



ANNUAL REPORT 2011-2012



NAMI California is a grass roots organization of families and individuals whose lives have been affected by serious mental illness.

We advocate for lives of quality and respect, without discrimination and stigma for all our constituents.

We provide leadership in advocacy, legislation, policy development, education and support throughout California.

NAMI California is “The State’s Voice on Mental Illness.”

We are committed to improving the lives of California citizens living with serious mental illness and their families, and we are committed to supporting our affiliates as well as our hundreds of volunteers.

NAMI California has 67 active affiliates throughout the state of California. Each of our affiliates has different needs based on size, location and availability of community resources. The affiliates hold regular meetings, offer a variety of education and support programs from families and consumers, and provide various types of community education in order to appropriately support them.

NAMI California offers a range of programs and services that every affiliate may elect to provide at the local level. Our organization is also very active in seeking funding to make all programs available to every affiliate. Our grants and member donations provide the following programs and resources:

- Basics Training
- Family to Family Training
- Peer to Peer Training
- In Our Own Voice Training
- Parents and Teachers as Allies Training
- Ending the Silence Training
- Family Support Group Training
- Connection Program Training
- Legislative Advocacy
- NAMI California Website in five languages for minority community outreach
- Annual Conference
- Criminal Justice Community Collaborative Project
- Monthly Electronic Newsletter
- Information and Referrals to Resources
- Working Well Together Technical Assistance

NAMI CALIFORNIA HISTORY

The organization that we know today as NAMI California is the result of the efforts of a few courageous parent leaders, many families and thousands of individuals, friends and professionals that worked diligently in the 1970's and 1980's to give birth to an organization that would completely change the way we view mental illness. During that time families dreamed of the day when a child with schizophrenia would be treated no differently than a child with another chronic illness like leukemia or mental retardation. They hoped for a time when mental illness could be discussed openly and their ill children and family members could be properly cared for in their own communities. We take this for granted today. Accomplishing these simple goals, however, was not easy.

It all began at a meeting of nine Northern California parent groups in Oakland, California on October 22, in 1977. The meeting was organized by three parents: Tony Hoffman, Fran Hoffman, and Eve Oliphant. These three founded and led the organization from the late 70's into the 1980's. They were joined by many other families, parent-leaders, consumers and supporters over the years. Together, they started an organization that turned into a national movement to inform and educate the country about mental illness and advocate for the rights and care of mentally ill family members. It is an organization that helped changed the way we think, treat, and care for mental illness forever.

LETTER FROM OUR BOARD PRESIDENT

Dear NAMI California Members and Colleagues,

The National Alliance on Mental Illness (NAMI) is a large family consisting of our national headquarters, 52 state organizations, 1,200 affiliates, and over 100,000 members. NAMI California is proud to be known as the largest state organization in the nation. In 2012, we received the NAMI State Organization of the Year award and were one of the first State Organizations to become chartered under the new NAMI Standards of Excellence campaign.

NAMI California works hard to support our 67 affiliates and over 19,000 members. We know that our work at the state level is an important part of expanding services and educational programs to families, consumers, service providers, and government partners throughout California.

This year was a big year for mental health in our state. Legislators lobbied to secure and improve funding for mental health services. County partners continue to work on statewide initiatives by strengthening and evaluating the CalMHSA (Mental Health Services Act) funding and expanding services to underserved communities. Furthermore, local NAMI California affiliates greatly expanded their outreach by providing more services and programs than ever before. Through these efforts, and the efforts of other state organizations nationwide, NAMI continues to establish itself as the largest non-profit grassroots organization consisting of families and consumers advocating for persons living with mental illness.

During fiscal year 2011-2012, NAMI California expanded its advocacy, support, and outreach through projects such as:

Legislation: We reviewed 24 assembly bills, 11 senate bills, and authored 8 position papers.

MHSA Programs Report: We created a compilation of all county funded Mental Health Services Act (MHSA) Programs and provided copies of the report to each of our affiliates and their County Mental Health Directors. It was so well received that we received additional funds to update the report annually.

NAMI California Advocacy Network (NAMI CAN!): We provided weekly newsletters, monthly conference calls, and legislative outreach.

Peer & Family Support/Educational Programs: We trained 330 mentors/teachers in Peer to Peer, Connections, Family to Family, and Basics programs.

