

Seasons of Change and Growth



2015 Annual Report



National Alliance on Mental Illness

nami

Lexington

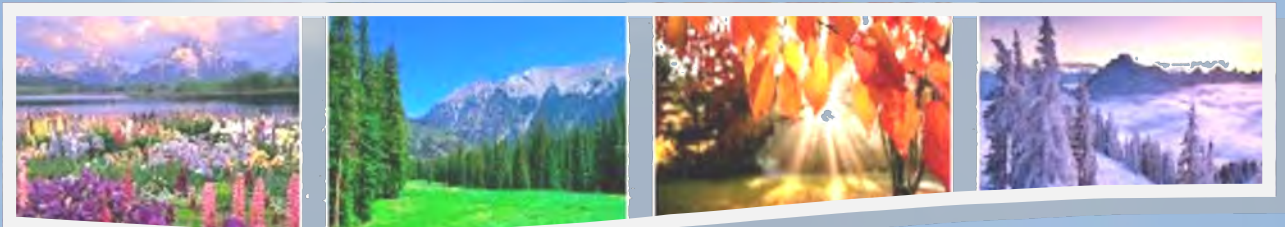
namilex.org

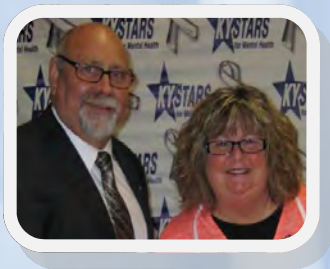
"promoting recovery"

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Seasons of Change & Growth

Seasons of Hope

At NAMI Lexington, we understand what individuals and families living with mental illness are going through, because ***we've been there ourselves***. Education and support changes lives and gives people hope. Thanks to a progressive Board of Directors, an exceptional staff, remarkable volunteers, exceptional interns, and outstanding, compassionate community partners, we continue to experience ***"Seasons of Change and Growth"***!

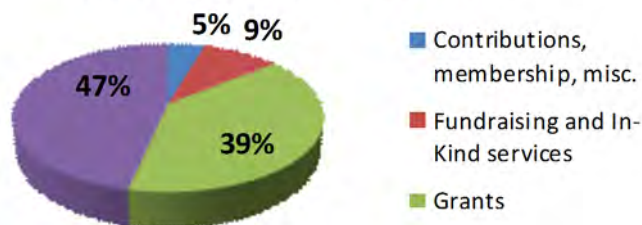
The momentum in our community to expand resources and create solutions is at an all-time high! The Peer movement is thriving with Peer Specialists expanding services in new venues regularly. Our flagship Family-to-Family course graduates are increasing and Mental Health First Aid is now offered bi-monthly. ***We want to thank each and every one of you*** for your individual contributions that together provide hope and inspiration for so many. Please enjoy our annual report - a sketch of the work of NAMI Lexington and our many partners.

Much Love and Admiration,
Phill & Kelly Gunning

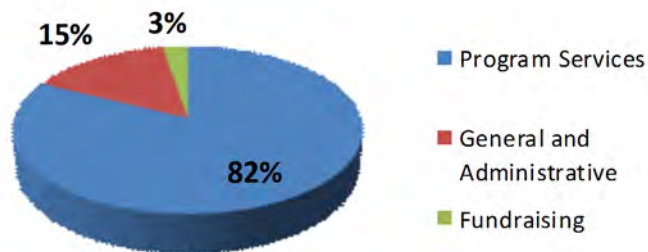
2015 Financials

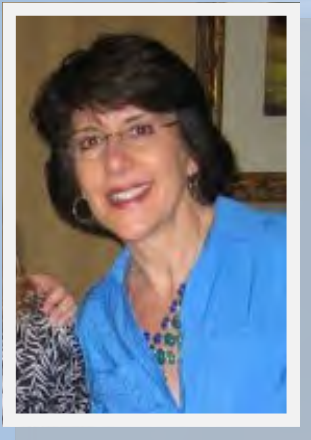
SUPPORT and REVENUE			
	Contributions, membership, misc.		\$32,252
	Fundraising and In-Kind services		\$67,658
	Grants		\$278,475
	Program Service Reimbursements		\$330,000
			\$708,385
EXPENSES			
	Program Services		\$522,891
	General and Administrative		\$95,651
	Fundraising		\$19,130
			\$637,672

SUPPORT and REVENUE



EXPENSES





Helping Families in Crisis

NAMI Lexington was fortunate to hire Tracy Jacobson in 2011 as the Family Services Coordinator. Since that time, Tracy has guided our Family Services to new levels. For the first time, we began offering the **life changing** 12-week NAMI Family-to-Family course three times per year. This past year, we had over 100 individuals enrolled with 73 people graduating from the course. Tracy quickly recognized that many families were in immediate need of help and rather than waiting on the next Family-to-Family course to begin to receive support and education, she created NAMI introductions, which meet weekly and is available to anyone in crisis.

