2016: A Dedicated Community Building Bridges for a Healthy Journey

Dear Friends,

We are pleased to present the NAMI Greater Cleveland Annual Report, which summarizes our programmatic and financial accomplishments in 2016. The words and photographs contained here showcase our continued progress and allow us to publicly congratulate those volunteers who are at the heart of NAMI programs (and make them happen), the “beautiful minds” that provide a community of care.

No one knows the real pain and anguish of mental illness until they have either experienced it themselves or live closely with someone who has. NAMI programs are facilitated by volunteers who have the “lived experience.” Our seasoned volunteers have a deep understanding of mental illness, as well as mental health, and the meaning this particular kind of illness has on one’s life. Individuals described in this report who teach, listen and form a safe space to understand and help others begin a journey.

This year’s report also recognizes the individuals and organizations that play a critical role in assisting NAMI in providing indispensable services. Our partners help us to build stability and validate the work we do. Whether sharing in program delivery, consulting for guidance or referring, these collaborations help build a bridge to reach and maintain our mission of improving the lives of those affected by mental illness.

There were many reasons to celebrate our work this year: We provided innovative educational presentations on mental illness/health, as well as unique advocacy and awareness events. For example, last May, we hosted our inaugural mental health conference on Trauma and Healing and its relationship to mental illness. Going forward each year, NAMI will present a conference on a significant mental health topic. This is part of our continued efforts to expand NAMI’s training capacity, a goal within our strategic plan. In July, as part of the Republican National Convention (RNC) in Cleveland, and in collaboration with the Margaret Clark Morgan Foundation and NAMI Ohio, and other local providers and foundations, NAMI hosted a luncheon and awareness presentation for the national media, RNC leaders and other high-profile public figures in order to bring visibility and garner support for long-awaited comprehensive mental health reform. In December, two staff members were trained to teach Mental Health First Aid, starting in 2017, to give participants the skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

NAMI’s work in 2016 builds momentum towards 2017. We hope the report not only informs but inspires in a way that leads you to think more (and differently) about those who are affected by mental illness every day. In this way, you too can make a difference with us. We hope you will!

Sincerely,

Christine Young
President, Board of Directors

Michael Baskin
Executive Director

Photos from the top right:
1. Keynote Speaker Jacalyn Lowe Stevenson addresses conference attendees
2. Judge Lauren Moore and NAMI GC Board President Christine Young after accepting the Local Community Leader of the Year Award on behalf of Judge Ed Wade
3. Retired Justice Evelyn Lundenberg Stratton
4. Jack Binder accepts the Inaugural Teen Mental Health Award on behalf of Life Act from NAMI GC Executive Director Michael Baskin

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The NAMI Greater Cleveland Mission

NAMI Greater Cleveland is dedicated to empowering persons affected by mental illness and their family members to achieve a better quality of life by providing them with mutual support, practical information, referral, advocacy, and educational resources.

The mission is accomplished through support groups, a Helpline, education courses, and advocacy activities.

Our Vision

We envision a future where all residents of Greater Cleveland receive needed mental health services; stigma and discrimination regarding mental illness is challenged at every turn; and the best evidence-based and emerging science-based treatments and supports are accessible to all residents who live with mental illness. Mental illness is no longer an obstacle to a full and satisfying life; its impact is greatly diminished.

Conference / 2016 Annual Meeting

In 2016, NAMI GC expanded its role as a resource for mental health professionals by hosting its inaugural conference in May. Nearly 100 people attended Healing and Trauma: A Community Response. The full-day event included a Keynote Address by Jackie Lowe Stevenson, a plenary session addressing the progress toward the Department of Justice's consent decree, and five afternoon breakout sessions. CEUs were available for social workers and nurses. The Community West Foundation provided funding for the event.

