



nami

National Alliance on Mental Illness

Lexington

namilex.org

2012 Annual Report

**INDUSTRIAL
STRENGTH
COMMUNITIES**



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

Millard Fuller

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A graphic featuring four interlocking gears of varying shades of purple. The gears contain the words 'From', 'the', 'Desk', and 'of' in a bold, sans-serif font. The largest gear on the right contains a circular inset photograph of a man with a beard and glasses, wearing a striped shirt, sitting at a desk with a laptop and papers.

From the Desk of Our Executive Director

The theme for this year’s annual report reflects on one of the most important characteristics of a community – a collaborative approach to serving the needs of the community. Success for this collaborative effort is assured by a solution oriented focus and an agreement to start immediately identifying underutilized resources and bringing them “online”. Working with groups of knowledgeable and compassionate individuals devoted to problem solving is inspirational. An approach that identifies gaps, bottlenecks, and pockets of misunderstanding without the need to assign blame will result in solutions that are implemented. *Studying* problems in a community is necessary and valuable, but *implementing* solutions through collaboration provides hope and synergy that is invaluable.

Last year we spoke of tapestries and how a weaver usually works a tapestry vertically, building the fabric from bottom to top. We acknowledged NAMI Lexington as a grass roots organization that recognizes the value of “bottom up” design and philosophy. We envision the same “bottom up” design and philosophy for our community. Weaving a community tapestry of individuals with specialized knowledge, skills, and passions is an ongoing endeavor that we hope passes on to future generations of solution seekers.

NAMI Lexington continues to expand existing programs and develop new ones to provide Advocacy, Education, Support and Outreach – the cornerstones of our mission - **“Promoting Recovery”**. As we outgrow our facilities and struggle with funding and infrastructure needs, we are thankful that we have not yet solved those issues as we have not yet agreed to “be satisfied or stay where we are!” Our staff continues to grow and develop. Interns, volunteers, and program participants continue to provide invaluable insight and resources. Our Partners continue to Partner as we increase the number of people we serve. 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 - an illustration (not all-inclusive!) of NAMI Lexington’s current endeavors and a glimpse of the future.

Best regards,

Phill Gunning

Executive Director, NAMI Lexington

Industrial Strength Solutions

by
**Kelly
Gunning**

We are living in a world that needs *Industrial Strength Soul-U-tions*. Disillusionment and problems experienced in our country today with HealthCare (definitely with mental health care), Aging, Veterans, Homelessness, Joblessness, Greed, Consumerism, Morale, Hope and Purpose are daunting and often at the core of immobilizing our human ability to forge solutions. It all feels so overwhelming that often we become inert.

Recently my husband, granddaughter and I went on a trip to Michigan from Kentucky to visit my sister who was losing the latest round in the throes of a 20 year struggle with non-Hodgkin's Lymphoma. She was in the midst of losing her home due to opting to keep her health insurance – which had been a constant challenge and a reality option only because of the charity she received through countless individuals. My sister is a child and adolescent psychologist and has devoted her career (she continues to try to work) to working with severely emotionally disturbed children and their families and was a living proponent of service to her fellow humans. I was and have been deeply troubled by this occurrence of suffering, not only because of the fact that it was in my family but because it is happening to **so** many families that I come in to contact with during the course of my work with severe mental illness in NAMI Lexington. Through the course of my work I belong to several coalitions that deal with the entire adjunct of issues related to being mentally ill in America in 2012. Issues such as homelessness, substance abuse, lack of financial and treatment resources, for-profit- managed care- medicine and healthcare with more access barriers than access, extreme poverty, hunger,

etc. Really, much of what I encounter is quite dismal and unbelievable for the country we live in – The United States of America.

