

Annual Report: January 1 – December 31, 2015



Director's Message

In 2015 NAMI Rochester touched the lives of approximately 7,000 people in Monroe, Wayne, Ontario and Genesee Counties, through our support and educational programs. We could not do the work we do without the dedicated service of more than 70 volunteers, our Board of Directors, our staff and the commitment of our NAMI members. We are also very thankful for the financial support we receive from individuals, foundations and businesses.

NAMI Rochester Wins Prestigious National Alliance on Mental Illness Outstanding Affiliate Award - NAMI Board of Directors

The Outstanding NAMI Affiliate Award is given to recognize exceptional efforts on the local level in carrying out the NAMI mission as defined by the NAMI Standards of Excellence. The NAMI Board of Directors applauds NAMI Rochester for their strong board leadership, governance and being a leader in reaching out to diverse communities through events, programs and NAMIWalks.

“NAMI Rochester was selected as the National Alliance On Mental Illness (NAMI) Outstanding NAMI Affiliate awardee in recognition of their tremendous work including offering the full slate of NAMI Signature programs which provide education, support and awareness to both individuals and families affected by mental illness.

The affiliate also organizes a successful NAMI Walks designed to increase mental health awareness. The affiliate also projects a powerful advocacy voice, especially on criminal justice issues where they partner with law enforcement to expand Crisis Intervention Trainings designed to generate positive outcomes when police respond to incidents involving someone in a mental health crisis.” They are a presence mental health courts, helping over 700 clients to be introduced to NAMI. NAMI Rochester has also reached over 500 people in faith communities, over 600 mental health professionals and over 600 high school and college students through presentations about mental health awareness and NAMI.

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NAMI Rochester Team (left to right)

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Beth Winslow D'Amico - Program Assistant

Chris Monachino – Communications/IT Specialist

Jodie Terhune, Bookkeeper (not in picture)

Signature Programs: NAMI continued offering our many Signature Programs to family members, peer and the in the community in 2015. Ending the Silence was presented in several school districts including Brighton, Fairport and Canandaigua. This program is an in- school presentation about mental illness designed for high school students. The fifty minute interactive session is led by a panel including a young adult living in recovery from mental illness. Students are taught about the warning signs of mental illness for themselves and their friends. The program helps to raise awareness and change perceptions around mental health conditions. Close to 600 students heard the presentation in 2015 and many more are scheduled for 2016.

Following are excerpts from a Health Education Teacher at Brighton Central School District:

“It is with pleasure that this letter is being written in support of the National Alliance On Mental Illness, NAMI Rochester and the presentation of Ending The Silence to Brighton High School students. Our health curriculum allows students to investigate their relationships with peers, parents, teachers and community members that play a role in their lives. Many times mental health may be a topic that students have a difficult time identifying with in a number of capacities. The true power of this organization is the shared, real life experiences that have turned into triumphs. This program gives students an opportunity to reach out to educated staff who are willing to listen and have the skills to support the student’s needs.

Having a team of educators from NAMI Rochester enter the classroom, created a positive and comfortable environment for students to join the conversation surrounding mental health which was demonstrated through the program “ Ending the Silence.” The message taken away by the students was tangible knowledge about how living with a mental illness can affect ones’ life. More importantly it demonstrated that it is possible for a person to manage a mental illness in a safe positive fashion that can lead to desired outcomes in life.

I look forward to having NAMI Rochester enter our classroom in the years ahead”.

NAMI Signature Program Award at NAMI/NYS Conference

Jodie Terhune, member of NAMI Rochester, was the recipient of the 2015 NAMI-Signature Program Award at the state conference in Albany on Nov. 14, 2015. Jodie is trained to deliver all the NAMI programs that are for family members and professionals, including the Family Support Group, Family to Family, Homefront, Basics, Parents & Teachers As Allies, Ending the Silence and the Provider Education Course. She has been a strong advocate for bringing all of these programs to Monroe and surrounding rural counties. She is always searching for new teachers, presenters and facilitators, especially young adults, to carry on the mission of NAMI. She trains and mentors the presenters for “Ending the Silence” which is one of our fastest growing programs as more and more schools in Monroe and surrounding counties are requesting this program to support mental health education.

Program Statistics for 2015:

<p>SUPPORT/ EDUCATION Support groups and classes specifically designed for individuals and/or family members to gain insight, understanding, information , crucial resources, coping skills, and empowerment. Taught/ facilitated by trained peers and family members who can relate to their experiences. No cost to participants</p>	<p>Phone, E mail, One on One, Family Support Group, Family to Family 12 week class , Connection Recovery Support Group, Peer to Peer 10 week class, Basics 6 week class, Homefront 6 week class and a presence in Mental Health Court. Educational forums, including the Annual Jessica Henderson Memorial Event.</p>	<p>3, 570 Monroe, Genesee, Ontario and Wayne counties</p>
<p>EDUCATION/ TRAINING IN THE COMMUNITY Presentations in schools, colleges, mental health centers, businesses, churches and anywhere in the community for the purpose of providing accurate information on mental illness, personal accounts from individuals and families affected by mental illness and information about NAMI’s mission and programs and services. Available upon request</p>	<p>Ending the Silence, Parents & Teachers As Allies, In Our Own Voice, In-Service presentations, EDPRT & Provider Training</p>	<p>3,000 Monroe, Genesee, Ontario and Wayne counties</p>
<p>TOTAL INDIVIDUALS</p>		<p>6, 570</p>

NAMI Rochester Holds Third Annual NAMIWalks Rochester !

