

# 2018 Annual Report



**NAMI**  
National Alliance on Mental Illness

# Lexington



*Celebrating  
Community Ties*



# NAMI Lexington strives to change lives, by partnering with dedicated Community Partners



# NAMI LEXINGTON ...Celebrating Community Ties



*“No man is an island” ... no organization is either.*

*NAMI Lex serves human beings with all kinds of complexities. Our Mission is dedicated to “promoting recovery” - involving lives that intersect with the experience of having a serious mental illness; often this experience also includes a co-occurring substance use issue or other complicating factors. Guess what? Human beings also come with families, partners, co-workers, pets, friends...you know, the whole gambit of human ‘stuff’. Rarely, does the human experience come all wrapped up in a neat little package with a bow on it.*

*Organizations, fast food chains, even individuals, can get real ‘out there’ and run themselves ragged if they try to be too many things to too many people. When you drift too far from what you are known for, you risk losing your way. Often times, you end up not being very good at anything and lacking focus. (Not so sure if we need to be getting our biscuits and gravy wrapped in a taco shell) – now, it’s not like you can’t branch out and try innovative things – you just maybe need to do it within reason and lots of thinking it through on the front end, you know; ‘begin with the end in mind’. Organizations can lose efficacy if they drift too far from the heart of their Mission, if they drift too far from what it is they were ‘born’ to do and can carry out effectively, within their means.*

*Thank goodness for our invaluable Community Partners. Thank goodness for the vision and Mission of each and every one of them. NAMI Lexington, because of them, is free to have laser focus on individuals with lives that intersect with serious mental illness. We don’t need to BE the experts in housing, substance use issues, medication issues, criminal justice issues, transportation and employment issues... we just need to know who the experts are and work collectively with them to ensure that each individual accesses the help they need on their personal path to recovery. NAMI Lexington really works hard at utilizing and building partnerships and avoiding mission drift.*

*At the core of everything we do, at the launch of every initiative, we work very hard with our Board and Team to make sure serious mental illness is at the core of our value system, that everything we dream or do serves the Mission. This would be much more difficult, if not impossible to do - if it weren’t for the plethora of our ‘go to’ friends, neighbors and co-creators of Community solutions.*

**With this 2018 edition of our annual report, we CELEBRATE YOU—OUR COMMUNITY TIES!**

**Kelly Gunning**, Director of Advocacy & Public Affairs

## A Message from the President-elect

*Hello NAMI Lexington friends and family,*

*What an exciting year for all of us involved in NAMI! Of course, in this review, we could simply celebrate the phenomenal NAMI walk on October 20, and that would be success enough. But, in true NAMI Lexington form, that was only the final icing on the cake. The NAMI Lexington team hosted conferences, award ceremonies, and fund raisers, all the while continuing their extraordinary commitment to advocacy, the advancement of support and treatment for people with mental illness, and the further destigmatization of psychiatric disease.*

*If you haven't already, I urge you to learn about NAMI Lexington's work in establishing and sustaining a model Mental Health Court, their contribution to training law enforcement in Lexington, and their many wonderful and free programs for our community including Family to Family, Participation Station, and peer recovery programs. There is hardly a corner of our area that hasn't been touched by NAMI Lexington!*

*It is truly an honor to have been elected by these great people to serve on this board. Here's looking toward another wonderful year!*

**Dr. Fareesh Kanga**, President-elect, NAMI Board of Directors

# 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 to serve you better!

For comprehensive information you can go to [www.namilex.org](http://www.namilex.org)



## NAMI Programs Working for a Healthy Community

<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>	BUILD, Open Door House, 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>

# Fayette Mental Health Court



The Fayette Mental Health Court (FMHC) celebrates 4 years in operation this November. The program continues to diversify in many ways from funding to staffing and electives. This year brought in record numbers of referrals, and thus, record numbers of participants.

To date, over 163 cases have been referred to the program, and FMHC has been able to serve 71 of them. There are 24 individuals in the program currently. The program is unable to serve all referrals due to them not meeting criteria or their decision not to participate. FMHC has seen 20 folks graduate the program, achieving stable housing, on-going productivity, insight into their illness, and a WRAP (Wellness Recovery Action Plan) to cope ahead for their future. The 20 graduates have saved the county at least \$532,800 and current participants' success will mean an additional \$825,210 saved by

diverting participants from jail sentences to lives in the community. To complete this success, the FMHC partners with many community resources from counseling to sobriety support to housing and benefits. On average, staff is referring participants to 3-4 services each. To date, staff has sent participants to receive services at over 35 different partner agencies, keeping track of current programming, wait times, requirements, etc.

