

Annual Report: January 1 – December 31, 2014



Executive Director's Message

In 2014 NAMI Rochester touched the lives of over 7,000 people in Monroe, Wayne, Ontario and Genesee Counties, through our support and educational programs including Family to Family, Family Support Groups, Connection Support Groups, In Our Own Voice, Parents & Teachers As Allies, Homefront, Peer to Peer, Mental Health Court Peer Support, the Annual Jessica Henderson Memorial Event and one-on-one support via the phone, email or in person.

NAMI continues to provide a lifeline to people living with mental illness, and to their family, friends, providers, and schools. We could not do the work we do without the dedicated service of more than 70 volunteers, the commitment of our NAMI members and the support we receive from individuals, foundations and businesses.

NAMI Rochester Recipient of Two Prestigious Awards in 2014

The Affiliate of the Year Award from NAMI/NYS was awarded to us at the state conference in November 2014 in recognition for the *“tremendous job NAMI has done in educating and supporting the citizens of the greater Rochester area by offering the full spectrum of NAMI Signature Programs. Through the leadership of the board of directors and Executive Director, Pat Sine, and their dedicated group of staff, volunteers and program participants,*

NAMI Rochester has distinguished themselves as true leaders both in providing a plethora of programming and demonstrating a remarkable ability to project their advocacy voice as well as being a constant presence in the criminal justice system assuring that people with mental illness who have entered the system are treated fairly and are guided towards the best outcomes.

They have also made true inroads in introducing mental health awareness in schools both through in-school Parents and Teachers as Allies presentations as well as presenting at the New York School Nurses Convention. NAMI Rochester constantly seeks to find new and innovative ways to introduce NAMI Signature Programming, project their advocacy voice and raise awareness of mental health issues in their community. The award is our way of saying thank you on behalf of the many families that have benefitted from your hard work.” (See picture below)

Comment from father who took Family to Family 12 week course:
I am better able to communicate with my son. My wife and I are adjusting our expectations and there is more compassion on both our parts. We also are learning how to keep things simple and how to sometimes say “no.” I have more empathy for people who suffer from mental illness.



Members of NAMI Rochester with Irene Turski, President of NAMI/NYS, 3rd from left in top row and Wendy Burch, Executive Director of NAMI/NYS, 5th from left in top row.

NAMI Rochester was also the recipient of the Children's Mental Health Awareness: What's Great in Our State award presented in May 2014 in Albany. NAMI Rochester received this award because of our educational initiatives and programs, such as Parents & Teachers as Allies, presented to school nurses, teachers, pediatric nursing staffs, school safety resource officers, and college students. We also provide the NAMI six week Basics course for parents and caregivers of children and adolescents who have emotional issues and/or serious mental illness.

Accomplishments in 2014

More than 60 volunteers conducted the NAMI Signature Programs: BASICS, Family to Family, NAMI Family Support Group, NAMI Connection, In Our Own Voice, and Parents & Teachers as Allies during 2014.

Three new NAMI Signature Programs started in the fall of 2014:

Peer to Peer: Peer-led 10-week recovery education course open to any person with a serious mental illness. It emphasizes recovery from mental illness as a feasible supportable goal and challenges the stigma often wrongly associated with mental illness. Clients at the Anthony Jordan Health Center completed the course in the Fall of 2014 with plans to offer this course again in 2015.

NAMI Homefront: Family-led 6-week education course specifically developed for family members, caregivers and friends of Military Service Members and Veterans living with mental illness. The course provides information, insight empathy and empowerment.

Ending the Silence: In-school presentation about mental illness designed for high school students. It is a fifty-minute presentation led by a panel including a young adult living in recovery from mental illness.

A record number of seven Family to Family classes were conducted in the fall and spring of 2014. Two were presented in the spring and two in the fall in the new conference room at NAMI headquarters at 320 N. Goodman St. Rochester, NY. One was presented in the fall at the Mental Health Association in Batavia, NY; one in the fall at St. John’s Episcopal Church in Canandaigua, NY; and one in the spring at Geneva General Hospital in Geneva, NY.

