



**nami** | Lexington **35** Years  
Of

Advocacy, Education, & Support

**NO MATTER WHAT**

**YOU ARE NOT ALONE**



# 2020 ANNUAL REPORT

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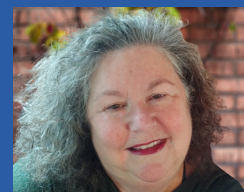
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MENTAL HEALTH MATTERS

# NO MATTER WHAT

SUPPORT, EDUCATION, ADVOCACY



I don't need to tell anyone that 2020 has been an unprecedented, previously unimaginable, experience. What a teacher!! We were called upon to push out all the walls of our comfort zones and were left, many times, to our own imaginations and adaptability standards to decide if and how we were going to survive such a cruel, invisible and unknown opponent – COVID 19.

We work in a mission field where it is very difficult to thrive under the best of conditions, i.e., our folks weren't doing the best before world-wide Pandemic Pandemonium took hold. We were accustomed to the usual battlefield of our systemic failings in treating Serious Mental Illness and Substance Use Disorders – dollars, access, inadequate systems of care, housing, criminal justice issues and poverty, to name a few. We had even become very adept at making gains and achieving successes. This new opponent, this pandemic that launched spin-off pandemics of fear and ramifications that seemed to threaten our very existence - scared the crap out of us. So, what do you do when something scares and horrifies people? You go into soothe and educate and “show up” mode, even when “showing up” means you can't actually, in person “be there”. How were we going to pull that off across our myriad ways of connecting with our people, our programs, our mission?

Necessity is the mother of invention. Thank God someone invented ZOOM! I was always a die-hard believer in in-person everything to do with behavioral health. I was a telehealth skeptic. Well, I learned in quick fashion to ditch my narrow mindedness and EVOLVE. It was time to EMBRACE NEW TOOLS, strap on a new tool belt and RESPOND to the need to REVOLUTIONIZE how we were going to help our Community when we couldn't BE with them. We have the best Team on the planet. During the early days of the COVID Crisis there was no ‘ask’ that proved to be too much, no obstacle we weren't ready to pivot and meet, no way we would leave our people or our mission to suffer in fear, silence and isolation. Within two weeks of shutting down in-person services we were able to launch SUSTAINABLE, VIRTUAL interventions. Everything from operating the office to operating the Mental Health Court to running conferences and awards shows to providing Participation Station educational and support tracks to check-ins with at-risk individuals had been transformed and responded to. Thanks to our timely application for the Paycheck Protection Program (PPP) through the CARES ACT no one was laid -off and no one ever has missed a paycheck or a stipend.

Our Mission at NAMI Lexington has always involved a huge amount of responsibility. All of us have deep personal connection to and experience with Serious Mental Illness and co-occurring life impacts. Each of us take serious ownership of our Mission's outcomes. It has never been ‘just a job’ for anyone who works here. It is a heartfelt, hand-carried responsibility. It is now apparent that we are not only RESPONSIBLE but RESPONSE ABLE- wherever, whenever, whatever that requires. Even in a world-wide pandemic.

**Kelly Gunning, MA**

Director of Advocacy & Public Affairs

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# PROMOTING RECOVERY



Our Mission is the Thing...

Several years ago our organization was taking a good hard look at our Mission Statement. We have a wide range of programs including Advocacy, Education and Support for individuals, family members, friends and providers. At that time, we found that when trying to address exactly what our mission entails, we felt that the existing mission statement was long, wordy and difficult for many of the people we serve to understand. In our efforts to come up with a useful Mission Statement that truly expresses what we are all about!

With that in mind, we began looking at EVERYTHING that we do to identify commonalities. When we did that, the answer seemed simple. Every one of our programs is geared toward promoting recovery for anyone who is touched in any way by behavioral health disorders. All roads lead to Recovery and the journey that entails. All roads lead to Recovery! Our Advocacy programs are there to fight for funding, new programs and, on an individual level, access to services. Our Education programs provide valuable knowledge to both individuals with mental health concerns and those who love them to assist in learning how best to take positive steps in the recovery journey. Our Support programs include direct assistance to those walking this journey through supportive programming such as Participation Station, Fayette Co Mental Health Court, the Warmline, NAMI Introductions and our wide range of support groups for individuals and family members.