Included as part of the conference was NAMI GC’s Annual Meeting & Awards Ceremony with Guest Speaker retired Ohio Supreme Court Justice Evelyn Lundberg Stratton who talked about her continued work in the field of mental health and criminal justice. During the Awards Ceremony, NAMI GC honored seven individuals and one organization for outstanding achievement in promoting and providing mental health services for individuals, families and organizations.
How We Succeeded In ‘16

Listed below is statistical information about the number of programs offered and individuals who were served.*

Information and Referral

Information and Referral
2,368 calls were received providing support, information and referrals to peers, family members and professionals

Self Help/Peer Support Services

Support Groups
31 Community Based Support Groups served 932 individuals (individuals affected by mental illness and their family members/caregivers)
Hospital Networking Project
242 presentations were made, serving 1,646 individuals

Mental Health Education Services

Family to Family
4 courses were delivered, serving 39 family members/caregivers
Understanding Mental Illness
3 courses served 20 family members/caregivers
NAMI Basics
2 courses were delivered, serving 12 parents
Peer to Peer
4 courses were delivered, serving 30 peers in recovery
In Our Own Voice: Living with Mental Illness
12 presentations were delivered, serving 299 individuals

Staff Presentations
19 presentations were delivered, serving 1,193 individuals

Speaker’s Bureau (Family Panel/Peer Panels)
33 presentations were delivered, serving 612 individuals

Other Mental Health Services

Psycho-Education Sessions (part of the Multicultural Outreach Program)
15 presentations were delivered, serving 233 individuals

Mental Health Wellness Workshops
12 presentations were delivered, serving 18 individuals

Community Education
4 presentations were delivered, serving 129 individuals

Faith Based Programming: Awareness, Training and Education
Mental Health Awareness - 25 presentations serving 504 individuals
Mental Health Education - 5 sessions serving 85 individuals served

*Qualitative information that reports the impact of our programs on participants is listed in our Outcomes Report available on the NAMI GC website @ www.namicleveland.org or by contacting the office.

Volunteer Services

The programs listed above were only possible because of volunteers who facilitated the majority of those groups and classes. Below is the statistical information about the number of those who volunteered within each program in 2016. The names of the volunteers are listed on page 8.

30 Support Group Facilitators
8 Family-to-Family Teachers
6 Understanding Mental Illness Facilitators
8 Peer-to-Peer Mentors (Teachers)
7 Hospital Network Visitation Presenters
11 Speaker’s Bureau Presenters
4 In Our Own Voice Presenters
12 Multicultural Outreach Workers
7 Helpline Volunteers
18 Office Volunteers
25 Walk Volunteers
2016 NAMI Walks
More than 1,200 mental health advocates gathered at Edgewater Park to celebrate NAMIWalks 2016. Walkers included members of NAMI Medina County, 90 Walk Teams, representatives from our 31 corporate sponsors, mental health professionals, caring community members, family members, friends, and peers! With a grand total of $128,820, NAMIWalks continues to be our principal fundraiser and with the help of 35 volunteers, it is Cleveland’s largest mental health event.

Left to right: Craig Sams II and Chief William M. Denihan

NAMI GC 2016 Honorees*
The Scott Adamson Memorial Peer Award
Michael Trzcinski
Mental Health Family/Caregiver Award
John and Pat Chapman
Mental Health Provider Award
Dr. Sue Marasco
Director of the Education Resource Center
May Dugan Center
Eugene Brudno Memorial Organization Award
The Centers
Cultural Competence in Mental Health Award
Yes Tikvah
Mental Health Teen Award
Anella Fernandez
Laurel Schod
Mental Health Innovator Award
Katherine Proehl, DNP
The Centers
Lifetime Achievement Award
Chief William M. Denihan
Chief Executive Officer
Alcohol Drug and Mental Health Services Board of Cuyahoga County

*to be honored at the 2016 Annual Meeting on May 5, 2017

Shining a Light on Mental Illness

NAMI GC held two events shining a light on mental illness at both a local and national level. First, In July we joined NAMI Ohio as co-hosts of “Bringing Mental Illness Out Of The Shadows.” The event was designed as an initiative to educate delegates in town for the Republican National Convention about the need for comprehensive national mental health reform. Both former Speaker of the House of Representatives Newt Gingrich and Ohio Attorney General Michael DeWine addressed the delegates. The ADAMHS Board of Cuyahoga County and the Margaret Clark Morgan Foundation joined us in hosting the event.