As a Certified Social Worker, Tracy has taken on the role of student fieldwork coordinator for NAMI Lexington. We have been fortunate to offer educational experiences for students from UK, MSU, and Lindsey-Wilson College.

Tracy has recently become a certified Mental Health First Aid Instructor and teaches the class on a bi-monthly basis along with David Riggsby. In addition to her regular classes, Tracy will frequently do speaking engagements to local organizations and civic groups. She has regular hours at the NAMI Lexington office and the Eastern State Hospital Family Services office where she offers support to families and callers in crisis.

We are truly grateful to benefit from Tracy's expertise!



NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.



Comments from Family to Family Students

"My "aha" moment occurred when I realized that my loved one wasn't making a conscious choice to act the way he did and that I should not take it personally."

"I am more empathetic to those with mental illness. I now hope to be able to better communicate, handle episodes and stressors, and know when to step away"

Fayette Mental Health Court

In October of 2012, following a forum hosted by NAMI Lexington (National Alliance on Mental Illness) and attended by numerous stakeholders from the mental health and criminal justice communities, a committee was formed in an effort to ascertain if a mental health court could be implemented in Fayette County. Based on this committee's efforts, Kentucky Supreme Court Chief Justice, John D. Minton, Jr., on July 7, 2014 signed an Order Approving Local Rules for the Mental Health Court for Fayette County. The first session of this court was held on November 24, 2014.

The need for this court was apparent, as evidenced by the support and participation of many diverse state and local organizations and entities. All Fayette County residents should be proud of the direction the entire community is taking in providing assistance to its citizens with mental health issues and making Lexington and Fayette County a great place to live and work.

For more information about the Fayette Mental Health Court please contact Kelly Gunning 859-420-6507 or kellynamilex@gmail.com

“Mental Health Court is not easy. It is not a get out of jail free card or a free pass to stay unwell/addicted/in violation of the law. It is a personalized plan for recovery, rehabilitation, and resources to empower participants to move beyond their past, their illness, their addiction, and their circumstances to live the best crime-free life they choose.”

Jean Lafkey, APSS

Judge Kim Wilkie testifies before the Kentucky Health & Welfare Committee in Frankfort, KY.

Putting a Face on Recovery

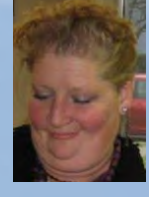
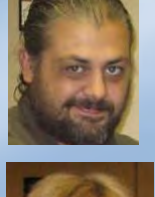
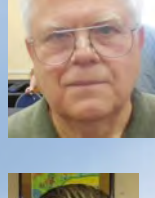
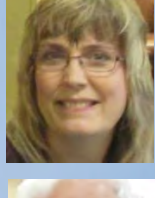
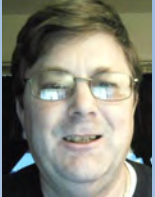
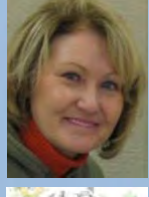


NAMI Lexington is an organization that recognizes the true power of peer support. There is something almost undefinable about the strength and support an individual receives from talking to someone who has "been there". For far too long, peers in the mental health world have gone unrecognized for the valuable resource that they are... an untapped resource.

And 2015 has been a wonderful year for NAMI Lexington Peer Programs. Some of the highlights this year have been:

- Unprecedented growth in referrals to Participation Station from new community agencies.*
- Mentoring other Consumer Operated Service Programs around the state.*
- A renewal of the Warmline with dramatic increases in call volume.*
- Strengthening our bonds with Bluegrass.org and providing them with assistance as they integrate Peer Support Services into their wide array of services.*
- Expansion of Peer Support Services at UK Healthcare/Eastern State Hospital including individual Peer Support services to patients.*
- Establishment of Peer Support in the Fayette County Mental Health Court Program including Double Trouble in Recovery (DTR) and Wellness Recovery Action Planning (WRAP) programs.*
- Proposal to expand Peer Support Services at Ridge Behavioral Health above and beyond In Our Own Voice presentation.*
- And the list goes on and on...*

One of the most exciting things is seeing a new individual cross the threshold at Participation Station and not seeing the lost and unsure person in front of you, but to see the future Peer Specialist that they will become. Peer Support is truly a magical thing!