It became crystal clear to us that the succinct answer to the question, “What is our Mission?” is really very simple. Our mission is to help people regain their lives the way in which they want to live by Promoting Recovery. Short, sweet, but highly descriptive. So rest assured, whenever NAMI Lexington does ANYTHING, our goal is always Promoting Recovery, NO MATTER WHAT!

# OUR STORY

## ... SO FAR

NAMI Lexington was founded in 1985 to provide education, support and advocacy for persons whose lives are affected by serious mental illness. For 35 years NAMI Lexington has been a front-runner in family education, program development and peer empowerment, collaboration, inclusiveness, diversity, cultural competence, and scope of services. 2020 pushed our team in ways we could have never anticipated, yet we rose to the challenges and proved that with the support of our members and donors we are here for our community...



### Education Classes

Classes for individuals living with mental health conditions that assist them in learning and developing vital skills to enhance their recovery experience as well as classes for families, significant others and friends of people with mental health



### Outreach

Creating partnerships with organizations and community members committed to ending stigma and creating opportunities for individuals with mental health



### Presentations

Presentations that provide a personal perspective of mental health conditions in which individuals with lived experience talk openly about what it's like to have a mental health condition.

Presentations are available for



### Advocacy

Advocating to improve the lives of people affected by mental health conditions by using the power of lived experience to shape how our community supports people with

HERE FOR YOU

# NO MATTER

# WHAT MENTAL HEALTH MATTERS

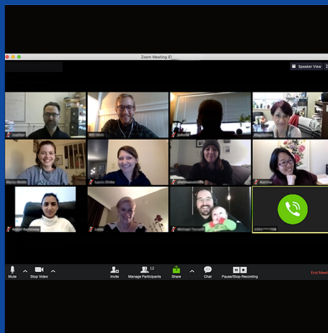
Because of NAMI Lexington, the SMI journey is not a lone one.

Through the power of shared lived experience, recovery is possible.

NAMI Lexington is able to provide the programs and services through the generosity of our NAMI Family.

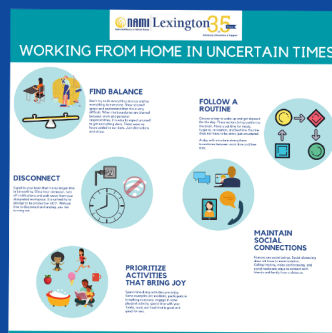
Rising to the challenge, when life sends us hardships, NAMI Lexington will be there, No Matter What. We were able to pivot our services to the virtual realm when the pandemic made in-person services unsafe. We have carried on providing services using technology and we'll continue to adapt to meet the needs of individuals and families impacted by mental health concerns.

## TECHNOLOGY KEEPING US CONNECTED



Participation Station track participants, family member support groups, and our Young Adult group are staying connected and continuing to meet virtually. We have been able to present two sessions of NAMI Signature Programming like NAMI Family to Family virtually as well.

## HELPFUL RESOURCES SHARED FREELY



In response to the State and Nationally declared State of Emergency, NAMI Lexington has been releasing helpful resource infographics to encourage healthy coping in these uncertain times. They can be found on our website at [www.namilexington.org/response](http://www.namilexington.org/response)

## PEERS HELPING EACH OTHER



Since long before the pandemic our Warmline has provided non-crisis emotional and coping support to community members. Warmline operators provide supportive listening, practical coping skills, and share community resource information.

# RISING TO THE CHALLENGE

2020 has been a challenging year. If you're like me, you're trying to move on and look forward to 2021. I even tried putting up my Christmas tree extra early to see if that would make it go faster! I wish it were that easy. Unfortunately, people with mental illness are suffering disproportionately more with COVID, and more people are depressed and anxious than ever. This year has been a harsh reality check for how much our community needs NAMI Lexington.

While I have loved serving with NAMI since my first annual meeting in 2014, I am most proud this year to be part of an organization that does so much to help the mental health of our community, despite a pandemic! In a year when the world literally shut down, within a couple weeks, NAMI Lexington was back, virtually, providing services to the folks who need it most. This team didn't stop. They didn't give up. They quarantine and promote safety in the community, but they always find a way to reach out and keep giving. It is this perseverance and determination that especially moved me in my last year as President of the Board of this tremendous organization.

