



NAMI came together at a time when people struggling with mental illness felt so shunned and marginalized that many simply hid themselves away.

They and their families were profoundly affected by the widespread view that mental illness was a character flaw, not a brain-based health condition deserving the same resources and attention as any other health issue.

Today, stigma and discrimination still exist—but as millions of us raise our voices in homes, schools, community centers, statehouses and the halls of Congress, harmful misconceptions are beginning to fall.

Encouraged by NAMI and the many courageous partners and ambassadors who are helping us lead the fight, the public is demanding answers to questions that have troubled us from the very beginning:

Why do we often treat people with mental health conditions as if they were criminals?

Why do we draw a line between physical health and mental health, even though we know the mind and body are intimately connected?

Why are there too few mental health providers in nearly every community—and far too many barriers to affordable, effective care?

When it comes to shaping real progress for millions with mental illness and their families, these questions are just the start. But in 2018 we saw clear signs that new answers are on the horizon. We are proud to share this annual report with you, along with our heartfelt thanks for the support you so generously give.





## **How We** Work

#### **BUILDING A MOVEMENT**

**Powerful alliances Authentic voices Collaboration for change** 

#### **LEVERAGING TECHNOLOGY**

**Streamlined operations** Wider outreach **More responsive support** 

#### **FOCUSING ON YOUTH**

**Early intervention Proven care models** Family, school and community

#### **ADVOCACY**

**Reshaping laws and policies Fighting discrimination Funding research and innovation** 

#### **STRENGTHENING** THE ORGANIZATION

**Raising funds Developing people Organizing for impact** 

# Igniting the Conversation on Mental Health

NAMI is the grassroots voice for individuals with mental illness and their families. We achieve impact through powerful campaigns and partnerships that fight stigma and champion change.

32 BRAND PARTNERS Many of the world's
best-known companies
aligned with NAMI,
taking active steps
to reduce workplace
stigma, widen
awareness and
support our vital work.

527,000 SOCIAL MEDIA FOLLOWERS

by more than 25% through national campaigns such as #CureStigma, which drew more than 10 million visits across multiple channels.
Stigma-fighting public service announcements aired on more than 600 TV stations nationwide.

## POWERFUL PARTNERS

Retail business group
Hudson's Bay Company,
including divisions Saks Fifth
Avenue, Lord & Taylor and
Saks Off 5th, named NAMI
a "best in class" mental
health charity.

#### GREEN SNEAKERS FOR MENTAL HEALTH

During Mental Health Month, Kenneth Cole offered the first branded merchandise supporting NAMI.

## THE AUTHORITATIVE VOICE ON MENTAL ILLNESS

NAMI senior leaders fielded hundreds of interview requests as media coverage of mental health soared. Speaking at a June event hosted by the Washington Post, NAMI CEO Mary Giliberti described serious mental illness as "the greatest health disparity no one is talking about." During Suicide Prevention Month in September, more than 4,500 published articles mentioned NAMI.



**WATCH** Mary Giliberti on Washington Post Live.

"Care is care. There can be no justification for treating mental illness with less urgency and fewer resources than we give to any other health problem."

NAMI CEO MARY GILIBERTI, J.D.

Iconic personalities from film, sports, music and entertainment shared their AMBASSADORS AND INFLUENCERS mental health stories in 2018, capturing wider attention and support for NAMI's mission. "I thank NAMI for giving me the chance to demolish my secrets and strike my own small, personal blow in the war against shame and stigma ... a war I know we can win." ACTOR CLARK GREGG, star of the Marvel Cinematic Universe and member of NAMI's celebrity ambassador program **WATCH Clark Gregg** at the 2018 NAMI **National Convention.** 

# Reaching Out to Everyone Affected by Mental Illness

Next door and across the nation, NAMI provides free education and support for youth, adults and families. We are determined that no one with mental illness will walk alone.

7M WEB VISITORS In 2018, NAMI's website had
the greatest share of voice
among mental health
websites. More than half
of those who visit our
website are 18 to 34 years
old, a strong sign that our
focus on youth and early

intervention is succeeding.

31,000

CALLS TO
OUR NATIONAL
HELPLINE

Volunteers in Washington, D.C.

used powerful new software to
link callers with mental health
resources near their homes.

Local NAMI Affiliates
answered thousands
more calls, providing the
compassionate support that
individuals and families need.

375,000+
FIND EDUCATION
AND SUPPORT

NAMI programs and support groups served a growing audience, delivering information and hope in clear, engaging, culturally relevant

12,000 volunteers with lived experience of mental illness reached people in their communities with evidence-based education and personal support.

language. More than

#### A WARM WELCOME

An all-new, 4-hour seminar known as NAMI Family & Friends launched in summer 2018, offering people an even easier way to connect with our mission and resources. More than 150 local sessions were hosted in just 5 months.

