



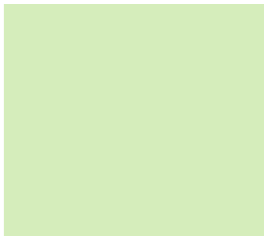
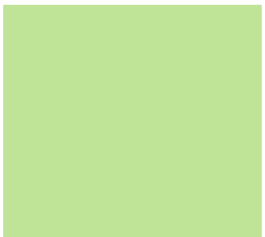
nami

National Alliance on Mental Illness

Southwestern
Pennsylvania

A YEAR OF ACTION

Fiscal Year 2015–16 Annual Report



“Knowing is not enough; we must apply.
Willing is not enough; we must do.”
— Johann Wolfgang von Goethe

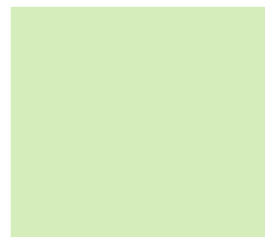
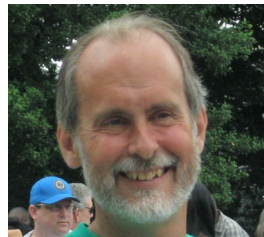
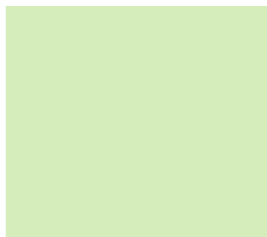




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MISSION STATEMENT

NAMI Southwestern Pennsylvania is a 501(c)3 nonprofit organization dedicated to improving the lives of individuals and families affected by mental illness through recovery-focused support, education, and advocacy.

DEAR *Friends* of NAMI Southwestern Pennsylvania

The 2015-16 fiscal year was a year of action for NAMI Southwestern Pennsylvania. We expanded our programming, our reach, and our footprint across the state. NAMI Southwestern Pennsylvania was honored to have been selected to manage Allegheny County's adult mental health advocacy program. By taking on this responsibility, we were able to roll up our sleeves and directly help people during a very vulnerable time as they transition from the hospital to the outside world. This kind of advocacy and outreach goes a long way with individuals and their families. By providing people with information, support, and access to resources, they are empowered to make informed decisions. And everyone appreciates having someone in their corner.

We also expanded our reach by following through with our commitment to make child and adolescent mental health a priority. While continuing with our NAMI Basics Education Program, we also developed custom presentations to help families recognize early symptoms of mental health conditions and learn coping strategies. The board and staff at NAMI Southwestern Pennsylvania also realized that in order to have comprehensive outreach to young people, we needed to bring our message into schools. We initiated two new NAMI Signature Programs: *Ending the Silence*, which uses personal stories to ease the stigma of talking about mental illness for students, and *Parents and Teachers as Allies*, which provides information for educators. By collaborating with school district officials and personnel, we added an entirely new network to our team, strengthening the effort to increase mental health awareness, education, and advocacy.

The 2015-16 fiscal year was also a time of self-determination. As an organization, we had to decide whether we would throw our hat into the ring to rebuild the state office. After many thoughtful conversations at board meetings and staff meetings we decided to move forward. The decision was the beginning of a long, but rewarding process and we are proud to be playing a role in the future of mental health education, advocacy, and recovery-focused support in Pennsylvania. As the fiscal year ended, we began fiscal year 2016-17 with great anticipation. We were positioned to step up to take on state organization responsibilities, if called upon by the national NAMI board.

