

2019 Annual Report

Mission:

Through our education, advocacy, support, leadership and customer-centered services, we will improve the quality of life of persons experiencing mental illness and that of their families, caregivers and friends.

Number/Areas Served

- Counties served include St. Louis City, Counties of St. Louis, St. Charles, Jefferson, Franklin, Lincoln, and Warren.
- A total of **1,253** individuals from 7 counties were **directly** served by NAMI St. Louis in 2019.
- A total of **22,325** individuals from 7 counties were **indirectly** served by NAMI St. Louis in 2019.

Definitions of Direct/Indirect:

Direct: *These clients receive extensive or long term services in small groups or one-on-one. Intake records or other reliable methods of collecting information on these clients are maintained. These clients are always un-duplicated.*

Indirect: *Service is provided through phone contact or literature distribution. Demographic information is typically difficult or improper to collect.*

Programs and Services

FAMILY SUPPORT & EDUCATION

Total Directly Served: 533

Total Indirectly Served: 718

NAMI Basics is a six week, 2.5 hours per week, educational program for parents and caregivers of children and adolescents living with mental illness. It covers the fundamentals of caring for yourself, for your family and for your child. Information and resources are provided at no cost to the participant. 43 individuals participated in the NAMI Basics program in 2019. *Participant Feedback: "We have learned to communicate better with our son instead of talking to him about it using the verbiage we learned. And now know it's pretty spot on knowing he has depression."*

Family-to-Family is a twelve week, 2.5 hours per week, educational program for families, caregivers and friends of individuals living with mental illness. Information and resources are provided at no cost to the participants. This program is designed for loved ones (over age 18) of individuals living with mental illness. 186 individuals participated in the Family-to-Family program in 2019. *Participant Feedback: "Thank you so much for providing such a supportive program. It's so helpful to know you are not alone in this journey. The [guest speaker] didn't think they would ever get out of the impact of mental illness and now functioning well. What a message of hope!"*

Family and Friends is a 90-minute seminar that informs and supports people who have a loved one with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparedness and NAMI St. Louis resources. Seminar leaders have personal experience with mental health conditions in their families.

HELPLine offers information, resources and referrals related to housing, treatment, entitlements, vocational programs, legal and estate planning, as well as medication and treatment. 712 individuals were assisted through the HELPLine in 2019.

NAMI Support Groups offer a set of key structures and group processes for facilitators to use in common support group scenarios. These structures come with clear guidelines to follow; used together, they encourage full group participation in support group meetings. The structure of the model feels comfortable for both seasoned and less experienced facilitators because they guide the support group along in every situation. Support Groups typically meet once per month. NAMI St. Louis started the **Finding Help and Hope: Supporting Loves Ones Fighting Suicide** support groups in two locations this year. 290 individuals, including individuals living with mental health conditions participated in NAMI Support Groups in 2019.

Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential. 19 individuals participated in the Peer-to-Peer program in 2019. *Participant Feedback: "We were watching a video and a lady with depression said it felt like she had cement blocks attached to her feet. That's exactly how I feel. Made me tear up."*

PUBLIC & PROFESSIONAL EDUCATION

Total Directly Served: 715

Total Indirectly Served: 21,607

Newsletter: Circulation of 5,186 every quarter. Discusses issues in mental health, provides the latest in research, highlights new medications, offers helpful coping tips, and covers what's happening at NAMI St. Louis. In 2019, a total of 1 newsletter was mailed to 5,186 individuals. Moving forward, NAMI St. Louis will be transitioning to an electronic newsletter.