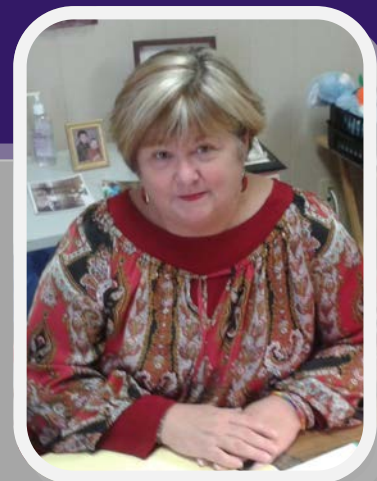
The trip to my sister's home in Michigan takes us right through the former manufacturing core of Ohio, skirts Indiana and then South Eastern Michigan; there is much evidence of abandoned, though once thriving, industry and decay. While driving outside one of these old manufacturing cores my eye touched upon an amazing sight. To my right, in what appeared to be an old industrial yard, was this gritty, graffiti-laden brick building with some missing windows and a giant "C" on it, topped by a rough looking, welded cross. The "C" painted in white...stood for Church, as this was spelled out randomly. So here amidst all this decay and destruction (as opposed to construction or manufacturing) stood this church. Immediately, at that precise moment, the Spirit spoke to me and I hurriedly found a pen and paper in the console and wrote down: "*Industrial Strength Churches/Industrial Strength Faith/Blue Collar Resolve – Industrial Strength Communities, Industrial Strength, Education, Support and Advocacy. Iron-clad Crosses, Iron-clad-Faith, Iron – clad Resolve – we need it now more than ever!!!*" That welded steel cross in that hull of what was once America's greatness cried out to my Spirit and showed me what was needed. These are hard times. We will have to stop doing what doesn't work and start trying to form atypical partnerships that dedicate themselves to finding new ways to fix old problems. We need a new toughness and a new approach – an Industrial Strength power-house approach that is relentless. It was then and there that I knew that NAMI need-

ed to work harder than ever to engage with other social care centers – area churches, especially. I also knew many of them were struggling to meet the upsurge in demand for services... so we need to think of out of the box ways to re-invent outreach and programming. We must push the evolutionary process and that will take Industrial Strength education, support and advocacy.

The message all around social services since I have been involved is 'not enough'; scarcity at every turn. The federal government says it is broke and in unprecedented deficit, the state government says it is broke and in unprecedented deficit; same refrain in local government. There is no decrease or scarcity of need however, with the recent 'decession' (recession/depression) the need has spiked to all time highs. Much has been said of the government buy-outs, bail outs and sell-outs; that Medicaid and Medicare cannot sustain, for profit medicine is also proving inadequate with too many barriers and not enough conscience. We must become entrepreneurial where our perennial social problems are concerned. We must look to ourselves and our Communities for solutions. We must form new and innovative partnerships to solve problems too big for single entities to solve. Perhaps we can think of it as the NEW Industrial Revolution. The 'industry' of saving our people, our citizens. America has always been known for innovation and creativity. They say, "Necessity is the Mother of Invention"... What? Are we waiting for more need?

"For it is in giving that we receive."

Francis of Assisi



NAMI's Volunteers

By: Martice Hawkins, M.A.

Volunteer & Programs Coordinator

**INDUSTRIAL
STRENGTH**



Volunteers have been vital to the success of our mission for over **27** years, committed to eradicating stigmas associated with mental illness in the Bluegrass Region. This year NAMI Lexington welcomed on **62** new volunteers and trained **44**, in Gatekeeper Suicide Prevention Training. Total hours to date **3,600** hours of Volunteer service to our mission of **"Promoting Recovery"**

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This Year NAMI Lexington Engaged the Talent of 4 Interns.

Query Campbell-Summer Intern Family Services Programs
(NAMI Main Office)

Marcie Timmerman-University of Kentucky Masters in
Healthcare Administration (Participation Station)

Megan Scheer- University of Kentucky NAMI Walks
(NAMI Main Office)

Dinah Walker- Lindsey Wilson College (Participation Station)

What our Interns had to say!

"This internship has reinforced for me what I thought I wanted to do, I am confident that the path that I am on is the correct path." ---
Campbell Query - Summer 2012 Intern ---

"This internship has given me experience that all my other jobs (cashier, hostess) have not provided. This internship has taught me personal skills with both co-workers and the public. And had given me "real world" experience that is invaluable, and had taught me to overcome in both the non-profit and business communities." --- Megan Scheer NAMI Walks Intern 2012 ---



Peer Programs



2012 has been a year of enormous growth in Participation Station, the state's first true peer-operated recovery center. More importantly it was a year of tremendous growth for the participants in the program. Several participants recently completed the Kentucky Peer Specialist training and are sitting for their certification testing. One participant has joined the Lexington Community Orchestra and others have begun new and exciting chapters of their lives such as returning to school, or improving their living situation.