Stigma & Discrimination Reduction Programs: We trained 414 presenters in IOOV (In Our Own Voice), Parents and Teachers as Allies, and Ending the Silence.

State & Regional Meetings: We hosted our annual conference and five regional meetings.

Community Outreach: We sponsored NAMI California advertisements (trailer wraps) on Orange County buses, paid for Public Service Announcements, and collaborated with the University of Davis to host our first annual NAMI Bikes event.

As a fiscally sound organization, we take great pride in the work that we do, and we remain committed to our mission and the fight to reduce stigma and expand mental health services. As our nation and state endeavors to implement the historic health care parity and health care reform acts, we face many new challenges. NAMI California will continue to engage our legislators, government leaders, and policy makers to ensure mental health remains an essential health benefit for all people.

Locally, we still face many obstacles in ensuring that counties are being all inclusive in collecting feedback from our members and many communities have yet to receive the support and services NAMI California affiliates can provide. But we are strong and we are survivors, and we are driven to move our mission forward. With such dedicated affiliate leaders and volunteer members, NAMI California believes our greatest work is yet to come.

On behalf of the Board of Directors and our Employee Partners, we thank you for your ongoing support and dedicated service to those living with a mental illness.



Dorothy Hendrickson

Dorothy Hendrickson
President, Board of Directors
NAMI California



Jessica Cruz

Jessica Cruz
Executive Director,
NAMI California

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MISSION & VISION

MISSION

NAMI California is a grass roots organization of families and individuals whose lives have been affected by serious mental illness. We advocate for lives of quality and respect, without discrimination and stigma, for all our constituents. We provide leadership in advocacy, legislation, policy development, education and support throughout California.

VISION

NAMI California works to provide help, hope and healing for those affected by serious mental illness.

PURPOSE

NAMI California is dedicated to the strengthening of local grass roots organizations. We provide updated information and support to local affiliates and are here to help organize new affiliates. NAMI California speaks with the voice of 66 local affiliates with 16,500 people to the California Legislature and Governor on mental illness issues. NAMI California educates families, professionals and the public about the recent explosion of scientific evidence that shows serious mental illnesses are neurobiological brain disorders. NAMI California works to provide a strong, coherent system that offers a continuum of care for the persistent, long-term needs of people with mental illness. NAMI California advocates for increased research to uncover causes and new, effective treatments. NAMI California strives to eradicate stigma.

NAMI CALIFORNIA BOARD OF DIRECTORS

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NAMI CALIFORNIA PROGRAMS

IN OUR OWN VOICE is a unique public education program in which two trained speakers share compelling personal stories about living with mental illness and achieving recovery. IOOV presentations are given to peer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates and civic groups as well as the general public. These presentations offer insight into the hope and recovery possible for people living with mental illness.

PARENTS AND TEACHERS AS ALLIES is a free, one to two hour in service program that focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents. Participants learn how to best intervene so that youth with mental health treatment needs are linked with services. It also presents the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

ENDING THE SILENCE is a free, 50 minute presentation designed to give students an opportunity to learn about mental illness through an informative PowerPoint and short videos. Through the presentation students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support. Additionally, the presentation includes personal testimony from a young adult living with a mental health condition about his/her journey to recovery.

The below table illustrates the presentation and training data in California for each of the three stigma-reduction presentation programs for the 2011-2012 fiscal year:

NAMI Signature Stigma Reduction Presentations	In Our Own Voice	Parents & Teachers As Allies	Ending the Silence	Total
Presentations	417	—	—	417
Participants	9,032	—	—	9,032
Presenter Trainings	11	7	11	29
New Presenters	167	110	137	414
Trainer Trainings	1	1	1	3
New State Trainers	9	19	21	49

NAMI CALIFORNIA PROGRAMS

NAMI BASICS is a free, 6-week, peer-directed education program developed specifically for parents and other family caregivers of children and adolescents who have either been diagnosed with serious mental illness/serious emotional disturbance or are experiencing symptoms but have not yet been diagnosed.

FAMILY TO FAMILY is a free, 12-week course for families, partners and friends of individuals with serious mental illness taught by more than 3,500 trained NAMI family members and caregivers of individuals living with mental illness. The course addresses the emotional responses families have to the reality of mental illness: Many family members describe their experience in the program as life-changing. It is also an evidence-based program. The Spanish version is called De Familia a Familia.