Respectfully Yours,



Christine Michaels, MSHSA

Executive Director, NAMI Southwestern Pennsylvania

BOARD OF DIRECTORS AND STAFF

Board of Directors 2015-2016

Charma D. Dudley, PhD, FPPR,
President

Lucinda McHolme, *Vice President*

Eileen Lovell, *Treasurer*

Mim Schwartz, *Secretary*

Eva Bednar

Carla T. Braund, PharmD

Jack Cahalane, PhD

Jan Cummings, RN

James Ehrman, Esq

Marianne LaSalle

Jon Lloyd, MD

Kimberly Mathos, MD

Laura Donaldson

Kathy Testoni

Cynthia Tonet-Stewart, MEd, MSED

NAMI Southwestern PA Staff 2015-2016

Christine Michaels, MSHSA,
Executive Director

Deborah Ference, MA, *Associate Director*

Matt Kozlovac,
Director of Communications & Development

Susan Caban, *Director of Education*

Sara Levine, *Events Manager*

Mike McCarthy, *Adult Advocate*

Marsha Minter, *Administrative Assistant*

Susan Rabenold, *Accounting Specialist*

Julie Trbovich,
Program Manager, Children & Families

Armstrong/Indiana Consumer Family Satisfaction Team 2015-2016

Deborah Marshall, *Supervisor*

Agnes Hockenberry, *Interviewer*

Christine Witek, *Interviewer*

Joan Moore, *Data Entry/Interviewer*

Consumer Action and Response Team of Allegheny County (CART) 2015-2016

Paul Freund, MEd, C/FST *Director*

Alan Corn, MA, *Program Director*

Mary Bates, *CART Interviewer*

Jeff Fitzwilliam, *CHIPP/CSP Interviewer*

Marilyn Micknowski, *Administrative Assistant*

Lee Moses, *CART Interviewer*

Phyllis Nettles, *Family Engagement Specialist*

Paula Pinon, *Technical Support Specialist*

Brian Rayne, *CHIPP/CSP Interviewer*

Kathy Stamm, *CART Family Interviewer*

Darrell Williams, *CHIPP/CSP Supervisor*

Evan Weiss, *CART Interviewer*

Suzi Wright, *Recorder/Interviewer*

Melissa Yost, *CART Interviewer/Data Processor*

ADVANCING THE MISSION

During the beginning of the 2015-16 fiscal year, the state of Pennsylvania experienced the longest budget impasse in recent history, which had a devastating effect on human services providers. But NAMI Southwestern Pennsylvania did not let inaction in Harrisburg impede its progress. As we entered the final year of our three-year strategic plan to promote the organization's sustainability and increase its impact throughout the region, we turned our focus to three important initiatives: **Adult Advocacy**, **Child and Adolescent Mental Health**, and **First Episode Psychosis**.

ADULT ADVOCACY

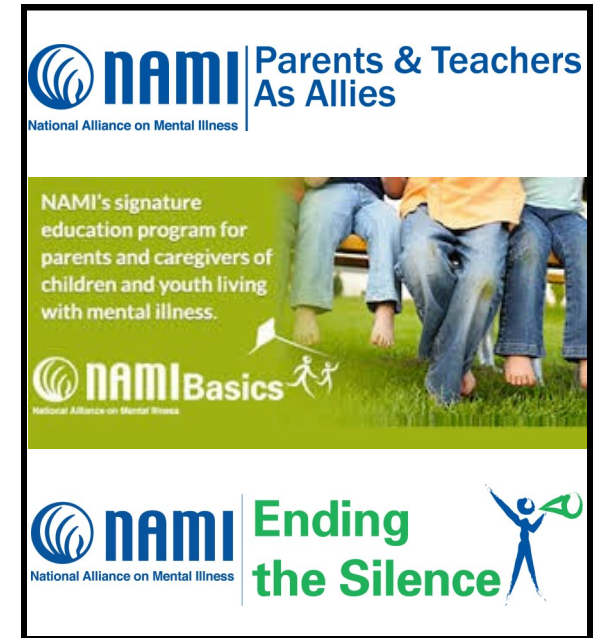
In August 2015, NAMI Southwestern Pennsylvania was selected to manage Allegheny County's adult mental health advocacy program. The additional program strengthened NAMI's ability to expand its capacity for advocacy work by providing direct services to individuals and families. As a result of the change, Mike McCarthy joined the staff at NAMI Southwestern Pennsylvania. Mike is an adult mental health advocate who works with individuals living with a mental health diagnosis during the Acute Community Support Planning (ACSP) process. Mike ensures that his clients have a voice in their future, including housing, financial guidance, medication, as well as other services that can help during their recovery.

“The advocate position is important, because I make sure that my clients have a voice in their treatment and that recovery is a main focus of their treatment.”