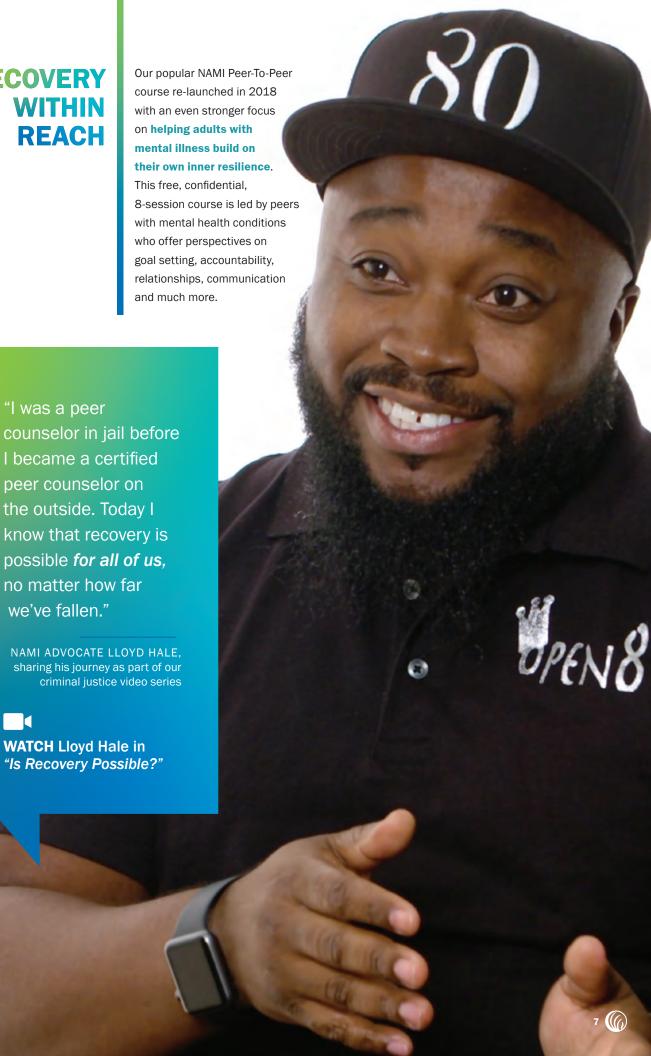
## ENGAGING COMMUNITIES OF COLOR

In 2018, NAMI welcomed Mocha Moms as our newest partner in serving African American families facing mental health struggles. Mocha Moms joins longtime partners Jack & Jill of America and Alpha Kappa Alpha sorority in bringing NAMI resources to communities of color and drawing powerful new voices to our movement.

"I've really learned how to cope with my triggers better, and I'm now on the path to truly loving myself."

NAMI PEER-TO-PEER PARTICIPANT

### **RECOVERY WITHIN REACH**



### NAMI Ending The Silence

## CHANGING THE STORY for teens and young adults

**42**%

INCREASE IN PROGRAM REACH

300

NEW YOUTH PRESENTERS TRAINED

175,000

PARTICIPANTS REACHED

NAMI's evidence-based program on teen mental health expanded rapidly in 2018, reaching 42% more students, families and school staff nationwide. A major gift made in 2017 by former First Lady Tipper Gore helped us train nearly 300 new youth presenters, who in turn reached more than 175,000 participants.

Echoing the experiences of their peers around the country, here's what presenters from NAMI North Texas say about sharing their mental health stories in settings from middle-school auditoriums to high-school health classes to college dorms.



"Students have so many questions and fears, sometimes even secret struggles of their own. I feel a kind of relief in the room when I tell them, 'I get it. I was you.'"

**BROOKE ANDERSON** 



"My family taught me to hide my problems. I felt guilt and shame when mental health symptoms disrupted my college career. But I found a way forward ... and now I can encourage young people to ask for help the same way I did."

EBONIE FREEMAN



"As a former teacher, I love working with school staff. I reassure them they don't have to be mental health experts to provide real, tangible support for kids and parents."

HANNAH BOTT

## **Boldly Advocating for Change**

NAMI advocates bring the power of lived experience to the halls of Congress and state capitols nationwide. We fight every day to promote innovation, improve care and support recovery for people with mental illness.

## INCREASING FUNDING FOR MENTAL HEALTH PRIORITIES

NAMI advocates successfully called for increased federal funding for mental health research, services and supports. Substantial gains in 2018 will fuel new brain research, more supported housing and mental health block grant programs, and improved mental health care for military veterans.

#### FIGHTING ROLLBACKS ON MENTAL HEALTH PARITY

In May, NAMI published *Mental Health Parity at Risk*, a report exposing how health insurance plans routinely discriminated against people with mental illness before the Affordable Care Act enacted patient protections. In September, we joined 6 other organizations in filing a federal lawsuit to oppose new regulations that would weaken protections and take us back to a time when people with mental illness were routinely denied coverage, charged more, or forced to accept unfair limits on mental health care.

# READ the NAMI Mental Health Parity at Risk report.

#### ENDING BARRIERS TO INPATIENT CARE

NAMI fought for modification of the Medicaid Institutions for Mental Disease (IMD) exclusion, an outdated federal rule that created roadblocks to care for adults with serious mental illness. Now, all states can request a waiver to the exclusion, allowing Medicaid billing for inpatient care in facilities with 16 or more beds.

