2015 - 2016
BOARD OF DIRECTORS

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Intro

NAMI California is “The State’s Voice on Mental Illness.” We are committed to improving the lives of Californians 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 62 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 regarding mental illness.

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.

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 during the 1970s and 1980s to create an organization that would completely change the way we view mental illness. During that time, families dreamed of a day when individuals with mental illness were treated no differently than people living with other chronic illnesses. NAMI California was founded out of the need for families to be able to discuss mental illness openly and to have access to proper care within their communities.

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, who founded and led the organization from the late ‘70s into the 1980s, and were joined by many other parent-leaders, families, 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 has changed the way we think, treat, and care for mental illness forever.
NAMI California

NAMI California has a broad program offering, reaching people across the lifespan. All programs incorporate the lived experience of people who share their journeys of living with a mental illness, and of loving someone with a mental illness. This lived experience creates a unique supportive network within each program, and lets program participants know they are not alone.

NAMI California offers programs for youth/schools; peers; families; and the general community. We continually are seeking out and developing new programs to meet the changing needs of the individuals and families of California.

People Reached by NAMI California Programs

A total of 32 state-funded trainings were conducted during the 2015-2016 Fiscal Year, in which many Affiliates throughout the state participated.

SDR Program Breakdown:

► **In Our Own Voice (IOOV)** – A unique public education program in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery.

► **Parents & Teachers as Allies (P&TasA)** – 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.

► **Ending the Silence (ETS)** – A free, 50-minute presentation designed to give students and opportunity to learn about mental illness through discussion and short videos.

► **Provider Education (PE)** - A free, 5 session class series that educates mental health professionals and providers about the personal experience of mental illness, and teaches compassion and empathy for individuals and families.

► **Mental Health 101 (MH101)** – A 60-to-90 minute presentation program designed for diverse audiences for use with general audiences and a targeted attention to cultural responsiveness.

Stigma & Discrimination Reduction Programs – Key Results:

12,565 Participants 575 Presentations 60 New Presenters
The table below illustrates the presentation and training data from state trainings in California for each of the four stigma-reduction presentation programs for the 2015-2016 Fiscal Year:

<table>
<thead>
<tr>
<th>NAMI Signature Stigma Reduction Presentations</th>
<th>IN OUR OWN VOICE</th>
<th>PARENTS &amp; TEACHERS AS ALLIES</th>
<th>ENDING THE SILENCE</th>
<th>MENTAL HEALTH 101</th>
<th>PROVIDER EDUCATION</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presentations</td>
<td>337</td>
<td>9</td>
<td>182</td>
<td>47</td>
<td>6</td>
<td>575</td>
</tr>
<tr>
<td>Participants</td>
<td>5,694</td>
<td>320</td>
<td>5,610</td>
<td>941</td>
<td>94</td>
<td>12,565</td>
</tr>
<tr>
<td>New Presenters</td>
<td>0</td>
<td>0</td>
<td>8</td>
<td>52</td>
<td>0</td>
<td>60</td>
</tr>
</tbody>
</table>

The Mental Health 101 (MH101) was piloted statewide in early 2015 in partnership with 12 NAMI Affiliates. NAMI California is positively impacting diverse communities through the delivery of MH101, which teaches individuals about mental health conditions through an informative presentation, short videos, and personal testimonies through a lens representative of a variety of cultures, beliefs, and values. MH101 offers hope and encouragement from culturally diverse individuals with lived experience and their supporters, by helping to address the stigma associated with mental illness through education, support and advocacy. Presentations are offered to all, with a specific focus on the African American, Asian & Pacific Islander, LGBTQ, and the Native American communities.

86 trained MH101 presenters, representative of diverse communities

43 MH101 presentations

782 Reaching more than 782 audience members throughout California
NAMI California oversees the implementation of two peer led mental health awareness and stigma reduction programs for educational campuses. NAMI on Campus High School (NCHS) is designed specifically for high schools, and has had the following impact.

