

COALITION WORK

NAMI Westchester seeks to work in partnership with providers and advocates for mental health. In the past year, we have worked with Mental Health Association in their "MHA on the Move" walk, and have gathered holiday gifts for their clients. Critical Incident Training (CIT) for the White Plains Police Department, Phelps Memorial, New York Presbyterian, Four Winds Hospitals, Cochran School of Nursing of St. John's Hospital, Pace University, and Fordham School of Social Work have provided venues for In Our Own Voice presentations.

NAMI Board members participate in the Community Services Board, the Mental Health Sub-Committee, the Geriatric Outreach Committee, the Care Coordination Committee, and the Jail Diversion Committee. NAMI members have spoken at the Pleasantville Schools, Fordham School of Social Work, and St. Vincent's Medical Center, New Rochelle Clergy Association, and participated in New York Presbyterian Hospital's Mental Health Services Fair.

Our deepest thanks to all of you who have enabled us fulfill our mission of advocacy, education and support to those affected by mental illnesses.

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The Nation's Voice on Mental Illness

NAMI WESTCHESTER

ANNUAL REPORT

**January 1, 2010 to
December 31, 2010**

WHO WE ARE

As an affiliate of NAMI National and NAMI New York State, we are a grass roots advocacy organization dedicated to improving the quality of life for individuals with brain disorders known as mental illnesses. Through our programs, we are a primary source of support for families and friends of people with serious mental illnesses. As advocates, we educate the community on issues of public policy that will impact the lives of our members. We are committed to seeking a cure for these illnesses and eliminating the stigma associated with these disorders. We have been engaged in this work since 1980.

*Our Goal is to Improve the Quality
of Life for People Living with
Mental Illness*

THE YEAR AT A GLANCE

2010 ACCOMPLISHMENTS

In the past year, we have continued to provide services of support, advocacy and education. The **Family to Family Education Program** offered four sessions, with a total of 51 individuals who completed the course. In **Our Own Voice**, with 14 presenters, gave a total of 63 presentations this year. 1005 people attended the presentations. We offer seven support groups, including groups for adult children of people with mental illness, spouses, and a **NAMI Connections** group which is led by facilitators who are living with mental illness. The **Speaker Series** has offered a wide variety of experts and continues to attract a large number of people. We held 8 sessions, with a total of approximately 450 attending. The December program featured an arts program of visual and written works by people living with mental illness. In the October, we sent two parents to be trained as **NAMI BASICS** teachers giving us the opportunity to bring this educational program to parent adolescents.

NAMI has endorsed the **Mental Health Court** from its inception. We now have two volunteers attend the weekly court sessions as resources for families.

During “**May is Mental Health Month**”, 85 people attended a community forum featuring the video, *Minds on the Edge*, followed by a panel comprised of research psychiatrist Dr. Richard McCarthy, writer Terri M. Williams, and Adam Black of the Recipient Affairs office of DCMH.

In November 2010 we collaborated with the Westchester County DCMH on a housing program titled **A Roof Over Your Head: Housing resources & Solutions for Westchester County Residents**. This comprehensive program gave an overview of housing in the County. Approximately 100 people attended this program.

Our monthly **Newsletter** provides valuable information and resources to our members.

We have had over **8500 visitors** to our website, www.namiwestchester.org.

Staff members are available to anyone who calls for **information or resources**. In the past year, we have provided assistance to **375 callers or email** inquiries.

DEVELOPMENT

Although the year has been financially difficult for most of us, our members have been generous. Our fundraiser, a walk held in conjunction with MHA, gained us new friends and close to \$7000 for our programs. Several members joined the NYC NAMI Metro in their walk, and raised an additional \$3500.

We are grateful to public, private and corporate donors to NAMI Westchester including Department of Community Mental Health and Scarsdale Women’s Club.

St Vincent’s Hospital has become our new “home” for the Speaker Series and some of the support groups. We deeply appreciate their support and hospitality.

We are able to keep our costs to a minimum because so many volunteer for NAMI. In the past year, over 35 people have volunteered as support group facilitators, board members, legislative committee members, helpers at the Speaker Series, office assistance, and helping with community events and programs.