Mike McCarthy, Adult Advocate

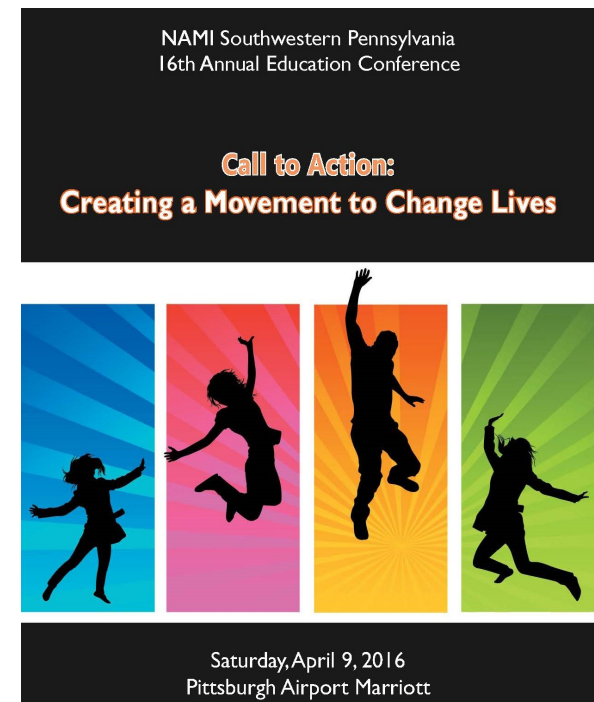
CHILD AND ADOLESCENT MENTAL HEALTH

In the fall of 2015, our plans to increase awareness, education, advocacy, and support for child and adolescent mental health services began to take shape. Julie Trbovich, Program Manager for Children and Families, was named co-chair for the Young Child Wellness Council, which guides Project LAUNCH (Linking Actions for Unmet Needs in Children's Health). Julie also created and delivered specialized presentations on mental health awareness to families, school districts, and universities. In addition to our NAMI Basics Education Program, we also implemented two new NAMI Signature Programs: *Ending the Silence* and *Parents and Teachers as Allies*. These new initiatives allowed NAMI Southwestern Pennsylvania to become a credible and reliable resource for young people in need of mental health services and their families.



FIRST EPISODE PSYCHOSIS

By becoming an advocate for First Episode Psychosis (FEP) programs, NAMI Southwestern Pennsylvania is raising awareness, so young people, their families, and the local medical community can become more educated about this new life-changing approach. We believe so firmly in FEP programs, we made it the focus of our 16th Annual Education Conference. The event, *Call to Action: Creating a Movement to Change Lives*, featured regional leaders in FEP, as well as Dr. Irene Hurford, Assistant Professor in the Department of Psychiatry at the University of Pennsylvania and Program Director at P.E.A.C.E. (Psychosis Education, Assessment, Care, and Empowerment). More than 200 people attended the conference to learn more about the latest research on FEP.



EDUCATION AND OUTREACH

Trained **four** new Family-to-Family teachers in Erie.

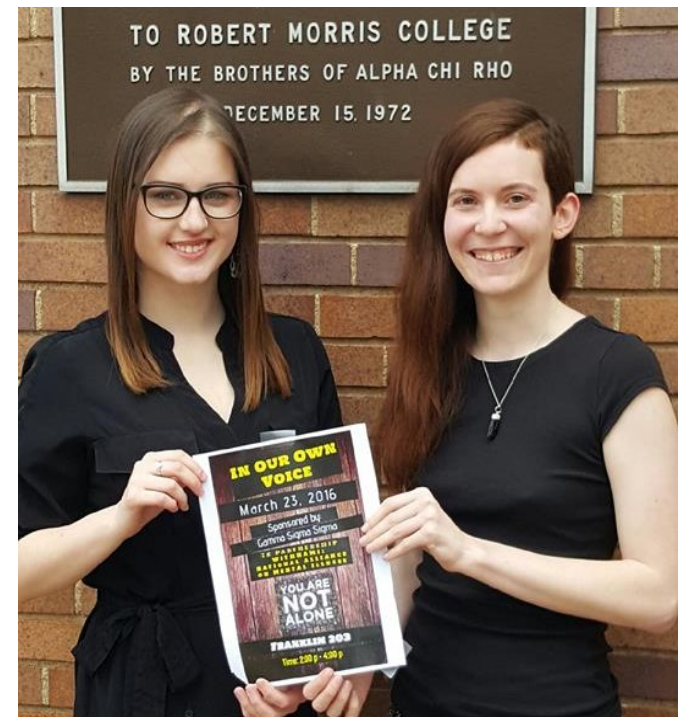
Facilitated **seven** Family-to-Family classes, producing **91 graduates** in Ross Township, Squirrel Hill, Upper St. Clair, Mt. Lebanon, and East McKeesport.