The NAMI Lexington Peer Army!



Tim Morton's valiant struggle with mental illness was an inspiration to us all.

Tim's Law

Assisted Outpatient Treatment

Tim Morton was hospitalized by petition 37 times and never had a "right to treatment" before it was too late. He only had a "right to die", as Kentucky law allows. Tim died March 27, 2014.

Tim's law is in two sections. It strengthens the already-existing law (KRS 202A.081), which permits individuals with brain diseases or severe mental illness involuntarily committed to the hospital to be discharged on the condition that they agree to – and comply with – court - ordered or "assisted" outpatient treatment, (AOT).

What is AOT? Assisted outpatient treatment (AOT) is court-ordered treatment in the community for individuals who meet strict legal criteria. Most commonly, these individuals are too ill to recognize their own need for medical care, a condition known as *anosognosia. The Kentucky Legislature continues to support updating its

AOT law. In 2015, Chairman of the House and Welfare committee, Representative Tom Burch filed bill HB 65 to improve and expand the practice of AOT. The bill had two parts; (1) to enhance the current outpatient agreed order statute, (extending the time and adding supports) and (2) provides a mechanism to help individuals with a symptom of anosognosia to gain services/treatment in the community with court ordered treatment before they were hospitalized. We expect the broad support built around this last bill to assist in legislative efforts for a new bill in 2016 and ask for your support to contact your state representatives before the general assembly begins in 2016. To sign the petition go to:

<http://extra.namikyadvocacy.com/Forms/TimsLawPetition.pdf>

"Tim's law would help the young people who are diagnosed with serious brain diseases today receive the treatment that could save their lives and give them a quality of life that we had only imagined being possible for our son Tim."

Faye Morton, NAMI LEX



Kentucky System Transformation Advocating Recovery Supports is a program of NAMI Lexington through a contract with the KY Department of Behavioral Health, Developmental and Intellectual Disabilities (DBHDID) . It is a state-wide group consisting of behavioral health consumers, professionals, administrators and family

members working collaboratively to promote the reality of recovery throughout Kentucky. We are dedicated to assist people with incorporating recovery based principles into all facets of our behavioral healthcare system. In 2015 we were challenged and excited about many changes in our state's mental health system. Some of our major accomplishments this year included:

- Presenting the 2015 Kentucky Consumer Conference which was attended by almost 400 people including individuals from all 14 regions of the state.
- Hosting the 2nd Annual Peer Excellence Awards recognizing outstanding individuals in peer support from across the commonwealth.
- Traveling across the state to perform individual evaluations of Consumer Operated Service Programs all over Kentucky.
- Participated in the KYDBHDID TTI Grant to improve and enhance peer support services to transition age (18-25) youth transitioning out of the state psychiatric facilities.

We are also conducting a state-wide mental health needs assessment to further assess the impact of managed care and other significant changes in our state's mental health system.

We LOVE our Volunteers!

While we have a wonderful Board of Directors and incredible staff, NAMI Lexington couldn't accomplish half of what we do without our VOLUNTEERS! We are truly blessed to have so many incredible individuals who give unselfishly of their time and talents to make sure we accomplish our mission of promoting recovery through education, support and advocacy!

In 2015, our Volunteers donated over 5000 hours of their time to better the lives of people in our community dealing with mental illness and the people that support them.



- *Family to Family (370 Hours)*
- *Warm-line Coverage (1090 Hours)*
- *Consumer Support Group (104 Hours)*
- *Family Support Group (156 Hours)*
- *Multi-Cultural Action Committee (152 Hours)*
- *Office Assistance (566 Hours)*
- *Miscellaneous Events (202 Hours)*
- *NAMI Walks (380 Hours)*
- *Practicum Students (429 Hours)*
- *Board Members (1404 Hours)*
- *Outreach (118 Hours)*
- *NAMI BASICS (64 Hours)*
- *Eastern State Hospital (140 Hours)*



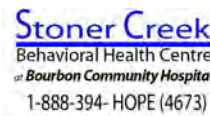
“For a community to be whole and healthy, it must be based on people's love and concern for each other.”



Special Thanks to all of our wonderful sponsors of the 2015 NAMI Lexington Walk! You helped make this event another huge success!