In the annual report and throughout our annual meeting, you are going to see that determination and perseverance thread their way through everything that NAMI Lexington does. There is no stone unturned or mountain we wouldn't move to make sure the resources that are in place stay that way, and that the resources we still need come to fruition. Even the NAMI Walk continued - of course! - and we attended a beautiful, safe, virtual walk that raised the goal. NAMI Lex won't be daunted. Nope. Instead, when the going gets tough, we'll just remind each other, "roll up your shirt sleeves, friends. We've got work to do." It's why Mayor Gorton considers NAMI Lex an essential service.

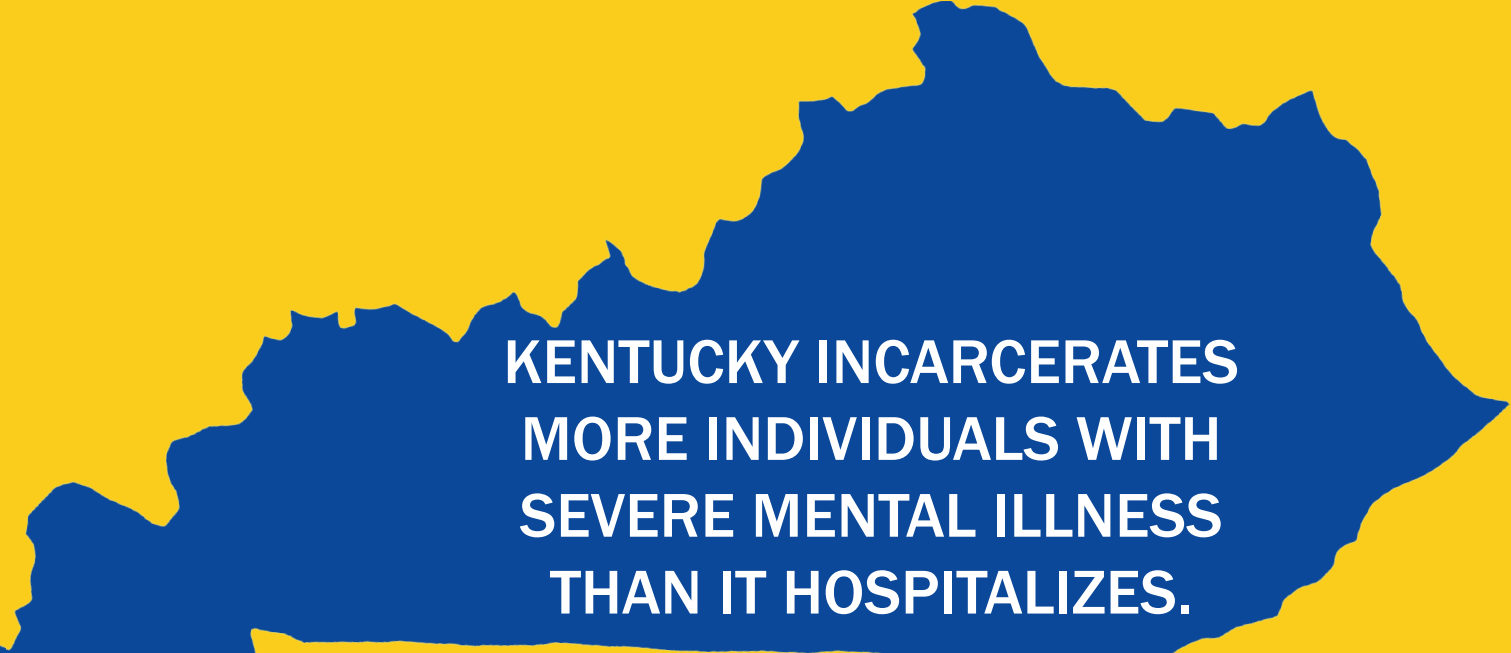
As I reflect on all my years in NAMI Lex, I am so grateful to this group. Working in community psychiatry is not the same as being part of the community. NAMI Lex, you have opened my eyes to our world. You have loved me and one another without condition or judgment in a way that only promotes growth and more love. It has been my honor to be a part of this mission and a true joy to lead the Board of Directors.

Wishing all of you a peaceful fall and an uneventful but bright start to 2021. May 2021 bring the healing our world so deserves. Thank you for all you do to make this world a better place.

