



2014-2015 Annual Report

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



SUPPORT



EDUCATION



ADVOCACY

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

Trained and certified more than 150 individuals in Mental Health First Aid modules for adults, youth, and public safety officers

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 addiction 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.

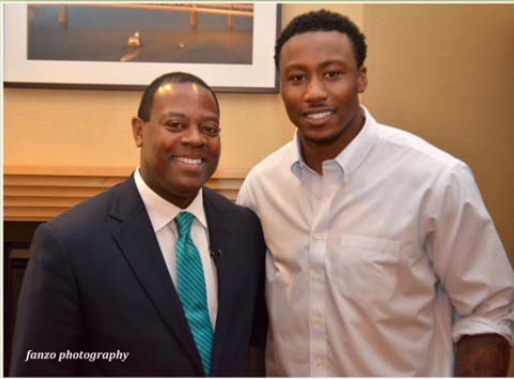
Served as a Collaborative Outreach Center for the National Disabilities Council's ACA Enrollment Grant Program to assure people with disabilities were connected with Navigators and Enrollment Specialists.

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.



Highlights of FY 2014-2015



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.

WTAE's Andrew Stockey pictured with Brandon Marshall (right)

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.



Keynote presenter, Ian Cummins, RN, Ian Walks America

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

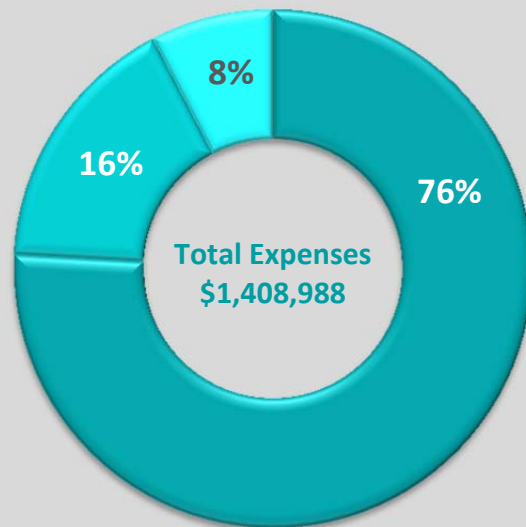
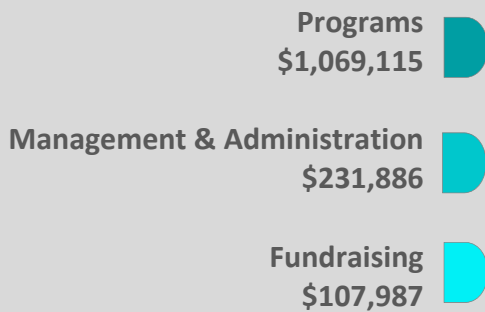
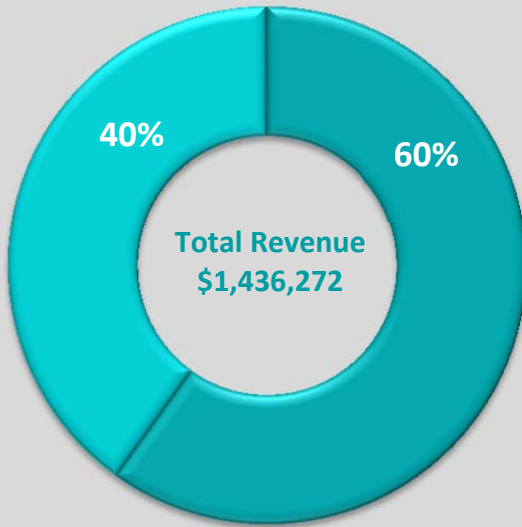
NAMI Basics Six session education course for parents and other family caregivers of children and adolescents living with a mental health condition.

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



GRANTS RECEIVED FY 2014 – 2015

The Chuckie Mahoney Foundation

E.R. Crawford Trust Fund

The Forbes Funds

The Pittsburgh Foundation

Staunton Farm Foundation

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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 Minter,
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.