By the end of October 2012, almost 5000 trips across the threshold of Participation Station had been made by participants, family members and interested providers. There has been a steady increase in new participants all year. Programming hours were expanded due to popular demand and Friday programming was added to the schedule. In addition, the Station has also added a new "Hearing Voices" support group for individuals who have the unique experience of hearing voices or have beliefs that are not common.

This growth has also garnered recognition from others. Just this year Participation Station has received 2 state-wide awards! In July, the Station received the **Robert Straus Award** from the **Kentucky School of Alcohol and Drug Studies** for its Double Trouble in Recovery Support group for individuals with co-occurring mental illness and addiction disorders. In September, they were the recipients of the **Wendell Taylor Memorial Award** from the **Brain Injury Association of Kentucky** for Outstanding Community Organization.

Do you feel *lonely* or *isolated*?

Are you struggling with **Mental Health** or **Substance Use** issues?

Now you can talk with trained, caring and supportive individuals who will not judge you and who:

- Have had similar experiences
- Will help you explore your experiences and help you make a plan to feel better
- Give you options in the community to help you deal with your situation
- Listen to your story without judgment

All Calls are Confidential

You can call the Warm Line at:

(877) 840-5167

Monday thru Friday - 10am-9pm & Saturdays - 5pm-9pm

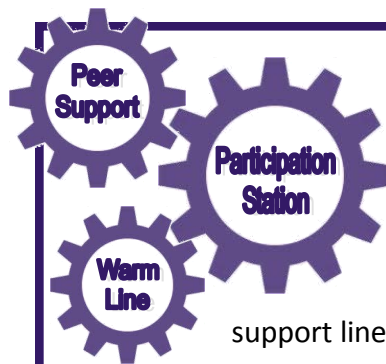
Participation Station
a peer operated center

A service of Participation Station, Inc., a peer operated program sponsored by Hazzards.org and NAMI Lexington, 199 Sparta Court, Lexington, Kentucky 40504

We are very proud of our new Warm Line flyer. You can download it at:

<http://www.kystars.org/programs.html>

Participation Station Warm Line



Sometimes all you need is someone to listen to you. Recognizing that individuals who experience a mental illness frequently isolate themselves and avoid contact with others, the Participation Station Warmline service seeks to provide a friendly ear from someone who has "been there." This telephonic support line is the first of its kind in Kentucky.

The Warmline is available during Participation Station hours during the week (Monday-Friday from 10am-4pm) and from 5pm-9pm Monday-Saturday. The Warmline is primarily staffed by Kentucky Peer Support Specialists on a volunteer basis with volunteer fill-in coverage offered as needed by NAMI Lexington family volunteers and students. Special thanks to Sarah Brumfield, KPS who works tirelessly to assure that the Warm Line is covered with well trained volunteer staff.



National Alliance on Mental Illness

NAMI On Campus

We are pleased to welcome the first NAMI On Campus affiliate in Kentucky!

NAMI Lexington is very excited about the formation of the first NAMI On Campus affiliate in the state at the University of Kentucky. We have been energized by this enthusiastic group of students dedicated to the NAMI mission.


Although they are a new affiliate, they have certainly been very busy this year! In addition to monthly meetings where they focus on mindfulness, stress relief and reducing stigma, they have also conducted fundraising events including a Yoga Demonstration and Dialogue.

They have a special interest in helping students deal with academic stress and other mental health issues relevant to college age individuals. NAMI On Campus—UK are also big supporters of NAMI Lexington having formed a Walk Team of 13 individuals raising over \$500.00! Special thanks go to Shannon Terry, their Walk Team Captain for all of her hard work in organizing the team. They are also currently conducting a donation drive at the school to solicit donations of supplies for Participation Station.





NAMI On Campus—UK is under the sure leadership of Sarah Braun, affiliate President and our own David Susman, PhD and Todd Cheever, MD serve as faculty advisors. They are still growing, and those wishing to join or learn more should email them at namiatuk@googlegroups.com.

YOGA DEMONSTRATION AND DIALOGUE
Fundraiser at Lululemon to Benefit NAMI UK



No Health Without Mental Health
Local yogis and the National Alliance for Mental Illness come together for this event to gain support and facilitate health dialogue within the community. Experts in the mental health profession will participate in dialogue and refreshments from the Weekly Juicery will be served.

