



nami
National Alliance on Mental Illness

Wake County

Annual Report

2016-2017

When you join NAMI Wake County you become a member of a group of people who truly care and provide support, education and advocacy in our community.

NAMI Wake County

Tel 919-848-4490

PO Box 12562
Raleigh, NC 27605

For more information, please contact
Andrea Chase, President, Board of
Directors, Andrea@nami-wake.org.

Contents

To Our Stakeholders	1
Financial Summary	2
Financial Statements	3
NAMI Programs - Support	5
NAMI Programs - Education	6
NAMI Programs - Advocacy	7
The Heart of NAMI Wake County	8
Board of Directors	9
Contact Information	10



Mary Virginia Welles, NAMI Wake County member, was involved in starting the Les Girls social group that still meets the 4th Saturday monthly

To Our Stakeholders

Strategic Highlights

NAMI Wake County celebrated its 30th anniversary in 2017. To look towards the future, the NAMI Wake County Board of Directors voted to hire an outside consulting firm to facilitate the development of a strategic plan.

Financial Highlights

NAMI Wake County celebrated its 11th Annual Celebration of Courage fundraising and community awareness events in April and May 2017.

Operating Highlights

NAMI Wake County Volunteers continue to provide oversight, management and leadership in offering NAMI programs to Wake County residents.

Looking Ahead

The NAMI Wake County Board of Directors has identified the following strategic goals for 2018.

- Sustainable resources effectively support the delivery of NAMI Wake County's mission.
- Conduct programs to serve Wake County community needs and fulfill the NAMI Wake County mission.
- Individuals living with mental illness, their families/caregivers, and community leaders easily access and utilize the resources offered by NAMI Wake County.
- NAMI Wake County leads a collaborative approach that encourages Wake County leaders to identify mental health as a critical issue and prioritize community resources for mental health.

Andrea Chase

Andrea Chase
President, Board of Directors
November 2017



NAMI Wake County Volunteers donated over 12,000 hours in 2016.

Financial Summary

Dedicated NAMI Wake County Volunteers continued to raise funds to support the mission of the organization through the annual NAMI Wake County Celebration of Courage. As of November 2017, over \$40,000 of net income has been received thanks to the generosity of our event sponsors and donors.

- A Gala was held to acknowledge the impact of mental health awareness in Wake County.
- A Luncheon included the celebration of NAMI Wake County's 30th anniversary. Volunteers with over 10 years of service were recognized.
- NAMI Wake County participated in the NAMI Walks statewide event raising over \$9,000 to be divided among NAMI national, NAMI North Carolina and NAMI Wake County.

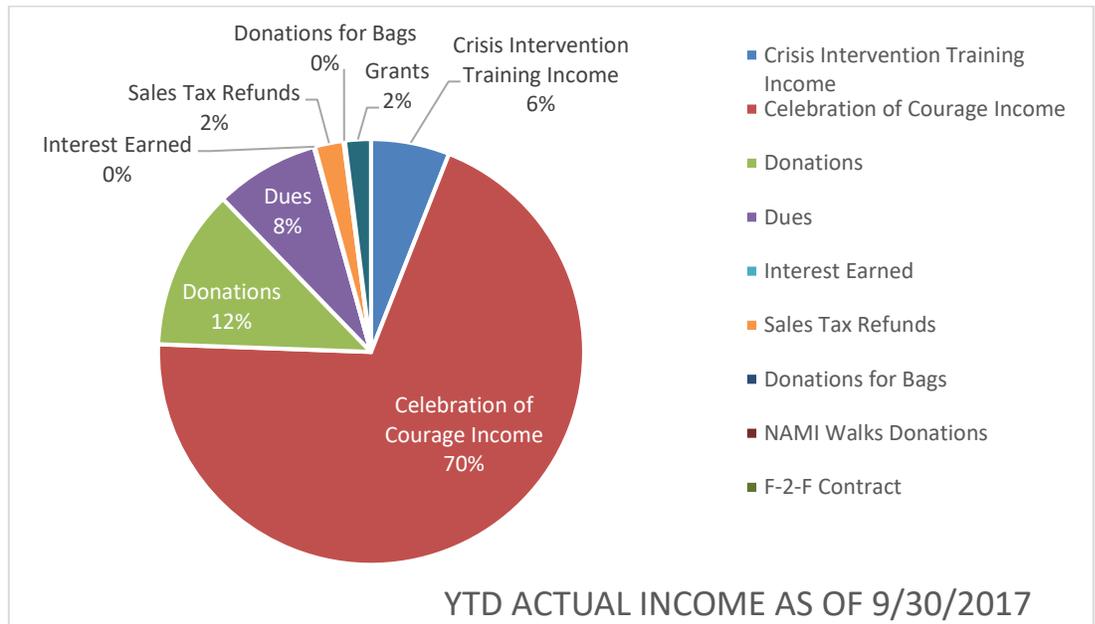
Takeaways

NAMI national and NAMI North Carolina have committed to completing a re-affiliation process of all affiliates. The NAMI North Carolina Board of Directors will be determining how counties in North Carolina will be represented by NAMI affiliates during 2018.