PEER TO PEER is a free, 10-week, peer-led, recovery education course open to any person with serious mental illness. Peer to Peer emphasizes recovery from mental illness as a feasible, supportable goal and challenges the stigma often wrongly associated with mental illness.

The table below illustrates the class and training data in California for each of the three education course programs for the 2011-2012 fiscal year:

NAMI Signature Education Courses	NAMI Basics	Family-to-Family	Peer-to-Peer	Total
Classes	9	140	32	181
Graduates	72	2,328	271	2,671
State-Funded Trainings	1	9	3	13
New Teachers/Mentors	19	149	47	215
Training of Trainers	1	—	—	1
New State Trainers	15	5	—	20

NAMI CALIFORNIA PROGRAMS

NAMI FAMILY SUPPORT GROUP PROGRAM

is a free, monthly meeting of family and loved ones of individuals with mental illness where family members can talk frankly about their challenges and help one another through their wisdom gained by experience and self-education. These meetings are facilitated by trained NAMI members in affiliates across the country, and participants are encouraged to share actively in the work of the group.

The table below illustrates the support group and training data in California for both support group programs for the 2011-2012 fiscal year:

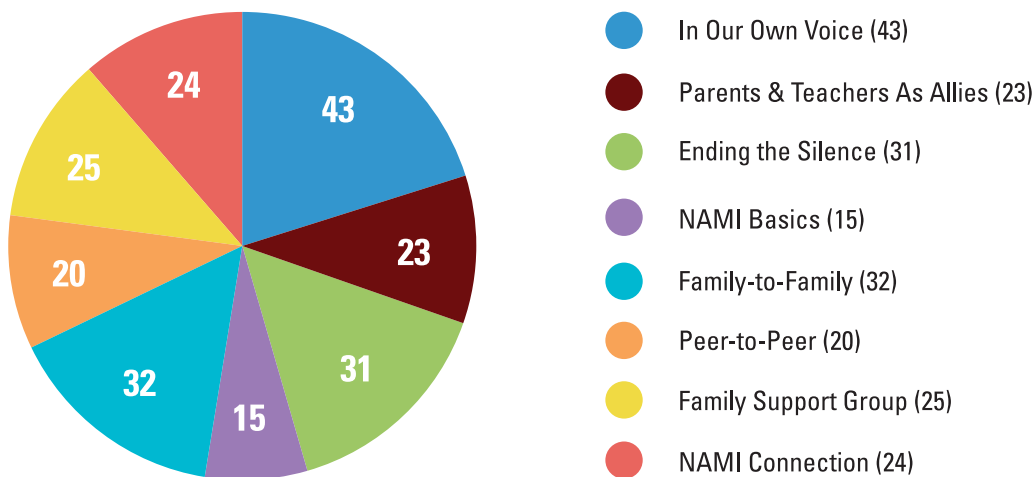
NAMI CONNECTION is a free, weekly 90 minute recovery support group for people living with mental illness where people learn from one another's experience, share coping strategies, and offer mutual encouragement and understanding. The groups provide an ongoing opportunity to discuss the challenges of living with mental illness and the techniques for maintaining wellness. All groups are facilitated by peers living in recovery.

A total of 49 state-funded trainings were conducted during the 2011-2012 fiscal year which many affiliates throughout the state participated in.

NAMI Signature Support Groups*	Family Support Group	Connection	Total
Support Groups	273	15	288
Participants	2,699	143	2,842
State-Funded Trainings	4	2	6
New Facilitators	66	49	115
Training of Trainers	—	—	—
New State Trainers	1	—	1

*Data reported online by affiliate coordinators and presenters directly to NAMI. Data reflects reported classes and support groups and may differ from actual classes and support groups conducted.

The pie chart below compares the number of affiliates receiving training for each program:



NAMI CALIFORNIA ANNUAL CONFERENCE

NAMI California hosted its 2012 Annual Conference in Irvine, California, on August 17th and 18th with the theme “All of Us Together, Advocacy in Action”. Both the Affiliate Leadership Institute, held on the August 16th, and the 2012 NAMI California Conference were extremely successful. The Affiliate Leadership Institute featured presentations on Advocacy in Action, Multicultural Inclusion, and Ask NAMI California’s Board. Following the Institute various forums were offered on:

- F2F Training Update
- Multicultural Inclusion
- Criminal Justice
- Veteran’s Issues
- NAMI CAN!