In 2014 NAMI Rochester programs increased awareness in a four-county area of how mental illness impacts individuals, families and communities. Participants in NAMI Rochester programs:

Increased their knowledge of mental illness, treatments and resources available in the community

Increased their skills in coping strategies and crisis intervention related to mental illness.

Improved their support network through connections with other families of people living with mental illness

Program Impact

Program	Total	Caucasian	African-American	Hispanic
Monroe County Educational Meetings*	3,464	2,891	292	281
Monroe County Support/Advocacy**	3,015	1,709	1,076	230
Sub-total Monroe County	6,479	4,600	1,368	511
Wayne County Educational Meetings	228	185	33	10
Wayne County Support/Advocacy	96	96	0	0
Genesee County Educational Meetings	12	12	0	0
Genesee County Support/Advocacy			0	0

	120	120		
Ontario County Educational Meetings	15	15	0	0
Total all counties	6,950	5,028	1,401	521

* Educational Meetings include lectures, conferences, and classes on topics related to mental illness, the service delivery system, coping skills and recovery.

** Support/Advocacy includes family & relative support groups, consumer support groups, Family to Family classes, support in Mental Health Court, and information and referrals to other community resources and treatments. Advocacy efforts on a personal basis with people involved in the mental health and criminal justice systems are available upon request as appropriate.

NAMI Rochester Holds Second NAMIWalks Rochester!

About 1,000 people from the community walked through the Neighborhood of the Arts on May 17th at the second Annual NAMIWalks Rochester to celebrate recovery to honor those who have lost their lives to mental illness, to combat stigma and promote awareness.



Mental Health Counseling Students from St. John Fisher College Walk Team

The event raised over \$100,000 to support local support and education programs which are offered at no cost for individuals and families living with mental illness. Funds from the last Walk were used to expand our programs and space. Additional office space and a new conference room were added

to provide space for all of the support groups and classes next to our current office.



Senator Joseph Robach, David Putney, Director of MCOMH & Patricia Sine-NAMI

Thank you!

The following businesses, organizations and foundations awarded grants to NAMI in 2014

*Wyman-Potter Foundation
Fred & Floy Willmott Foundation
RBC-USA Wealth Management*

*RACF Wayne County Community
Endowment
Davenport Hatch Foundation
Wilson Foundation*

Thank you to the following major donors for generously supporting NAMI Rochester!

\$15,000 or more

Gary & Marcia Stern/
Stern Properties

\$4,000 or more

Wegmans

\$3,000 or more

Unity Behavioral Health

\$2,000 or more

Beatrice Rosenberg
Anonymous
George and Sue
Campbell
Sunovion
Pharmaceuticals

\$1,500 or more

Steven Dvorin, M.D.
Mental Health Fund -
Anonymous
Laura Amick
DePaul Community
Services
ABR Wholesalers
Michael Kane

Anonymous

\$1,000 or more

Alesco Advisors
Odysseus Adamides,
M.D.
Eric Dreyfuss, M.D.
Barbara & David Ellis
Family of Ted Brown
Susan Ginkel
Richard & Marcia Kaplan]
Walter Wade
Kasperski, Owen &
Duncan
RBC Wealth
Management
Rochester General
Behavioral Health
Sage Ruddy & Company
Wayne Newark Hospital

\$800 or more

John & Judy Messenger
St. Catherine's Church
Mendon

\$700 or more

Wanda & Lee Edgcomb
James & Jodie Terhune
MCOMH

\$600 or more

Rhonda Brown
Bill & Cynthia Hosley
Lawrence Guttmacher,
M.D.
Patricia & Richard Sine

\$500 or more

Alstom Signaling
Amy & Ken Baker
B&L Wholesale

CarMax
Edgcomb Family Trust
Five Star Bank
GVPA
Hunt Real Estate
First Baptist Church
Society
"Reel Minds" Film Series
Sam's Club
Harold & Judy Samloff
A.M. Stern
Villa of Hope
Walmart Webster
James Sheppard
Deb White
Aggie & Willem Windig

