



RECENTERING OUR FOCUS



21-22 ANNUAL REPORT



CONNECT WITH US

NAMI Keystone Pennsylvania HelpLine

1.888.264.7972 | Monday - Friday | 9 am - 2 pm

Web

www.namikeystonepa.org

Email

info@namikeystonepa.org



National Alliance on Mental Illness

Keystone
Pennsylvania



ABOUT **NAMI KEYSTONE PA**

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

Located in Pittsburgh, NAMI Keystone PA is the state organization in Pennsylvania for the National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization. There are 31 NAMI affiliates across the state.



NAMI Keystone Pennsylvania is recognized by the Pennsylvania Association of Nonprofit Organizations as a Standards for Excellence accredited organization.



A LETTER FROM THE CEO



The 2021-22 fiscal year was about pushing on, moving forward, and not giving up. The effects of the pandemic were being felt far and wide. The system was stretched, and NAMI was there for peers and families across the state through our virtual support groups and education programs. Many people were experiencing depression, anxiety, and isolation. NAMI's peer and family support programs were there for them, creating safe and confidential spaces.

We partnered with companies and organizations in our communities

that had employees or clients dealing with the pandemic aftermath. We organized presentations on mental health warning signs and stress in the workplace. We answered questions, provided resources, but more importantly, we gave them reassurance that they were not alone in what they were going through.

This fiscal year, we connected with people online through virtual support groups, education trainings, classes, and presentations, as well as on social media. We met them in person at community events. And we answered the phone when they called our office for help. We are proud of the work we did this year, and we are thankful for your support and your belief in the value of peer and family support.

A handwritten signature in cursive script that reads 'Chris'.

Christine Michaels, MSHSA
CEO, NAMI Keystone Pennsylvania

SUPPORT. EDUCATION. ADVOCACY.



NAMI Keystone Pennsylvania and its affiliates offer free support groups that help individuals and families affected by mental illness connect with other people who are experiencing similar feelings and situations. Some support groups meet in person and some meet virtually.



Learning about mental illness is an important step in the recovery process. Our education programs help individuals and families better understand mental illness and the importance of self-care. We also provide customized mental health awareness presentations for schools, workplaces, and community groups.



NAMI Keystone Pennsylvania's adult mental health advocacy program helps individuals understand their rights to make informed decisions about their care. We also provide information on state and federal legislation that impacts mental health and we help connect individuals with their policymakers.

All NAMI Signature support groups, education programs, and presentations are offered at no cost to participants.

SUPPORT FOR PEERS AND FAMILIES



NAMI offers support groups for peers as well as family members, caregivers, and friends. The groups are led by trained individuals who can relate to what you are going through. Support groups are held in person or virtually.



NAMI Family Support Groups

Free, peer-led support group for adults with a loved one who has experienced symptoms of a mental health condition.

NAMI Connection Peer Support Groups

Free, peer-led support group for adults who have experienced symptoms of a mental health condition.

HELPLINE & INFOLINE

NAMI Keystone Pennsylvania's Helpline provides callers with information and resources on mental illness, as well as information on NAMI programs, presentations, and support groups. The Helpline operates Monday – Friday from 9 am – 2 pm.

NKPA Helpline: 1.888.264.7972

If people prefer to communicate online, they can email the NKPA Infoline anytime.

NKPA Infoline: info@namikeystonpa.org



During the 2021–2022 Fiscal Year, NKPA fielded more than 1,500 calls and emails for advocacy and support.

EDUCATION



Throughout the course of the year, NAMI Keystone Pennsylvania organizes training programs for peers and family members to become support group facilitators, education program leaders, and presenters. These newly-trained NAMI community members then go into their neighborhoods to provide mental health support, education, and awareness.

In the 2021-22 fiscal year, NAMI Keystone PA provided:



21 Training Programs

6 Classes

45 IOOV Presentations

TRAININGS

- NAMI Family-to-Family
- NAMI Family Support Group
- NAMI Connection Support Group
- NAMI In Our Own Voice
- NAMI Peer-to-Peer

TOTAL: 91 PEOPLE TRAINED

CLASSES

- NAMI Family-to-Family
- NAMI Peer-to-Peer
- NAMI Homefront

TOTAL: 47 GRADUATES

EDUCATION PROGRAMS & PRESENTATIONS

NAMI Family-to-Family: For family, significant others, and friends of adults with mental health conditions.

NAMI Peer-to-Peer: For adults (18+) with mental health conditions who are looking to learn more about themselves and define their own wellness and recovery.

NAMI Basics: For parents and caregivers of youth who are experiencing symptoms of a mental health condition.

NAMI Homefront: For family, friends, and significant others of military service members and veterans who have a mental health diagnosis.

