

# NAMI Southwestern Pennsylvania 2003-2004 Annual Report

## In 2003-2004, NAMI:

Responded to **116,000 web and email requests** and **1,400 telephone inquiries** for information, education and support services regarding issues facing individuals with mental illness and their families.

Provided technical assistance for **20 peer support groups in 10 counties** for adults and their families coping with serious mental illness and parents of children with emotional and behavioral disorders.

Offered the nationally acclaimed NAMI Family-to-Family education course in **9 locations** with **125 people** completing the 12-week course.

Provided information and insight from families who shared their personal experiences to over **630 school and mental health professionals**.

Offered assistance and individual advocacy through Family Partners in Indiana and Washington Counties to **70 parents** needing to assess appropriate educational and treatment services for their children.

Attracted **1,700 participants** to seminars, workshops and the regional conference. Participants included adults and their families coping with serious mental illness, mental health program staff, high school and college undergraduate/graduate students, medical students and residents, healthcare providers, and members from faith-based communities.

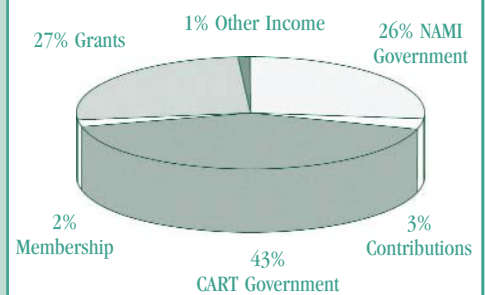
Provided the latest information to **2,300 individuals** through *The Voice*, NAMI SWPA's quarterly newsletter. Distributed legislative information and email action alerts to **250 individuals**.

Worked to reduce stigma associated with mental illness and to defend the rights of individuals, with major advocacy efforts targeted in the following areas:

- Open Medication Access in Medicaid
- Manage Care Quality
- Expanded Insurance Coverage and Parity
- Enhanced Funding, Planning and Quality Standards for Mental Health Services
- Safe Affordable Housing

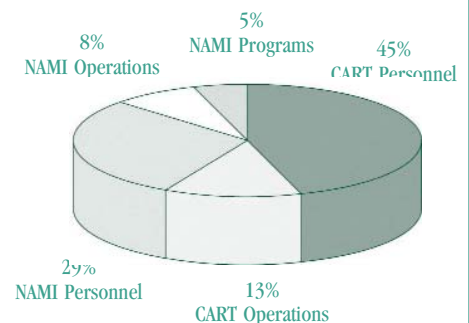
Completed **2,740 interviews** through Consumer Action and Response Team (CART) to determine clients' satisfaction levels regarding mental health and drug and alcohol services. Information regarding these surveys was given to Allegheny County service providers, Allegheny County Department of Human Services and Community Care Behavioral Health.

## Revenue



Cart-Government	\$365,800
NAMI-Government	\$222,942
Contributions	\$23,723
Membership	\$13,614
Grants	\$243,227
Other Income	\$3,373
<b>Total</b>	<b>\$872,679</b>

## Expenses



CART Personnel	\$396,851
CART Operating Expense	\$111,114
NAMI Personnel	\$258,672
NAMI Operating Expense	\$68,063
NAMI Programs	\$47,004
<b>Total</b>	<b>\$881,704*</b>

\* Includes expenses for which revenue was received in prior year.



NAMI Southwestern Pennsylvania is dedicated to improving the quality of life for adults, children and adolescents, and their families who are affected by serious mental illness through the provision of support, education and advocacy.

- Providing support and education to persons with mental illness, their families, and caregivers.
- Educating the general public, legislators, and policymakers.
- Advocating for sufficient funds, services, research, legislation, and policies.
- Establishing liaison and collaboration with state, national, and other stakeholders.

### Understanding Mental Illness

- Serious mental illnesses are medical disorders.
- Mental illnesses are more common than cancer, diabetes or heart disease.
- Mental illnesses can affect persons of any age, race, religion or income.
- In any given year, more than 5 million Americans suffer from acute episodes of mental illness.
- The economic cost of untreated mental illness is more than \$100 billion annually in the U.S.
- Stigma is a barrier to the fact that mental disorders are real, treatable medical conditions and it prevents people from accessing treatment.
- Between 70% and 90% of people with mental illness who receive treatment have a significant reduction of symptoms and improved quality of life.
- People who have mental illnesses have the same needs as everyone else and can make valuable contributions to society.

**If someone you care about shows signs of a mental illness, encourage him or her to get help. It could make a world of difference.**

NAMI Southwestern Pennsylvania is a grassroots organization of families and individuals whose lives have been affected by mental illness. We advocate for lives of quality and respect, without discrimination and stigma, for all our constituents. We provide leadership in advocacy, policy development, education, communication, and support throughout southwestern Pennsylvania.

Your gift supports our advocacy activities which now more than ever are essential to the continuation of quality behavioral health services.

Please check all that apply:

- Enclosed in my gift for \$\_\_\_\_\_
- I wish my gift to remain anonymous.
- I wish to make my gift in honor/memory of:

\_\_\_\_\_

- Please send acknowledgement to:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please make your check payable to **NAMI Southwestern Pennsylvania**. Use this form and send your check to:

**NAMI Southwestern Pennsylvania**  
**105 Braunlich Drive**  
**McKnight Plaza, Suite 200**  
**Pittsburgh, PA 15237**

Membership in NAMI Southwestern Pennsylvania is tax-deductible. Official registration and financial information of NAMI Southwestern Pennsylvania may be obtained from the PA Department of State by calling toll-free within PA: 1-800-732-0999. Registration does not imply endorsement.