Many thanks to our NAMIWalks Sponsors



MAC Attack!

2015 has been a productive year for the **Multicultural Action Committee**.

The MAC team has been busy growing our program with more participant's, memberships, partners, and the number of people we serve.

The beneficiaries of this growth were the African American and Hispanic communities. The MAC Team accomplished their goal to reach out to diverse populations in and around Lexington. The MAC Team advocates, educates, and supports by partnering with community organization's and at faith-based events. The MAC Team

sponsored community projects, workshops, and built a team for fundraising.

Community participation grew through the help of social media, church health fairs, and volunteers.

Wayman's Chapel, First African Baptist Church, Georgetown Street Association, and AKA along with other organizations contributed to making this year a successful one.

The MAC Team would like to thank all of its volunteers, with a special thanks to Terry Green for assisting the Coordinator with all its MAC Events.

Thanks to our donors: AKA, Wayman's Chapel, Eugene Carter, Kim Jenkins, Kelly Paterno, Stacy Owens, Anita Hartsfield, Anthony Hartsfield, Terry Green, Melissa Dickey, and Evelyn Morton.



"MAC n' Say Cheese!"

Our Fearless Board of Directors

Adrain Holloway, Past President
Anita Hartsfield, President
Dr. Fareesh Kanga, Vice President
Cindy Faulkner, Treasurer
Arnedá Carmickle, Secretary

Directors-at-Large
Randall Blackburn
Barbara Harvey
James Haggie
John Landon
Julie Perry
Leslie Reed

Shannon Sell
Rev. Mike Sibley
Steve Stone
Bonnie Tracy
Katrina Vincent

Did you know?

*NAMI Lexington offers a wide array of programs designed to educate the public, support individuals and their families impacted by mental illness and advocate for legislation to increase research and improved treatment. These programs include NAMI Signature Programs as well as other evidence based curriculums that break down the stigma of mental illness and help people understand that **recovery is a reality!***



4 REASONS TO BECOME A MENTAL HEALTH FIRST AIDER

1. **To be prepared:** Just as you learn CPR, learn how to help in a mental health crisis
2. **Mental illnesses are common:** 1 in 5 adults in any given year
3. **You care:** be there for a friend, family member, or colleague
4. **You can help:** people with mental illnesses often suffer alone



Classes are held bi-monthly in the Community Room at Eastern State Hospital. To register, go to www.namilex.org

NAMI Lexington Signature Programs

 **NAMI Family-to-Family**
National Alliance on Mental Illness

 **NAMI Family Support Group**
National Alliance on Mental Illness

 **NAMI Connection**
National Alliance on Mental Illness RECOVERY SUPPORT GROUP

 **NAMI In Our Own Voice**
National Alliance on Mental Illness

 **NAMI Basics**
National Alliance on Mental Illness

 **NAMI Walks**
National Alliance on Mental Illness www.namilex.org/lexington

For more information, visit our website at www.namilex.org



2015 was another incredibly busy year for the staff and volunteers of NAMI Lexington. Below is a summary of the events that NAMI Lexington held, participated in, or sponsored.

Central KY Agency Fair 10th ScareFest
 Nuns on the Bus
 Candle Light Vigil
 UK Depression Screening
 "and Justice for ALL" Mental Health Court Dedication and Ribbon Cutting
 NAMI Walks set-up
 NAMI WALK
 UK NAMICATS meeting Presentation
 NAMI Family to Family Training
 Nonprofit Resource Fair at UK
 NAMIFEST
 Health and Human Services Day, Leadership Lexington Steering Committee 13th
 Awareness Games Basketball Invitational and Health Fair
 HCHS Health Fair
 ESH Annual Dinner
 Family 2 family dinner for support group leaders
 CKRITT
 Jo-Beth Gift Wrapping Station
 Office Christmas Party
 ESH Visitation
 Warm-Line Pizza Party
 874K Rally Frankfort
 Advocacy Day at the Capitol
 Orientation & QPR
 NAMICATS Meeting
 KCTCS Health Fair
 5th Sunday Workshop
 NAMI Staff Retreat at Life Adventure Center
 NAACP Ed Davis Health Fair
 Shake the Stress Event, with Theta Chi UK
 Consumer Awards Dinner
 UK Staff Appreciation Day
 Consumer Conference
 5th Sunday Workshop
 QPR & Orientation
 2nd Annual Community Fun Day at Douglas Park

