

NAMI Dane County

annual report 2016



The mission of NAMI Dane County is to support and empower everyone touched by mental illness. We commit to eliminate stigma and nurture recovery through education, support, advocacy, and awareness.

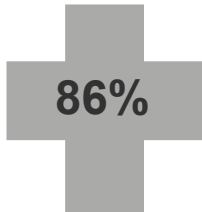


Program Outcomes

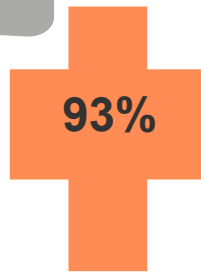
2,747



people who are affected by mental illness received education, support, and advocacy.



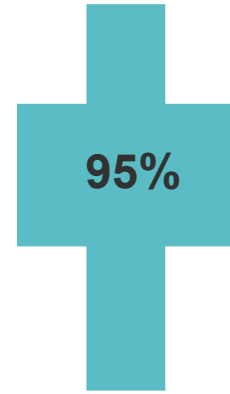
reported improved attitudes towards people with mental illness.



reported improved well-being, self-esteem and overall functioning.



agreed or strongly agreed they are better able to recognize the signs and symptoms of mental illness.



agreed or strongly agreed they are more knowledgeable of the mental health resources available to them and their loved one.

Education: Provide people affected by mental illness with the information they need to better understand mental illness.

920

People Reached

48

Presentations

Education Programs Offered in 2016

Family to Family: Education course for caregivers of adults with mental illness.

Bridging Hearts and Minds: Class which uses mindfulness and yoga to reduce feelings of anxiety/depression.

Ending the Silence: For teens to be able to identify the early warning signs of mental illness and know where to get help.

In Our Own Voice Presentations: Delivered by people living in recovery to the general public.

Verbal De-escalation: Training for the public to successfully de-escalate mental health crises.

Presentations and Forums: To wide-ranging audiences on a variety of mental health topics.

Support: Provide information, referrals, and support on wide-ranging issues to people affected by mental illness.

Support Programs Offered in 2016

NAMI Dane Support Line delivered 73 hours of support to 365 individuals.

NAMI Connection for people living with mental illnesses.

Schizophrenia Anonymous for people living with schizophrenia.

Bipolar/Depression for people living with bipolar/depression.

Women's Depression/Anxiety for women living with depression/anxiety.

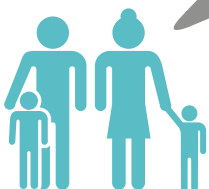
Family Support for caregivers and friends of people with mental illnesses.

2,964

Hours of Support Provided

184

Support Group Meetings Held



"I have improved communication with my loved one, have a better understanding of how to advocate for her, and feel prepared to take care of myself."
-Family to Family participant



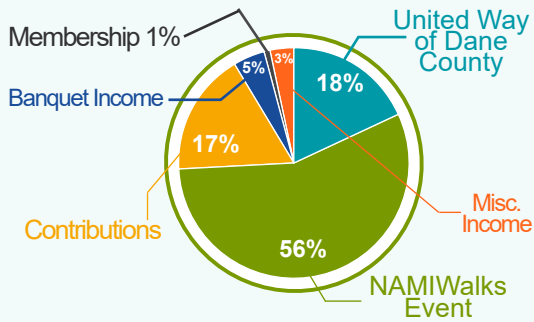
"Thank you so much for your help and for listening to me. I wouldn't have had any idea where to go to get help without your guidance."
-Support line caller



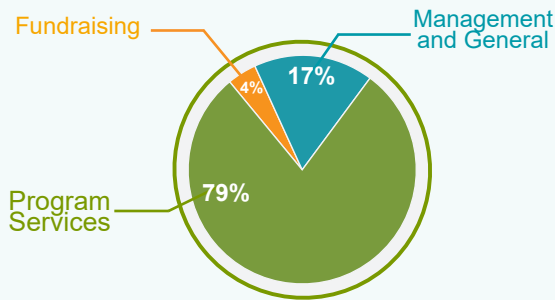
"My eyes have been opened to mental illness and how to cope and better understand everything with it."
-Support group participant

\$.79 cents of every dollar went directly to programming

2016 Income \$293,530



2016 Expenses \$343,691



Help NAMI Dane County Continue to Grow!

Consider a planned gift through a bequest

Become a member

Mail a check or donate online at www.namidanecounty.org/donate

Shop at Amazon.com and designate a percentage of your purchase to NAMI Dane County

Send a check to Madison Community Foundation and designate NAMI Dane's Endowment Fund

Establish a corporate giving program and donate proceeds to NAMI Dane County



Public Awareness

NAMI Dane County promotes public awareness through events and activities to reduce stigma and encourage understanding.

2016 EVENTS

- NAMIWalks Dane County
- Thank You for Your Service documentary screening
- Radio interviews during May Mental Health Month
- Panel discussion on mental health disparities during July Minority Mental Health Month

1,000

Attendees

\$165,000

Raised more than \$165,000

All proceeds went directly to supporting NAMI Dane County education and support programs at no cost to the public.

Crisis Intervention Team/Partners (CIT/CIP)

Training to help law enforcement and corrections officers better understand mental illness and appropriately respond to people experiencing a mental health crisis.

7

Total Trainings

230

Officers Trained



“Learning to recognize the signs, how to best communicate, and what to avoid saying will translate well into most calls for service. Learning more of my county’s services was invaluable.” -NAMI Dane County and University of Wisconsin-Police Department CIT Training, February 2016

NAMI Dane County Staff

Lindsay Wallace, MPA
Executive Director

Kayla Smith
Communications & Development Coordinator

Angie McAlister
Office Manager

Shruti Rajan
Outreach Coordinator

Ava Martinez
Program Coordinator

Becky Genneman-Schroeder
Program Coordinator

Wendy Tay
Evaluation Specialist

Heidi Hastings
WALK Manager

Joey Zawacki
Intern

Board of Directors

- Brett Wilfrid, President
- Brenda Nelson, Vice President
- Sue Petkovsek, Secretary
- David Bolles, Treasurer
- Corinda Rainey-Moore
- John Vander Meer
- Kristen Brey
- Ben Van Pelt
- Ron Diamond, M.D.
- Kristen Esbensen
- Donna Ulteig
- Scott Strong
- Jenna Suleski