by talented local playwright, David Lee White. Nearly 200 conference goers were inspired by the plenary session, educational workshops, *Compelling Conversations*, and a mini-concert culminating with the Judd's epic ballad of togetherness, *Love Can Build a Bridge*.

## Toolkits

User-friendly tips & tools to address myriad mental health topics were provided to multiple audiences.



## Community Education & Outreach

NAMI Mercer led 25+ community education events, including *Compelling Conversations*, reaching more than 1,000 people. Audiences Included faith communities, civic and social service organizations, law enforcement, college students, seniors, school personnel, sorority sisters, and neighborhood cohorts.

6,000+ is the number of people NAMI Mercer reached through our presence at wellness fairs, festivals, and community events all across the Capital County.

## Collaboration for Caring Communities

We brought leaders and influencers from vulnerable and underserved communities in Trenton to the table to discuss their concerns and explore how we might be of assistance in promoting access to mental health resources. Trauma emerged as the overriding issue and next steps will involve engaging in collaborative partnerships to break down barriers and design education/support/outreach strategies that will work.

## Digital Presence

**105 daily visitors to our website**

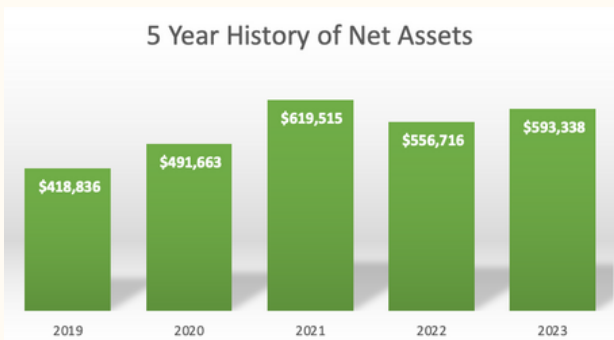
**1,093 Instagram followers**

**1,643 Facebook followers**

# Financial Resources FOR TODAY & TOMORROW

NAMI Mercer was pleasantly surprised by the financial support we received from our community in 2023. We brought in a total of \$556,000 from all revenue sources, including individual donations and income from our fundraising activities, as well as our contract with Mercer County, contributions from corporations, foundations, and a very generous grant from NAMI National. We are thrilled with all of the new initiatives we are able to implement due to the tremendous financial support we received throughout the year. We also stayed within budget for all our operating expenses, allowing us to increase our net assets to \$593,338 as of year-end.

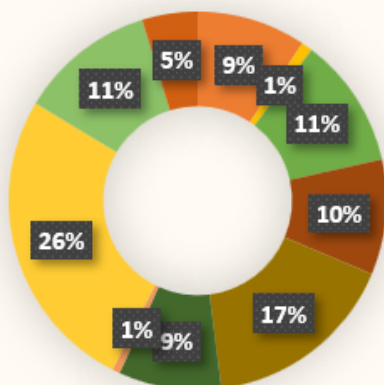
5 Year History of Net Assets



*Courtney Davis, Finance Committee Chair*  
*Jason LaViscount, Treasurer*

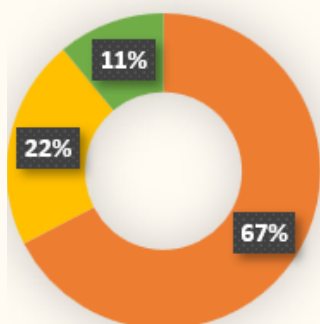
## 2023 Audited Financial Statement

### Revenue by Source



Government	52,000	9%
Congregations	5,250	1%
Corporations	62,150	11%
Foundations	54,700	10%
NAMI National	92,500	17%
Individuals	48,883	9%
Membership Dues	3,630	1%
Walk Income	145,467	26%
NOWN	64,686	12%
Investment Income	26,334	5%
<b>Total</b>	<b>555,601</b>	<b>100%</b>

### Expense Allocations



Program & Services	349,351	67%
Fundraising	111,857	22%
Management & General	57,082	11%
<b>Total</b>	<b>518,290</b>	<b>100%</b>



# Special Events

## NAMIWALKS MERCER

**Seas the Moment: Mental Health for All**, held at West Lake Park in Robbinsville, brought together 500+ people to raise awareness, build community, raise funds, and demonstrate the resiliency of spirit that enables people with mental health challenges to seek treatment, pursue recovery, and lead full, meaningful lives. Through peer-to-peer fundraising, over \$142,000 was raised to support our programs and services. The iconic "Trenton Makes The World Takes" bridge was once again lit green the weekend of the WALK.