The 3rd NAMIWalks Rochester was held at the Village Gate in Rochester, NY on Saturday, May 2nd! This year's event was another huge success! We welcomed over 750 walkers and raised over \$103,000 to help NAMI Rochester continue its mission in Monroe and surrounding counties. New this year, NAMI Syracuse joined our efforts and raised over \$6,000 to help support their affiliate in Syracuse!



Presenting sponsor, Stern Properties and the Village Gate provides an amazing venue each year. The courtyard is transformed into our walk day celebration where we begin and end our unique route through the Neighborhood of the Arts. Young Audiences of Rochester delivered exceptional entertainment and artists including drummers and dance performers from Fana, Airigami, Flower City Vaudeville and Stilt Walker James Ryan.

New York State was fully represented this year as Wendy Burch, NAMI NY State Executive Director, Irene Turski, NAMI NY State Board President, Karen Winters-Schwarz, NAMI Syracuse Board President and Pat Sine, NAMI Rochester Executive Director were all in attendance! Todd Baxter, Executive Director of the Veterans Outreach Center was the Honorary Chair this year, supporting the efforts of our organizations working together to help Veterans and their families who are living with Mental Illness. The Veterans Outreach Team began this year's walk with a cadence accompanied by drumming from Fana!

Enthusiasm and excitement echoed through the city streets and the energy that was felt by our walkers was electrifying. Each year NAMIWalks Rochester reinforces our community campaign to educate the public about mental illness and help diminish the stigma.

The 14th Annual Jessica Henderson Event was held on Oct. 20th at the School of the Arts. A record number of attendees - over 350- listened to Kevin Hines, an award-winning global speaker; best-selling author of ***Cracked: Not Broken- Surviving and Thriving After A Suicide Attempt***. Two years after he was diagnosed with bipolar disorder (at 19 years of age) he attempted to take his own life by jumping

from the Golden Gate Bridge. He is one of only thirty-four (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe. The talk was riveting and inspiring and provided a rare opportunity to hear first- hand about the thought process that led him to this decision.

The evening also included a tribute to one of last year's Henderson performers, Meg Hutchinson. She was honored as the first recipient of the 2015 Henderson Award. Meg is an award winning songwriter, poet, recording artist and mental health advocate who was featured in a documentary shown at last year's Reel Mind Film Series, *Pack Up Your Sorrows*.

33rd ANNUAL RECOGNITION DINNER/ SILENT AUCTION

This event on April 14, 2015 at the Marriott Airport Hotel honors and recognizes the 70 volunteers and programs that NAMI offers. The Silent Auction provides fun and excitement as the attendees bid and re bid for their favorite items. Close to 70 items found homes before the evening ended.

2015 Recognition Award Recipients:

Mental Health Community Services - Rebecca Maynard, MA/LMHC

Rebecca Maynard provides oversight of Monroe County's Single Point of Access for adult care management and mental health housing referrals. She is responsible for linkage, monitoring, and managing cross systems for those most in need in our community. Since 1987 she has provided service in the mental health system. She was awarded the Partners in Quality Award by East House in 2006.

Karen Cavalieri Consumer Advocate- Joseph Aiken

This award is in memory of Karen Cavalieri who tirelessly shared her struggles and coping strategies with schizophrenia in the community for many years, providing advocacy and education. She helped NAMI families gain insight and understanding about their loved ones' illness and provided tips on helping them cope with their symptoms.

This year's recipient, Joe Aiken, has been a peer specialist for NAMI and the VA all over the country and while in Rochester he has spoken to countless individuals, family members and professionals about his experiences. In addition, he serves as a mentor for individuals in Mental Health Court.

NAMI Volunteer of the Year - Amy Baker

Amy is a long time member of NAMI and serves as a Family Support Group Facilitator in Monroe and Wayne counties; a member of the Rural Outreach committee and speaks to students and others on the family perspective. In 2012, Amy and her daughter, Johanna, were the presenters at the Jessica Henderson Memorial Lecture , titled "Radical Acceptance; Lessons Learned From My Daughter."

The following businesses, organizations and foundations awarded grants to NAMI in 2015

<i>Wyman-Potter Foundation</i>	<i>Family Education/ Support</i>	<i>\$10,000</i>
<i>Fred & Floy Willmott Foundation</i>	<i>Peer to Peer</i>	<i>5,000</i>
<i>RBC-USA Wealth Management</i>	<i>Basics & PATAA</i>	<i>5,000</i>
<i>Mary Mulligan Charitable Trust</i>	<i>Peer to Peer</i>	<i>3,500</i>
<i>Wilson Foundation</i>	<i>Homefront</i>	<i>3,500</i>
<i>Paychex, Inc.</i>	<i>Peer to Peer</i>	<i>2,000</i>
<i>Rochester Female Charitable Society</i>	<i>Peer to Peer</i>	<i>1,000</i>
<i>Waldron Rise Foundation</i>	<i>Education / Support</i>	<i>5,000</i>
<i>Alstom Signaling</i>	<i>Homefront</i>	<i>500</i>
<i>Royal Bank Canada</i>	<i>Undesignated</i>	<i>500</i>

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

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Tamara Alexander
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14th Annual Jessica Henderson Event

Presenting Sponsor (\$1,000+)

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Catherine Wallwork
Webster Library Memorials
Barbara Zuegel (Wells Fargo)

NAMI Rochester FY 2015 BUDGET

TOTAL REVENUE	\$ 326,000
Public Funding	\$ 44,000
Foundation Grants	\$ 35,000
Individual Donations/ Memberships	\$ 59,000
Fundraising/ Sponsorships	\$ 133, 000
Endowment/ Misc. Income	\$ 55,000
TOTAL EXPENDITURES	\$ 326,000
Public Programming	\$ 109,000
Administrative/ Operations	\$ 105,000
Salaries/ Benefits	\$ 112,000