Join Sarah Braun and Matthew Higdon
August 29th, 2012 at 5:30pm
Lululemon Showroom 824 Euclid Ave.
Suggested Donation of \$10 (\$5 for students)
All proceeds benefit NAMI UK

Yoga Demonstration and Dialogue fundraising event at Lululemon Showroom



KYSTARS, our recovery-oriented training and technical assistance program just finished our 2nd successful year of operation. We are pleased to report that the Kentucky Department of Behavioral Health, Developmental and Intellectual Disabilities has renewed the contract that makes this service possible for another 2 years.

In the past year, KYSTARS has provided numerous trainings and has provided assistance to many programs across Kentucky in transforming existing services into truly recovery enhancing programs. A recent Leadership Academy Training in Bardstown, KY so motivated its participants that they lobbied successfully to Communicare (their local Community Mental Health Center) for a peer operated center in their area. KYSTARS/NAMI Lexington have offered support and technical assistance for these efforts.

The KYSTARS Advisory Committee has formally expressed the desire to be a strong voice for consumer issues and peer support in Kentucky. We look forward to the exciting recovery based programming we will be able to support and nurture over the next years.

Family Programs

Family Programs provide support and education to families all year. Family Support groups meet on the first and third Sunday of the month. NAMI Orientation meets every Friday and has served as a comfort, support, and resource to approximately **70** individuals. We are pleased to report that three family-to-family classes were offered this year for the second year in a row! We had a total of **48** graduates this year.

Words from Our Graduates



"The support was excellent and I don't feel so isolated because I found a group of people who understand what my family lives with."

"To be with others in the class has given me a sense of hope, acceptance, and peace."

"This class improved my relationship with my daughter."

Four family workshops were offered this year. Approximately 30 in attendance at each workshop.

- Author of the book "It's not Mental" discussed her journey of living with her daughter's illness.
- "Stopping the Revolving Door" presented by the NAMI Kentucky Advocate.
- "Problem Solving" workshop.
- "Advocating for the Mentally Ill in the Justice System and Laws relevant to Mental Illness" presented by a lawyer who works with the Kentucky State Department of Protection and Advocacy.

Informational presentations were offered at:

- Human Development Institute for University of Kentucky Child and Adolescent Psych Residents.
- Lexington Tates Creek Library
- University of Kentucky Social Work CE Program
- Woodford County School system



Diversity



Multicultural Action Committee
M.A.C. DIVAS & DADIS
Diversity In Victorious Active Service & Dedicated Assertive Devoted Inspiring Servants

Cultural Sensitivity is an important issue. In order to reach out to diverse populations we have to be aware of the customs and traditions of the people in the community. It takes a village to have industrial strength cultural competency. In the African American community, we have been told by pastors ‘we don’t have people like that at our church.’ ‘Nobody here has mental illness.’ We have run into a lot of stigma as people are ashamed to talk about mental illness in themselves and family members. People are still hush-hush about the relative who has ‘issues.’ It is still considered taboo to talk about mental illness since it is considered a moral weakness and a character flaw. Many religions teach that mental illnesses are demonic and not a biological based disorder. We have run into resistance in the African American, Hispanic, Military, GLBTQ communities. As we work with these diverse communities we know that we must be sensitive or we will not be allowed to participate in the community. Unless we have someone who looks like me, talks like me, may think like me our program will not be successful!

NAMI Sharing Hope National Alliance on Mental Illness

Our MAC initiative received two grants from NAMI National’s Multicultural Action Center (MAC). We received the Sharing Hope (Sustainability) Grant for the African American Faith Community as well as piloting two new Sharing Hope programs! One program we piloted is Sharing Hope for the African American Community which involves two presenters—a family member and a consumer of mental health services. This pilot is being done in NAMI Lexington, KY and NAMI Austin, TX. Our Sharing Hope for the Hispanic Community has been slowly accepted within the Hispanic Community. We hosted a Bilingual Sharing Hope Mini Conference in August at the Nicholasville United Methodist Church. The event included a Sharing Hope presentation and a Suicide Prevention QPR Gatekeeper Training. The participants stayed