## Run for the Roses



## NOWN NIGHT OUT WITH NAMI

During *A Night at the Races*, we honored David Lee White with our Visionary Award and Tom Pyle with our Pillar Award. This was followed by some raucous horse-racing betting fun to benefit NAMI Mercer. There were 145 attendees and \$67,000 was raised.



# Volunteers

## CHANGING LIVES

Shakira Abdul-Ali  
Lauren Agoratus  
Andrea Aldridge  
Michael Amter  
Jerilyn Angotti  
Darrell Armstrong  
Wilson Bagley  
David Bell  
Susan Bell  
Brenda Blanc  
Ralph Borremeo  
Charles Boyer  
Danielle Brenner  
Alicia Bruney  
Amanda Buchner  
Ian Bussmann  
Cindy Calotta  
Elaine Carlevaro  
Mark Carlevaro  
Jacki Chadwick  
Gargi Chandra  
Bhushan Chhatpar  
Kim Cody  
Turba Contento  
Caryn Cullen  
Dawn Dannenbrink  
Jacob Dannenbrink  
Tom Dannenbrink  
Aneira Davis  
Courtney Davis  
Lucretia Davis  
William Davis  
Julie DeLuccy  
Lianna DePinto  
Rajvi Desai  
George DiFerdinando  
Rob Dolnick  
Lillian Domenico  
Tom Domenico  
Reggie Dorsey  
Juliette Dresdner  
Barbra Eget  
Pearl Elias  
Maryanne Evanko  
Ethan Evans  
Andrew Fan

Crystal Feliciano  
Joe Fosco  
Bill Foster  
Micah Freeman  
Irene Gianopoulous  
Olive Giles  
Laurie Goldman  
Charlene Green  
Ahmed Grier  
Deidre Grier  
Paul Grumelli  
Janice Guiro  
Elisabeth Hagen  
Rupert Hall  
Mary Hayes  
Robert Hedden  
Karen Hernandez-Granzen  
Thomas Hernderson  
Mindy Hoffman  
Craig Hoppe  
Eric Houghton  
Tynetta Howard  
Jeff Hrusko  
Nancy Husko  
Swati Iyengar-Hrusko  
Michelle Jasper  
Kevin Kaelin  
Ayesha Karim  
Anya Kawlekar  
Chelsea Kennedy  
Sophia Khan  
Swathi Kiran  
Carol Kivler  
Jason LaViscount  
Kathy Leech  
Maia Leonard  
Robin Li  
Michael Lindsey  
Madelyn Lippincott  
Frances Lochen  
Rebecca Logan  
Sarah Lubitsky  
Erik Lydick  
Memphis Madden  
Julie Maddocks  
Michele Madiou

Karen Marquis  
John Marsland  
Louise McCants  
Stephanie McCarthy  
Kathy McLaughlin  
David McNair  
Medha Mehash  
Jean Meier  
Pavitra Menon  
Mary Michael  
Matthew Mienzer  
Clifford Mintz  
Shradha Miriyala  
Madeline Monheit  
Malaeika Montgomery  
Louise Morse  
Dawn Myers  
Sharon Nemeth  
Jared Oberweis  
Abby Oliver  
Angelo Onofri  
Charles Pagano  
Ann Marie Pasculli  
Yemeni Pathak  
Kent Payne  
Tamara Peters  
Cathy Pike  
Meghana Pillai  
Dianne Pingitore  
Aditya Pochinapeddi  
Andrea Porchiazzo  
Tara Prabhar  
Myesha Price  
Thomas Pyle  
Suzanne Ream  
Willian Rivers  
Mike Roach  
Stefani Rodriguez

Amanda Romand  
William Romanoff  
Max Rosenheck  
Benito Santoro  
Michelle Santoro  
Yashvir Saraogi  
Adam Satzman  
Liz Schaus-Guzzo  
Janice Schroeder  
Neil Shainwald  
Trisha Shringare  
Julia Simko  
Maneesha Singh  
Jeffrey Slabado  
Beverly Smith  
Bette Sorrento  
Jenna Stallworth  
Emily Struss  
Cindy Sullivan  
John Taylor  
John Thurber  
Ellen Trimboli  
Umang Trivedi  
Jackie Turkel  
Marlene Van Dyke  
Joyce Van Reymersdal  
Daniel Vaynshtok  
Maxine Vogyt  
Kim Walker  
David Lee White  
Michelle Williams  
Elise Wilmot  
Chris Wira  
William Wolfe  
Mary Wright  
Samantha York  
Jingwen Yuan  
Ralph Zellman



