



# About NAMI Maryland

The National Institute of Mental Health estimates that 18.6% of people in the United States have a mental illness in any year. The World Health Organization estimates that one in four families has *at least one member* with a mental or behavioral disorder.

Mental illness is an issue for all Marylanders. Individuals and families must cope with stigma, a confusing and often inadequate service delivery structure, ignorance about local resources, and quite simply, trauma. Mental illness can lead to lost productivity, poverty, homelessness, incarceration and broken family relationships. Mental illness affects the individuals, the family and the community. But with support and education, adequate and accessible services and a caring community, individuals and their families can live full, satisfying lives.

NAMI Maryland meets this challenge directly by conducting extensive outreach, support and education, in-person and through various media, a helpline, grassroots advocacy and many other activities. We meet this challenge by working with and strengthening local affiliates to help them function effectively to offer education and support programs and advocate at the local level, and by collaborating with, and leveraging, the many networks and organizations with which we connect.

*NAMI Maryland strives to improve  
the quality of life for  
individuals with mental illnesses  
and their families*

We are the official state organization of NAMI (National Alliance on Mental Illness) in Maryland. We encompass a strong and expanding statewide network of over 38,000 families, individuals, community-based organizations and providers who, in turn, connect us to their own networks and affiliations.

The values that inform all NAMI Maryland actions include:

- **Families and individuals with mental illness** are the *experts*. We can use our personal experience to improve systems and to provide community outreach and education.
- **Effective peer-based, recovery-oriented programming and services**—Proven NAMI programs are led by intensively trained family members and individuals with mental illness for their peers.
- **Volunteers and community partners**—We leverage the power and networks of volunteers and community partners to spread NAMI's message of hope and effective advocacy.

Our core activities include:

- **Internet and Toll-Free Statewide Helpline:** We field many requests for information and support through an internet and phone “warm line;” providing hope and useful information and linkage to support and resources.
- **Peer Education and Support:** We offer effective, FREE peer education and support programs, delivered at the local level directly and in collaboration with local NAMI affiliates.
- **Community Outreach and Education:** We provide effective community education and outreach directly and in collaboration with local affiliates, community partners and networks.
- **Policy & Advocacy for Systems Improvement:** We identify and work on critical issues of importance to our stakeholders, in collaboration with our national organization, local NAMI affiliates and many advocacy partners.
- **Affiliate Development and Assistance:** We provide services and consultation to 12 local affiliates and several emerging NAMI groups across the state, furthering our common mission.
- **Improving Organizational Governance and Operations:** We work toward sustainability and effectiveness.

**NAMI Maryland and its affiliates move the NAMI mission forward through  
the extraordinary work of volunteers and leaders across the state.  
Individual members and community partners leverage their networks to expand our reach!**

**More work needs to be done. Join with us to improve the  
quality of life for individuals with mental illness and their  
families.**

April 1, 2015—March 31, 2016

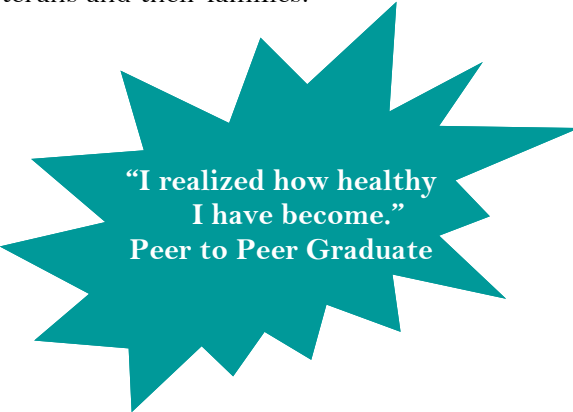
# NAMI Peer Education & Support Programs

**NAMI Peer Education and Support Programs** are best practice education courses and support groups provided **for and by peers**: families are trained to support other families. Individuals with mental illness are trained to support other individuals.

NAMI Maryland provides the trainings for family members and individuals living with mental illness to become peer course teachers and support group facilitators. Once trained, these individuals deliver NAMI program offerings in their community.

NAMI Maryland supports local affiliates in delivering NAMI signature programs throughout Maryland. We regularly consult on program planning and problem solving. We advise on community outreach, teacher and facilitator recruitment, and program implementation.

NAMI Maryland also supplements the work of local affiliates by coordinating statewide outreach and by offering programs directly. For example, this year NAMI Maryland coordinated two NAMI Peer-to-Peer course held in Cecil County, and three NAMI Homefront courses in Maryland serving military services members, veterans and their families.



**"I realized how healthy  
I have become."  
Peer to Peer Graduate**

In FY 2016, over 150 individuals with mental illness and family members from across Maryland were trained to facilitate NAMI support groups and teach NAMI education courses.