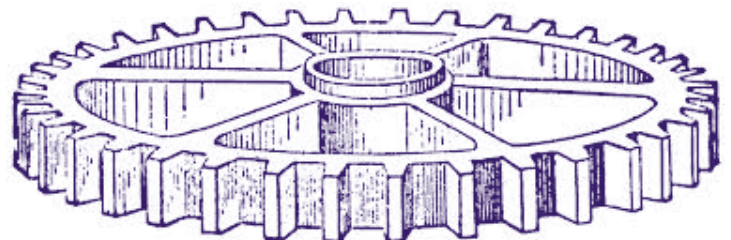
Pastor Vincent Rivera
at Sharing Hope Event

for lunch with the MANNA Ministry and commented that this was one of the best programs they had ever attended. One participant told us this was the best presentation they had been too. They connected with the presenters. Another participant said that they appreciated the transparency and honesty of the presenters.



Block Party

3rd Annual Block Party to kick off Minority Mental Health Month





Leadership - Our Board of Directors

NAMI Lexington says a huge 'Thank You' to our out-going president of four years, Theresa Walton, since Theresa will still be serving NAMI Lex as "Past President" on the Executive Committee, we are able to skate anything closely resembling a 'fond farewell' (thank goodness). That's right; we don't have to worry about her riding off into the sunset for at least the next two years! Under threat of bodily harm, Theresa was adamant in requesting... "Whatever you do DO NOT give me a damn plaque! Plant a tree at the new hospital for me or something constructive and enduring." While we haven't worked out every detail of the tree-planting, we agree that is a most fitting tribute to Theresa, an avid gardener and a mighty oak for NAMI!



Theresa has provided a cool, calm and collected leadership as NAMI has continued to progressively and aggressively grow. During her thoughtful tenure, NAMI has continued its mission, adding hugely important new programs such as Participation Station and KYSTARS to our already robust offering of across-the-board education, advocacy and support programs. Theresa could always be counted on for bringing level-headed wisdom and compassion to every situation and guided NAMI Lexington through many transitional and sometimes tumultuous 'growing pains'. Thanks to the level of fortitude and vision Theresa brought to her presidency NAMI has emerged tested, proven, stronger and more viable than ever – kind of like, FORD TOUGH...Industrial Strength, indeed!

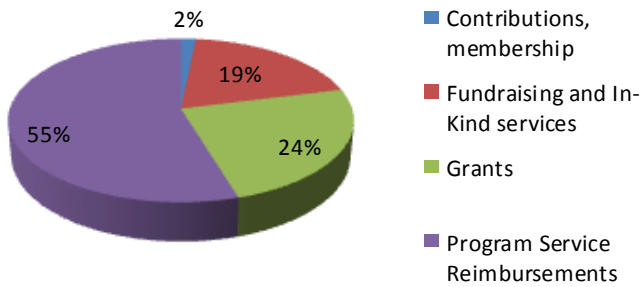


Special Thanks to our generous sponsors, volunteers and vendors who helped make our 2012 Walk another enormous success.

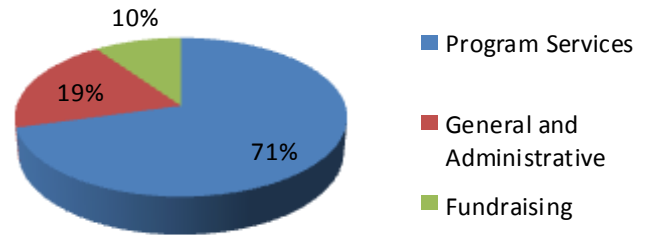


2012 NAMI-Lexington Statement of Activities

Support & Revenue



Expenses



SUPPORT and REVENUE

Contributions, membership	\$7,309
Fundraising and In-Kind services	\$89,585
Grants	\$111,500
Program Service Reimbursements	\$251,408
	\$459,802

EXPENSES

Program Services	\$342,870
General and Administrative	\$95,093
Fundraising	\$47,474
	\$485,437