The outcomes of the court, and the observations of “the magic” of the court by city council members served to convince Mayor Jim Gray to add the Mental Health Court funding to the city budget for Fiscal Year 2019. Starting July of 2018, the court was able to hire additional staff increasing the participant capacity from 20 to 30 clients at a time. One of those staff is a recent graduate of the program, now using her lived experience to support current participants as a certified Adult Peer Support Specialist. Chasity shares a brief look into her journey below.



I am a lighthouse rather than a lifeboat.

I do not rescue, but instead help others to find their way to shore.



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“All my life I have been through one traumatic event after another. From abuse as a child to losing a child myself, life tragedies led to addiction and suffering. In 2017, I was finally diagnosed with Bipolar Disorder and PTSD. Despite over 20 years of substance use, I celebrated 1 year of sobriety this past July. After years of attempt after attempt, I had finally been saved when I was picked up for a probation violation and offered to complete Fayette Mental Health Court. My life had finally began again thanks to the refuge I found within the FMHC team. Without meetings, programs, resources, and support, I would not be where I am today—a proud graduate of FMHC and an APSS who gets to work with and help others who are dually-diagnosed”.

*Chasity Kendall*

# Community Ties in Action

## 2018 NAMI Lexington Events

#Lextellsomeone	IOOV at Briarwoods Apartments	NSG Health Fair
874K Rally	IOOV at The Ridge	Open Door House Ministries
AKA Presentaion at UK	KEMI Health Fair	Overdose Awareness Event
Alcohol Screening at UK	KY School of Alcohol & other Drug Studies	Peer Excellence Awards
Annual Dinner	KYSTARS Advisory Meeting	Peer Support Stakeholder Group
APSS Training	KYSTARS Consumer Conference	PS Halloween Party
Beyond the Blue UK	Lunch and Learn with Toyota	QPR Trainings (Suicide Prevention)
Candlelight Vigil	Mental Health First Aid	Recovery Festival ESH
Children's Mental Health Awareness Day	MH First Aid for First Responders	Senior Citizen Center Presentation
Crisis Intervention Team Trainings	MLK Service Day - Volunteers at PS	Survivor of Suicide Walk for Hope
Connection Support Group	NAMI Ending the Silence Training	Thanksgiving Party at PS
Decriminalization Meeting	NAMI Day at the Capital	Toyota Car Show
Derby Party	NAMI Info ESH New Employee Orientation	Toyota Healthfair
EKU Psychology Class Presentation	NAMI Introductions	Toyota QPR and Suicide Prevention
Family Support Group	NAMI KY Annual Conference	UK College of Psychology Class
Family to Family	NAMI National Convention	UK Depression Screening Day
FMHC Graduation and Potluck	NAMI on Campus Meetings	UK Volunteer Fair
Fusion Volunteers	NAMIWalks	United Methodist Church Presentation
Georgetown Health Fair NAACP	NAMIWalks Kick-Off Event	Valentine's Day Potluck Consumer Event
	Nehemiah Action BUILD Event	Volunteer Orientation
	Neighborhood Event Church at Tatesbrook	Walk for Hope SOS
		Wildcat Wellness
		Young Adult Group Meeting

## 2018 NAMI Event Sponsors

- Aetna
- Amerigroup
- Bluegrass.org
- CareSource
- Communicare
- Cumberland River Behavioral Health
- Landmark Recovery
- Mountain Comprehensive Care Center
- New Beginnings Bluegrass
- NorthKey Community Care
- Optum Services
- Our Lady of Peace
- Passport Health
- Ridge Behavioral Health
- River Valley Behavioral Health
- Top Seed Tennis Club
- Toyota Kentucky
- UK Healthcare

NAMIWalks 2018 was a huge success. Our annual walk has become a meeting place for many of our wonderful Community Partners. This year's walk had a huge turnout and was our most successful walk in many years. Proceeds from the Walk make so many of our most successful programs viable. We would like to thank all of the organizations and individuals who worked together to raise over **\$100,000** for valuable NAMI Lexington programs!

# 2018-Helping by the Numbers



## \$774,918

2018 revenues received from fundraising, grants, service contracts, donations, in-kind donations, memberships and contributions -all going to support the many programs of NAMI Lexington.