\$400 or more

Paul & Vivian Borreggine
Daniel & Theresa Eckert
Joan & John Eisenschmid

\$300 or more

Donald & Jean Davis
Ann & John Heizmann
Richard & Judy Hessney
Betty & John Jehrbeck
Herb & June Katz
Laurence O'Heron
David Putney
Milo & Mary Ellen
Tomanovich

\$200 or more

Gary & Linda Acker
Donald & Janet
Anderson
Amanda & Meredith
Conner
Brigitte Dublin
Harry & Linda Messina

Joan & James Welch
Pat Woods - MHA
Pat Hesslink
Ann Kittleberger
Mary Jo Muscolino
Joan & Gerry Nobiling
Carolyn Olsen
Idalia Santiago
Patricia Sarantis
John & Ann Schottmiller
James Sorrentino
Sharon Stettner
Mary Lou Straka
Nicole Tarson
Stephen Turula
Claire Uline
Robert & Mary Pat Vogel
Donald & Karen Wartens
Eric Weaver
Marcia Weinert
Annette & Chip Weld

\$100 or more

Pauline Benjamin
Bill & Nancy Brackmann
Sonja & Karl Christensen
Anita & Richard Festa
Sue & Neil Gagne
Marcia Garcia
Roger & Pamela Gardner
Jennifer & Thomas
German
Jack Goldstein
Mark & Sally Herington
Scott Harter
Nell Herman
John & Laural Hull
Cheri Jones
Don Kamin
Renee Liebschutz
Ed & Doreen MacDonald

Amish Majumdar
Patrick & Gretchen
Maloney
Jack McIntyre, M.D.
Anne McKenna
Harry Merryman
Thomas Miller, D.D.S.
Amie Miller
Nancy Monachiono
Paul Monachino
Gary Muisus
Mary Jo Muscolino
Janice & Jan Migro

\$100 or more

Gerry & Joan Nobiling
Carolyn Olsen
Mary Penaloza
Pamela Powley
Jane Regan Ames
Sharon Rennert
Frank Rivera
Jordan Romano
Desiree Rosdahl
Idalia Santiago
Patricia Sarantis
Eric & Nancy Schaefer
John Schwartz
Eric & Nancy Seiffer
Elaine Sine
Alfred Smith
Kristy Stoddard
Lyn Sullivan
Salena's Restaurant
John & Anne Schottmiller
Barbara Sherwood
Greg Soehner
James Sorrentino
Sharon Stettner
Mary Lou Straka
James & Mildred Teman
Brenda Teman-Zehr
Nicole Tarson
Joyce Toher
Margaret Trego
Steve Turula
Lance & Moyra Ulery
Claire Uline
Robert & Mary Pat Vogel
Donald & Karen Wartens
Eric Weaver
Marcia Weinert
Chip & Annette Weld
Wildman Family
Kimberly Winkelman
Frank Winski

Pat Woods
Francis Yatteau
Mary Yatteau
Clark Zimemrmann
Sony Zoghlin

\$ 1-99

Joseph Aiken
Beth Allen
Flovia Allen
Patricia Allen
Margaret Allen

Amen RaMessu

Robert & Monica
Anderson
John Antonio
Frances Baham

Caroline Bailey

James Balsamo

Gerald Bamberger
Leah Bamberger

Greg Barton
Dave Baxter
Cheryl Beame

Danny Bears
Marcye Bears
Terrance Bellnier

Amy Blake
Jim Blake
Paul Blake
David Bloom
Lila Bluestone

Sarah Bodensteiner
Stephen Boiley

Jean Borden
Julie Borgen
Michael Bower

Charly Boyd
Gloria Boyer
Jamie Bragg
Robert Brandon Jr.
Shoshana Brayman
Judith Brown
Kent Brown
Jacqueline Bryant

Donald & Kathryn Burns

Susan Burton
Deborah Bussewitz
Arthur Butler
Janice Callens

Sharon & Sam Campione
Michele Capellupo
Nancy & Steve Carlucci
Susan Carter
Carol Case
Linda Cassidy
Andrew Chen
Cindy & Glenn
Chiaramonte