Crisis Intervention Team (CIT) Police Training Program: NAMI St. Louis managed the activities of four St. Louis-area CIT Programs. These programs are broad-based collaborations of our various law enforcement agencies with a wide range of community organizations, including hospital emergency room and inpatient facilities, providers of community-based mental health and substance abuse treatment and support services, crisis hotlines, advocacy organizations and individuals, the Missouri Departments of Mental Health and Health and Senior Services, universities, and others. CIT provides our law enforcement professionals specialized training and community support, to help improve the quality of their interventions with persons experiencing a mental illness crisis, and to expand law enforcement options for follow-up care for these individuals, so the ones in crisis may receive appropriate treatment for their illnesses and not be incarcerated. In 2019, within the seven counties served by NAMI St. Louis, 468 law enforcement officers were trained in the basic 40-hour *CIT Training Course*. Furthermore, 247 officers who had received the 40-hour basic *CIT Training Course* received

additional training in various mental health education topics through a series of 8-hour *CIT Officer Advanced In-Service Education Classes*, through a 24-hour (3-day) specialized training course on law enforcement response to children and adolescents in mental health crisis, and through another 24-hour (3-day) training course on mental health concerns of returning combat veterans. It is conservatively estimated that CIT Officers responded to more than 2,000 St. Louis area incidents during 2019 involving individuals experiencing a mental health crisis. *Participant Feedback: "The knowledge associate with the topics. Having different guest speakers was fantastic. They provided personal insight and knowledge to mental illness and situations associated with mental illness."*

NAMI Speakers Bureau provides speakers at special meetings and events in the St Louis metropolitan area. Most of the speakers are NAMI volunteers who are knowledgeable about mental illness and the organization's programs and services. 1,336 individuals attended Speakers Bureau presentations in 2019. *Participant Feedback: "The realization that sometimes it doesn't matter how well you know someone. You can always speak up and ask if someone is okay."*

2nd Thursday Brown Bag Lunch Series is held the 2nd Thursday of each month. It is a one-hour program with varying mental health related topics, open to the public and provided at no cost to the participant. 51 individuals participated in the NAMI 2nd Thursday presentations in 2019. *Participant Feedback: "Very positive, uplifting event."*

In Our Own Voice (IOOV) unmask mental illness, using speaker's stories to illustrate the individual realities of living with mental illness. You can gain a better understanding of what it is like to live with mental illness and stay in recovery. The presentation is typically 60-90 minutes long, is open to the public, and provided at no cost to the participant. 865 individuals participated in the In Our Own Voice program in 2019. *Participant Feedback: "The presenter's [story] gave me real hope for the first time since my daughter has displayed symptoms."*

Health Fairs: NAMI St. Louis participated in 46 health fairs, providing information to 4,298 people in 2019.

Ending the Silence is a presentation designed for middle and high school students, school staff, and parents or guardians of middle or high school aged youth. Audiences learn about the signs and symptoms of mental health conditions, how to recognize the early warning signs and the importance of acknowledging those warning signs. 5,501 students, 475 staff, and 112 family members participated in the Ending the Silence Program in 2019. *Participant Feedback: "The personal story telling. The openness [of the presenters] made it feel more real, trustworthy and safe." And, "The video clips were really good (I'm hoping to find them online to share). Personal details, especially testimony at the end, really brought it home."*

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Program Coordinator – Ending the Silence

Outreach Specialist

Outreach Specialist

Financial Data

(2018 Audited Data on Accrual Basis)

In US Dollars

Statement of Activities

Support and Revenue	
Contributions	247,408
Other foundation and Gov. Support	273,139
Memberships	4,698
Special Events	195,715
Net gain/loss on investments	(34,238)
Net gain/loss on disposed equipment	
Interest and dividend income	18,505
Miscellaneous Income	16,779
Total Support & Revenue	777,152
Expenses	
Program Services	488,609
General & Administrative	53,547
Development & Fundraising	66,855
Total Expenses	569,001
Increase (Decrease) in Net Assets	208,141
Net Assets, Beginning of Year	415,187
Net Assets, End of Year	623,328

Statement of Financial Position

General Assets:	
Cash & Cash Equivalent	396,595
Short-term investments	277,578
Receivables	5,260
Promise to give	104,803
Net office equipment	6,939
Security deposit	2,955
Total Current Assets	794,130

Liabilities and Net Assets

Current Liabilities:	
Accounts Payable & Accrued Expenses	3,058
Payroll Liability	299
Total Current Liabilities	3,357
Net Assets:	
Unrestricted net assets	623,328
Temporarily restricted net assets	167,445
Permanently restricted net assets	-
Total Net Assets	790,773
Total Liabilities & Net Assets	794,130