

Annual Report 2017

July 1, 2016 – June 30, 2017



1 IN 5 PEOPLE

EXPERIENCE A MENTAL HEALTH CONDITION

Learn more, share your story and spread the word.

You can make a difference.

NAMI Howard County, Inc., Maryland

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Mission Statement



The mission of NAMI Howard County, MD, Inc. (NAMI HC) is to improve the lives of individuals with mental illness and their families through education, advocacy and support, and to increase awareness of mental illness throughout the community.



NAMI HC is the leading advocate and resource regarding mental illness in Howard County.



From the Executive Director



Dear Friends:

As another year ends at NAMI Howard County (HC), I realize the work that NAMI HC does in Howard County is larger than any one organization can achieve. It's vital relationships and partnerships in the community that help those in need get mental health information and referrals, find support groups, attend education courses and participate in community events/fairs that make all the work we do hard, but gratifying.

It's listening to the Helpline when people call NAMI HC in desperation, seeking answers, needing support, a shoulder and someone to listen to their cries for help. It's letting parents and family members know they are not alone while providing information and encouragement; that's the work that humbles me and makes NAMI HC the organization it is to so many.

When I share all that we do, people are often amazed that with a small staff and a dedicated crew of volunteers, NAMI HC provides countless services and programs all year long.

This year we launched a Stigma-free Campaign and challenged community leaders and residents to take a pledge to end stigma in the community; we were strong advocates for legislation to support programs and services for the mentally ill and were at the table and a part of many conversations about improving, creating and enhancing services for all.

Did you know that 1 in 5 adults experience a mental illness in any given year; this equates to 43.8 million people in our country who are learning a "new normal?" People who are struggling to understand and accept their condition that has nothing to do with their race, socioeconomic status, gender, religion, sexual orientation or ethnic group. Mental illness is not the result of personal weakness, character flaw or poor upbringing—it's a medical condition. We invite you to **join us** in ensuring that there are responsive mental health services for those living with mental health conditions right here in our community. We need your continued support, advocacy and ideas. You can help us make a difference!

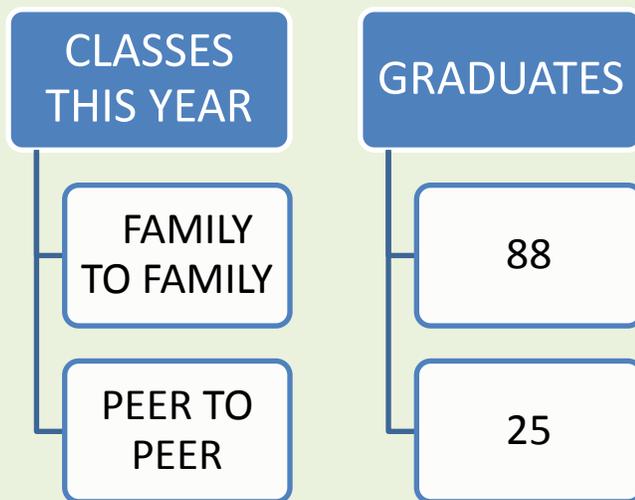
With Sincere Gratitude,

Beverley Francis-Gibson

Special Thanks: We would like to THANK everyone that supported our programs throughout the year:

- *Alpha Kappa Alpha Sorority, Inc., Iota Lambda Omega Chapter*
- *Calvary Lutheran Church*
- *Celebration Church*
- *Church of the Resurrection Men's Club*
- *Columbia Jewish Congregation*
- *Credella Duvall & Family*
- *First Presbyterian Church*
- *Harmony Hall*
- *Howard County General Hospital's Leadership Team*
- *HC Mental Health Authority*
- *Muslim Neighbors*
- *Oakland Mills Interfaith Center*
- *Our Shepherd Lutheran Church*
- *Owen Brown Interfaith Center*
- *Sheppard Pratt, Ellicott City*
- *St John Baptist Church*
- *St. John the Evangelist Roman Catholic Parish*
- *St. John the Evangelist Roman Catholic Parish Jr. Women's Club*
- *St. John United Methodist Presbyterian*
- *The Bain 50+ Center*
- *The Columbia Chapter of Jack & Jill*
- *Unitarian Universalist Society*
- *Waystation*
- *Wilde Lake Interfaith Center*

Education Programs



A free 12-week course for family and friends of individuals with serious mental illness. The course, taught by trained NAMI family members, gives participants: a greater understanding of mental illness; coping skills and support; and information that will help them better advocate for their relative. Families who have completed the course describe Family-to-Family as “life changing”! The class meets once a week for 2.5 hours.



