With knowledge and education we are EMPOWERED TO BE HOPEFUL!

NAMI Southwestern Pennsylvania has always put its trust in the deeply held, organizational belief that bringing education public awareness initiatives to all individuals affected by mental illness is the fundamental key to NAMI’s sustainability. In addition to our adult focus, FY 2014-2015 brought about a new concentration on children, adolescents, and young adults, along with their families, both in the schools and the community. NAMI’s education team grew this effort by expanding our outreach to students and staff, as well as individuals who interact with this population. NAMI Southwestern Pennsylvania will continue to create opportunities that engage all families and individuals.

Evidence of our expanding outreach was apparent at our 8th Annual NAMI WALK that was held on Sunday, October 5, 2014. This walk was our most successful ever, attracting over 2,000 people and raising $178,000. The NAMI WALK is both are largest public mental health awareness project and our biggest fundraising event as proceeds from the walk help to support our education programs and advocacy activities. I would like to express my sincere gratitude to everyone who came out to the Walk and supported NAMI Southwestern Pennsylvania and its efforts. Our volunteers are essential to the day’s success and we could surely never get through the day without their help.

Hoping to improve our means of communication and information sharing, NAMI Southwestern Pennsylvania staff worked nearly the whole year to create, redesign, and update our website. It is our hope that new site will provide users with quick resources and easy access to NAMI Southwestern Pennsylvania’s education programs along with helping to build our social media communication.

FY 2014-2015 was indeed a hallmark year for this organization. Never before has NAMI Southwestern Pennsylvania provided so many hours of education, training, and resources! We here at NAMI Southwestern Pennsylvania would again like to extend our thanks to all of our volunteers, including our program teachers and support group volunteers, and to also thank each and every one of you who has lent your support to NAMI.

Respectfully yours,

Christine Michaels, MSHSA
Executive Director
During FY 14-15, NAMI Southwestern Pennsylvania:

- Provided technical assistance, support and resource information to 16 NAMI Affiliates in 10 counties
- Operated a daily Helpline, fielding over 2,700 phone calls
- Maintained communication through blogs, e-newsletters and 1,500+ followers on Facebook and Twitter

Knowledge is power, and learning about mental illness is essential to the recovery process.

- Graduated more than 110 family members through no-cost, peer-led, mental health education programs
- Empowered more than 725 students through Ending the Silence, a no-cost, mental health awareness program designed for middle and high school students
- Engaged more than 300 educators, peers, parents, and community members through no-cost workshops and customized presentations
- Outreach to more than 100 individuals through In Our Own Voice, a no-cost, recovery presentation

- Issued Call-to-Action alerts for PA budget advocacy for mental health funding for a 90-bed CHIPP, 1/3 restoration of 10% cuts in 2012 and funding for heroin and opioid addition initiatives.
- Continued monitoring national mental health reform bills including H.R. 2646.
- Signed-on in support of H.B. 400, Work Experience for High School Students with Disabilities Act that would require OVR to serve high school students in school.

- Served as a Collaborative Outreach Center for the National Disabilities Council’s ACA Enrollment Grant Program to assure people with disabilities were connected with Navigators and Enrollment Specialists.
- Celebrated the PA General Assembly’s adoption of the people-first language (S.R. 113 and H.R. 305).
- Monitored the ending of Healthy PA and the expansion of regular Medicaid.
NAMI Southwestern Pennsylvania welcomed Brandon Marshall, all-pro wide receiver for the Chicago Bears and outspoken mental health advocate, to its 15th Annual Education held on April 11, 2015 at the Pittsburgh Airport Marriott. This year’s conference gave over 300 NAMI members, supporters, and friends a chance to hear Brandon through an intimate interview style conducted by WTAE’s Sport’s Director and Anchor, Andrew Stockey. Conference attendees also heard from a lineup of stellar speakers including renowned stigma researcher Dr. Otto Wahl and addiction specialist Dr. Dennis Daley.

NAMI Southwestern Pennsylvania held its first conference dedicated solely to the topic of suicide, specifically explaining suicide as an illness and not a behavior. The Road Less Traveled: Raising Suicide Awareness Across America featured keynote speaker Ian Cummins, who walked across America in memory of his brother Ryan. This one day conference described suicide from several perspectives including that of a prominent medical researcher, a prevention strategist, family members living with the loss of a loved one, and individuals themselves who have made an attempt.

In 2015, NAMI Southwestern Pennsylvania staff became state trainers for the following NAMI Signature Programs and Presentations:

**NAMI Basics** Six session education course for parents and other family caregivers of children and adolescents living with a mental health condition.

**NAMI In Our Own Voice** 60-90 minute presentation where presenters who have experienced mental health challenges share their personal stories, from the dark days of a mental health crisis to the successes, hopes and dreams.

**NAMI Family Support Group Facilitator** Confidential support group for loved ones people living with mental illness.
Audited Financial Statement
July 1, 2014 through June 30, 2015

Program Revenue
$860,325

Contributions, Grants, Dues & Other
$575,847

Total Revenue
$1,436,272

Programs
$1,069,115

Management & Administration
$231,886

Fundraising
$107,987

Total Expenses
$1,408,988

GRANTS RECEIVED FY 2014 – 2015
The Chuckie Mahoney Foundation
E.R. Crawford Trust Fund
The Forbes Funds
The Pittsburgh Foundation
Staunton Farm Foundation
Board of Directors 2014-2015

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Laura Donaldson
Kathy Testoni
Cynthia Tonet-Stewart, M.Ed, MS.Ed

NAMI Southwestern Pennsylvania Staff 2014-2015

Christine Michaels, MSHSA,  
Executive Director
Deborah Ference, MA,  
Associate Director
Darcey Garda,  
Manager of Marketing and Development

Susan Harrington,  
Education and Support Specialist
Sara Levine,  
Marketing and Development Assistant
Marsha Minteer,  
Administrative Assistant

Susan Rabenold,  
Accounting Specialist
Julie Trbovich,  
Program Manager, Children and Families

Consumer Action and Response Team of Allegheny County (CART) 2014-2015

Paul Freund, MEd,  
C/FST Director
Alan Corn, MA,  
Program Director
Mary Bates,  
CART Interviewer
Jeff Fitzwilliam,  
CHIPP/CSP Interviewer

Marilyn Micknowski,  
Clerical Assistant
Lee Moses,  
CART Interviewer
Phyllis Nettles,  
Family Coordinator
Seth Gall,  
CART Interviewer

Paula Pinon,  
Technical Support Specialist
Kristen Polas,  
CART Interviewer
Brian Rayne,  
CHIPP/CSP Interviewer
Darrell Williams,  
CHIPP/CSP Supervisor
Suzi Wright,  
Recorder/Interviewer

Armstrong/Indiana Consumer Family Satisfaction Team 2014-2015

Deborah Marshall,  
Supervisor
Christine Witenski,  
Interviewer
Joan Moore,  
Data Entry/Interviewer

NAMI Southwestern PA Mission Statement

NAMI Southwestern Pennsylvania is dedicated to improving the lives of individuals and families affected by mental illness through recovery focused support, education and advocacy.