We also resourced *many* additional teachers and facilitators who were initially trained in prior years.

**Over 80 trained teachers and mentors led more than 40 peer education courses, graduating nearly 680 individuals, an increase of over 200 from the previous year!**

**14 Peer-to-Peer courses were held, enrolling nearly 170 individuals.**

**23 Family-to-Family courses were held, enrolling nearly 440 individuals.**

**6 NAMI Basics courses were held, enrolling 50 individuals**

**NAMI Family-to-Family** is a free 12-session education and skills course for families taught by intensively trained relatives who have taken the course.

**NAMI Peer-to-Peer** is a 10-session relapse prevention, recovery-focused course for individuals with mental illness, taught by intensively trained individuals who have "been there" and who have taken the course.

**NAMI Basics** is a 6-session education and skills course for caregivers of children with behavioral health issues, taught by intensively trained peers.

**NAMI Connection Recovery Support Group** is a structured problem-solving support group for individuals with mental illness, facilitated by intensively trained peers.

**NAMI Family Support Group** is a structured problem-solving support group for family and close friends, facilitated by intensively trained family members who have "been there."

**NAMI Homefront**, is a free 6-session education course for family members, friends and caregivers of service members and veterans living with mental illness, covering topics like post-deployment and post-discharge transitions.

***Thank you to the many dedicated teachers, mentors, facilitators, presenters and trainers who make all of these programs possible!***

# NAMI Maryland Outreach and Community Education

**Internet and toll-free statewide helpline:** NAMI Maryland handles requests for information and support through an internet and phone “warm line.” We provide useful information and link people to support and resources. *Our calls and internet requests have greatly increased* as our community outreach and visibility continues to make an impact. The helpline is often the first contact people have with NAMI. We work very hard to make sure they get a helpful and caring response.

*“As soon as we started talking and other participants voiced the same concerns and described similar situations, I felt I was in the right place.”*

***Family-to-Family Graduate***

We will continue to focus attention on this important area of service.

To meet the increased need this year we have:

- Recruited new volunteers to help answer phone and online requests for support and information.
- Developed new resource materials to meet common requests for information.
- Developed introductory helpline training workshops for staff, interns and volunteers. In these classes, trainees focused on listening skills and learned how to answer common questions.

Plans for the Future:

We are developing an array of resources and responses that can easily be used for our many helpline requests.

## **NAMI Workshops by Core Stakeholders: Training Program Graduates to Deliver Workshops**

NAMI Maryland offers trainings for individuals and family member graduates of our local peer programs to deliver effective scripted workshops using their personal experience for a variety of audiences including:

- the general public
- emergency responders
- criminal justice personnel
- faith congregations and leaders
- school personnel
- health providers
- social service providers
- behavioral health providers

**This year  
NAMI Maryland  
trained 85 peer  
outreach workshop  
presenters!**

**Over 220 In Our  
Own Voice  
presentations were  
held, reaching over  
1,440 individuals.**

**NAMI In Our Own Voice**, a presentation about living with mental illness, is facilitated by intensively trained individuals who use their personal experience in a structured workshop for the community, providers and others living with mental illness.

### **Ambassadors**

Graduates of NAMI programs for family members are intensively trained to deliver multiple workshops, including:

- Basics About Mental Illness
- Engaging and Working Effectively with Families
- Caring for Every Child’s Mental Health
- Working with Families in Crisis (for police and emergency staff)
- Improving Patient and Family Experience in the Emergency Department

### **Also available:**

**What is Recovery?** A new workshop delivered by trained individuals with mental illness and family members

**Raising Mental Health Awareness:** college campus

**Sharing Hope:** faith communities

**Ending the Silence:** K-12 school communities

**Hearts and Minds:** taking care of physical health

***Thank you to the dedicated presenters, trainers,  
and numerous outreach volunteers and partners  
who make our expanding  
community education and outreach possible!***

April 1, 2015—March 31, 2016



# NAMI Maryland Community Outreach

NAMI Maryland provides effective community education and outreach directly, and in collaboration with local affiliates, community partners and networks.

This year we continued to develop new partnerships, including *Alpha Kappa Alpha Sorority*, *National Institute on Mental Health*

Our outreach activities are *varied and vigorous*, targeting every part of the state. In addition to 12 community based affiliates, several groups working toward affiliate status, and NAMI on Campus groups, we work with a network of more than 38,000 individuals and organizations from every socioeconomic, racial, ethnic, professional and community audience who share our interests and mission.