A free 10-week course on the topic of recovery for any adult with a serious mental illness who is interested in establishing and maintaining wellness. The course is taught by trained mentors who are themselves living with a mental illness. The class meets once a week for 2 hours



A free 6-week course specifically designed for parents and other primary caregivers of children and adolescents who are living with mental illness. The course follows a structured format and includes practical insights on issues frequently faced by families dealing with mental illness. The 2.5 hour class is taught by trained parents who have lived similar experiences with their own children. It is not necessary that the child has received a specific diagnosis.

Program Highlights



NAMI HC offers **Family and Parent Support Groups** as well as a Transitioned Aged Youth Support Group (for parents and caregivers of young adults between the ages of 18-26). Total attendance for our six support groups was **1128** for this fiscal year.



Education Forums: NAMI HC presented six programs for NAMI members on topics related to mental illness. These forums are free and open to the public. Some of these specific programs were:

- Transcranial Magnetic Stimulation Therapy (TMS)
- Live Life More Fully Using Self-Help Techniques to Manage Stress and Anxiety
- Financial Planning For People with Special Needs
- Faith, Spirituality and Mental Illness
- Annual Meeting and Election of Officers



NAMI HC supports a variety of efforts and initiatives at all levels of government, including:

- ◆ Advocating for enlightened laws, adequate funds, access to services and insurance coverage
- ◆ Advocating for housing, income maintenance, employment and job training, a social network, medical services and day programs
- ◆ Advising families of their rights as well as the rights of persons with mental illness.



NAMI HELPLINE

Last year approximate **525** people contacted NAMI Howard County to find information, support and resources. Over 300 of those calls were people in distress who were seeking support or resources for mental health treatment. Ninety-four percent of the Help-Line callers who responded to a survey reported that the service helped to alleviate their concerns. It is estimated that 40% of staff time is used to answer and respond to *Help-Line* calls and emails.

All of our programs are provided at no cost – thanks to your donations!



Crisis Intervention Training(CIT) in partnership with the Howard County Mental Health Authority, Grassroots Crisis Intervention Center and the Police Department, we trained **78** police officers and dispatchers in a 40 hour program designed to help them safely manage complex encounters with people who have mental illness. The trainings are conducted twice per year.



NAMI Walks is one of NAMI HC's largest fundraising efforts. NAMI Walks bring together hundreds of individuals and supporters to celebrate mental illness recovery, combat stigma, honor those who have lost their lives to mental illness and promote awareness. We appreciate everyone who provided a sponsorship or supported one of our 15 teams.

COMMUNITY EDUCATION: NAMI HC offers a variety of community education programs to educate audiences about mental illness and to advocate for the needs of individuals and families affected by mental illness. We also participated in a number of community health fairs to increase awareness of mental illness in the community.



In Our Own Voice: an interactive presentation by two people whose lives were interrupted by mental illness, but who are now role models for hope and resiliency; **81** presentations were done this year reaching more than **1,372** participants in Howard County Public Schools; Howard County General Hospital, Humanim, Sheppard Pratt Inpatient and Outpatient Clinic and throughout the community.



We launched a new program called **"Say it Outloud"** to create a community for teens and young adults struggling with mental health problems and encourage them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. We made presentations in Howard County High Schools reaching approximately 613 students.



Grassroots advocacy is at the heart of NAMI HC, last year we hosted **NAMI SMARTS for Advocacy Training** which provides step by step tools and hands on practice to help participants learn how to use their voice to influence policymakers and make a difference.



Sunday Supper: We have provided a hot meal and fellowship for people living with mental illness in the community at its Sunday Supper Program for 35 years. Each month we rely on the contributions of local congregations, civic groups and businesses to donate dinner and provide volunteers to serve our guests. **We served dinner to over 620 guests last year.** Additional volunteers sing songs, play instruments, take portraits of our guests and provide holiday-themed treats.

