2021 Annual Report

Mission:
NAMI St. Louis provides education, advocacy, and support essential to the recovery, resilience, and well-being of all who have mental health needs and for their families, caregivers, and the community.

Number/Areas Served
- Counties served include St. Louis City, Counties of St. Louis, St. Charles, Jefferson, Franklin, Lincoln, and Warren.
- In 2021, a total of 1,545 individuals from 7 counties were directly served by NAMI St. Louis.
- In 2021, a total of 26,407 individuals from 7 counties were indirectly served by NAMI St. Louis.

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 EDUCATION

Total Directly Served: 116

Family-to-Family is an eight 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.

105 individuals participated in the Family-to-Family program in 2021.
- F2F Participant Feedback: “I appreciate both of the leaders giving us real life experiences and offering constructive ways of dealing with mental health issues.”

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.

In 2021, 11 individuals participated in the NAMI Basics program.
- Basics Participant Feedback: “I looked forward to our class every week. The support of the leaders and other parent was the most helpful part if the class, although I learned a lot from the materials as well.”
SUPPORT GROUPS

Total Directly Served: 857

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 in person however due to the COVID-19 pandemic support groups were offered virtually at least two times a month.

In 2021, 772 individuals, including individuals living with mental health conditions and family/friends participated in NAMI Support Groups.

- **Connection Support Group Participant Feedback:** “Because of this group I have learned to prioritize my health and choose healthy coping mechanisms.”
- **The Connect Support Group Participant Feedback:** “I feel so comfortable in this group. I let me know that I am not alone and that there are other Black men who care about me because of my mental illness, not in spite of it.”
- **Family Support Group Participant Feedback:** “It was very affirming to meet other people with loved ones suffering from mental illness. My loved one with a mental illness suggest I attend.”

ENDING THE SILENCE (ETS)

Total Indirectly Served: 5,738

Ending the Silence is a presentation designed for middle and high school aged youth, school/community staff, and parents/caregivers. 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.

In 2021, 5,346 students, 171 staff, and 221 family members participated in the Ending the Silence Program.

- **ETS Student Participant Feedback:** “I liked knowing the warning signs and them also saying we are not alone.”
- **ETS Family Participant Feedback:** “I appreciated the young person’s inspiring story and the presenter helping me understand this stage of mental health and what to look for.”
- **ETS Staff Participant Feedback:** “I love the openness of the presenters, resources provided.”

CRISIS INTERVENTION TEAM (CIT)

Total Directly Served: 572

Crisis Intervention Team (CIT) Police Training Program: NAMI St. Louis manages 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 2021, within the seven counties served by NAMI St. Louis, 377 law enforcement officers were trained in the basic 40-hour CIT Training Course. Furthermore, 195 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 2021 involving individuals experiencing a mental health crisis.

- **CIT Participant Feedback:** “I believe CIT training is among the most useful training LEO's receive. Instructors are knowledgeable and helpful.”

**COMMUNITY ENGAGEMENT & ADVOCACY**

**Total Indirectly Served: 26,407**

**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.

In 2021, 11 individuals participated in this program.

- **Participant Feedback:** “The entire presentation was very helpful. I like how the presenter incorporated personal experience to help me better understand mental health.”

**Wellness 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.

In 2021, 51 individuals participated in the NAMI St. Louis Wellness Series presentations.

- **Wellness Series Participant Feedback:** “Hearing from so many different people in the community helped shed light on a subject and perspectives that I would otherwise not have had the chance to hear and learn from.”

**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.
In 2021, 505 individuals participated in the In Our Own Voice program.

- **Participant Feedback**: “The best part of this presentation is the fact that presenter was so open and willing to discuss his past and honest about his setbacks. I really like that he also commented on what helped him in his time of need.”

**General Mental Health Presentations** are 30-90-minute customizable, informational presentations about specific mental health diagnoses or topics, as well as skills that one can use if experiencing symptoms.

In 2021, 1,058 individuals participated in the General Mental Health Presentations program.

- **Participant Feedback**: “Some of the strategies and resources that the presenter provided on how we can support those who might be struggling with mental health issues. She gave us compassionate and concrete examples of things to say. She also presented the things people might be struggling with in a way that helped me better understand their perspectives and what might and might not be helpful.”