In addition to NAMI outreach programs presented by trained family members and individuals with mental illness, we offer:

- **Annual Two Day Multi-Track Conference**
- **Annual NAMIWalks Maryland**
- **An increasing online presence** through social media, e-news, action alerts and an expanding website.
- **Topical Newsletter**-We mailed quarterly newsletters to paid members, posted them online, and distributed through our partners and networks.
- **Print Resource Materials** provide useful and practical information distributed through the helpline and outreach.
- **Media**-We consulted regularly with media this year, including the Washington Post, NPR Radio, WBAL TV, and many other media outlets.
- **Free Teleconferences and Webinars** on topics of interest.
- **Surveys and Reports**-Learning from our stakeholders.
- **Participation in Events**-NAMI Maryland staff and volunteers attended and provided displays and resource materials at more than fifty community events across Maryland.
- **Collaborative Events**-This year, we helped launch the web-based Mental Health Channel by hosting a VIP reception and viewing.
- **Viral Grassroots Marketing & Outreach**-Our stakeholders, many supporters and partners help us by leveraging their networks to get the word out!

*In 2015, NAMI Maryland was selected to be an Outreach Partner by the National Institute of Mental Health (NIMH), joining a nationwide network of 55 mental health organizations committed to educating the public about the importance of research and the opportunities to*

## Workshops and Trainings:

This year we provided more than

**35 special presentations**

and provided resources to countless audiences including government agencies; community-based organizations; civic organizations; professional organizations; faith leaders and congregations; first responders & emergency staff; colleges, universities and K-12 staff; parents and students; behavioral health & health agencies and provider staff; social service agencies and staff; cultural, ethnic & minority forums.

## Some of the Topics:

- Confronting Stigma: How to Use Personal Stories
- Violence, Mental Illness and Stigma: The Real Story
- Effective Police Response to Mental Illnesses
- Children with Mental Health Issues: What Families Need
- Identifying and Effectively Engaging Families
- Engaging Family Members and Individuals in Systems Design
- Helping Emerging Adults with Mental Health Challenges

# Advocacy for Policy and Systems Change

NAMI Maryland's **2016 Public Policy Priorities** outlined key objectives to support our goal of ensuring that individuals with mental illness are able to access timely, effective treatment and recovery services, and that they and their families have the supports needed to lead full and productive lives in their community.

1. **Protect and expand access to timely and effective mental health treatment and services in the FY2017 Behavioral Health and Medicaid budgets.**
2. **Reduce barriers that disrupt access to timely service and continuity-of-care for individuals with mental illness.**
3. **Ensure full implementation of the Affordable Care Act in Maryland. Uphold the anti-discrimination provisions, including mental health parity.**
4. **Improve the criminal justice system's response to individuals with mental illness and their families and increase diversion from criminal justice to community services, wherever possible.**



Don Reed, Senator Rich Madaleno, Stephanie Rosen, NAMI Montgomery County, Executive Director, and Laila Asi meet to discuss advocacy priorities

**“We can't let our community health providers drift in the wind during every budget cycle. Behavioral health might not be a household name, but it is a household need!” - Delegate Antonio Hayes (Baltimore City)**

## WINS AND SUCCESSES

- ◆ NAMI Maryland testified in favor of a 2% increase in the Maryland Behavioral Health Administration (BHA) budget and later in favor of supplemental funding for community behavioral health providers. The final budget that passed on March 26, 2016 included the increase.
- ◆ On May 10, 2016, **SB 551 (Pugh)/HB 682 (Rosenberg)** became law and directs the Maryland Behavioral Health Advisory Council (MBHAC) in consultation with local Core Service Agencies, community behavioral health providers and stakeholders to develop a strategic plan to ensure that crisis services are available statewide. NAMI Maryland Executive Director, Kate Farinholt, is one of the appointed members of the MBHAC.
- ◆ **On April 26, 2016, SB 929 (Klausmeier)/HB1318 (Kelly)** became law and requires insurance companies to provide greater transparency and accountability about the plans they offer and that they meet specific requirements for network adequacy and accurate provider directories. Maryland is one of the first states in the country to adopt the National Association of Insurance Commissioners Draft Model Act on Network Adequacy.
- ◆ **On April 7, 2016, SB 899 (Klausmeier)/HB 1217 (Sample-Hughes)** became law and directs DHMH to adopt regulations necessary to ensure that Medicaid is in compliance with the federal Mental Health Parity and Addiction Equity Act and the Affordable Care Act. DHMH must include standards regarding treatment limitations for specialty mental health and substance use disorder services.
- ◆ **On May 19, 2016, Governor Hogan signed into law the Justice Reinvestment Act (JRI) - SB 1005/HB 1312**, a 112-page bill to reform Maryland's criminal justice system. NAMI Maryland made a powerful and successful case to include funding for community behavioral health programs in the bill.