NAMI Ending the Silence: Mental health awareness presentation for middle and high school students, educators, and parents. The presentation features a young adult with a mental health condition who shares their recovery journey.

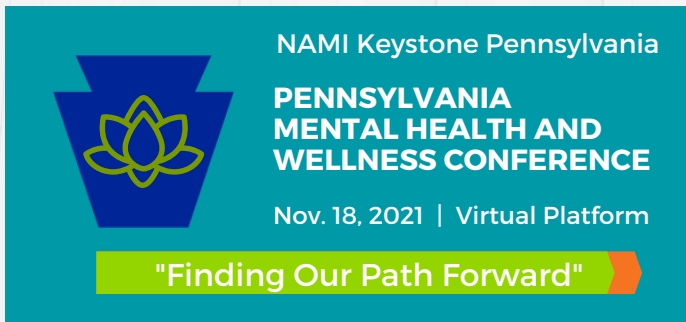
NAMI In Our Own Voice: An individual with a mental health condition provides a first-hand account of what it's like to live with a mental health diagnosis while offering hope and providing insight into their recovery.

NAMI Smarts for Advocacy: Hands-on advocacy training program that helps people transform their passion for mental health and lived experience into skillful grassroots advocacy.

Donations to NAMI Keystone Pennsylvania fund the support groups, education programs, and advocacy initiatives we offer at no cost to participants.

EDUCATION CONFERENCES

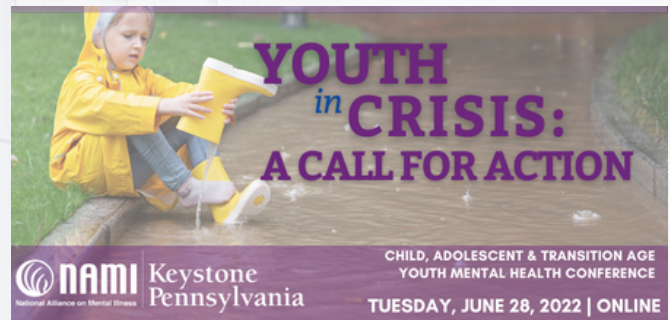
NAMI Keystone Pennsylvania hosts two conferences every year - the statewide Pennsylvania Mental Health and Wellness Conference and the Child, Adolescent, and Transition Age Youth Mental Health Conference. Both conferences were held virtually during this fiscal year.



During the statewide conference, *Finding Our Path Forward*, we explored how the pandemic forced us to re-evaluate ourselves, our routines, and our expectations in order to maintain wellness.



Attendees: 247
Exhibitors: 16
Different States: 7
Sponsors: 9
Workshop Sessions: 12



The conference, *Youth in Crisis: A Call for Action*, examined the most urgent challenges facing youth and provided an action plan to help transform caregivers and educators into mental health changemakers.



Attendees: 178
Exhibitors: 15
Different States: 10
Sponsors: 8
Workshop Sessions: 8

ADVOCACY

NAMI Keystone Pennsylvania's advocacy team works with stakeholders at every level. Our **Adult Mental Health Advocacy Program** helps individuals and families in Allegheny County navigate the mental health system, better understand their rights, and address concerns they have with their care.

One of the important resources we provide access to is a **Mental Health Advance Directive (MHAD)**, a legally binding document that helps you communicate your mental health wishes to your treatment provider if you are unable to do so.



11 INDIVIDUALS ASSISTED WITH MHADS

We also help people complete an **Acute Community Support Plan (ACSP)**, a person-centered, strengths-based discharge plan that individuals develop with their treatment providers.

19 ACSP CLIENTS

Our advocacy team reviews state and federal legislation that impacts mental illness, keeping supporters informed and connected with their policymakers. We hold monthly public policy calls with affiliates to keep them aware of initiatives, policies, and legislation connected to mental health.



Presented *Crafting Your Story for Legislative Advocacy* to more than 50 individuals as part of Achieva Family Trust's *Successful Strategies for Self-Advocacy* webinar series.



OCTOBER 2021

In preparation for the launch of the 988 Suicide and Crisis Lifeline (July 2022), NAMI Keystone Pennsylvania partnered with the Staunton Farm Foundation and the Greater Pittsburgh Nonprofit Partnership to host a free informative virtual panel presentation for advocates and professionals.

Panelists from NAMI provided an overview of 988 at the federal level and members of the Pennsylvania 988 Advisory Board, led by the PA Office of Mental Health and Substance Abuse Services, explained the statewide implementation.



pennsylvania

DEPARTMENT OF HUMAN SERVICES
OFFICE OF MENTAL HEALTH AND
SUBSTANCE ABUSE SERVICES

COMMITTEES & COALITIONS

NAMI Keystone PA staff members participate on a number of committees and coalitions in Allegheny County and in Harrisburg to advance issues important to mental health.



