



Annual Report 2019

peoplecount



the numbers tell the story



National Alliance on Mental Illness

nami

Lexington

www.namilex.org



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PEOPLE COUNT

THE NUMBERS TELL THE STORY

NAMI Lexington is honored to be able to offer advocacy, education and support to all individuals who live daily with their lives being touched by some form of mental illness or addiction. We salute and honor them all!





We Know What Counts!

The theme of this year’s annual report, People Count, was born out of a meeting around end of the year reporting cycles. You know, the grant reports, the budget reports, the audit reports, (reports, reports, reports) - all of these very important reports focus on numbers. There are attendance numbers, numbers of program hours, output numbers and outcome measures (numbers, numbers). The team has to report on every dollar (number) - how, why and where it was spent and most of all, was it effective?

The team members realized and mentally gathered around the most important question and determining factor...it didn’t involve how, why and where... but Who. The most important thing to understand and appreciate as this year, 2019, draws to a close is that all the work our numbers represent, every dollar and hour spent, really boil down to the Mission of improving the life experience of every PERSON we encounter, every life, every loved one, every transformative moment.

There is an adage that says, “A journey of a thousand miles begins with a single step” – just one. If you look at our work in terms of enumeration - as it relates to People, every service number represents an important step on that individual’s

journey. Perhaps it was the first step of walking into Participation Station, the first step of walking into a Family to Family class or a Support Group. The first time someone talked to someone they didn’t know before. The first time someone discovered they weren’t alone. The first time someone stepped out of jail, addiction and mental illness and into the new chance, new opportunity of Mental Health Court. These were All great journeys to recovery that began with 1(a number) step. Only 1.

In a tech world where it is so easy to feel anonymous, electronic, digitized and yes, like a number; it is hopefully heartening to folks to be remembered as first and foremost, a Human Being, with a Heart and Soul and Dreams... someone capable of creating a life of their choosing, that is, to them, worth living. NAMI Lexington knows our Mission is about PEOPLE. You can **COUNT** on that.

Peace, Kg

Kelly Gunning



NAMI Programs Working for a Healthy Community

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

Recovery Stories, Inspirational Quotes, Educational Content, and More...

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twitter.com/NAMILexington



Fayette Mental Health Court

The Fayette Mental Health Court celebrates its 5th year in operation this month with the graduation of our 29th successful participant. The team looks forward to seeing 4 more graduate before Christmas break. FMHC celebrates graduations (weather permitting) at the labyrinth of the Life Adventure Center. The labyrinth marks the closure and release of a period of life and welcomes one's entrance into their next journey. The team and participants note how this is very symbolic of the completion of the Mental Health Court program. Graduates have spent months, if not years, working to develop a lifestyle of coping mechanisms, supports, productivity, and sobriety that lets them move



beyond the behaviors and symptoms that led to their interaction with the criminal justice system to their next journey of sustained recovery.

The labyrinth experience isn't limited to just the graduate. All participants and staff are given the opportunity to reflect on their lives with a journey through the labyrinth to the fire in the center, and encouraged to leave some challenge or burden behind in the fire, so they may walk out of the labyrinth with renewed freedom to face the day, weeks, months ahead. Everyone is then invited to reflect on the experience, allowing staff and participants alike to share. This promotes the family feeling of the court and the opportunities for peers to support one another. After the labyrinth experience, the graduate shares their recovery story

to encourage current participants, and all join in a potluck-style meal. The experience brings laughter, tears, "aha moments", but most of all it creates hope of the reality that the program and wellness can be achieved.

This hope is something the FMHC is working to quantify for interested parties. Recently, the program has caught the attention and support of the UK Dept. of Sociology, where professors and students are examining and compiling the data collected to offer summary of the successes, lessons learned, and plans for edits to the program to improve efficacy, services, and capacity in the future.





Participation Station

On December 9th, 2019 Participation Station celebrates its 10 year Anniversary. The program has grown steadily in those years and countless people have found the program to be a critical stop on their journey of recovery. The stories of success are too numerous for this report. But we have found that both the numbers AND the people tell the story!

10

Years
Of
Operation

"I love Participation Station because I've gotten to meet people like me. I have missed that all of my life."

Over

60,000

Visits to the program
since opening

32

Average
Daily
Participants

568

Unique
Individuals
Served
In 2018





Family Programs

This was a very active year for our family programs. We saw unprecedented growth in our programs. We provided 3 Family to Family classes, held 2 monthly Family Support groups, the Young Adult Support Group and weekly NAMI Introductions group. We would like to thank Eastern State Hospital for their continued Support!



Over
100
Participants
in F2F

Over
80
F2F
Graduates

2019 NAMI Lexington Board of Directors

Officers

Dr. Fareesh Kanga, President
Adrain Holloway, Past President
Dr. Cindy Faulkner, Vice President
Frances Howard, Treasurer
Dr. Rebecca Asher, Secretary

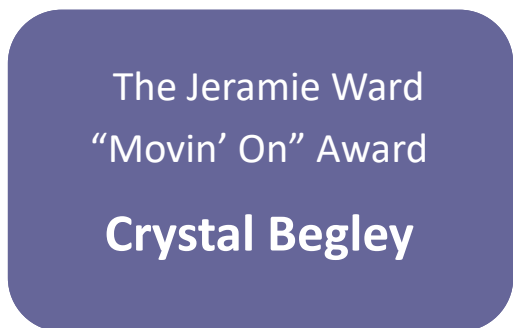
Members-at-Large

Leslie Beebe
Randall Blackburn
Rae Lyn Glover
Barbara Harvey
Jessica Heavrin
John Landon
Dr. Ila Patel
Julie Perry
Dr. Leslie Reed
Steve Stone





2019 NAMI Lexington Award Winners





545

Registered

\$43,042.94

& Counting!