In order to support NAMI Wake County's strategic goals, additional resources will need to be identified to conduct the organization's mission. This includes hiring staff to coordinate the efforts of NAMI Wake County Volunteers and identifying Volunteer leaders to plan 2018 fundraising events.

A focus on the sustainability of the organization must involve a plan to recruit new and diverse groups of Volunteers. Recognizing the valuable contributions of NAMI Wake County Volunteers will be an important part of the organization's growth.

Financial Statements



2017 INCOME AS OF SEPTEMBER 30, 2017

	2017 Budget	YTD-Actual 9/30/2017	Total Budget Balance
CIT Income	\$10,000.00	\$ 6,072.00	\$3,928.00
CoC Income	\$54,000	\$ 70,873.85	-\$16,873.85
Donations	\$23,100	\$ 12,410.27	\$10,689.73
Dues	\$15,000	\$ 8,052.50	\$6,947.50
Interest Earned	\$90	\$ 83.59	\$6.41
Sales Tax Refunds	\$1,100	\$ 2,219.69	-\$1,119.69
Donations for Bags		\$ 106.30	-\$106.30
NAMI Walks Donations	\$9,000		\$9,000.00
F-2-F Contract	\$1,000		\$1,000.00
From Retained Earnings	\$43,000		\$43,000.00
Grants	\$2,500	\$ 2,000.00	\$500.00
TOTAL INCOME	\$158,790	\$ 101,818.20	\$56,971.80

2017 EXPENSES AS OF SEPTEMBER 30, 2017

	2017 Budget	YTD-Actual 9/30/2017	Total Budget Balance
EXPENSES			
Advertising	\$1,700	\$ 177.77	\$1,522.23
Advocacy	\$1,500	\$ 150.00	\$1,350.00
Bookkeeping + Tax Prep	\$3,300	\$ 2,155.64	\$1,144.36
CIT Expense	\$7,000	\$ 4,650.73	\$2,349.27
CoC Expense	\$21,000	\$27,067.16	-\$6,067.16
Contract Support		\$11,948.00	-\$11,948.00
Credit Card Processing	\$1,000	\$ 798.96	\$201.04
Education + Meetings	\$1,500	\$ 265.36	\$1,234.64
Education Courses	\$6,700	\$ 2,510.83	\$4,189.17
Gifts and Memorials	\$400	\$ 1,400.00	-\$1,000.00
Holiday Cheer Project	\$800		\$800.00
Insurance	\$4,000	\$ 2,041.00	\$1,959.00
May Lunch @ NAMI Walks	\$1,000		\$1,000.00
Membership Annual Fund Drive	\$3,000	\$ 2,131.61	\$868.39
NAMI Dues	\$10,000	\$ 5,851.00	\$4,149.00
Newsletter	\$7,000	\$ 4,691.09	\$2,308.91
Office/Administrative Exp	\$2,090	\$10,132.57	-\$8,042.57
General Outreach	\$5,000	\$ 314.40	\$4,685.60
Salaries	\$75,000	\$ 5,906.79	\$69,093.21
Scholarships	\$1,000		\$1,000.00
Storage	\$2,300		\$2,300.00
Support Groups	\$2,500	\$ 574.92	\$1,925.08
Volunteer Appreciation	\$1,000	\$ 552.19	\$447.81
TOTAL EXPENSES	\$158,790	\$83,320.02	\$75,469.98

Noteworthy

The consulting expense can be found under Office/Administrative Exp.



Newly trained NAMI Wake County Family to Family Teachers (September 2017)

NAMI Programs - Support

Support

NAMI Wake County offered the following support groups which are open to individuals living with a mental health condition, family members, and parents who have children under the age of 18 living with a behavioral health concern. All meetings are free and do not require advance registration. Participants can show up as needed.

- ❖ NAMI Recovery Connection Support Groups
Meetings offered at three locations. Meeting frequency ranged from once a week to twice a month.
- ❖ NAMI Family Support Groups
Meetings offered at four locations. Meeting frequency ranged from twice a month to three times a month. A new group was started in Garner in 2016.
- ❖ Other NAMI Wake Support Groups
Meetings offered at Wake County Human Services weekly. Meetings offered for parents of children under the age of 18 once a month.

Education

During 2016, 110 individuals expressed interest in attending a NAMI education class. As of July 2017, 105 individuals have expressed interest in attending a NAMI education class. NAMI Wake County offered the following education programs.

- ❖ NAMI Peer to Peer
 - Two courses were offered in 2016 and two courses were offered in 2017. Three were 10-week sessions and one was offered following the 5-week session format.
 - A total of 39 individuals have completed the course.
 - NAMI Wake County has three trained Peer Mentors. Four new Volunteer Peer Mentors are scheduled to complete training held by NAMI North Carolina in 2017.
- ❖ NAMI Basics
 - Two courses were offered in 2017.