**8,900+**  
service hours

41 new volunteers

# Interns

## SHAPING THE FUTURE



**Psychology:**  
Caitlin Golden



**Psychology:**  
Ainsley Evans



**Psychology:**  
Alexa Alvarado



**Social Work:**  
Emily Bell  
Jennifer Del Rosario

**Public Health:**  
Dhawni Patel



**Psychology:**  
Nik Gonzalez  
James Kenny  
Andrea Oliver  
Olivia Paone  
Emily Tubbs





**Public Health:**  
Jenna Bechtel  
Jordan Hansen  
Kelly Maneri  
Matthew Michibata  
Josh Muenzer  
Ava Ossowski  
Julia Roman



**Psychology:**  
Lindsay Bishop

**Psychology:**  
Danielle Brenner  
David Cohn  
Lyana Constantino  
Maia Leonard  
Caroline Manion  
Abby Oliver  
Stella Petrou



**Social Work:**  
Sharon Joag   
Natalie Schrader 

# Friends & Donors

## ADVANCING OUR MISSION

### Grantors of Note (\$500+)

Church & Dwight Employee Giving Fund  
 Citizens Charitable Foundation  
 County of Mercer, New Jersey  
 Depression & Bipolar Support Alliance (DBSA) of Princeton  
 Educational Testing Service  
 First Presbyterian Church of Cranbury  
 Investors Bank Foundation  
 IPG Health  
 Janssen Pharmaceutical Incorporated  
 Lawrence Township Community Foundation  
 Merancas Foundation, Inc.  
 NAMI National  
 Nordson Corporation Foundation  
 Presbyterian Church of Lawrenceville  
 Rider Dance Troop  
 Robert & Joan Dirks Foundation  
 The Koch/Gelernter Family Fund  
 The Provident Bank Foundation  
 The Curtis W. McGraw Foundation  
 The Fred C. Rummel Foundation  
 Unitarian Universalist Congregation of Princeton

### Event Sponsors (\$500+)

Agnes McCarthy Charitable Foundation  
 Albermarle Corporation  
 Bristol Myers Squibb  
 California Closets  
 Capital Health  
 Copperwood Apartments  
 Credit Union of New Jersey  
 CTRLCare Behavioral Health  
 DUNMORE International Corporation  
 First Bank of New Jersey  
 Hackensack Meridian Health  
 Hampton Behavioral Health Center  
 Hinkle, Prior, & Fischer, P.C.  
 Holman Automotive Group, Inc

Janssen Pharmaceutical Incorporated  
 Johnson & Johnson  
 Lear & Pannepacker, LLP  
 Lundbeck  
 Mass Mutual  
 Mercadien Group  
 Mercer Bucks Pickleball Club  
 Mercer Lodge No. 50 F & AM  
 Mike's Amazing/Chefler Foods  
 MJH Life Sciences  
 NJM Insurance Group  
 Oaks Integrated Care  
 Otsuka America Pharmaceutical, Inc.  
 Outside the Lines Art Studio LLC  
 Penn Medicine Princeton House Behavioral Health  
 Perform Care  
 Phoenix Behavioral Health  
 Rotary Cub of Robbinsville Hamilton Foundation Inc.  
 Rue Insurance  
 RWJ University Hospital  
 Slide Insurance  
 Stark & Stark  
 Stover's Wells and Pumps IncStudio  
 Hillier Architecture LLC  
 The Wawa Foundation  
 Voya Foundation  
 WithumSmith+Brown, PC

### Corporate Matching (\$250+)

Bristol Myers Squibb - Employee Giving Program  
 Janssen Pharmaceutical Incorporated  
 Johnson & Johnson  
 Munich Reinsurance America, Inc

### Individual Donors (\$250+)

Ruth Ann Mekitarian & Harris Adams ✧  
 Steven & Lauren Agoratus  
 Krishna & Ja-Ling Agrawal ✧  
 Jerilyn Angotti ★\*  
 Lynette Atienza ✧  
 David Atkinson ✧  
 Meena Bakhshi ✧  
 Olivia Barna  
 Edward & Linda Becker  
 Rachel Belk  
 Reina Benabou ✧  
 Carroll Bever  
 John Bjornen ✧  
 BlueEdge Consulting  
 Marlene Boon  
 Michael Callahan  
 Craig Mehler & Joyce Campbell  
 Mark & Elaine Carlevaro  
 Francis Casieri ✧  
 Gabrielle Casieri ★