Fareesh Hobbs Kanga  
NAMI Lexington Board President

# FAYETTE MENTAL HEALTH COURT

## THERAPEUTIC JURISPRUDENCE



**KENTUCKY INCARCERATES  
MORE INDIVIDUALS WITH  
SEVERE MENTAL ILLNESS  
THAN IT HOSPITALIZES.**

(Source: More Mentally Ill Persons Are in Jails and Prisons Than Hospitals: A Survey of the States, Treatment Advocacy Center, 2010)

**WORKING TO INTERRUPT THE CYCLE OF RECIDIVISM** by wrapping the individual participants in services such as recovery skills training, peer-supported services and treatment services including treatment for co-occurring substance use disorders, while they are being continually supported by the court and the court team.



# FAYETTE MENTAL HEALTH COURT

## Therapeutic Jurisprudence

*“I hesitate even to use words like treatment. I’m more comfortable with management. It seems more appropriate and more privy to an acceptance of circumstance. I don’t confuse acceptance with giving up”*



**96%**

% Remaining  
in Housing at  
Six Months\*



**89%**

% Adhering to  
Treatment at  
Twelve Months\*



**73%**

% Arrest Free  
at  
Twelve Months\*

\* As Of Quarterly Report Submitted September 2020

A global pandemic has not sidelined the Fayette Mental Health Court (FMHC). With the help of technology and a dedicated team, FMHC has transitioned to virtual groups, daily texts, and hybrid court sessions in order to support our participants.

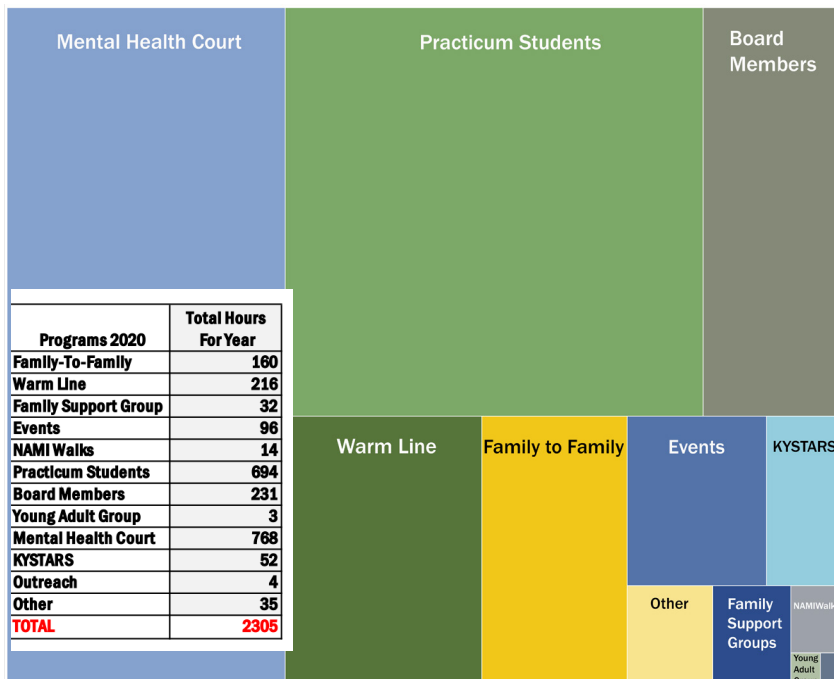
Staff has been hard at work helping participants navigate protocols and new, creative supports and services. We have also been able to host volunteers from the UK School of Social Work as well as UK School of Nursing student observers in order to expose them firsthand to the reality of the struggles and needs of patients. The team reminds these students that the participants are like those they will engage with in their careers. These future professionals, in need of practical experience, have been grateful that we were able to implement pandemic protocols expediently.

Due to the popularity of our model, we have been engaged in educational outreach with probation officers, public defenders, prosecutors, and judges on the process of the MHC and eligibility requirements. Mental Health Court and the program has served over 103 individuals and seen 37 individuals graduate the program and is currently serving 13 participants with several pending referrals. The team continues to work with professors from the University of Kentucky to combine multiple databases into one that speaks to all the elements of recovery and wraparound supports needed to serve individuals with dual diagnoses.

This year we have also launched research on an aftercare program for graduates. Student interns are working alongside staff to interview graduates, research other programs, and poll current clients to establish what would be most useful in serving the graduates of FMHC.



Without our corps of volunteers and the hours they devoted to NAMI Lexington, we would not have been able to continue and provide all of the services we typically provide throughout this tumultuous year. True to our roots as an organization founded and supported by volunteers, we held our own and came out the other side with more programming options to serve our population. Although this year presented a great many challenges, we have prevailed. Thank you NAMI Lexington Volunteers!