In October, NAMI GC took a page out of the playbook of professional football player Brandon Marshall, who, while playing for the Chicago Bears of the NFL in 2013, wore green shoes with pink laces to bring national awareness of mental illness. By wearing green shoes, Brandon drew attention to the issue of mental health conditions and most importantly, talked about his own struggle with Borderline Personality Disorder. His calculated risk gave meaning to the event. In addition, he was fined $10,500 for defying the NFL’s uniform policy, which gave the stand even more notoriety.

In honor of Mental Health Awareness Week (October 1-11), NAMI Greater Cleveland provided green socks for members of Bay Village Rockets and the Valley Forge Patriots football teams. Furthermore, when the game kicked-off on Byers Field at Robert M. Boulton Stadium, cheerleading squads from both schools were wearing green ribbons, and the Bay Village band sported green lapel stickers.

Funding for this effort was provided by a special grant from NAMI Ohio. We plan to engage additional high schools next fall.

Ohio Attorney General Michael DeWine addressed the delegates
Collaborations, Partnerships and Associations...

No matter what you call them, these relationships are vital to NAMI GC's ability to fulfill its mission. We are pleased to pay tribute to the organizations below that house our support groups, host our education programs, partner with us for community education programs, raise awareness of mental health diagnoses, support community, and foster recovery.

CareSource

We have all heard the adage, “It’s better to give than to receive.” Well, the CareSource Foundation took the phrase to heart when it celebrated its 10th Anniversary in June 2016. In honor of this milestone, the Foundation surprised NAMI Greater Cleveland and nine other deserving organizations with grants in the amount of $10,000 for unrestricted use. When CareSource Foundation Vice President Cathy Ponitz made a “surprise” visit to the NAMI GC offices, to present this check, we were honored and grateful to be chosen for this special award. In the past, CareSource has supported educational sessions for our Multicultural Outreach Program.

Alliances

[Image of logos for various organizations]
Statement of Activities
Year Ended December 31, 2016

Unrestricted Net Assets
Revenues and Support:
- Government (ADAMHS CC) $159,442.00
- Grants $172,480.00
- Walk $119,868.00
- Gift Card (Sales) $22,680.00
- Annual Meeting $22,291.00
- Donations $18,231.00
- Annual Appeal $14,237.00
- Memberships $8,231.00
- Investment Income $10,944.00
- Fundraising, other $2,656.00
- Unrealized loss on Investments ($3,062.00)
- Other, net $80.00
- Net assets released from restrictions $45,667.00
  $592,743.00

Expenses
Program Services:
- Advocacy $7,974.00
- Education $133,382.00
- Membership $31,077.00
- Multicultural Outreach $158,814.00
- Support Groups $135,187.00
- Support Services:
  Fund Development $44,147.00
  General and Administrative $48,084.00
  $558,665.00

Change in restricted net assets
Temporarily restricted net assets:
- Grants $58,125.00
- Net assets released from restrictions ($45,667.00)
Change in temporary restricted net assets
$12,458.00
Total Change in net assets
$46,536.00
Net assets at beginning of year
$329,036.00
Net assets at end of year
$375,572.00

Our Staff
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Lisa Dellaliola
Development and Special Events Coordinator
Becky Fela
Peer Support Specialist
Kari Kepic
Information and Referral Specialist
Liz Krull
Office Assistant
Marsha Mitchell-Banks, LSW
Multicultural Outreach Coordinator
Terri Miller
Peer and Family Program Coordinator
Ellen Riehm
Community Education Coordinator
Autra Dozier
Multicultural Outreach Specialist

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