On Friday, August 17th, 2012, the day started out with our keynote speaker Keris Jän Myrick, M.B.A., M.S, Ph.D., President and CEO of Project Return Peer Support and newly elected President of National Alliance on Mental Illness. Ms. Myrick spoke about her own personal journey. Following the keynote speaker was our special guest Mike Fitzpatrick, NAMI National’s Executive Director. Our third speaker was Elizabeth Thomas, who spoke about Molecular Biology Research. Wrapping up our speakers on Friday was Gabrielle Grant, who spoke about Trauma and Lived Experience.

Saturday, August 18th, attendees heard from Dr. Sergio Aguilar-Gaxiola, who spoke on Multicultural Involvement. Dr. Richard Lamb was the following speaker and discussed Criminal Justice. The last speaker of the day was Dr. Robert P. Liberman, M.D., who spoke about Advocacy. Dr. Fred Frese, Ph.D., an associate professor in the Department of Psychiatry at the Northeast Ohio Medical University, closed our conference discussing “Recovery: Myths, Mountains and Miracles”.

GOVERNMENT AFFAIRS

The NAMI California Legislative Workgroup reviewed and followed 32 bills. They recommended positions to the Board of Directors for 14 of those bills.

NAMI California supported eleven bills and six were signed into law by the governor. We opposed three bills, all of which failed or were withdrawn. Bills that were signed into law with the support of NAMI California and its members include:

- Opportunity for parole for individuals sentenced to life in prison when they were under 18
- Authorization for moneys from the Welfare Inmate Fund for educational programs, inmate family visiting services, leisure-time activities, and assistance with obtaining photo identification from the Department of Motor Vehicles
- California’s definition of mental health insurance parity, including treatment for substance use disorders, complies with the federal definition
- Requirement that health plan contracts include essential health (including mental health) benefits
- Extension of Laura’s Law to January 1, 2017

Members participated in regular NAMI CAN! (NAMI California Advocacy Network) calls and responded to Action Alerts. Regional meetings, including advocacy training, were held in regions throughout California. The power of NAMI California’s membership is demonstrated by legislative success rate of nine out of 14.

STATEMENT OF ACTIVITIES

NAMI CALIFORNIA STATEMENT OF ACTIVITIES

YEAR ENDED JUNE 30, 2012

UNRESTRICTED NET ASSETS:

REVENUES

Membership	\$52,459
Contributions	133,850
Grants & Contracts	1,399,808
Conference Revenue	126,686
Video & Book Sales	-
Investment Income	3,923
Net Assets Released from Restriction	347
Total Revenue	1,717,073

EXPENSES AND LOSSES

Program	1,406,770
Fundraising	7,684
Administrative Expenses	160,236
Conference Expenses	104,706
Membership	51,854
Total Expenses	1,731,250

DECREASE IN UNRESTRICTED NET ASSETS (14,177.00)

TEMPORARILY RESTRICTED NET ASSETS

Contributions	250
Net Assets Released from Restrictions	(347)

DECREASE IN TEMPORARILY RESTRICTED NET ASSETS (97)

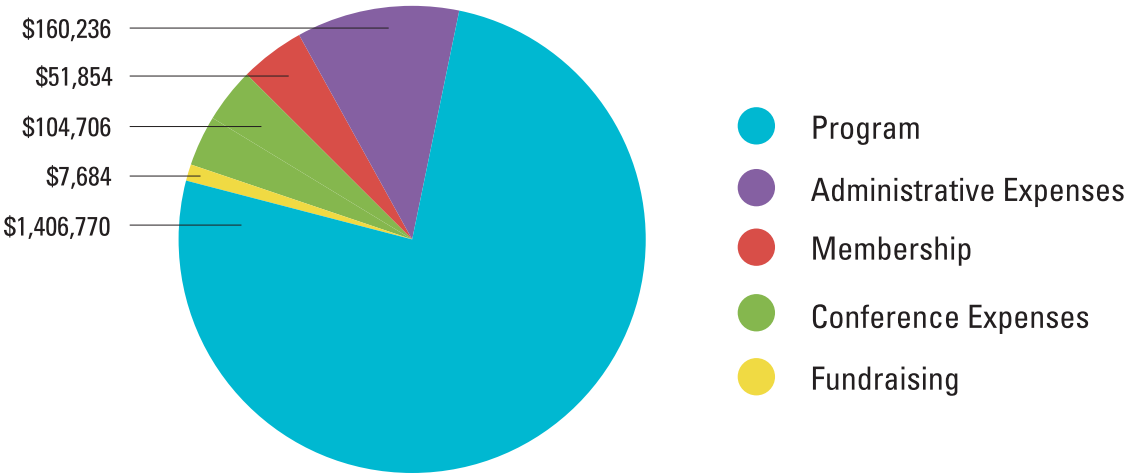
DECREASE IN NET ASSETS (14,274)