45

Teams



namiWalks

National Alliance on Mental Illness

Wonderful Individuals We Count On!

2019 NAMI Lexington Members

Makia Adkins	Donna Cornett	Terry Green	Rachael Lawson	Philip Rowe
Aleesha Ailiff	Bob Crovo	Phillip Gunning	Mallory Leigh	John Santeramo
Sheryl Aines	Angela Crutcher	Kelly Gunning	Jackie Lesperance	Deloris Segress
Kayla Anderson	Melony Cunningham	Robert Hall	Shannon Leva	Sherry Sexton
Hannah Andrews	Megan Devoto	Kimberly Harriford	Emily Mager	Marian Soule
Cheryl Anness	Joseph Dezarn	Noreen Harris	Kara Marino	John Soule
Ronda Ashcraft	Kristen Dile	Jeanne Harris	Karen Mauriello	Aidan Southworth
Rebecca Asher	Cyndi Dodson	Anita Hartsfield	Shannon McCutcheon	Randy Stafford
Steven Babcock	Janet Doerfler	Barbara Harvey	Emily McDaniel	Steve Stone
Erica Bailey	Marsha Duggins	Jessica Heavrin	Tamara McNabb	Heidi Stone Dodson
Emily Bain	Clint Evans	Clarence Hill	Tiffany Merten	Linda Stratford
Michael Beard	Cindy Faulkner	Morgan Hobbs	Robert Milde	David Susman
Leslie Beebe	Sarah Flannery	Steven Hoeck	Rose Miller	Kayla Thornberry
Mallory Bitterman	Catherine Florence	Lauren Hoff	Christa Moran	Bonnie Tracy
Randall Blackburn	David Fogarty	Alma Holliday	Celli Mowery	Frank Vaiden
Bobbi Bowen	Terra Frakes	Russell Hollis	Valerie Mudd	Allan Valentine
Elsie Brannon-Henderson	Suzanne Fryman	Adrain Holloway	Salama Muzaliwa	Jennifer Van Ort-Hazzard
Sarah Brumfield	Brian Fultz	Jessica Hopper	Richard Owen	Sean Vanhook
Justin Bullock	Renee Gallagher	Frances Howard	Ila Patel	Janice Vranicar
Charles Burdsal	Karen Gardner	John Huang	Kelly Patierno	Jessica Waggoner
Stephanie Byrd	Linda Garth	Tracy Jacobson	Julie Perry	Todd Walton
Dan Calahan	John Gettler	Judy Johns	Judith Piazza	Theresa Walton
Arnedá Carmickle	Jane Gettler	Beth Johnson	Leslie Reed	Jeramie Ward
Catherine Carpenter	Rebecca Giles	Julie Joseph	Sean Reilley	Doyle Warren
Julie Caudill	Taylor Goodlett	Fareesh Kanga	Kirk Reynolds	Magen Welch
Diana Coffey	Casey Graves	Tami Kelder	David Riggsby	Stacey Whitt
Sylvia Coffey	Laura Gray	John Landon	Madalyn Roberts	Rebecca Williams
Zachary Coomer	Lavada Green	Greg Lavy	Alex Robinson	Mary Woolley

2019 NAMI Lexington Donors

AmazonSmile Founda- tion	Desai, Nirmala	Kelty, Eileen	Overman, Sue	Thomas, Stephen
Armstrong, Kenneth	DonateWell	Kroger	Owens, Penny	Thornton, Lisa
Benevity Fund	Duell, Roland	Kruse, Stasia	Patel, Ila	Tipton, Constance
Blue Stallion Brewing Co	Elkind, Samuel	Marshall, Marcie	Perlin, Natalie	Toyota For Good
Butler, Rendell	Gaines, Joan	Mauer, Betty	Ray, Sharmistha	Turner, Judith
Colliver, Carolyn	Gettler, John	MHA of Kentucky	Robinson, Jill	Vijayaraghavan, Sowmya
Crestwood Christian	Gillis, Betty	Myers, Brian	Robinson, Nicole	Wagner, Margaret
Church	Hall, Cherie	Nate's Coffee	Sandler, Dr. Nat	West 6th Street
Hanna, David	Harrod, Doris	Neill, Thomas	Schuman, Elizabeth	Wiese, Angela
Dean Builds	Holliday, Alma	Network For Good	Smith, Nancey	Williams, Rebecca
	KACAP	Noffsinger, Linda	Stodghill, Catherine	Wyatt, Sherri

2019 NAMI Lexington Memorials

On Behalf of Ryan Bruggemann	In Memory of Don Colliver	In Memory of Spencer Whittinghill
In Honor of Bonnie Tracy's Father	In Memory of Kendall Marksberry	In Memory of Theresa Walton
In Honor of Max Perlin	In Memory of Lillie Anne Faulk	