NAMI HC Member Spot Light



Joshua Henkin has been a member of NAMI Howard County since fall of 2014 shortly after attending the Connection Support Group. He has been diagnosed with post-traumatic stress disorder, depression and a traumatic brain injury. He enjoys reading, listening to music, watching movies and going to the gym. He's studying computer repair and maintenance in order to get his A+ certification. Joshua became a support group champion and has been a Connection support group facilitator for close to a year. Joshua says the most rewarding part of being a facilitator is the ability to help other people with their issues, so that they leave the meetings in a better state of mind. He shares the most challenging part of being a facilitator is being able to address everyone's needs at one time. NAMI has helped Joshua better cope with the challenges he faces in dealing with his mental health issues. As a result of dedicating his time and effort to NAMI HC, Joshua now has a wider support group than ever before. Overall, Joshua feels it is important for others to become involved with NAMI HC because having the support of others who suffer from mental illness is very helpful and it helps people dealing with a mental illness not feel so isolated. NAMI HC is grateful for everything that Joshua does to assist us in the community.

MEMBERSHIP HAS ITS PRIVILEGES:

BECOME A PART OF NAMI HC: Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community and add your voice to the mental health movement.

Become a NAMI member at all three levels of the organization—national, state and local—with one payment! We have three membership rates depending on what makes the most sense for you:

- \$60 per year for a Household membership that includes all members of a household living at the same address
- \$40 per year for a Regular membership which is an individual membership for one person
- \$5 per year for an Open Door membership for an individual member with limited financial resources

To join click: <https://www.nami.org/Get-Involved/Join>

Financial Analysis & Reporting



BALANCE SHEET	
Total Current Assets	92,265
Beginning of Year Asset 07/01/16	71,176
Net Income	22,089
Total Equity	93,265
Total Liabilities & Equity	93,265

Cash Received From Support Activates		FY2017
Contributions		41,569
Grants		75,523
Membership dues		5,888
Special events		39,701
Total cash received from support activities		162,681
Cash Received From Other Sources		
Interest income		114
Total cash received from other sources		114
TOTAL CASH RECEIVED		162,795
Cash Disbursed		
Accounting services		2,103
Board		3,535
Brochures		2,578
Conferences and meetings		2,228
Dues to NAMI MD & NAMI		3,102
Fees & subscriptions		972
Fundraising expenses		2,837
Furniture & equipment		55
Insurance		2,332
Newsletter Printing & Postage		1,097
Occupancy		20,886
Office Supplies		1,559
Payroll & payroll taxes		87,067
Telephone & Internet		1,308
Travel		1,950
Website		603
Workshops & programs		6,493
TOTAL CASH DISBURSED		140,705

INCREASE (DECREASE) IN CASH AND CASH EQUIVALENTS	22,089
CASH AND CASH EQUIVALENTS, BEGINNING OF YEAR	71,176
Plus: Prior Period Adjustments	-
CASH AND CASH EQUIVALENTS, END OF YEAR	93,265

Donors are Important to US!

We cannot thank you enough for your support of NAMI Howard County this year!

Over \$1,000

- Anonymous
- Columbia Foundation of Howard County
- Pete & Tina Dinwoodie
- Dr. Bennett and Janet Edelman
- Ann Hohmann
- Howard County Department of Citizen Services
- Howard County Mental Health Authority
- Katrina Tagget Memorial Foundation
- St. John Evangelist RC Church
- The Hamel Family-Fund of the Community Foundation of Howard County
- The Horizon Foundation of Howard County
- United Way of Central MD

\$500 — \$1,000

- Anonymous
- Dr. Riffat Ashai, MD
- Dave Bazell
- Columbia Town Center Rotary Club
- Allan & Linda Field
- Steve & Jennifer Gray
- Debbie Meyer
- NAMI
- Wilbur Turner
- David & Jane Wasser

\$250-\$499

- Barnes & Noble of Columbia
- Karen Costa
- Alec Dinwoodie
- Claudia Friend
- Richard & Irene Giguere
- Juliette Jenkins
- John & Helen Liu
- Joseph & Terri Mc Nerney
- Northrop Grumman Corporation
- William & Carla Spence
- Nancy Stivers
- A. Thiruvengadam
- Tino's Italian Bistro

\$150 — \$249

- Gerald Balmert
- Daryl Caplan
- Yumi Distefano
- Carol & Mars Gralia
- Hripsime Hamstra
- Susan Helsel
- Gregory Makar





Shop at Amazon and donate to NAMI Howard County - at no cost to you! Amazon will make a donation on your behalf! Simply use this link <http://smile.amazon.com/ch/52-1623565>, or you can click on your account at Amazon and designate NAMI Howard County!



Please "like us" on Facebook so that you can be among the first to know of upcoming events and programs at NAMI HC.

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