**2020  
NAMI LEXINGTON  
BOARD OF DIRECTORS**

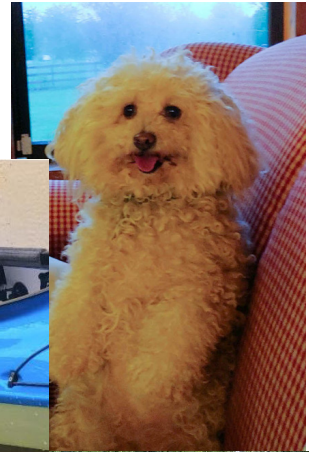
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# NAMI Walks

YOUR WAY

MENTAL HEALTH  
for all



EVEN NAMIWALKS LOOKED DIFFERENT THIS YEAR. NAMI LEXINGTON AND ALL OF OUR SUPPORTERS ROSE TO THE CHALLENGE. WE SPENT THE DAY TOGETHER VIRTUALLY. NAMI LEXINGTON LIVESTREAMED A PROGRAM FULL OF ACTIVITIES AND NAMIWALKS ENERGY. WE HAD SPECIAL GUEST PRESENTATIONS THAT INCLUDED PAINTING, YOGA, AND COOKING. INDIVIDUALS AND FAMILY GROUPS CHOSE ACTIVITIES THAT RESONATED WITH THEM AND PARTICIPATED IN THE NAME OF MENTAL HEALTH AND AWARENESS.



# FAMILY PROGRAMS

In 2020, when Covid restrictions necessitated change, NAMI Lexington transitioned smoothly from in-person to virtual family programs. The January Family-to-Family course began in-person and mid-course went virtual. The June and September eight week courses were offered solely on a virtual platform. Classes were well attended with over 100 participants enrolled. With the assistance of word of mouth, search engines, and social media, attendance is at an all-time high. Family Support Groups meet virtually twice a month and attendance has exceeded previous years.

## TESTIMONIES



### **nami** Family-to-Family

National Alliance on Mental Illness

*“Seeing the common themes makes me realize I am not dealing with this in silo. This is more widespread than I imagined.”*

*“I learned so much not only about my daughter but about my Mom who is now deceased. This information helped me put things in perspective and have more empathy. I now realize I don’t have control over this.”*

*“I learned I need to give myself more grace and be patient with myself and my daughter.”*

*“I feel like a load was taken off my shoulders.”*



### **nami** | Family Support Group

National Alliance on Mental Illness

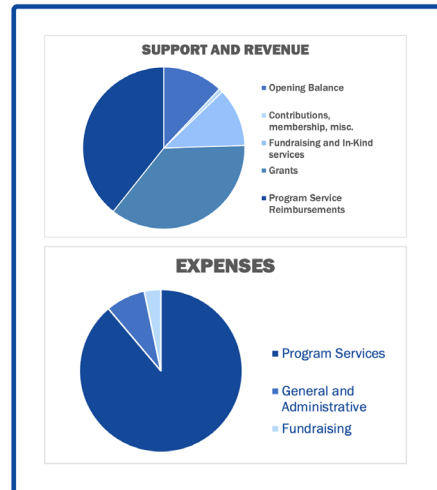
*“The support is a Godsend. I have undergone personal growth and healing from hearing other’s experiences.”*

*“There is good positive energy in this group, and I love the progress I see.”*

# 2020 FINANCIALS



Financials 11/01/2019 - 10/31/2020	
<b>SUPPORT and REVENUE</b>	
Opening Balance	\$117,205
Contributions, membership, misc.	\$8,154
Fundraising and In-Kind services	\$113,928
Grants	\$353,650
Program Service Reimbursements	\$383,845
	<b>\$976,781</b>
<b>EXPENSES</b>	
Program Services	\$642,493
General and Administrative	\$56,850
Fundraising	\$23,778
	<b>\$716,628</b>



***I'm not even going to say the word!*** You know what I'm talking about. It has spawned grief, division, and chaos – yet continues to give us opportunity to grow and recover. We are meeting new and demanding challenges, accessing new technologies, and rapidly accumulating “reps” in the practices of patience and resilience.