Scott Cloutier	Jacqueline & Robert Gullo	Georgette Lesnak
Donald & Donna Cobb	Jean Haines	Amanda Lewis
Anne Collins	Kathleen Hanney	John & Mary Ellen Little
Marlene Coniff	Catharine Hawks	Christine Liu
Mike Coniff	Jack Hayden	Wunder Liu
Ruth Cowing	Mary Hilfiger	Patricia Lorenzen
Rita Cronise	Michael Hopkins	Patricia Lovallo
Ellen Crowley	Dorothy & Perry Howland	Robert & Virginia Lyness
Michael Crowley	Ann Howland-Coone	Jack & Joann McMullen
Peggy Decker		Amy Maher
John & Winnie Delehanty		Kim Mark
Virginia DeSantis		Ann Marshall
Len & Kathy Dummer		Pamela Marsocci
Lisa Dunn		Melanie Masaryk
Edward & Jeanette		Deborah Mastin
Dziubaty		Terryn Maybeck
James & Eunice Eckberg	<u>\$ 1-99</u>	Susan Maybeck
Myrla Elliott		Karen Mayes
Diane Ellis	Rebecca & William	Kathryn McBride
Steve & Gloria Enes	Hughes	Annie McQuilken
Montieth Estes	Constance Ilasi	Michael Medianowsky
Jennifer Fernandez		Kathleen Miller
Lynne Ferris	Donna Jackel	Lauren Miller
Lisa Fields	Thomas Jewell	Chris Monachino
Lynne Fisher		Thomas & Luba Morsch
Richard Foley	Charles Johnson	David Mullen
Kathy Fox		Margaret Mussaw
Gretchen Franke	Vonda Joiner-Yang	Ronald Navik
Murray & Sharlene	Mark Kazmierski	Dorothy Newcomb
Freeman		Susan Niezanski
Maria Gangarossa	Jo Keating	Chris Noel
Julie Gardner	Rita Kiernan	Marie Oakleaf
Debra Gay	Matthew & Sandra Killeen	Maureen O'Connor
Robert & Elizabeth Getz		John O'Donoghue
Lori Gillis	Kenneth & Linda Kusak	Daniel & Megan O'Hara
Justine Glover		Natalie Olton
Donna Gmelin	Wendi Latko	
Andra Goldsby	Cyndi LeBlanc	
Joihn Gonzalez		
Joyce Gormel	Bill Leroux Jr.	
Cheryl Graupman		
Carol & Peter Guelli		

Andrew Patterson
Sandra Peck
Judith Peer
Lori Peloquin

Ramon Perez
Claire & David Perlman
Bill Perun
Michelle Peter
Gail Petri
Jennifer Piccolo
Kathleen & Robert Plum
Catherine Powell
Gene & Betsy Powell
Ken Preston
Maureen Preston
Joan Principio
Jessica Pritchard
Maureen Privitera
Joyce Prockton
Renee Providenza
Linda Raphael
Marvin Raphael
John Rasor
James Redmond
Rebecca Remington
Laurie & Les Reynold
Tammy Richmond
Catherine Ripperger
Joachim Ritter
Mary Ritter
Jill Robinson
Al Rodgers
Suzanne Rodgers
Elsie & Richard Roe
Allyson Roote
Zulma Rosado
Ray Roth
Yvette Roth
Merton Rubens
Peg Rubley
William Rubley

Amy Ryan
Scott Ryan
Marilyn Sadler Bay
Celia Saetta
Cheryl Sanford
Gretta Schaefer
Nancy Schaefer
Dennis Scheid
Ann Scheriff
Vincent Schillaci
Kathleen Schlaffer
Eric & Nancy Seiffer
Laura Sekaz
Kathleen Serio
Elizabeth Serling
Patricia Sharkey
Mary Sheldon

Sherlaine Shelley
Teresa Silsby
Kimberly Sine
Glenda Siraguse
Alexis Slaninka
Anne Smith
Elaine Smith
Catherine Snyder
Nancy Solano
Rita Sondervan
Jan Soucier
Donna Specht
Daniel Spiegel
Richard Spurr
Vicki Spurr
Paul & Nancy Steltzer
Russell & Carol Stence
Carole Stepinski
Henry Stepinski
John Stever
Keenan Steverson
Jennifer Storch
Patricia Sullivan
Lisa Swatkowski

