

MISSION



VALUES

At NAMI Juneau, we provide education, advocacy, support, and public awareness so that individuals and families affected by mental illness can build better lives.

SUPPORT. EDUCATION. ADVOCACY. COLLABORATION. CONNECTION.

DEAR FRIENDS, FAMILIES & SUPPORTERS:

Thank you for giving us the honor of serving as Juneau's voice on mental illness. Through NAMI programs, we strive to help individuals feel understood, supported, and equipped to advocate for their or their family's needs. This year, we provided three multisession education classes, numerous seminars and mental health forums, and ongoing mutual support groups. Together, we expanded peer support opportunities for individuals managing a mental health condition through weekly NAMI Connection support group meetings.

A highlight this year was working toward common program goals and advocacy priorities with NAMI Alaska and statewide affiliates. We jointly launched our first online programs and came together for an advocacy week in February. During Mental Health Month, NAMI Juneau developed a partnership with Juneau Public Libraries, hosting three mental wellness workshops and reaching new community members. We were selected as a beneficiary of Mudroom's storytelling events which raised over \$5,000 to support our work and held a successful Comedy for a Cause fundraiser. Our board and staff met this summer to update NAMI Juneau's strategic plan. Throughout this process, we identified many things we are proud of and areas we want to explore further, including expanded public awareness initiatives.

As a volunteer-driven organization, we are grateful to the dedicated individuals who donate their time and share their experiences to help inform and inspire others. Thank you to all the donors, members, and volunteers invested in improving the lives of individuals affected by mental health conditions. Together, our mission moves forward!

2018-2019 BOARD OF DIRECTORS

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Sara Raster
Marna Schwartz

STAFF

Crystal Bourland,
Executive Director

Megan Gunkel,
Program & Outreach Coordinator

REACH + IMPACT



SUPPORT

46 Mutual Support
Group Meetings

Facilitators Trained **8**

“I just wanted to say that the group we attended was wonderful. I was pleasantly surprised about how conducive the conversation was and the feeling of support. It was only my first group, but I still walked away with a few pieces that I will carry with me.”



INFORMATION

45 Contacts for Information,
Support & Referral

Trust Mini Grants **26**
Awarded

“After attending the NAMI workshop, I feel much more optimistic about the future. The skills I have learned are extremely helpful, but the biggest thing is that I am not alone – this isn’t some kind of hopeless anomaly.”



EDUCATION

45 Education Program &
Seminar Participants

Program Satisfaction **95%**

22 Advocates Trained



OUTREACH

~100 Youth provided w/
mental health presentations

Radio programs **10**

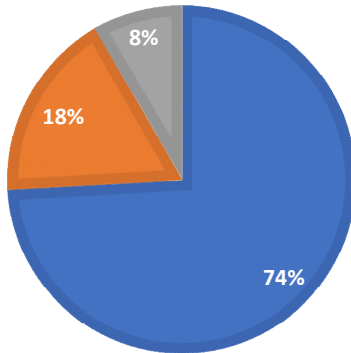
82 Inside Passages
Participants

““ The information and support I received from attending NAMI’s Family-to-Family class was incredible. I learned a lot about mental illness, but more importantly, I learned how to be a better parent and I bonded with others as we shared our journeys. I highly recommend this class to anyone who has a loved one experiencing mental illness. Down with stigma! ””

FY19 FINANCES

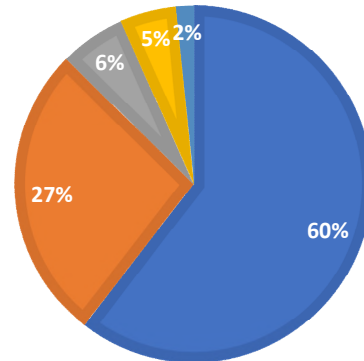
REVENUE

■ Grants ■ Fundraising ■ Donations



EXPENSES

■ Administration ■ Programs ■ Training ■ Fundraising ■ Other



Grants \$111,250

Alaska Mental Health Trust Authority (\$100,550)
Juneau Community Foundation's Hope Endowment Fund (\$10,700)

Fundraising \$26,490

Comedy for a Cause & Extra Tough Run
Mudrooms Storytelling Events
Coppa Ice Cream Day Proceeds

Donations \$12,355

Memberships & Individual Donations

Other \$765

Inside Passages Sponsorships and
Continuing Education Units (CEU) fees

TOTAL FY19 REVENUE
\$150,860

Administration \$88,600

Staff, facility, telecommunications, business insurance, equipment, and supplies

Programs \$39,560

Staff, volunteer training, marketing costs and program materials

Training \$8,725

NAMI Convention subsidies and professional development

Fundraising \$7,485

Event and membership expenses

Other \$2,230

TOTAL FY19 EXPENSES
\$146,600

Thank you to our in-kind donors who provided NAMI Juneau with meeting space throughout the year:



MANY THANKS TO OUR SUPPORTERS!



AEL&P
 Betts Boat Repair
 Coogan Construction Co.
 Douglas S Weaver, DDS
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 Prentice Consulting
 Shattuck & Grummett
 Southeast Medical Clinic
 Southeast Psychiatry
 Southeast Radiation Oncology
 Center

Bartlett Regional Hospital

QUALITY in Community Healthcare



Patricia Adkisson	Julie DeLong	Mary Claire Harris	Cecilia Miller	Sunshine Shadwick
Jennifer Alley	Paul & Diane DeSloover	John Hartle	Jean Mischel	Ruth Simpson
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