# NAMI Maryland Advocacy



## TASK FORCES AND WORK GROUPS ON WHICH NAMI MARYLAND SERVES

Maryland Behavioral Health Advisory Council

Mental Health Criminal Justice Partnership

Maryland Behavioral Health Coalition

The Johns Hopkins University, Center for Mental Health Services in Pediatric Primary Care

Pediatric Integrated Care Collaborative Task Force to Study Maternal Mental Health

Task Force on Family Caregiving and Long-Term Supports

Civil Rights Coalition of Maryland

We Work for Health Maryland

Consumer Health First

Maryland Education Behavioral Health Community Practice (CoP)

*NAMI Smarts for Advocacy* is designed to enhance advocacy skills and help individuals shape a powerful and personal story that will move elected officials and others about the impact public policy decisions have on individuals with mental illness and their families.

We kicked off 2016 by hosting a *Smarts for Advocacy* teacher training. The *Smarts for Advocacy* teacher training is designed to equip members from local affiliates across the state to bring *NAMI Smarts for Advocacy* to their local area. After an extremely successful training, NAMI Maryland certified eleven *NAMI Smart for Advocacy* teachers from NAMI Howard County, NAMI Metropolitan Baltimore and NAMI Montgomery County.

Affiliates were able to hold a Smarts for Advocacy course for their members before NAMI Maryland's Advocacy Day on February 25, 2016 in Annapolis, Maryland. The course prepared attendees to share their story while discussing our top four legislative priorities.



## 2016 Advocacy Day



On February 25, 2016, NAMI Maryland held our annual Advocacy Day in Annapolis. Almost 100 NAMI Maryland members and supporters from around Maryland traveled to Annapolis to meet with their elected officials. Every member of the General Assembly was hand-delivered a packet of information that outlined NAMI Maryland's advocacy priorities for the 2016 legislative session.

Once our legislative visits were complete, NAMI Maryland members and supporters joined 500+ advocates at a rally to stand up for the more than 1 million Marylanders who live with a mental illness or substance use disorder.



# 2015 NAMI Maryland Annual Conference

Save the Date! 2016 Conference will be Friday and Saturday, Oct. 14-15th in Towson, Maryland!

Over 200 people gathered on October 16-17 for our sold-out Annual Conference. The conference offered two days' of practical and skill-building workshops for individuals with mental illness, family members, mental health service providers, community leaders, individuals working in criminal justice, and local NAMI leaders.



Plenary speakers on both days updated us about health and mental health care reforms and shared their insights about effective mental health care.

- **Richard T. McKeon, Ph.D., MPH**, Chief, Suicide Prevention Branch, SAMHSA
- **Stephen T. Moyer**, Maryland Secretary of Public Safety and Correctional Services
- **Mary Giliberti, J.D.**, Executive Director, NAMI

A special plenary on Saturday afternoon featured a screening and stories by the Mental Health Channel.

There were more than 30 workshops over two days, covering a wide variety of topics. Advocacy training sessions explained how to connect with lawmakers, suggest solutions, and follow up afterward. Workshops covered a wide range of topics including suicide prevention, improved police response to mental illness, children and adolescent issues, best treatments for various disorders, integrated treatment for co-occurring mental illness and substance use, and more.

Guests also had the opportunity to visit with over 20 exhibitors who provided information on a wide variety of mental health services.

## What guests had to say...

*"The conference was a powerful experience. I learned so much information and will be back again next year!"*

2 days  
200 people  
30 workshops  
20 exhibitors

*"This was the best ever conference with an exceptional range of sessions. It surpassed last year."*

# 2015 NAMIWalks Maryland

On May 16, 2015, over 1,500 people gathered for the 13th Annual NAMIWalks Maryland in Baltimore at West Shore Park in the Inner Harbor.

NAMI Maryland coordinates the local NAMIWalks to spark conversations about mental illness. Local NAMI affiliates in Maryland partner with us to energize individuals and organizations across the state, and the funds raised helped us and our affiliates continue to offer our free support and education programs.

Denise Koch, anchor for WJZ Baltimore, emceed. Dr. Leanna Wen, Baltimore City Health Commissioner, spoke about the importance of increased services for mental health and read the Proclamation from Mayor

Stephanie Rawlings-Blake while Dr. Brian Hepburn of the Behavioral Health Administration read the Proclamation from the Governor. Senator Ben Cardin and Mrs. Myrna Edelman Cardin, Honorary Walk Chairs, cut the ribbon commencing the festivities. After the walk, participants heard live music, enjoyed food provided by area food trucks, and visited our many exhibit booths.

Thanks to those who walked and raised money by reaching out to their network of friends and family. You helped raise awareness about the vital work that NAMI does and helped to begin the public conversation about mental illness. We could not have done it without you!