Julie & Chuck Swiderski
Mary Tarver
Sarah Terriciano

Amy Sherrien-Borgus

Jill Thrasher
Robert Tinney
Eltie Tobnik
John Tomeck
Phyllis Tomeck
Aldith Tomlinson
Anne Toner
Susan Turiano
Irene Turski
Mary Tweed
Bonnie Van Gennip
Lisa Vanderhoff
Robert & Linda Vanelli
Jackie Verhagen
Janet Vinci
Ken & Carolyn Vogt
Carol Vyverberg
Judy Watt
Nancy Williamson
Ginny & Steve Witterdink
Judy Wolf



NAMI Rochester celebrates 32nd Awards Dinner & Silent Auction

Over 100 people attended the anniversary dinner on April 2, 2014 at the Marriott Hotel on Ridge Rd. This is always a fun, festive evening with new board members introduced, retiring board members thanked and volunteers being recognized for their contributions in the past year. The auction creates a bidding war for the most popular items and almost all of the 100 items go home with a happy buyer.

Recipients of the 2014 Awards:

Mental Health

Community Service- Dr. Ryan Bell, Schwarzkopf Clinic (RPC)

Karen Cavalieri

Consumer Advocate - Bill Perun

NAMI Volunteer of the Year -Betsy Powell

Special Recognition - Kathleen Plum, Ph.D., Retired MCOMH Director



Board of Directors for May 2014-May 2015

Odysseus Adamides, M.D.

Laura Amick

Rhonda Brown

Stephen Dvorin, President

Monty Estes, Esq. Secretary

Roger Gardner

Thomas Henderson, Treasurer

John McIntyre, M.D.

Sandra Mitzner, M.D.

Bill Perun, 2nd Vice President

Vincent Schillaci, LCSW

James Sheppard

Gary Stern

Jennifer Storch, LMHC, MS

Kim VanCamp

Deb White, 1st Vice President

The 13th Annual Jessica Henderson Memorial Event - "Celebrating Stories of Hope Through the Arts" was held on October 21, 2014 at the School of the Arts. It was another successful event with over 200 people in attendance.

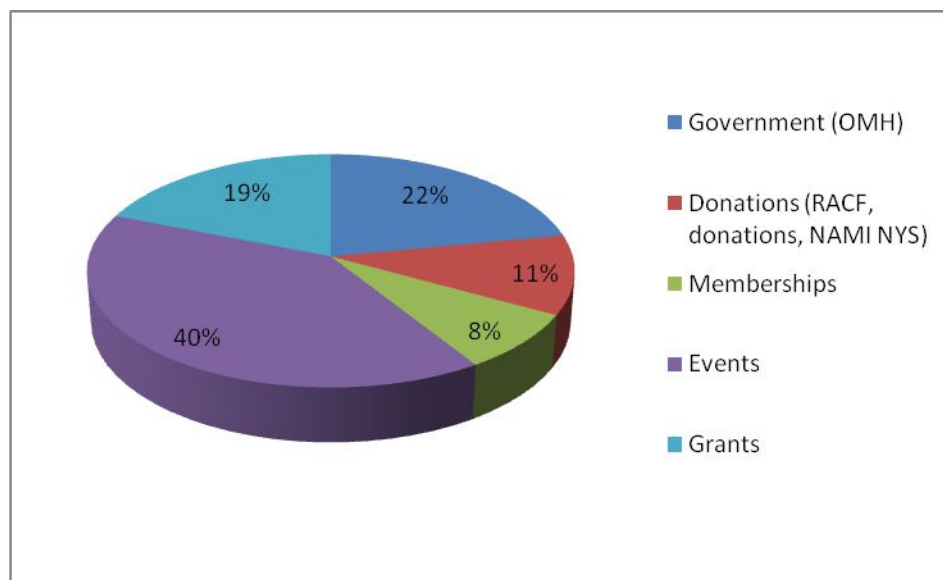
This year's theme was very different as mental health was explored through the lens of the visual and performing arts of several talented and inspirational people. Meg Hutchinson, an award-winning songwriter, poet and recording artist living with bipolar disorder, entertained and inspired the audience through her songs, poetry and music playing. Meg has a unique way of articulating the experience of mania and depression through her extraordinary talent.