Detailed Financial Reports are available at www.namilex.org



People That Help Make It Possible

2012 Paid NAMI Memberships

Richard W. Arnold
Sean Blackburn
Kimberly Bunnell
Elizabeth Burklow
George & Gina Burns
Dan Cahalan
Catesby & Elizabeth Clay
Donald & Carolyn Colliver
Patti Costello
Mary Beth Cowles
Ken & Patricia Creighton
Shirley L. Dennis
J. C. Dumas
Rita East
Deborah Eggum
Patricia Amber Estes
Robert Faesy
Robert and Sandra Fitz
Peggy Ford
Charlene Frederich
Oyo Fummilayo
Krista Gabbard
Carol & George Garber
Steve & Julie Garrison
Reggie Gentry
Richard & Becky Gift
Jenny Gift
Marie Gorham
Phill & Kelly Gunning
Bill Hainsworth
David Hanna
Lawrence & Jeanne Harris
NoreenLora Harris
Martice Hawkins

Connie & Frank Hendricks
Roger & Maxine Hinton
Margaret Ches Hisle
Alma & Scott Holliday
Adrain Holloway
Dietrich Hubbard
Bonnie K. Huddleston
Nancy Inman
Mark & Tracy Jacobson
Brandi Johnson
J. R. King
Gretchen E. LaGodna
Doris Lewis
Nathan & Tondelayo
Maldonado
Debbie Marvin
Tanna McKinney
Flora Mitchell
Scott & Susan Montgomery
Faye & Morgan Morton
Mary Blake Neill
Steve, Angie &
Karen O'Malley
Donna Osburn
Richard & Sherry Owen
Kelley Patierno
Beth Pennington
Greg, Marilyn &
Eric Peterson
Nay Ramey
Marcie Reed
Barbara Reiss
John & Sandy Richards
David Riggsby

Douglas W. Riggsby
Lucille Risner
Leora Searcy
Steve Shannon
Arthur Shechet
Mary Singleton
Chelsea Sleep
Tedde Robillard
Don & Marian Soule
John Soule
Michael & Kimberly
Steinmetz
David & Kathy Susman
Mary F. Vaughan
Theresa Walton
Karen Ward
Brian Weldon
K.A. Wilson
James E. Wilson
Jeanie Wolfson
Mary Woolley
Alexis C. Custard
Lydia Sallade
Lori & Johnny Saunders
Deborah K. Bellairs
Reg & Vickie Elliott
Jodi Michaelides
Diana Holberg
Ann E. Collins
The Keesy Family
Lisa Miller
Jacqueline & Kevin
Burke
Gretchen Copley

Bonnie Tracy
Barbara & J. Keith Bohart
Diane Cahill
Arnedra B. Carmickle
KP Gail
Barbara Pospisil
Amy A. Lewis
Justin Reynolds
Waltr & Linda Lane
Dwight & Linda Sanders
Helmet & Ruth Schumacher
Anthony Wilhoit
Virginia Trueblood
Malcolm Siegel
Maurice W. Pickett
Niesje W Spragens
Wanda L. Dionne
Carmalee Cramer
Carolyn Wilkinson
William & Marion Eblen
Cheryl Anness
Jessica L. Wehle
Steve Stone
Jordan Saunders
Deloris & Dale Segress
Glenda Harned
Matthew Harned
Andrew Harned
Jackie Sabel
Autumn Caddell
April Bach
Janis B. Jennings
Jade Ford
David Fogarty

2012 Donors

J. R. King
Greek Ladies Philoptochos Society
J. Carroll
Thomas & Ann Knox
Mental Health Association
of Morgan County
Arthur L. Shechet
Haley Prevatt
J. Schinhofen

Memorials

In Memory of Seth T. Risner
Lucille Risner

In Memory of Rachel Burd

Joseph and Peggy Mann
Barbara and Herbert Ahting
Theresa Walton
Walter and Patricia Faulkner
Barbara and J. Keith Bohart
In Memory of James 'D' Jimmy Gatton
Melissa Wilkerson
In Honor of Henry Ford
Jade Ford
In Honor of Scottie Helt
George W. Robinson
In Honor of Mike and Marilyn Seiler
Don & Marian Soule

In Honor of Franklin Thompson

Don & Marian Soule
In Honor of Jeanie Price
Don & Marian Soule
In Honor of Lois Wortman
Don & Marian Soule
In Honor of Debra Robinson
E. Marie Gorham
In Memory of Bill Hainsworth
Harry and Betty Hall
Marcie Timmerman
LaVece Hughes
In Memory of Dave Frederich
Charlene Frederich