NAMI Wake County Volunteers set up Iris display near UNC Rex Hospital to raise awareness during Mental Health Awareness Month (April 2017)

NAMI Programs - Education

Education (continued)

- ❖ NAMI Family to Family
 - Four courses were offered in 2016 and one course was offered in 2017. Three were 12-week sessions and two were 6-week sessions.
 - A total of 67 family members completed the course in 2016.
 - Seven new Volunteer Family-to-Family Teachers were trained in 2017.
- ❖ Family Connections for Borderline Personality Disorder
 - Two courses were offered in 2016 and two courses were offered in 2017.

Advocacy

NAMI Wake County's Advocacy Committee provides essential information about public policies that impact individuals living with mental illness. NAMI Wake County members are given the opportunity to share their stories to educate elected officials about the effect specific legislative actions have on our ability to access mental health preventive care and treatment in Wake County.

- **The Wake County Jail is the largest institution for people with behavioral health disorders in our state. It is larger than any of the state psychiatric hospitals.**
- **Housing with appropriate supports for the majority of people with mental illness is almost nonexistent in Wake County.**
- **Group homes for people with mental illness are inadequately funded and the beds are almost always full.**
- **There is no 24/7 supervised transitional housing where people can stabilize and connect to outpatient services and resources while looking for a permanent residence.**
- **WakeMed has demonstrated that providing case management, transitional housing, assistance with accessing outpatient services and transportation, reduces visits to the Emergency Room for high users who live with mental illness. Funding and similar programs are needed at other hospitals.**



NAMI Wake County Sharing Hope
Volunteers share stories of recovery to raise awareness among African American faith communities. (October 2016)

The NAMI Wake County Talent Show
highlighted local authors, musicians, crafters and comedians. (January 2017)



NAMI Programs - Advocacy

Advocacy (Continued)

- Mental health courts have been highly successful in diverting people with mental illness from jail and into treatment. Wake County needs a mental health court.
- Teen suicide is the second leading cause of death. Identifying early signs of illness must be a high priority public health concern.
- NC is in the midst of Medicaid reform that integrates physical and mental health. There are many potential pitfalls that could develop as the details are worked out. We must be vigilant and vocal.

Outreach

NAMI Wake County continues to participate and support Crisis Intervention Team trainings throughout the Wake County law enforcement communities.

In addition to speaking to a variety of community groups, NAMI Wake County Volunteers raise mental health awareness, share local resources and encourage participation in NAMI programs through the **NAMI Sharing Hope** program and **NAMI In Our Own Voice**.

- Monthly presentations offered at Holly Hill Hospital beginning April 2017.

Takeaways

To increase the number of programs offered, NAMI Wake County is dependent on NAMI North Carolina to offer more volunteer program trainings throughout the year. Requests have been communicated to NAMI North Carolina to offer individual program trainings multiple times a year to accommodate volunteer schedules and increase the number of available trained volunteers.

Expanding NAMI programs in Wake County will require a commitment to identify sustainable funding sources to cover the costs of program materials which are not funded by NAMI national or NAMI North Carolina. The NAMI Wake County Board of Directors has been working towards a goal of hiring dedicated staff to assist in managing program volunteers to expand our outreach to the community.



72 NAMI Wake County members have maintained an active status, renewing their membership for over 10 years.



The Heart of NAMI Wake County

NAMI Wake County Volunteers and Members are the heart of the organization. Our Volunteers share their personal stories through peer led education classes, support groups, community presentations, and advocacy. NAMI Wake County depends on volunteers to staff tables at community events, chair committees, organize fundraisers, and market programs to our neighbors, mental health providers and community partners.

NAMI Wake County is a member based organization. NAMI Wake members:

- Help strengthen NAMI Wake County's voice when we advocate for changes to improve the system of mental health care.
- Receive access to information about mental health resources available at the local, state and national levels.
- Receive member discounts on brochures, videos, promotional items and registration at NAMI NC's Annual Conference and NAMI's Annual Convention.

As of October 2017, NAMI Wake County had over 350 members.

- 72 NAMI Wake County members have renewed their annual membership maintaining an active status for over 10 years.

Takeaways

To meet the organization's future strategic goals, Wake County residents will need to be willing to step forward to volunteer their time and talents. Recruiting new and younger volunteers will be critical to successfully meeting goals of sustainability and growth. Identifying Committee Chairs who can organize membership and fundraising events, market NAMI Wake County programs and coordinate volunteers will be critical.

2017 Board of Directors

NAMI Wake County is managed by a group of volunteer leaders dedicated to the mission of the organization.

Andrea Chase, President	President – Elect, Vacant	Louise Jordan	Sheron Sumner
Paul Robitaille, Treasurer	Gordon Gogola	Mary O’Neil	Anju Verma
Secretary, Vacant	Tom Hadley	Bill Stanley	

NAMI Wake County would like to express gratitude to the following board members for their service, leadership and invaluable contributions to our community. We are grateful for their leadership while serving on the NAMI Wake County Board of Directors.

Ann Akland	Cecil Smith	Chris Taylor
Gerry Akland, Past President	Caroline Sullivan	Sarah Weathersby

The NAMI Wake County Board of Directors is recruiting volunteer members to serve the organization during 2018. Volunteers with the following skills are priorities.

Nonprofit Management	Marketing	Accounting
Volunteer Program Management	Fundraising	Community Outreach
Event Planning	Communications	IT Strategy

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