265
FEP PROGRAMS
NATIONWIDE

#### PROGRESS FOR EARLY INTERVENTION

We pressed for the expansion of First Episode Psychosis (FEP) programs, which provide coordinated, evidence-based care for young adults facing an early episode of psychosis. **There are now 265 programs nationwide—up from only 12 in 2008.** 

"Limited-benefit plans have been described as nothing more than a spare tire, providing almost no coverage for mental health. These plans are totally inadequate for the journey our loved ones have ahead of them."

NAMI CEO MARY GILIBERTI, J.D.



# **Building on Four Decades of Strength**

NAMI leads the mental health movement through an extraordinary network of people who strive for excellence every day. We embrace new tools and technologies to improve the efficiency and quality of everything we do.

NEARLY

600

AFFILIATES
STRONG

NAMI Affiliates across the country met new standards of excellence through our reaffiliation process, building a more powerful network to serve millions with mental illness.

75,000+

WALKED TO RAISE FUNDS AND AWARENESS FOR MENTAL HEALTH NAMIWalks saw record participation in 2018, with 88 events bringing in \$12 million from 100,000+ supporters.

#### **HARNESSING BIG DATA**

#### **NAMI** partnered with

Salesforce.com, the world's leading provider of customer relationship management software, to create a CRM system for our unique needs. The new system will help us improve community-based services and learn more about our constituents.

#### FACEBOOK FUNDRAISING SOARS

In our first coordinated fundraising efforts via Facebook, NAMI garnered \$735,000 in new support —establishing a base for future success.



# THE YEAR OF LISTENING

Throughout 2018, NAMI hosted surveys, listening sessions and focus groups with staff and volunteers to lay the foundation for a new strategic plan that will launch in 2020. More than 50,000 survey responses and 50 live and virtual focus groups sparked a nationwide conversation on NAMI's future.

## NAMI Volunteer Leadership Spotlight

"When I stood in front of that crowd at the lakefront, hearing the cheers and seeing all the support coming from our community ... it was my most powerful NAMI moment ever."

DAVE MANCINA

### **DAVE MANCINA**

NAMI St. Tammany, Mandeville, La.

In Dave's early days with NAMI, his cell phone served as the local help line. He's played virtually every role a volunteer can fill, from support group leader and NAMI Family-To-Family teacher to Affiliate Board President. Over the past 20 years he's never stopped asking: "How can we reach more people?"

Expanding services means finding more resources—so in 2017, NAMI St. Tammany launched a new NAMIWalks event. "We'd raised funds at comedy nights, golf tournaments and art gallery events, but this took us to a higher level," Dave explains. In their first year, 600 local walkers raised nearly \$97,000 – almost four times the amount of any previous fundraising event. In 2018 the total jumped to almost \$114,000.

# NAMI Leadership



NAMI Board of Directors, seated, left to right:
Shirley Holloway (2nd Vice President), Lacey Berumen
(1st Vice President), Adrienne Kennedy (President),
Dave Stafford (Secretary). Standing, left to right:
Jim Hayes. Joyce Campbell, Micah Pearson, Stacey Owens,
Charma Dudley, Steve Pitman, Carrie Roach, Jackie Martinez,
Vanessa Fernandes, Amanda Lipp.
Not pictured: Barbara Ricci, Carlos Larrauri.

### **Executive Committee**

Adrienne Kennedy, M.A., 2020 PRESIDENT West Lake Hills, Texas

**Lacey Berumen, Ph.D., M.N.M., C.A.C. III, 2019**FIRST VICE PRESIDENT
Denver

**Shirley J. Holloway, Ph.D., 2019** SECOND VICE PRESIDENT Anchorage, Ala.

Barbara Ricci, 2019 TREASURER New York City

**Dave Stafford, 2021** SECRETARY Simpsonville, S.C.

### **Board of Directors**

Judge Joyce A. Campbell, 2021 Fairfield, Ohio

Charma D. Dudley, Ph.D., FPPR, 2019

Vanessa Fernandes, 2021 Dallas

Jim Hayes, M.D., 2020 Greer, S.C.

Carlos Larrauri, R.N., B.S.N., 2020 Miami

Amanda Lipp, 2020 Sacramento, Calif.

Jacqueline Martinez, C.P.S., 2019 Revere, Mass.

Captain Stacey L. Owens, 2021 Simpsonville, S.C.

Micah Pearson, 2020 Las Cruces, N.M.

Steve Pitman, 2021 Lake Forest, Calif.

Catherine "Carrie" Roach, M.S., 2019 Saint Paul, Minn.



## **NAMI Ambassadors**



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100 Women in Finance

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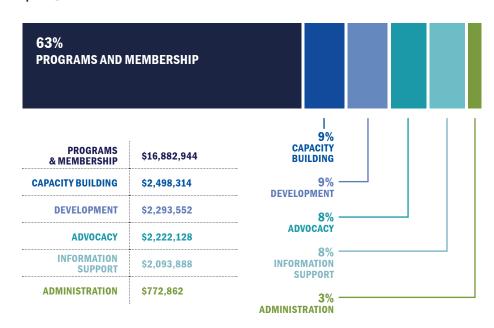
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#### \$27.4 M



#### 2018 EXPENSES

#### \$26.8 M



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