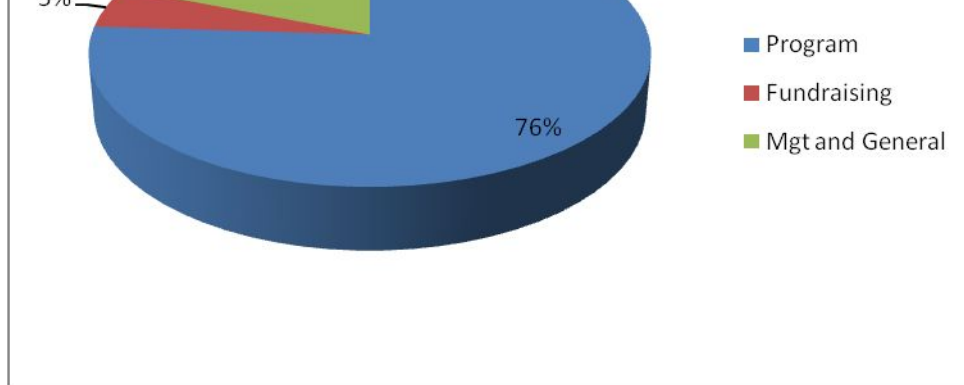
Anish Majumdar shared the tale of his mother's decades long battle with schizophrenia and the effect on his childhood and adulthood. He quoted excerpts from his recently published novel, "The Isolation Door" as he shared photographs and stories that provided an intimate feel to this journey between a mother and son through the storms of mental illness.

The students from Jessica Henderson's former dance studio, the Stramonine School of Dance, danced to the song "Amazing Grace" as they paid tribute to her memory. Several pieces of art were on display from the Mental Health Association's Creative Wellness Services, which is a peer-run program providing opportunities for people to take an active role in their recovery.

NAMI Rochester 2014 Financial Profile

Revenue





Expenditures

The mother of a daughter with depression writes: When my daughter was first diagnosed with clinical depression, my husband and I were traumatized and desperately in need of better coping skills.

I still remember the first skill we learned in our NAMI support group: Recognize the difference between a bad day and a crisis. We had spent weeks living in crisis mode and were exhausted. We left the meeting knowing we had to protect our own mental health and pace ourselves. We had to learn to say: "We're not in crisis now," and let ourselves relax when we could.

Another skill we learned early on was: Don't turn pain into suffering. It was very easy to become fatalistic and say: Our daughter will never do anything meaningful with her life. She'll never have close relationships. She'll never work. Never have children. NAMI taught us to stay in the here and now and focus on specifics: What is happening today? What decisions do we need to make? What information do we need? We needed to do the best we could with the present, and not ratchet up our fears for the future.

When our daughter was hospitalized for the second time, we learned another coping skill that holds us in good stead today: how to walk with a person who is in pain. There are so many ways to be with a person who is suffering from a mental illness. We can distract them, listen to them, pass time together, befriend them... It just takes practice.

Call to Action

We invite you to continue to partner with NAMI Rochester to provide support, education and advocacy to persons living with mental illness in our community. Consider these ways to Get Help, Get Connected and Get Involved:

Get Help: Attend a NAMI program or event such as Rochester Walks in May, the Henderson Lecture in October, the Annual Dinner in April, bi-monthly support groups or a Family to Family program in March and September. (www.namirochester.org)

Get Connected: Become a NAMI member (local, state and national) or donate to NAMI through the website at www.namirochester.org.

Get Involved: Spread the word about the resources NAMI offers in the community by taking part in the 3rd Annual NAMIWalks/Rochester on May 2nd at Village Gate. Volunteer to donate your time and talents to support NAMI educational and support programs. Speak to your local legislators about our "action items" to assure that people with mental illness have access to appropriate and affordable housing. (www.namirochester.org)