Health First Bluegrass Health Fair
 Drug and Alcohol School Conference
 NAMI Walk Kick
 Ending the Silence Training
 UK Volunteer Fair
 Roots and Heritage Festival
 KEMI Health Fair
 QPR
 Recovery Festival at Eastern State Hospital
 Walk For Hope
 CCO Workshop
 Mental Health Matters
 Candlelight Vigil
 UK Depression Screening Day
 NAMI Walks
 Participation Station Car Wash
 Participation Station Yard Sale
 QPR
 Healthy You Breaking the Silence on Mental Health in America
 Annual Dinner and Volunteer Awards
 Martin Luther King Day Celebration
 Black History Month
 Black Coalition Meeting
 Way's Chapel Workshop
 KY Stars Conference Workshop
 Conference Calls With NAMI National
 AKA'S Joining NAMI NATIONAL
 NAACP William Saunders
 Kentucky State University
 IOOV at the Ridge
 NAMI Introductions
 Family Support Groups
 Consumer Support Groups
 NAMI Basics
 Family to Family Class
 IOOV at the Ridge
 2 Family Workshops
 Wills Trusts & Guardianship vs Power of Attorney
 How to grow and Heal the Brain and Heart
 Mental Health First Aid

Mental Health Presentations provided to:

Central KY Educational Cooperative (CKEC) High School guidance counselors (40 in attendance) (David & Tracy)
 Central KY Educational Cooperative (CKEC) Elementary Guidance counselors (55 in attendance) (David & Tracy)
 NAMI information presented bi-weekly at New Employee Orientation at Eastern State Hospital
 NAMI table presentation at Central Christian Church following mental health sermon by Pastor David Shirley
 University of KY Social Work classroom, Spring Semester (approx. 40 in attendance) (Tracy & Destiny)
 University of KY social work classroom, Fall semester (35 students in attendance)
 NAMI table staffed for the UK Hospital Staff Open House Event at Eastern State Hospital
 NAMI Lexington presentation at "Mental Health Matters" public awareness event in Cynthiana (approx. 350 in attendance)
 NAMI booth staffed at Roots & Heritage Festival
 Guest speaker for Lexington Theology Clergy's "Ministering to those with Mental Illness" seminar (14 in attendance)



Thank You Thank You Thank You

2015 Paid NAMI Memberships

Cheryl Anness	Ty Hall	Leslie Reed
Tim Ashby	David E. Hanna	Sean Patrick Reilley
Calvin Banks	Jeanne & Lawrence Harris	Ray Reynolds
Sherry Baumann	Noreen Harris	Nau Riekert
Michael Beard	Anita Hartsfield	David Riggsby
Anastassia Birioukova	Jonathan Heaton	Douglas Rigsby
Randall "Rock" Blackburn	Helen Hickland	Elisabeth Rowan
Jean Bordt	Marion Hitt	Jackie Sable
Shanta Brooks	Bethany Holloway	Brenda Sexton
Gloria Burd	Adrain Holloway	Pamela Louise Simpson-Shaw
Heather Butler	Ella Hunter	Marian & Don Soule
Dan Cahalan	Tracy Jacobson	John Soule
Julie Caudill	Harold Jarboe	Lura Starnes
Elizabeth Clay	Wendy King	Kaitlyn S Stephens
Catesby Clay	Waltr Lane	Kimberly Stevens
Carolyn Colliver	Greg Lavy	Steve Stone
Sherlene Combs	Jean Lafky	Carla & Richard Stone
Mary M. Craycraft	Vicki Lee	David & Kathy Susman
Patricia Creighton	Dan Luchtefeld	Terrie Tate
Douglas Crowdus	Seth Mayfield	Jolinda Todd
Jeffrey Day	Tamara McNabb	Susan Vantrees
Maria Duenas	Faye Morton	Ruth Walker
Pace Cooke Emmons	Valerie Mudd	Jeannie Ward
Judy M. Erdman	Julie Neace	Priscilla Wells
Peggy Jade Ford	Erin O'Connor	Rebecca Williams
Anndru Gambill	Kelly Patierno	Melinda Wirkus
Phillip Gunning	Molly Piper	

Special Thanks to those who Contract with us!



KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES
DEPARTMENT FOR BEHAVIORAL HEALTH,
DEVELOPMENTAL AND INTELLECTUAL DISABILITIES

Donations were received in Honor of:

Frank Thompson
Lois Wortman

Donations were received in Memory of:

Newton & Peggy Macleod
Ms. Hisle
Brian Lafky