- Allegheny County MH/ID Advisory Board
- Allegheny County Children's Cabinet
- Allegheny County Coalition for Recovery
 - Education Committee
 - Professional Committee
- Allegheny County Day of Self Discovery Committee
- Allegheny County Suicide Task Force- SAFE
- Behavioral HealthChoices Coalition
- CIT International Planning Committee
- Coalition for the Mental Health Safety Net (RCPA)
- Family-Based Aftercare Workgroup in Partnership with Drexel and Jefferson Universities
- GPNP Legislative Committee
- Mental Health Safety Net Coalition
- OMHSAS Planning Council
- Adult Committee
- Children's Committee
- Co-chair OMHSAS Planning Council Joint Committee
- National 988 Crisis Response Advocates
- OMHSAS 988 Advocacy Coalition Committee
- OMHSAS 988 Advisory Committee, Advocacy Coalition Liaison
- OMHSAS Family Peer Support Across the Lifespan Steering Committee
- PA Coalition for Whole Health and Wellness
- RCPA Mental Health Committee
- RCPA Legislative Committee
- Rep. Dan Miller's Disability & Mental Health Summit Planning Committee
- SWPA Regional Accountability Healthcare Council





On October 9, 2021, NAMI Keystone Pennsylvania hosted a hybrid NAMIWalks at Monroeville Community Park West during NAMI's National Day of Hope. Many walkers hit the trail during the open house event, others walked in their neighborhood and posted photos on social media.

Sponsors, team captains, and walkers helped NAMI Keystone PA raise \$140,589. All NAMIWalks donations fund the support groups, education programs, and presentations we offer at no cost to participants.

61 Teams



CEOs AGAINST STIGMA

NAMI KEYSTONE PA

This fiscal year, CEOs Against Stigma Program Ambassador Christie Cawley sat down with Russell Livingston, President and CEO of Babb, Inc., to talk about elevating mental health in the workplace. Mr. Livingston was one of the first CEOs to sign on to the program. In their conversation, they discussed why executives may be hesitant when it comes to talking about mental health and how implementing a process is an important first step.



Coffee Chat with
Russell Livingston



The CEOs Against Stigma Program also gained six new companies/organizations, including the addition of Mr. Ed Gainey, the city of Pittsburgh's newly-elected Mayor.



THE CITY OF
PITTSBURGH

Welcome New CEOs Against Stigma!



Cindy Leonard Consulting LLC

ceos.namikeystonepa.org

21-22 HIGHLIGHTS

WHITE HOUSE VIRTUAL EVENT

CEO Christine Michaels was invited to participate in a virtual event hosted by the White House. During the *Building A Better America* event, community partners discussed the issues directly facing their stakeholders and how President Biden's priorities will impact Pennsylvania families and communities. Ms. Michaels' comments focused on the youth mental health crisis, the workforce shortage, 988, and peer and family support.



MENTAL HEALTH MOMENT SERIES

NAMI Keystone PA partnered with affiliate NAMI York-Adams Counties PA, WGAL-TV in the Susquehanna Valley, and Donegal Insurance Group on *Mental Health Moments*, a year-long mental health awareness project that included online blogs and tv interviews.



AFRICAN AMERICAN RESOURCE GUIDE

Allegheny County
**African American
Mental Health
Resource Guide**



NKPA Director of Education and Support Services, Aleta Barnett, created a guide for the African American community that includes facts and information related to mental health resources in Allegheny County. Copies were distributed at various events and an electronic version is available online.

MENTAL HEALTH AWARENESS MONTH

During Mental Health Awareness Month in May, NAMI Keystone PA staff members participated in a variety of initiatives and community events.



For the second year in a row, NKPA was awarded a \$5,000 grant from NAMI, made possible by Neurocrine Biosciences, to promote awareness of Tardive Dyskinesia, a condition of uncontrollable movements affecting the body that can develop after taking certain medications to treat bipolar disorder, depression, or schizophrenia.



NKPA hosted a resource table at the Pirates Charities Family Walk presented by AHN. The event at PNC Park was organized to encourage mindfulness and combat the stigma surrounding mental health. Fans, players, coaches and their families all participated in the walk.



The Staunton Farm Foundation sponsored a Hope Day Block Party at the Kingsley Association. The free event featured live performances, crafts for kids, and exhibitors, including NAMI Keystone PA. The block party also featured a photo exhibit from the Yellow Tulip Project.



