

# COUNTERFORCE



**NAMI**

National Alliance on Mental Illness

# Lexington

*"use your powers for good"*



# Counterforce! A Call to Arms From NAMI Lexington



## NAMI LEXINGTON ...Creating a COUNTERFORCE

NAMI Lexington is acutely aware of the serious impact that the opioid crisis, co-occurring substance abuse disorders, serious mental illness, over dose deaths, murders and suicides are taking on our community.

NAMI Lexington is committed to being part of the solution as our Community searches for answers in a landscape flush with serious, challenging issues and particularly disparate in resources. We are diligently working with all of our equally committed community partners to turn the tide back toward health and well-being for our community. NAMI is engaging in creating a powerful COUNTERFORCE of resources which are offered to provide education, support and advocacy for individuals and families struggling with chronic stress, substance use disorders and of course; serious mental illness.

We will be seeking even more innovative and accessible ways to bring the SUPERPOWERS of acceptance, hope, healing and the value of lived experience to bear when individuals or families are in crisis. We will search for opportunities to bring to life the promise of Tim's Law, Assisted Outpatient Treatment, for our community. We will work with like-minded partners to create crisis intervention services and supports. We are very hopeful that as we work with B.U.I.L.D. and Open Door Ministries we will bring culturally competent help and hope to our diverse populations. NAMI Lexington wants to continue to gather and bring positive resources to light as we strengthen one another and our resolve to be a whole and healthy place to live. We stand as a beacon and will shine our light, even in the darkest of times, highlighting where to go for acceptance, caring, help and hope in dealing with these serious issues. You can COUNT on us to be a COUNTERFORCE.

*Kelly*

Moment-by-Moment we develop and experience the path we like to call CounterForce. The path has a very distinct characteristic – it is uncharted, it doesn't already exist. The path is not Route 66 – destination, Los Angeles and the markers along the way don't always indicate where we are! The moment we are in affords the most opportunity and moment-to-moment, opportunity to opportunity, we proceed along the path which is the destination.

The opportunity for CounterForce - system transformation, safety-net repair / replacement, and solutions that lead to more questions and more solutions - is now, right now. What we do right now accumulates – the future is the result of what we do right now. What we do right now sows the seeds for what we can do next. We are creating tomorrow right now.

We are very thankful for our most awesome board, staff, volunteers, and community and state partners and stakeholders. We are also very thankful for the opportunity of the moment – presenting our Annual Report to you. While it is hard to capture the breadth of opportunity we are experiencing at this moment, we hope to offer you a taste of what is and what lies ahead. We offer you a full serving of heart-felt gratitude for your role in the CounterForce and thank you for all you do and for your continued support.

Best regards,

*Phill Gunning,*

Executive Director

# Who we are

NAMI Lexington was founded in 1985 to provide education, support and advocacy for persons whose lives are affected by serious mental illness. NAMI Lexington has been a front-runner in family education, consumer program development and peer-empowerment, collaboration, inclusiveness, diversity, cultural competence, and scope of services.

We now have 3 offices in Lexington, KY. For comprehensive information on our organization as well as an expanded version of this report you can go to [www.namilex.org](http://www.namilex.org)



## Some of Our Programs

<b>NAMI Family Programs</b>	Family to Family, NAMI Introductions, Family Support Grp	Providing peer support and education to patients & families at Eastern State Hospital.	<b>ESH Peer Support Program</b>
<b>NAMI Consumer Programs</b>	In Our Own Voice Presentations, NAMI Connections	Diversion court program assisting individuals with charges stemming from their illness.	<b>Fayette Mental Health Court</b>
<b>NAMI Multicultural Action Committee</b>	Sharing Hope, Lexington Black Church Coalition, etc.	State-wide training & technical assistance to encourage Recovery based care.	<b>KYSTARS</b>
<b>Crisis Intervention Team (CIT)</b>	Assisting with training LPD and Fayette Co. Detention Center.	State-wide conference for consumers, peer specialists and their supporters.	<b>Kentucky Consumer Conference</b>
<b>Participation Station</b>	Innovative Peer Operated Center—First of it's kind in Kentucky!	Recognition Program for Outstanding providers of Peer Support in Kentucky	<b>KY Peer Excellence Awards</b>
<b>The Warmline</b>	Telephonic Peer Support service servicing state-wide!	International evidence based training program to teach crisis management skills	<b>Mental Health First Aid</b>



“The support I’ve received with NAMI Lexington literally saved my life. I don’t know what I would have done if they hadn’t been there for me.”