Conducted **seven** *In Our Own Voice (IOOV)* presentations in front of **more than 200 individuals**, ranging from undergraduate students to occupational therapy students from various universities and high schools.

Trained **11** new *In Our Own Voice (IOOV)* presenters from Allegheny, Beaver, and Washington Counties.

Delivered the *Parents and Teachers as Allies* presentation to **120 educators, school nurses, personnel, and counselors** from the Pittsburgh Urban Charter School in Wilkinsburg and the Center Grange Primary School in Monaca.

Led two NAMI 360° presentations and panel discussions for **100 school health and behavioral health professionals, administrators, and teachers** in Beaver County and **20 nurses** in Westmoreland County.





Organized and delivered a Mental Health First Aid for Youth program to **15 education personnel** at Highland Middle School in the Blackhawk School District in Beaver County.

Participated in **11 exhibits at fairs and conferences** including the Dan Miller Summit, and other events such as the Ray of Hope Walk.

Trained **13 new NAMI Family Support Group Facilitators** from Allegheny, Beaver, Washington, and Forest Counties.

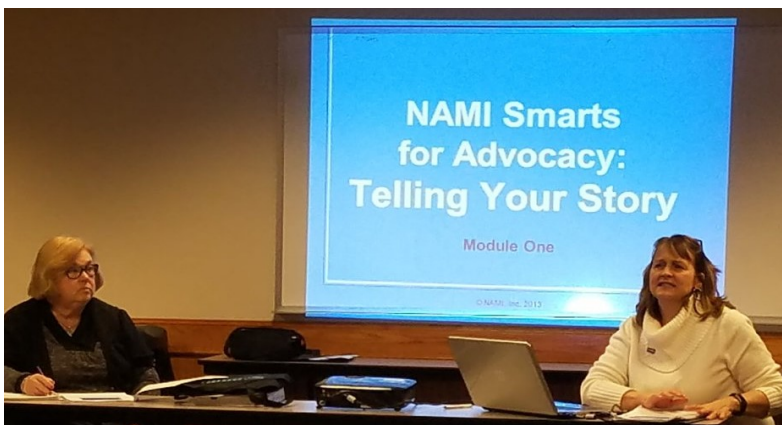
Awarded certificates to **five graduates** of the NAMI Basics Education Program.

Presented *Ending the Silence* to **650 students and teachers** at West Hempfield Middle School in Westmoreland County.

Certified **27 NAMI and CART staff** in Allegheny County's Sexual Orientation, Gender Identity, and Expression (SOGIE) Standards of Practice Training.