## 82



Family to Family Graduates in 2018

## \$2,000,000+

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



## 16

Kentucky Adult Peer Support Specialists on staff.



## 614

Support groups offered in 2018.

## 5

Student Internships with NAMI Lexington in 2017



Number of individuals graduating from Fayette County Mental Health Court

## 20

## 48



Family Support Groups in Lexington!

## \$100,000+



Raised at the 2018 NAMI Walks at Whitaker Bank Ballpark.

## 35-45

People attending Participation Station each day. (871 in October 2018 alone!)



## 1602

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



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

# Wonderful Individuals who Make It Happen!

## 2018 NAMI Lexington Members

Makia Adkins	Tracy Criswell	Clarence Hill	Lisa Miller	Deloris Segress
Sheryl Aines	Melony Cunningham	Lauren Hoff	Kristen Molnar	Sherry Sexton
Cheryl Anness	Janet Doerfler	Russell Hollis	Chawn Morgan	Stacey Smith
Andrea Ard	Kathleen A Farley	Adrain Holloway	Valerie Mudd	Randy Stafford
Ronda Ashcraft	Graham	Sanya Hoskins	Julie Neace	Frankie Stivers
Steven Babcock	Cindy Faulkner	Dietrich Hubbard	Steve Olszewsky	Steve Stone
Emily Bain	Scott Faulkner	Tracy Jacobson	Jane Pappas	Linda Stratford
Michael Beard	Joy Flynn	Judy Johns	Kelly Patierno	Bonnie Tracy
Ann Bishop	Effy Folberg	Michelle Kokich	Judith Piazza	Allan Valentine
Randall Blackburn	Asj Garrett	John Landon	Carroll Price	Jennifer Van Ort
Bobbi Bowen	Linda Garth	Waltr Lane	Allison Ray	Jeramie Ward
Sarah Brumfield	John Gettler	Greg Lavy	Sean Reilley	Doyle Warren
Angela Bybee	Lavada Green	Jackie Lesperance	Dee Reynolds	Kimberly Wilburn
Arneda Carmickle	Terry Green	Shannon Leva	Kirk Reynolds	Rebecca Williams
Catherine Carpenter	Phill & Kelly Gunning	Karen Mauriello	David Riggsby	
Julie Caudill	Robert Hall	Tamara McNabb	Philip Rowe	
Sylvia Coffey	Barbara Harvey	Robert Milde	Kelly Ruff	
Zachary Coomer	Janice Hendrix	Rose Miller	Alisha Salyer	

## 2018 NAMI Lexington Donors

AmazonSmile Foundation	Carolyn Barbera Coffey, Sylvia	Giberson, Ronita	Leva, Shannon	Rudzik, Carrie
Annes, Cheryl	Copley, Gretchen	GiveGab.com	Lykins, Amanda	Schuster, Sheila
Bain, Emily	Dabney, Sara	Grafton, Stacy	Marcie Timmerman	Smith, James
Beebe, Leslie	Danner, Deborah	Greek Ladies	May, Chris	Soto, Michael
Bessler, Martha	Deaton, Jessica	Philoptochos Society	Mullins, Julie	Southworth, Nola
Birdwhistell, Mark and Martha	DeCroo, Jacqueline	Hahn, Sylvia	NAMI Kentucky	Stratford, Linda
BP Foundation	Doerfler, Janet	Hall, Edwin	Network For Good	Tracy, Bonnie c
Brooks, Becky	Doherty, Fiona	Heath, Janie	Noffsinger, Linda	Walton, Theresa
Bruggemann, Ryan	Fieldergroup	Hill, Clarence	Phillips, Judith	Williams, Rebecca
Carmickle, Arneda	Fields, Sabrina	Hollis, Russell	Piazza, Judith	Wilson, Dominique
	Garnett, Charles	Johnson and Johnson	Poosch, Sharon	Woods, Marc
		Kroger Cards	Roundtree, Larry	

## 2018 NAMI Lexington Memorials

In Memory of Ernest Bruce Smith	In Memory of Katherine Wilder
In Memory of Jacob Donahue	In Memory of Lillie Anne Elizabeth Faulk
In Memory of Kevin Stoddard	In Honor of Chris Valentine
In Memory of David "Grumpy" Langley	In Honor of Chrissy Davison
In Memory of Kendall Markesbery	In Memory of Mary Jane Ward