The 2016 Walk was a GREAT SUCCESS. It will be highlighted in next year's annual report.



April 1, 2015—March 31, 2016



# 2015 Sponsors

## Annual Conference Sponsors

### Gold—\$5,000

Astra Zeneca

### Titanium—\$2,500

Behavioral Health System Baltimore  
Otsuka  
Affiliated Sante Group  
Beacon Health Options

### Silver—\$1,000

Sheppard Pratt Health System  
Maryland Department of Education  
Division of Rehabilitation Services  
Lundbeck, LLC  
Sunovion  
The Bergand Group

Precision Toxicology

University of Maryland Department of  
Psychiatry

### Bronze—\$500

Hudson Health Services  
Maryland Association of Course Service Agencies  
Maryland Addiction Professional Certification Board  
University of Maryland Pharmaceutical Health  
Services Research  
Family Servies, Inc.  
Sharon Christie Law  
Improve Your IT  
Baltimore Crisis Response, Inc.  
Arundel Lodge  
mdlogix

## NAMIWalks Maryland Sponsors

### Gold—\$5,000

Alkermes, Inc.  
CIGNA  
The Whiting-Turner Contracting  
Company  
Otsuka

### Silver—\$2,500

Kinect3Study  
Lundbeck, LLC  
Sheppard Pratt Health System  
Sunovion  
University of Maryland  
Emergency Medicine Network

### Start/Finish Line—\$1,500

Anne Arundel Medical Center

### Bronze—\$1,000

Help in the Home, LLC  
Mental Health Association of  
Maryland  
Suburban Hospital  
University of Maryland Medical  
System  
University of Maryland

Department of Psychiatry

### Supporter—\$500

Alliance, Inc  
Behavioral Health System  
Baltimore  
Church Insurance Partnership  
Agency  
CooperRiis Healing Community  
Ellin & Tucker  
Humphrey Management  
Johns Hopkins Medicine  
Kohl's  
People Encouraging People, Inc.  
Powers, Pyles, Sutter and Verville  
PC  
Soccer Sensations, LLC  
United Capital Financial Advisors  
University of Maryland Baltimore  
Washington Medical Center  
Way Station, Inc.

### Kilometer—\$250

Kennedy Krieger Institute—  
Clinical Trials Unit  
DTZ

Atlas Container

Elville and Associates, P.C.  
ezStorage  
Improve Your IT  
Koons Toyota of Annapolis  
Maryland Foundation for  
Psychiatry  
Ober Kaler Attorneys at Law  
One World Family Travel, LLC  
Sound Empire Entertainment, LLC  
Unit Construction, LLC  
Walmart Store #3720  
Weyrich, Cronin & Sorra  
WIN Family Services

### In Kind Donations

Drink More Water  
Mental Health Administration  
Satori Massage Services  
The Exclusives  
Wegmans  
CVS  
DC United  
Frederick Keys  
Birroteca  
CrossFit PCR

# Improving Governance and Operations

NAMI Maryland must continue to increase our capacity to support the *growing demand* for our programs, outreach and advocacy. In addition, our state organization has a new, more extensive role in helping our local affiliates meet the *NAMI Standards of Excellence* and completing the new *re-affiliation process*. NAMI Maryland continues to work to improve our operations and governance within the constraints of time and resources.

## Operations Highlights:

- **Staff** We now have 5 full time and 3 hourly workers. Dedicated office volunteers have been a great help in completing the day-to-day tasks that keep our office running smoothly.
- **Interns** We continue to develop close relations with area colleges and have built a robust internship program. 20 interns representing 8 different schools were represented throughout FY 2016. Interns work on the NAMIWalk and conference, program trainings, affiliate development, website and helpline support and many special projects.
- **Helpline** Staff, interns and office volunteers answer the increasing number of internet and phone helpline calls received by our office every day. We are strengthening our helpline training programs to improve the level of service we provide to the people who reach out to us.
- **Space and Equipment** Our space was renovated in the Fall 2015 to provide more efficient and pleasant work, meeting and storage space. We now have increased storage and a larger, dedicated conference room. With the support of donors, we continue to upgrade our IT systems, equipment and work space.
- **Constituent Relations System (CRS)** There are nearly 38,000 records in our CRS where we can track helpline contacts and issues, program and event attendance, volunteer efforts, advocacy interests, membership, donations, and the many individuals, organizations and networks that help us do our work.
- **Internal Controls, Processes and “Toolkits”** We continue to develop and implement operational processes and tools and templates to improve the efficiency and consistent quality of our operations.

## GOVERNANCE

One of NAMI Maryland’s key goals under its current strategic plan is an effective, representative and best practice governance structure and process.