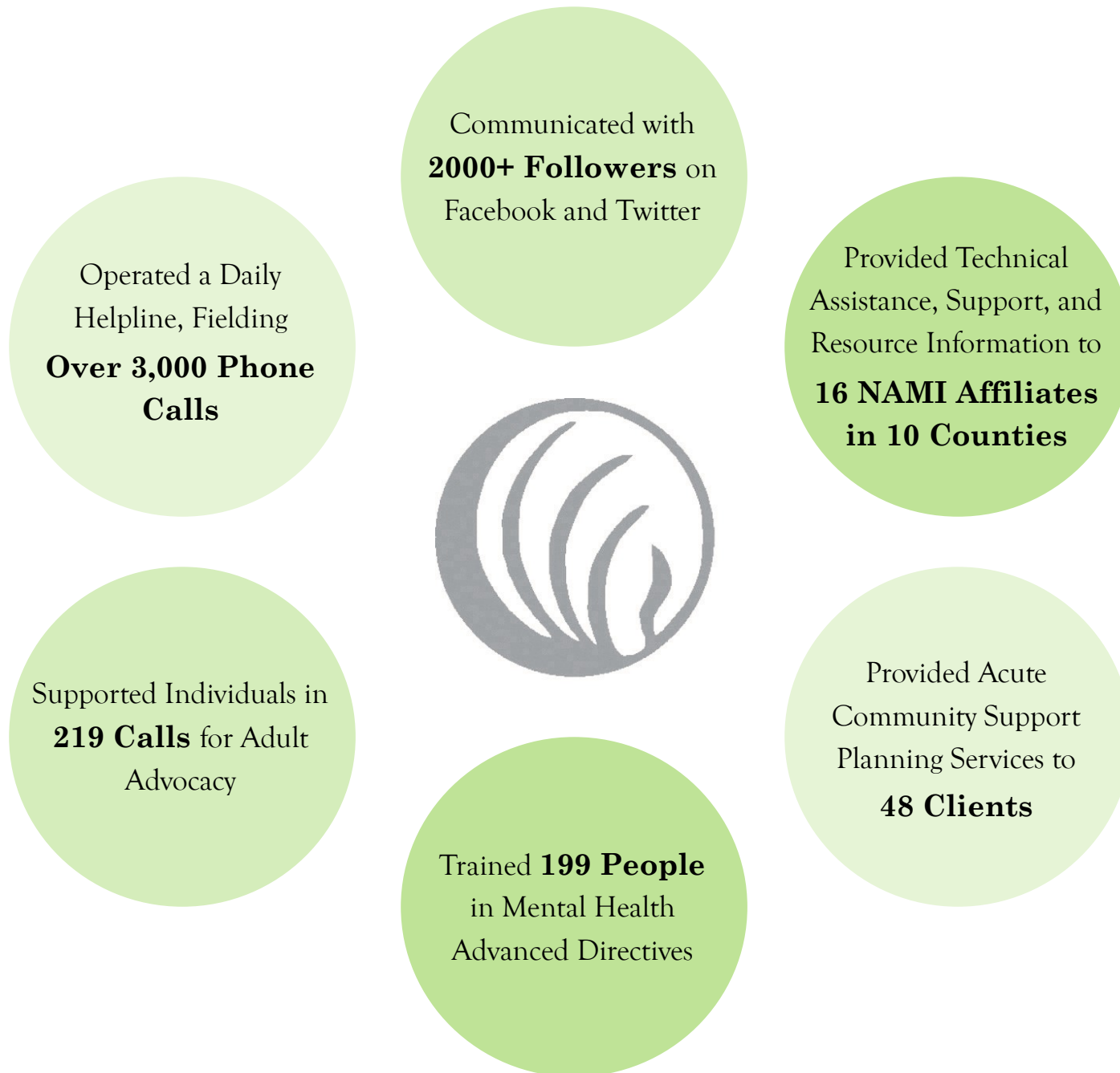
Participated on a panel discussion after the screening of the movie "No Letting Go" in celebration of World Bipolar Day.

Led a **NAMI Smarts Workshop** to educate people how to use their story to advocate for change.



NAMI SMARTS
for
ADVOCACY

DURING THE 2015-16 FISCAL YEAR, NAMI SOUTHWESTERN PA:





ADVOCACY AND COLLABORATION

NAMI SMARTS FOR ADVOCACY TRAINING

NAMI Southwestern Pennsylvania Executive Director Chris Michaels and Associate Director Debbie Ference were selected to represent Pennsylvania at NAMI's inaugural training in Arlington, VA on the NAMI Smarts for Advocacy program. Chris and Debbie became certified and can now conduct NAMI Smarts presentations across the state, training people on effective storytelling, contacting policy makers, and meeting with legislators.

LGBTQIA+ COMMUNITY

NAMI Southwestern Pennsylvania is committed to serving all members of its community in a respectful and inclusive manner. The entire NAMI staff has been trained in the Sexual Orientation, Gender Identity, and Expression (SOGIE) curriculum, developed by the Allegheny County Department of Human Services. Furthermore, NAMI has one staff person certified as a SOGIE trainer, which means NAMI has the capacity to train other organizations and community members on this topic.