The future is the result of how we respond right now. What we do right now sows the seeds for what we can do next. We are creating tomorrow right now. “It” will lose it’s vigor and we will have new challenges, new opportunities to serve, AND we will be empowered with new skills and will have many more tools in our tool-kit.

Hats off to our board, staff, volunteers, community and state partners and stakeholders – all doing such great work - working with their hearts and minds. Collaboration and compassion are the super-heroes of response and for them we are beyond grateful.

We are also thankful for the opportunity to share our Annual Report with 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 and thank you for all you do and for your continued support.

Best Regards,  
Phill Gunning,  
Executive Director

# OUR STRENGTH PEERS

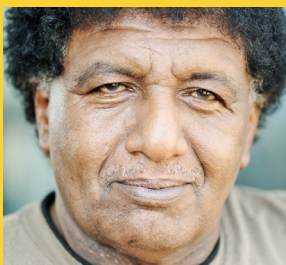


## Pandemic Pandemonium

# The NAMI Lexington Peer Army takes on COVID-19!

This year has certainly been disruptive for everyone. Individuals who have been affected by a behavioral health disorder are particularly at risk for negative effects of the world-wide pandemic. Dealing with heightened anxiety, isolation, limited resources and financial stressors takes its toll on anyone, and if you were already dealing with emotional issues or an addiction, the results can be devastating.

Fortunately, NAMI Lexington's Peer Army went straight to work. With the belief that peer support is the critical missing ingredient in our Behavioral Health System, they knew that many of our program's participants would be at risk during the pandemic. So they immediately went to work to find creative ways to provide our peeps with the supports they need to weather the storm. We will be looking at the wonderful interventions that they have implemented since closing our "in-person" doors on March 15, 2020.



## **PARTICIPATION STATION (PS)**

The first few days of the closure of our largest peer run program do to lockdown were critical. With the assistance of some volunteers, NAMI Peer Specialists began doing socially distanced front yard home visits and distribution of mental health care packages that included journaling paper, adult coloring materials and a stress ball among some other fun items. Seeing some of our most at risk participants in person was reassuring to us all. Within 2 weeks they managed to create a schedule of 2 tracks (groups) per day with the most popular PS Tracks and a support group on Saturday and Sunday. In subsequent months they have added tracks to the schedule and as of November we have completely shifted Participation Station's full complement of tracks to our online Platform. These offerings have been a lifeline for so many of our participants and have been open to anyone who wants to join. We now have PS regulars all over the state!

## **WARMLINE PEER SUPPORT PROGRAM**

We expanded our Warmline program's hours to include the daytime hours when PS would have been open. This provides life-saving support to those folks that either don't have access to online options, or who don't have the skills to navigate to a Zoom group. Big kudos to Arnedo Carmickle and all of our warmline operators for being essential to the ongoing provision of this great telephonic peer support program.

## **EASTERN STATE HOSPITAL PEER TEAM**

As with any hospital, Eastern State Hospital (ESH) is open for business 24-7! And so is our dedicated Peer Support team at the hospital. We have managed to provide virtually uninterrupted service to ESH during the entire pandemic. The hospital has instituted many changes during this time and the ESH Peer Support Team has managed to keep the program running through quarantines,

## **SYSTEM NAVIGATION PROGRAM**

We currently have only one System Navigator (with an open position), but she has done the work of many during this pandemic. While we are all apart, life goes on. Individuals still have needs addressing housing, food, utilities, education, benefits issues, etc. Arnedo has managed to help some of our most at risk participants with these concerns, as well as also being a wonderful technology coach for many. She has been a vital instrument in removing barriers for individuals connecting to our online programming. One of her many achievements was assisting a client, who had been in crisis, transition into supported housing during the COVID surge in the summer.

## **FAYETTE COUNTY MENTAL HEALTH COURT**

Our FMHC program is blessed with a small group of absolutely incredible Peer Support Specialists! They too, shifted effortlessly to an online (ZOOM) platform for some of their programming and provide other services in person in a safe, socially distanced and masked way! You can read more about this incredible program elsewhere in this report.

It is difficult to put into words all of the time, effort and caring support that our NAMI Lexington Peer Army has provided over the course of 2020. They are all heroes and have saved lives just as surely as if they were caring for those who have been stricken with the virus. NAMI Lexington Peers, we salute you!