With input from its many stakeholders, NAMI Maryland began a new cycle of strategic planning during this period. The basic goals and direction of NAMI Maryland’s current strategic plan will continue, though enhancements are being considered. The goals and objectives of the revised plan will be finalized by Fall 2016. The plan will be operationalized over the next year with consideration to priorities, timing and increasing capacity to achieve the plan.

NAMI Maryland continued to make strides toward achieving one of its core goals; improving NAMI Maryland board and committee governance process, structure and activities. This will continue to be a goal for the organization.

NAMI Maryland’s bylaws and its policies were completely reviewed during this period. The Board and staff recommended a complete revision, and the bylaws will be voted on in June 2016.

### Governance Structure

- Board of Directors
- Executive Committee
- Public Policy Committee and Workgroups
- Finance Committee
- Affiliation Committee
- Board Development Committee

# NAMI Maryland, NAMI Affiliates and Reaffiliation

NAMI, the National Alliance on Mental Illness, is a national movement. The national organization, state organizations in every state, and local affiliates work collaboratively to raise awareness and provide essential and free education and support group programs, community outreach and education, and systems advocacy.

## ***What Local NAMI Affiliates Do***

Local affiliates provide local education, support and outreach programs and advocate for local and statewide mental health systems, subject to standards and with guidance from the national and state NAMI organizations. Affiliates are responsible for recruiting NAMI members.

## ***How NAMI Maryland supports affiliates***

According to national NAMI guidelines, the state organization oversees the maintenance, productivity and structure of NAMI affiliates in Maryland. NAMI Maryland works to provide programs, trainings, outreach materials, and assistance to affiliates to help grow and expand NAMI presence at the local level. NAMI Maryland is also working to move local affiliates through the reaffiliation process, required by NAMI. *We strive to grow our capacity to meet those lofty goals.*

## ***What is Reaffiliation?***

NAMI Affiliates are moving through a multi-step

reaffiliation process. Those that wish to remain independent, incorporated organizations will need to demonstrate their commitment and capacity to meet basic organizational and NAMI-specific standards. They will undergo a document review to evaluate organizational standards. Then, these affiliates will be assessed according to the NAMI Standards of Excellence, which includes categories and practices that describe how to grow strong while operating legal, ethical and accountable organizations. NAMI Maryland will work with each affiliate to identify the resources needed to grow and achieve strategic goals.

Those affiliates that choose to focus primarily on delivering NAMI programs, outreach and advocacy in their communities and whose volunteer leaders do not wish to “run an organization” are going through a process where they will be absorbed as NAMI Maryland “programs” They will retain their NAMI name, i.e. NAMI “{XXXX county}”.

## **The state organization must grow its capacity to:**

- Assess NAMI affiliate current organizational status, as well as growth and development capacity
- Ensure the affiliate is operating in an up-to-date manner with appropriate programs and training
- Confirm affiliates are actively engaged in their community and programs and services are effective
- Assist with meeting the NAMI Standards of Excellence
- Provide assistance, training, and resources
- Endorse each NAMI Affiliate for re-affiliation with NAMI, with conditions as necessary

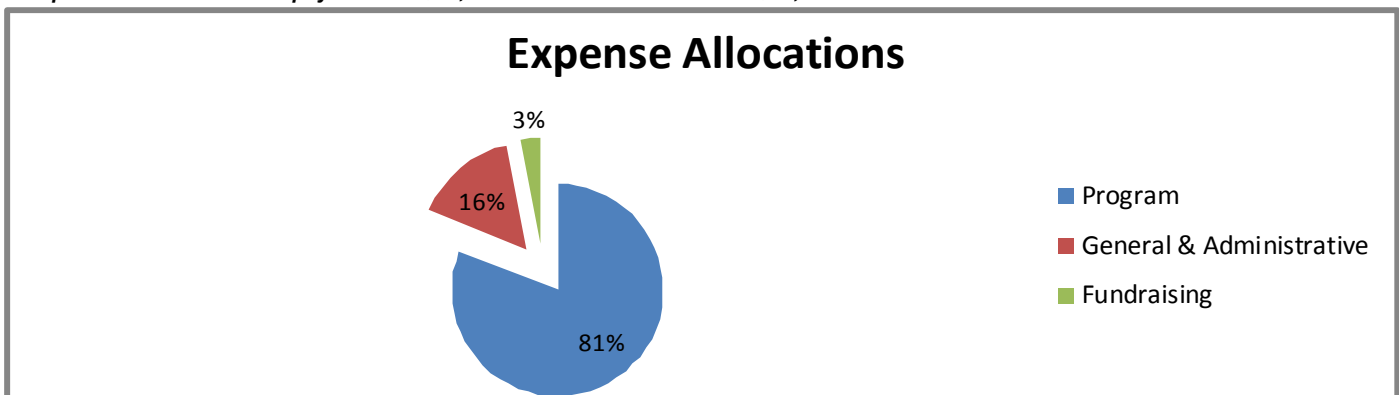


# Fiscal Year 2016 Financials

NAMI Maryland Statement of Activities  
For the twelve months ending March 31, 2016 (Preliminary & Unaudited)