COLLABORATION WITH WQED

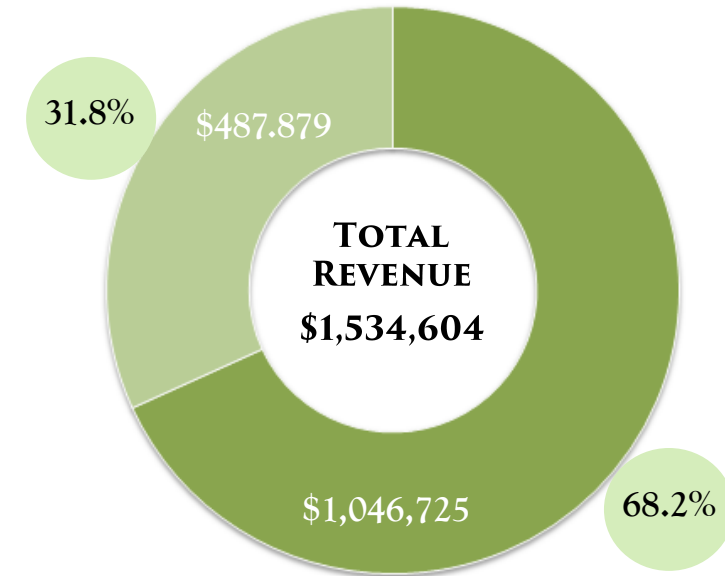
NAMI Southwestern Pennsylvania collaborated with local PBS affiliate WQED Multimedia on a multi-platform project to raise awareness for mental illness. NAMI staff worked with producers to connect them with individuals living with various mental illnesses who shared their personal stories. The project included a documentary on anxiety and web shorts on depression, obsessive compulsive disorder, and schizophrenia. Executive Director Chris Michaels was featured in the documentary and in the web extras.



The **9th Annual NAMI Walks** was held on October 4, 2015 at the Waterfront in Homestead. The walk attracted thousands of participants, including **85 teams**, and raised **\$172,000**. Honorary Chair Michelle Wright, news anchor at WTAE-TV, showed the walk live on Facebook. It was also featured on the evening newscast on Channel 4 Action News.

AUDITED FINANCIAL STATEMENT

July 1, 2015 – June 30, 2016



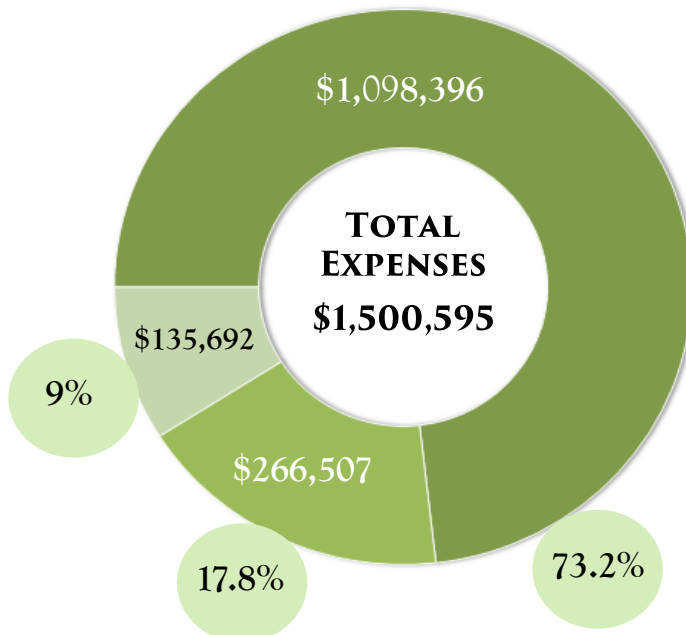
REVENUE

Program Revenue (68.2%)	\$1,046,725
Contributions, Grants, Dues, Other (31.8%)	\$487,879

\$1,534,604

GRANTS RECEIVED

E.R. Crawford Trust Fund – General Operating Expenses
The Pittsburgh Foundation – General Operating Expenses
Magellan Cares Foundation – General Operating Expenses



EXPENSES

Program (73.2%)	\$1,098,396
Management & Administration (17.8%)	\$266,507
Fundraising (9%)	\$135,692

\$1,500,595

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