**HELPLine** offers information, resources and referrals related to housing, treatment, entitlements, vocational programs, legal and estate planning, as well as medication and treatment.

In 2021, 1,014 individuals were assisted through the HELPLine.

- **HELPLine Caller**: “You are the first one to pick up the phone. You are the first person that will listen to me and understands what I am going through with my brother who is homeless and mentally ill. Thank you for all you do!”

**Health Fairs**: NAMI St. Louis participated in 8 health fairs, providing information to 875 people in 2021.

**Newsletter**: Circulation of 5,051 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 2021, a total of 4 newsletters were sent electronically and by mail to 5,051 individuals on the mailing list. This does not include individuals who view it on our website or are forwarded the e-newsletter by those who receive it.

**Social Media**: NAMI St. Louis utilizes 5 social media platforms, which include: Facebook, Instagram, Twitter, LinkedIn and Youtube.

In 2021, 11,943 people followed and liked NAMI St. Louis across our social media platforms.
2021 Board of Directors

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Vice President

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Second Vice President

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Secretary

Brian Feldman
Assistant Secretary

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Candace Hamell, BJC Behavioral Health
Mia Howard, The Opportunity Trust
Robert Huekler, Deloitte
John Marcus, Retired
Justin Olsen, SSM Health Cardinal Glennon
John Orbe, Emerson Electric
Doug Paul, US Bank
Rebecca Rutherford,
Dr. Christina Simon, BJC Behavioral Health
Melanie Tobin, Stl Diaper Bank
Thomas White, White Company
Leslie Whitlock, Panera
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Heather Richardson  Director of Development
Angela Berra, LMSW, MA  Director of Programs
Kyle Dooley  Director of Crisis Intervention Team Programs
Jessie Brown  Program Coordinator – Ending the Silence
Lizette Hill  Data Coordinator
Arielle Cole  Program Specialist
## Financial Data

### (2020 Audited Data on Accrual Basis)

### In US Dollars

#### Statement of Activities

<table>
<thead>
<tr>
<th>Support and Revenue</th>
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<tbody>
<tr>
<td>Contributions</td>
<td>$285,067</td>
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<tr>
<td>Other foundation and Gov. Support</td>
<td>$347,704</td>
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<td>Memberships</td>
<td>$3,284</td>
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<td>Special Events</td>
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<td>Net gain/loss on investments</td>
<td>$28,181</td>
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<tr>
<td>Interest and dividend income</td>
<td>$13,293</td>
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<td>Miscellaneous Income</td>
<td>$12,934</td>
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**Total Support & Revenue** $712,602

<table>
<thead>
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<th>Expenses</th>
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<tr>
<td>Program Services</td>
<td>$461,784</td>
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<tr>
<td>General &amp; Administrative</td>
<td>$68,284</td>
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<tr>
<td>Development &amp; Fundraising</td>
<td>$67,871</td>
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**Total Expenses** $597,939

**Increase (Decrease) in Net Assets** $114,663

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<th>Net Assets, Beginning of Year</th>
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<tr>
<td>$877,340</td>
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<table>
<thead>
<tr>
<th>Net Assets, End of Year</th>
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<td>$992,003</td>
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#### Statement of Financial Position

**General Assets:**

- Cash & Cash Equivalent $774,453
- Short-term investments $402,894
- Receivables $15,474
- Promise to give $85,000
- Prepaid expenses $20,854
- Net office equipment $4,960
- Security deposit $2,955

**Total Current Assets** $1,306,590

#### Liabilities and Net Assets

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<th>Current Liabilities</th>
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<td>Accounts Payable &amp; Accrued Expenses</td>
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<td>Payroll Liability</td>
<td>$5,801</td>
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<td>SBA Cares Loan</td>
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<td>Deferred Revenue</td>
<td>$10,000</td>
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**Total Current Liabilities:** $98,291

**Net Assets:**

- Unrestricted net assets $992,003
- Temporarily restricted net assets $216,296
- Permanently restricted net assets $0
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<th>Description</th>
<th>Amount</th>
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<tr>
<td>Total Liabilities &amp; Net Assets</td>
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