	FY 2016 Actuals (unaudited)	FY 2016 Budget	Dollar Variance CY Actuals to Budget
<b>REVENUES:</b>			
Grants & Contracts	\$314,215	\$331,023	(\$16,808)
Contributions	67,833	61,500	6,333
Combined Charity Campaigns	16,823	14,000	2,823
Membership Dues	9,719	11,425	(1,706)
NAMI Walks, net (Income \$199,247 net of expenses \$101,872*)	97,375	95,000	2,375
Fees for Service	689	3,000	(2,311)
Program Events & Development	59,450	61,500	(2,050)
Sales	610	1,000	(390)
Investment Income	(3,401)	3,000	(6,401)
Miscellaneous Income	264	0	264
Net Assets Released from Restriction	0	0	0
<b>Total Revenues</b>	<b>\$563,577</b>	<b>\$581,448</b>	<b>(\$17,871)</b>
<b>EXPENSES:</b>			
Salaries & Benefits	\$329,563	\$334,482	(\$4,919)
Contracted Services	73,459	82,110	(8,651)
Program Training Expenses	33,425	43,385	(9,960)
Program Events & Development	39,938	35,600	4,338
Educational Materials	14,548	15,000	(452)
Furniture/Equipment & Related Expenses	23,386	19,750	3,636
Office Supplies & Postage	4,870	6,000	(1,130)
Travel	5,534	8,000	(2,466)
Printing (external)	1,502	3,200	(1,698)
Dues & Subscriptions	3,197	2,000	1,197
General & Administrative	5,294	6,200	(906)
Merchandise for Resale	0	100	(100)
Communications	6,602	6,600	2
Insurance	2,133	2,160	(27)
Occupancy (Rent, Utilities, Repairs & Maintenance)	35,998	32,653	3,345
Leasehold Improvements	2,283	0	2,283
<b>Total Expenses</b>	<b>\$581,732</b>	<b>\$597,240</b>	<b>(\$15,508)</b>
<b>Net Income/(Loss)</b>	<b>(\$18,155)</b>	<b>(\$15,792)</b>	<b>(\$2,363)</b>

\* Expenses include affiliate payments of \$73,050 and NAMI's Walk fees of \$18,925



# FY 2016 Major Donors and Funders

## \$250 and above

BHS Baltimore	\$254,402	Beacon Health Options	\$1,000
Leonard and Helen R. Stulman Charitable Foundation	\$30,000	Gene and Lauren Sachs Family Fund	\$1,000
The Charles Crane Family Foundation	\$21,000	Diane Sapir	\$1,000
Motorola Solutions Foundation	\$15,000	M. Sigmund and Barbara K. Shapiro	\$1,000
The Jacob and Hilda Blaustein Foundation	\$15,000	Philanthropic Fund	\$761.20
The Meigs Family	\$7,500	Fiona Grant	\$700
PhRMA Foundation	\$5,000	Don Slater	\$513.75
The Progress Family Foundation	\$5,000	Dale Lawrence	\$500
Louis B., II and Josephine L. Kohn Family Foundation	\$5,000	Roz Dove	\$500
National Institute of Mental Health	\$5,000	Suzanne Harvey	\$500
Northrop Grumman Corporation Charity Trust (directed by John Kessler)	\$4,900	Bernard Kanstoroom	\$500
Charles McNamara	\$2,500	C.H. Lanzi	\$500
Ameritiox	\$2,250	Wendell and Jo Ann Mohr	\$500
Community Foundation of the Eastern Shore	\$2,000	Dorothy Eppard	\$500
Paul Honke	\$2,000	Margaret O. Cromwell Family Fund	\$500
The Generous Donors of the IBM Employee Service Center	\$1,999.14	Fanta Aw	\$400
Carolyn Knight	\$1,800	Kathe Kane	\$350
Susan Conley	\$1,400	Robert Blankfeld	\$340
Eugenia Barnett	\$1,399.91	Kittmaqundi Community Inc.	\$300
Judith Sachwald	\$1,100	Nancy Stivers	\$300
The Anne R. Eckfeldt Fund	\$1,036.04	Steve Gray	\$300
Ton Gardiniers	\$1,000	Lainie Surette	\$250
Jim Humphrey, Jr.	\$1,000	Donald & Barbara Fairfield	\$250
Don Reed	\$1,000	Norma Killebrew	\$250
Frank Fillmore	\$1,000	Donald & Janet Boardman Family Fund	\$250
David Pines	\$1,000	Sree Kumar	\$250
Linda Matheny	\$1,000	W. Daniel Hale	\$250
Carole Spurrier	\$1,000	Robert Constable	\$250
		Bruce & Debbie Bentcover Donor	\$250
		Advised Fund	\$250
		Dana Buchman	\$250
		Kate Spade & Company Foundation	\$250
		Steven Sharfstein	\$250