The SAFE (Suicide Awareness for Everyone) Task Force of Allegheny County partnered with the Penn Hills School District for a Mental Wellness & Suicide Prevention Day. The event featured a panel discussion, resource tables, art and movement activities, and Soul Line Dancing.



WEBSITE & SOCIAL MEDIA



Total Website Views 🔍

116,911

Total Website Users 🔍

51,980

Most Viewed Pages 🔍

Homepage
Support
Find Your Local NAMI

Social Reach

 3,347 Followers | Total Page Reach: 22,368

 1807 Followers

 1,357 Followers | Total Page Reach: 2,645

 362 Followers

EVENT SPONSORS

Throughout the course of the year, NAMI Keystone Pennsylvania relies on generous sponsors who lend their support in order for us to achieve our mission of mental health support, education, and advocacy. Below is a list of partner organizations and individuals that sponsored our major events.

ACHIEVA Family Trust

Alkermes Pharmaceutical

Allegheny Health Network

Allegheny HealthChoices, Inc.

Anonymous Donor

Beacon Health Options

Charma D. Dudley, PhD, FPPR

Cigna Health

Cindy and Norman McHolme

Clifford A. & Dr. Cynthia Krey

Community Care Behavioral Health

Dollar Bank

enkompas Technology Solutions

EZ Storage

Genoa Healthcare

Highmark Blue Cross Blue Shield

Human Services Administration Organization

Janssen Pharmaceutical

Lundbeck

Mental Health America of Southwestern PA

Mr. & Mrs. James LaSalle

Pittsburgh Mercy

Renzie Auto Center

Staunton Farm Foundation

Sunovion Pharmaceuticals, Inc.

The Chuckie Mahoney Memorial Foundation

The Testoni Family

UPMC Health Plan

Thank You for Your Support!

AUDITED FINANCIALS

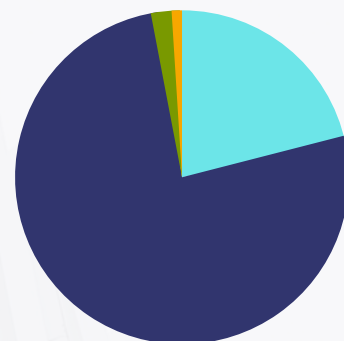
Total Revenue: \$1,876,906

Contributions/Grants: 21%

Government: 76%

Conferences: 2%

Other: 1%

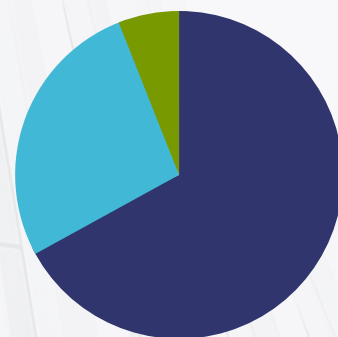


Total Expenses: \$1,734,440

Programs: 67%

Management/General: 27%

Fundraising: 6%

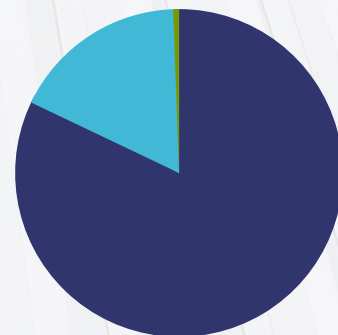


162 Total Charitable Donations: \$47,343.51

General (108): \$38,856.55

Memorial (50): \$8,216.01

Honorarium (4): \$270.95



LEADERSHIP & STAFF

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Aleta Barnett, *Director of Education and Support Services*
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Sara Levine Steinberg, *Event and Technology Coordinator*
Nikki Weigand, *Director of Advocacy*
Jenny Vaporetta, *Adult Mental Health Advocate*

CONSUMER ACTION RESPONSE TEAM ALLEGHENY COUNTY

Paul Freund, MEd, *Dir., Consumer Family Satisfaction Services*
Jeff Fitzwilliam, *CSP/ACSP Supervisor*
Steven Hewitt, *CART Interviewer*
Marilyn Micknowski, *Administrative Assistant*
Lee Moses, *Interviewer*
Phyllis Nettles, *Family Engagement Specialist*
Paula Fortino, *Technical Support Specialist*
Jane Portman, *Interviewer*
Brian Rayne, *CHIPP/CSP Interviewer*
Kathy Stamm, *Interviewer*
Evan Weiss, *Interviewer*
Suzi Wright, *Interviewer*

ARMSTRONG / INDIANA CONSUMER FAMILY SATISFACTION TEAM

Agnes Hockenberry, *Supervisor*
Karen Salser, *Indiana County Interviewer*
Dawn Lawson, *Data Specialist*



National Alliance on Mental Illness

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