NET ASSETS, Beginning of Year 1,322,580

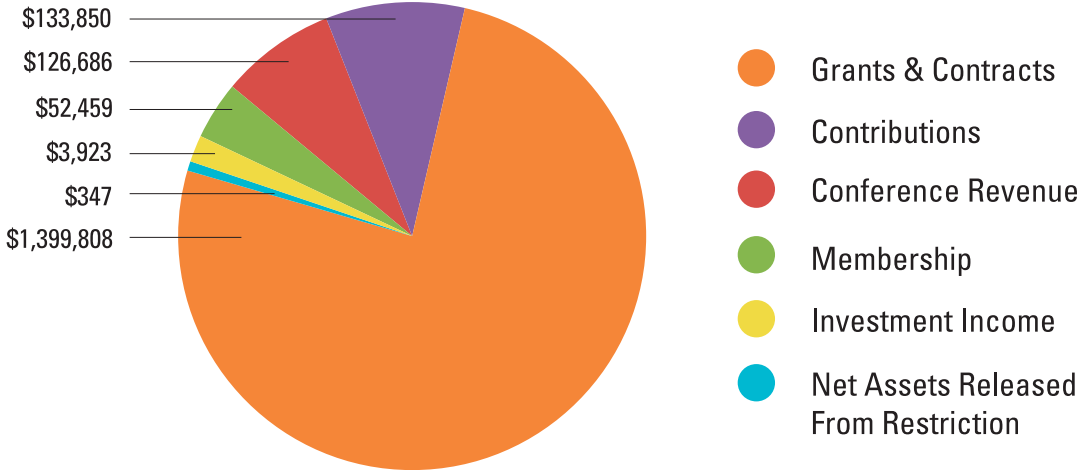
NET ASSETS, End of Year 1,308,306

STATEMENT OF ACTIVITIES

TOTAL EXPENSES



REVENUES



CaIMHSA

In 2004 California voters approved Proposition 63, the Mental Health Services Act (MHSA), which imposes a 1% tax on individuals with a taxable income greater than \$1,000,000.

- Proposition 63 stipulated that 20% of MHSA funds must be allocated to administer three Prevention and Early Intervention (PEI) programs:

Stigma and Discrimination Reduction (SDR)
Student Mental Health (SMH)
Suicide Prevention (SP)

- Many counties throughout the state chose to pool their PEI funds together for statewide initiatives.
- The California Mental Health Services Authority (CaIMHSA) is an organization of these member counties and has partnered with many community-based organizations to fund, implement and deliver statewide PEI projects.



WELLNESS • RECOVERY • RESILIENCE

NAMI CALIFORNIA CaIMHSA SDR PROJECT

NAMI California has developed a program, funded by a CaIMHSA grant, to reduce stigma and discrimination in mental health and systems partners throughout California.

Project objectives include:

- Enhancing existing proven stigma reduction programs:

In Our Own Voice
Ending the Silence
Parents & Teachers as Allies
Provider Education

- Increasing capacity of NAMI California's statewide network of Affiliates to deliver culturally and linguistically competent Stigma and Discrimination Reduction (SDR) Programs.
- Evaluating the effectiveness of NAMI SDR Programs to reducing stigma and discrimination.
- Collaborating and leveraging resources between SMH and SP Programs.
- Ensuring Affiliates have the capacity to sustain new services beyond funding period.