# SUPPORTING OUR CAUSE

Jacalyn Chadwick  
 Chapin School  
 Michael & Jane Chwick ◇  
 Lori Citrone  
 Jim Link & Claudia Gilcreast ◇  
 Jack & Katherine Cohen ◇  
 Christopher Coucill  
 Gil & Sherri Crisenbery  
 Courtney Davis ◇  
 Patricia Demers ◇\*\*  
 Judith Deturo  
 George Diferdinando & Elizabeth  
 Marshall ◇\*\*  
 David Diller ◇  
 Al Dolnick \*  
 Marilyn Dolnick \*\*  
 Rob & Laurie Dolnick ◇\*  
 Frank & Lisa Dorigo ◇  
 Kipp & Juliette Dresdner ◇  
 Anna Dunmeyer ◇  
 Michael Duva  
 Joseph & Pearl Elias ◇\*  
 John & Wendy Emelo  
 Diane Erga ◇  
 Maryanne Evanko ◇  
 Ethan & Jennifer Evans  
 Andrew Farnum  
 Michele Fernous  
 Maria Fischer  
 Steven Georges  
 Joseph & Olive Giles ◇  
 Laura Gordon  
 Paul Grumelli \*\*  
 Fritz Hager ◇\*  
 Simon Hallett ◇  
 Ellen Heath ◇  
 Lutz Henckels  
 Amy Odonnell & Robert Hinds ◇  
 Jim Houghton ◇  
 Tim & Charles Howard ◇  
 Lulu Huber \*\*  
 Kirk & Colleen Huckel ◇  
 Danielle Ingeri ◇\*\*  
 Nancy Irenas ◇\*  
 Suzanne Jacob  
 Peter & Krysia Jaffe  
 Karen Johnston  
 Adnan Kayani ◇  
 Elizabeth Kepniss \*  
 Carol Kivler ◇

Balamurali Kothandaraman  
 Joseph Lamela-Macchia \*  
 Kathy Lane  
 Donald & Susan Lauffer  
 Jason LaViscount  
 Carmelina Leone ◇  
 Neil Lewis  
 Robin Li ◇  
 David & Barbara Livezey  
 Leslie Stein Lloyd  
 Rebecca Logan  
 Rebecca Ludeke  
 MacLean Agency  
 Lynn Maher ◇  
 Amy Mansue ◇  
 Jason Marcial ◇  
 Michael & Karen Marquis ◇\*  
 John & Carol Marsland ◇\*\*  
 Elaine Matthews ◇  
 Brook Matthews \*  
 Jonathan Mazza ◇  
 Brian & Linda McGrath ◇\*  
 Susan McGuinness  
 Mary Michael ◇  
 Jane Milrod  
 Burich Molly  
 John Monahan  
 Dr. Alan & Madeline Monheit ◇\*\*\*  
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 Benjamin J Moyer ◇  
 Sharon Nemeth  
 Thomas & Carol Nied ◇  
 Bernadette Norz  
 Jared & Lissa Oberweis ◇  
 Kacy O'Brien ◇\*  
 Heidi Wilenius & Scot Pannepacker  
 Anne Pasculli \*  
 Dipali Patel \*  
 Shifra Pfister  
 Neil Shainwald & Cathy Pike  
 Lawrence & Kitty Pinder ◇  
 Laura Porter Ascari ◇  
 Art Post  
 Michael Pratico  
 Carolina Pujat  
 Thomas & Molly Pyle ◇\*  
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 Kathleen Quinn ◇  
 Stuart & Suzanne Ream  
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Anne-Marie Resor  
 James Robertson & Bette Sorrento ◇  
 Patricia Rodeawald  
 Stefani Rodriguez  
 Michelle Santoro ◇\*\*  
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 Adam & Marissa Satzman  
 Kruti Shah ◇  
 Rebecca Sharp ◇  
 John Sheehan ◇  
 Maura Snyder  
 Bill & Jodi Spadea  
 Stephanie St. Onge  
 Tim Stauning  
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 The Binion Family Giving Fund  
 Jennifer Thomas  
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 Madison Walker ◇  
 Lorrie Weaver  
 Fred Weber ◇  
 Debbie Wernsman ◇  
 Elise Wilmot \*  
 William & Phyllis Wilmot II ◇\*  
 Barbara Wolfe  
 William & Betty Wolfe ◇\*

## Key:

**Benefactor \***

**Patron ◇**

**Star Walker \*\***

**Team Captain \$2500+ \***

## Memorial Tributes

Casey Charles Huckel   
 Joe Irenas   
 John Ross Lasley   
 Beverly Roberts 



# Better



# Together





## *Mission Statement*

*NAMI Mercer listens, leads, educates, and advocates, empowering families and individuals affected by mental illness to build lives of quality and respect, free of stigma and discrimination.*

### **Visit Us**

Stop by the NAMI Mercer Office to say Hello and see what we are up to!

### **Volunteer or Intern**

Make a positive difference in the lives of others as well as your own.

### **Donate**

Help advance our mission and strengthen our community.

### **Partner with us**

Join us to co-present or become a sponsor.

