

NAMI JUNEAU ANNUAL REPORT

June 2016 – July 2017

Supporters & Friends,

Far too often, people with a mental health condition feel isolated. They and their families feel helpless. Your support of NAMI Juneau eases their isolation and gives people hope. You empower people experiencing mental illness and all those who care about them to find resources and solutions that work for them. For over 25 years, NAMI Juneau has been a dedicated champion, providing peer-directed programs that help families live better lives. We share a few of our accomplishments in this report, along with some well-deserved thanks to the volunteers and supporters whose generosity makes our work possible.

Staff: Crystal Bourland, Executive Director Alonzo Rumfelt, Outreach Coordinator

2016-17 Board of Directors: Debbie Fagnant, Colleen Jones, Sandi Pahlke, Bonnie Chaney, Tristan Berkey, John Hartle, Michael Lukshin, Marna Schwartz, Paula Gonzales Rohrbacher

OUR MISSION

To provide education, advocacy, support, and public awareness so individuals and families impacted by mental illness can build better lives.

OUR VALUES

SUPPORT: we promote mutual support and are guided by our commitment to treat everyone and their experiences with sincere uncritical acceptance. **EDUCATION:** we make information and education accessible through nationally recognized curricula, grounded in the lived experience of those impacted by mental illness. **ADVOCACY:** we reject stigma and promote understanding of the impacts of mental illness through education and public awareness.

COLLABORATION: we are a unique part of Juneau's continuum of mental health care and value collaboration to jointly improve access to mental health treatment and supports. **CONNECTION:** we encourage hope, wellness, and resiliency through shared experiences.

OUR REACH



SUPPORT

24
Facilitated
support
groups



INFORMATION

~50
Contacts for
resources
and referral



EDUCATION

34
Education
program
graduates

20
Facilitators
trained; 6
Convention
attendees



OUTREACH

6 Inside
Passages
forums; 109
participants

212 Youth
presented
with mental
health
education

2017 Highlights

- ◆ The Peer Council worked actively this year to reduce stigma by sharing member's lived experience through letters to the editor, our newsletter, and educational programming. They were instrumental in launching a mutual support group for adults living with mental health challenges.
- ◆ We provided information and support to over 30 individuals through NAMI's Signature education programs. Evaluations continue to reflect satisfaction and improved quality of life.
- ◆ We expanded the Say It Out Loud presentation from one to both high schools, providing mental health literacy to over 200 students.
- ◆ Partnerships helped us strengthen our Inside Passages speaker series which featured six unique forums on a range of topics related to mental health and wellness.
- ◆ Alaskan Brewing Co. selected NAMI Juneau as their nonprofit partner of the year and awarded us a one-time unrestricted donation of \$12K!

MAKING CONNECTIONS

YOU ARE NOT ALONE

Sometimes knowing we're not alone makes all the difference. NAMI Juneau strives to help those impacted by mental illness feel connected, supported, and empowered. For family members, friends and individuals with mental illness, NAMI Juneau's support groups are a lifeline that connects them with a supportive community and ignites new relationships. Peer facilitators are the true champions of this effort, giving their time, talents, and their personal stories to offer insight and hope. They facilitated over 20 groups from July 2016 - June 2017!

“The Family Support Group has been a valuable resource for me during my time of crisis and when not in crisis providing a safe environment for me to share and feel supported and learn from others. It has been a lifesaver – a place to cry and laugh and make new friends.”

What Participants Are Saying

“The NAMI Peer-to-Peer Program is a great benefit to me as well as other participants. Having the ability to connect, encourage, and be encouraged with fellow Peers' has impacted my life in a positive way. The Program has played a key role in helping improve my self-esteem, overcoming obstacles, and returning back into the workforce.”

“Family-to-Family gave me the tools I was lacking to help support my friend with serious mental illness. It helped me realize that I didn't have to take the whole burden on myself, and that resources were available. It also helped me separate the illness from the person, and sort out which issues were really my reaction to a situation in which I felt helpless. I can't change the fact that my friend is ill, but I can change how I support them. Many thanks to NAMI.”

“I felt scared, lost and alone when my child was in crisis. I desperately wanted support and guidance. This NAMI Basics program was very helpful, not just to me, but also my spouse, so that we could both gain knowledge and understanding to work better together to help our child.”

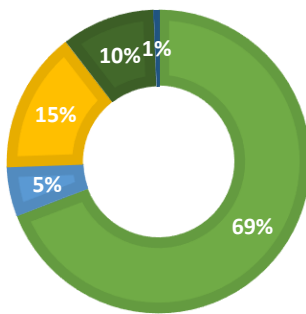
“From day one, I've been better at communicating with my loved one who is living with mental illnesses. It has reduced a lot of stress and stigma by attending this class [Family-to-Family].”

“We had been waiting on evaluations and diagnosis and learning how difficult it can be to access pediatric psychiatric services in Juneau. The NAMI course [NAMI Basics] helped us learn what great community services were already available, including the peer support of other parents.”

FY17 FINANCES

INCOME

- Grants
- Membership & Individual Giving
- Fundraising Events
- Misc. Fundraising
- Other



Grants \$90,600

Alaska Mental Health Trust Authority BPI Project

Fundraising Events \$19,700

Comedy for a Cause & Extra
Tough 5K

Misc. Fundraising \$13,000

One-time donations from Alaskan Brewing Co. (\$12,000)
and Alaska Department of Environmental Conservation

Donations \$6,870

Memberships & Individual Giving

Other \$760

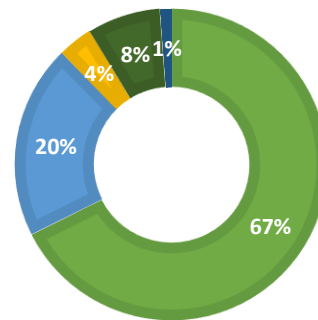
Inside Passages Sponsorships and
Continuing Education Units (CEU) fees

TOTAL FY17 INCOME
\$130,930

(does not include in-kind)

EXPENSES

- Administration
- Programs
- Fundraising
- Training
- Other



Administration \$81,100

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

Programs \$24,050

Staff, marketing costs and
program materials

Training \$9,100

NAMI Convention subsidies, staff training and NAMI
facilitator training

Fundraising \$4,350

Event expenses

Other \$1400

TOTAL FY17 EXPENSES
\$120,000

THANK YOU

VOLUNTEERS



The TRUST

The Alaska Mental Health Trust Authority



Hope Endowment Fund
Great Blue Heron Fund

Southeast Radiology
Consultants

Alaska Psychiatric
Concepts

Many thanks to our members and donors!

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