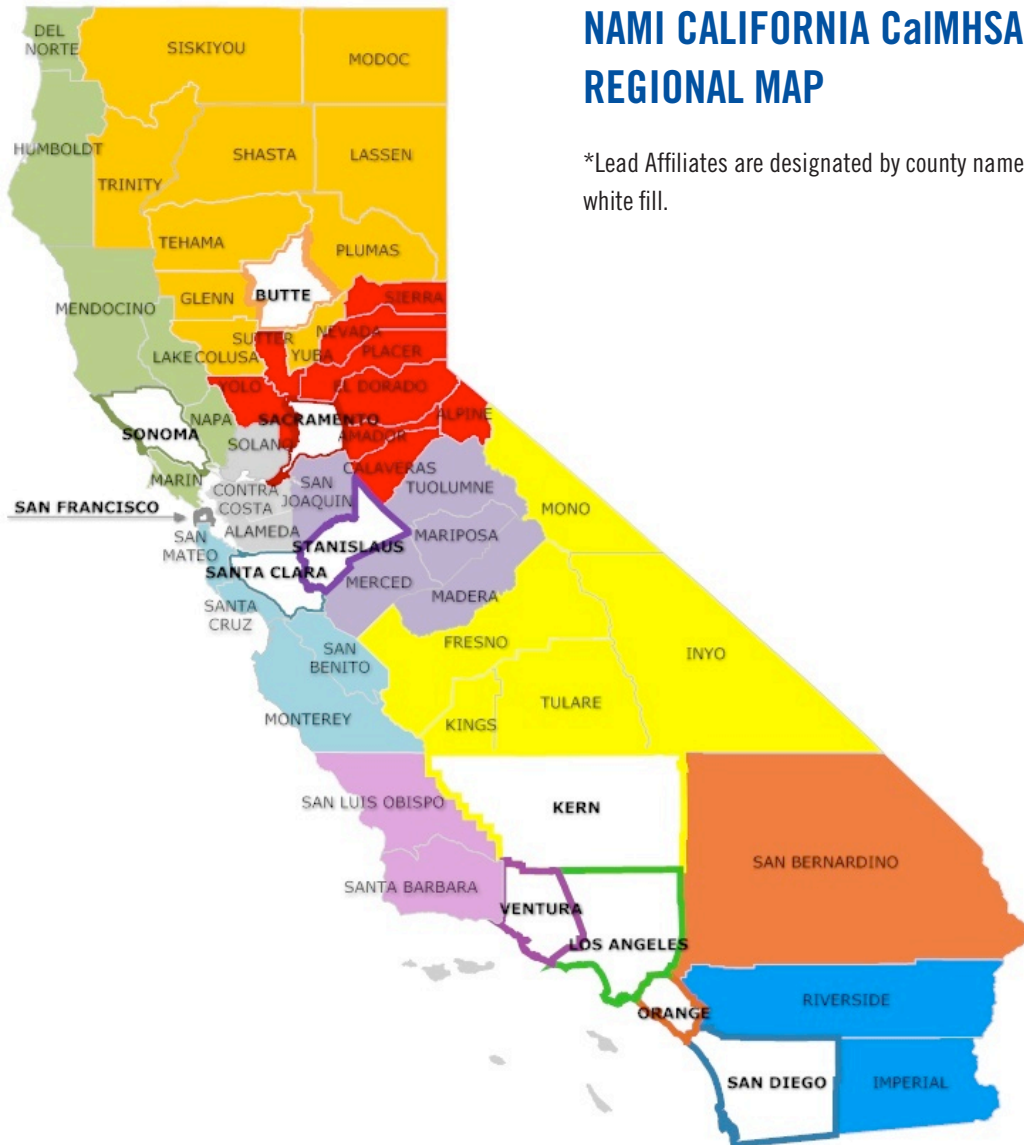
NAMI CALIFORNIA CaIMHSA REGIONAL STRUCTURE

As a way to simplify communication at the state level, NAMI California developed a new regional structure which divides the state into 11 regions.

- Each region contains a Lead Affiliate responsible for rolling out SDR Programs and collecting data within their region.
- Each Lead Affiliate was chosen based on relative fiscal strength and grant management experience.

BENEFITS OF NEW REGIONAL STRUCTURE

- Affiliates receive greater leadership and program support from NAMI California and Lead Affiliates.
- Local Affiliates feel a stronger connection to NAMI California.



NAMI CALIFORNIA CaIMHSA REGIONAL MAP

*Lead Affiliates are designated by county name emboldened and white fill.

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