Bonnie

NAMI Lexington wishes to thank all of our wonderful Community Partner SUPERHEROES who helped make the 2017 NAMIWalks our most successful fundraising event in years!



**Stoner Creek**  
Behavioral Health Centre  
at *Bourbon Community Hospital*  
1-888-394- HOPE (4673)



# 2017-Helping by the Numbers



## \$714,099

2017 revenues received from fundraising, grants, service contracts, donations, in-kind donations, memberships and contributions. All going to support the many programs of NAMI Lexington.

### 3



Eleven-week Family to Family Classes Offered each year!

## \$1,500,000+

In savings to the system if the clients in Fayette Co. Mental Health Court had served just their minimum sentence.



## 14

Kentucky Adult Peer Support Specialists on staff.



## 575

Support groups offered in 2017.

## 6

Student Internships with NAMI Lexington in 2017



Number of individuals graduating from Fayette County Mental Health Court

## 12

## 2



New Family Support Groups in Lexington!

## \$50,000+



Raised at the 2017 NAMI Walks at Masterson Station Park.

## 38,729

Attendances at Participation Station since opening!



## 1652

Warmline calls offering over **442** Hours of Peer Support.



For more information about NAMI Lexington including how to volunteer or contribute to our COUNTERFORCE initiative go to [www.namilex.org](http://www.namilex.org) or contact Julie at (859) 272-7891.

## 2017 NAMI Lexington Membership

Cheryl Anness	Cindy Faulkner	Barbara Harvey	Lindsey McAlpine	Marian Soule
Rebecca Asher	Peggy Ford	Steven Hoeck	Tamara McNabb	Elsie Speed
Leslie Aslam	Milicent Fugate	Alma Holliday	Aum Memon	Randy Stafford
Chelsea Atwater	Krista Gabbard	Russell Hollis	Lisa Miller	Rachael Steinken
Rebecca Ba'Gah	Karen Gardner	Adrain Holloway	Luke Miller	Frankie Stivers
Leslie Beebe	Linda Garth	Tamera Hughes	Faye Morton	Steve Stone
Jacob Bishop	Jane Gettler	Brittany Ingram	Valerie Mudd	David Susman
Spencer Black	John Gettler	Tracy Jacobson	Julie Neace	Terrie Tate
Randall Blackburn	Derek Gilbert	Sonya Jayaratna	Angela Oulay	Maya Todd
Roger Boots	Justin Goff	Judy Johns	Richard Owen	Bonnie Tracy
Ruhel Boparai	Diane Goodnight	Fareesh Kanga	Priti Patel	Palmer Vaillancourt
Gerri Botts	Sarah Gordon	Carrol Kelley	Kelly Patierno	Allan Valentine
Harriet Bradley	Laura Gray	Brian Kelty	Julie Perry	Luis Vallejo
Linda Brown	Lavada Green	Katherine Kerr	Charley Preston	Jennifer Van Ort
Sarah Brumfield	Tephanie Green	Kara Kilpatrick	Shiraz Qalbani	Deepa Voleti
Dan Cahalan	Terry Green	Jane Kim	Abishek Reddy	Nasratullah Wahidi
Arnedo Carmickle	Lisa Griggs	Joshua Kim	Leslie Reed	Allison Ward
Julie Caudill	Kelly Gunning	Erin Knoopf	Denise Reynolds	Jeramie Ward
Caroline Coleman	Phillip Gunning	Kelsey Ladd	Kirk Reynolds	Alice Wasielewski
Bonnie Collins	Jessica Gustavson	John Landon	Laura Reynolds	Rebecca Williams
Zachary Coomer	Mark Hahn	Waltr Lane	Ray Reynolds	Melinda Wirkus
Betty Cooper	Joseph Hall	Greg Lavy	David Riggsby	William Wolters
Patricia Cooper Rogers	Robert Hall	Jackie Lesperance	Andrew Roads	Cindy Wood
Anne Cox	William Hamilton	Shannon Leva	John Schiffer	Mary Woolley
William Cox	Elisa Hanley	Meredith Long	Beverly Schneider	Samantha Zwiebel
Melony Cunningham	David Hanna	Lauren Marasa	Christopher Schubert	
Jackie DeCroo	Jeanne Harris	Jonathan Martin	Liliyas Sepassi	
Bram Dutch	Noreen Harris	Kathy Matchuny	Sherry Sexton	
Jeremy Emerson	Anita Hartsfield	Seth Mayfield	John Soule	

Join the **COUNTERFORCE**



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