**This list includes only donations made directly to NAMI Maryland.** It does not include donations to the NAMIWalks, as those donations are split with affiliates and wouldn't give an accurate or fair representation of money received by NAMI Maryland.

Every effort has been made to include the names of all major donors to NAMI Maryland for FY 2016. We have not included anonymous donors. We apologize for any names inadvertently omitted.

# NAMI Maryland

## Board Members who served during FY2016

Chris Griffin, President  
Kim Ward, 1st Vice President  
Moirra Moynihan, 2nd Vice  
President/Secretary  
Ton Gardeniers, Treasurer  
Bob Blankfeld  
Roz Dove  
Steve Gray  
Argin Hutchins  
Zereana Jess-Huff

Carolyn Knight  
Matt Myers  
Dell Palmer  
Mike Perez  
Arlene Saks-Martin  
Don Slater  
Deneice Valentine  
Ellen Weston  
Jared Wilmer

## Operations

Kate Farinholt, JD, *Executive Director*  
Mary Fornoff, CPA, *Finance and Accounting*  
Jessica Honke, MSW, *Policy and Advocacy  
Director*  
Kristin Knott, BA, *Program and Training  
Coordinator*

Ilisa Oman, MA, *Communications and  
Outreach Events Coordinator*  
Elizabeth Bloom, MBA, *Administrative  
Coordinator*  
Deneice Valentine, *Program Associate*  
Jessica Wong, BA, *Program and  
Training*

## Interns

Courtney Chan, *University of Maryland*  
Jessica Barker, *UMBC*  
Kayonnoh Doe, *UMBC*  
Leah Lord, *UMBC*  
Paula DaSilva, *University of Maryland*  
Nicole Lanciotti, *UMBC*  
Jasmine Kim, *University of Maryland*  
Alexandra Ondrejcek, *Stevenson University*  
Ceara Scanlon, *Washington College*  
Mitchell Chan, *Ohio State University*  
Mary Hartman, *UMBC*

Wajiha Khan, *University of Maryland*  
Elizabeth Solinas, *UMBC*  
Alexandra Broadway, *Stevenson University*  
Kelley Ensko, *University of Baltimore*  
Bree Bowings, *University of Baltimore*  
Tracy Kamen, *Washington College*  
Caroline Cone, *University of Maryland*  
Yulanda Blackston, *Wilmington University*  
Porsche Dorsey, *University of Baltimore*  
Andrew Nhan, *UMBC*  
Sarah Sexton, *Towson University*

**And thank you to our many volunteers! NAMI volunteers are actively working  
with NAMI Maryland in every part of our state.**

Laveet Aulakh, Catherine Bell, Arna Clark, Sarah Crimmins, Alva DeJarnett, Brittani  
Hairston, Howard Isaacs, Laura Kay-Roth, Ilan Komrad, Nisse Lee, Kathleen Mansheim,  
Gertie Wilson, Carol van Vlaanderen



# NAMI Maryland's Mission

## **Our Mission**

The mission of NAMI Maryland is to improve the quality of life for individuals and their families coping with mental illness.

We are dedicated to providing education, support and advocacy for persons with mental illnesses, their families and the wider community.

## **Our Passion and Promise**

It is our core principle that empowering family members and individuals is a critical factor in recovery, and a potent force in providing community education and bringing about systemic change.

NAMI Maryland is a unifying voice and a skilled provider of knowledge and skills at the grassroots level.

NAMI Maryland promises to work to build better lives.

## **NAMI Maryland's workplace charity numbers**

**4186-** The United Way of Central Maryland

**80114-** CFC of the Chesapeake Bay Area and National Capital Area

**5697-** Combined Charity Campaign for Baltimore City

**4900-** Maryland Charity Campaign

**Let us know if you workplace has a grant or matching gift program.**

## **NAMI Affiliates in Maryland**

NAMI Anne Arundel County  
NAMI Carroll County  
NAMI Cecil County  
NAMI Frederick County  
NAMI Harford County  
NAMI Howard County  
NAMI Lower Shore  
NAMI Metro Baltimore  
NAMI Montgomery County  
NAMI Prince George County  
NAMI Southern Maryland  
NAMI Washington County