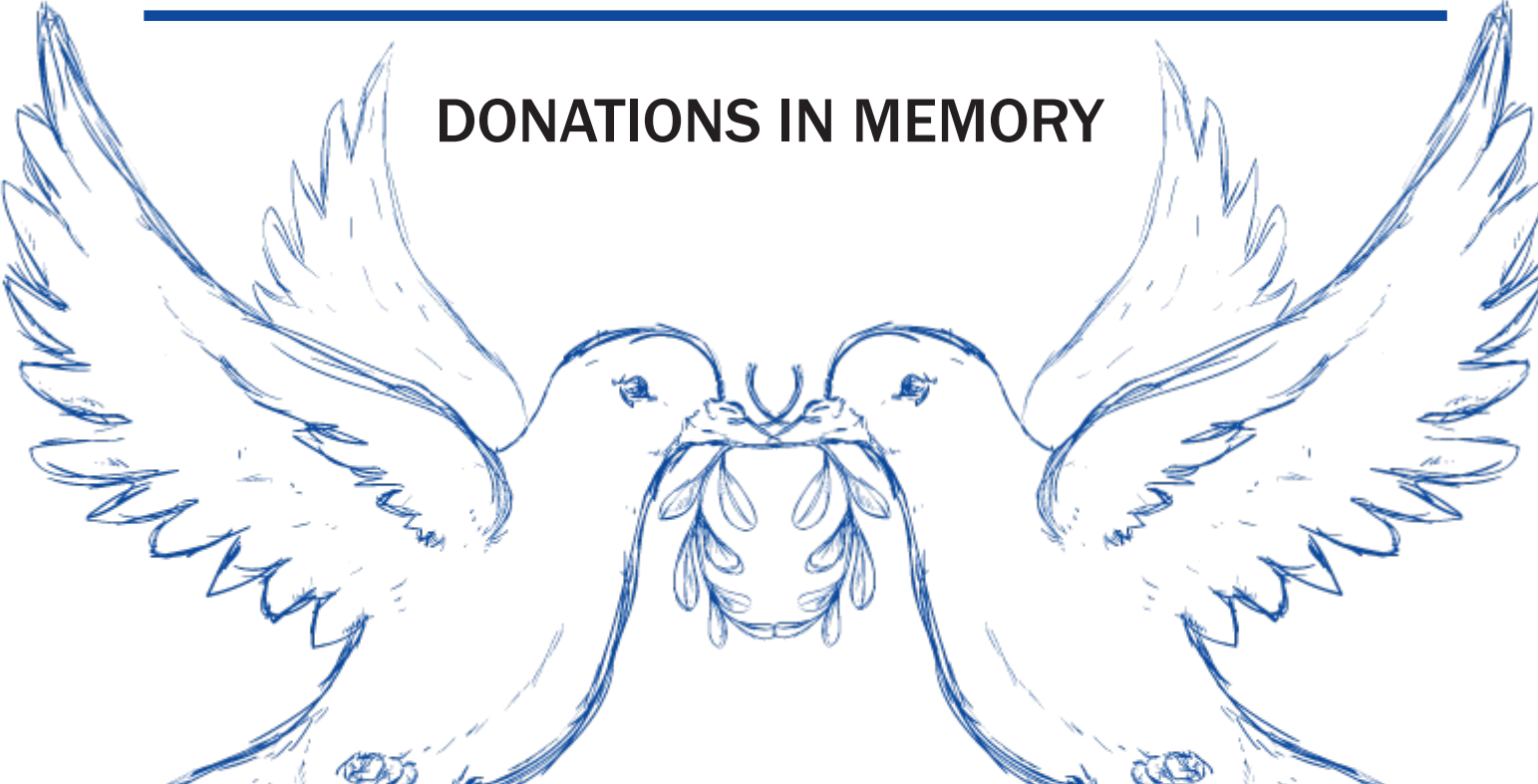
# OUR MEMBERS

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**In Memory of Patty**  
**In Honor of Jade Hollan**  
**In Memory of Zachary Prall**  
**In Memory of Christopher Rabel**  
**In Memory of William Paul Jacobi**  
**In Honor of Shayne McDonough**  
**In Memory of Lillianne Faulk 22nd B-Day**  
**In Memory of Michael Howard Brown**  
**In Memory of Richard Reiss**  
**In Memory of Randall Rock Blackburn**

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*Thank You!*

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AETNA BETTER HEALTH<sup>®</sup> OF KENTUCKY



**TOP SEED**  
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