### NAMI On Campus

<table>
<thead>
<tr>
<th>NAMI on Campus Clubs – High School (NCHS)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Trainings</td>
<td>2</td>
</tr>
<tr>
<td># of Students Trained</td>
<td>78</td>
</tr>
<tr>
<td># of Advisors Trained</td>
<td>21</td>
</tr>
<tr>
<td># of Schools with Active Clubs</td>
<td>13</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NAMI on Campus Clubs – College</th>
<th>In Process</th>
<th>Officially Endorsed</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Clubs</td>
<td>56</td>
<td>14</td>
<td>70</td>
</tr>
<tr>
<td># of Universities</td>
<td>15</td>
<td>5</td>
<td>20</td>
</tr>
<tr>
<td># of CA State Universities</td>
<td>10</td>
<td>4</td>
<td>14</td>
</tr>
<tr>
<td># of CA Community Colleges</td>
<td>29</td>
<td>5</td>
<td>34</td>
</tr>
<tr>
<td># of Affiliates with Clubs</td>
<td>28</td>
<td>12</td>
<td>40</td>
</tr>
</tbody>
</table>

### Program Breakdown:

**NAMI On Campus** – A peer-led club for college students to raise awareness of mental health and wellness on college campuses. NAMI on Campus provides information and resources to support students’ mental health and to empower them to take action on their college campuses. It helps to ensure that all students have positive, successful, and fun college experiences.

NAMI California launches Homefront

**NAMI Homefront** – A class for families, partners and friends of military service members and veterans experiencing a mental health challenge. The course is designed specifically to help these families understand those challenges and improve the ability of participants to support their service member or veteran.

NAMI California affiliates offer Homefront

New teachers trained for the program
Family and Peer Programs - FY 2015/2016

Family and Peer Program Breakdown:

- **NAMI Peer-to-Peer (P2P)** – 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.

- **NAMI Connection** – 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.

- **NAMI Family-to-Family (F2F)** – 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.

- **NAMI Family Support Group (FSG)** - 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.

- **NAMI Basics** – A free, six-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.

NAMI California offers several programs to provide education, support and resources to individuals and families that are impacted by mental illness. Below is key data that reflects the impact NAMI California has had in the past year.

**Peer Programs Impact – Key Results:**

![276](image1) People reached in NAMI Peer-to-Peer

![532](image2) NAMI Connection sessions held

![4,112](image3) People reached through NAMI Connection

**Family Programs Impact – Key Results:**

![1,682](image4) People reached in NAMI Family-to-Family

![606](image5) NAMI Family Support Group sessions held

![5,267](image6) People reached through NAMI Family Support Group

![192](image7) People reached through NAMI Basics
The table below illustrates the class and training data in California for each of the three education course programs for the 2015-2016 Fiscal Year:

<table>
<thead>
<tr>
<th>NAMI Signature Education Courses*</th>
<th>NAMI Basics</th>
<th>Family-to-Family</th>
<th>Peer-to-Peer</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classes</td>
<td>21</td>
<td>124</td>
<td>36</td>
<td>181</td>
</tr>
<tr>
<td>Graduates</td>
<td>192</td>
<td>1,682</td>
<td>276</td>
<td>2,150</td>
</tr>
<tr>
<td>State-Funded Trainings</td>
<td>8</td>
<td>23</td>
<td>16</td>
<td>47</td>
</tr>
<tr>
<td>New Teachers/Mentors</td>
<td>2</td>
<td>7</td>
<td>6</td>
<td>15</td>
</tr>
<tr>
<td>New State Trainers</td>
<td>21</td>
<td>110</td>
<td>69</td>
<td>200</td>
</tr>
</tbody>
</table>

*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.

**Family and Peer Support Specialist Training Program**

Family/Peer Support Specialist Webinar Training program was piloted statewide in October 2015 in partnership with 4 NAMI Affiliates. The 70 hour webinar training program is devoted to giving peers and family members an opportunity to learn about educational skills such as the Recovery Model, Communication Skills, Trauma Informed Care, among others. All 19 webinar training sessions are guided by trained presenters and provide opportunities for live participant interaction. The goal of this program is to provide individuals with lived experience as a peer or family member Behavioral Health educational training, one-on-one career counseling, and support to volunteer or work in the Behavioral Health Field.

122 graduated participants from the training program

58 participants have been placed in volunteer and/or employment positions in the Behavioral Health Field in 7 different counties in the state

“One of the most helpful aspects of the training was the ability to become instrumental in educating myself and others in the fight against stigma of mental illness.”

—Training Participant
Support Group Totals

NAMI California implemented a local training strategy this fiscal year for several programs, in order to offer more Affiliates the opportunity to train more people in a single event. This resulted in five local trainings, reaching 47 new program leaders.

The below table illustrates the support group and training data in California for both support group programs for the 2015-2016 Fiscal Year:

<table>
<thead>
<tr>
<th>NAMI Signature Support Groups*</th>
<th>Family Support Group</th>
<th>Connection</th>
<th>Total#</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support Groups</td>
<td>606</td>
<td>532</td>
<td>1,138</td>
</tr>
<tr>
<td>Participants</td>
<td>5,267</td>
<td>4,112</td>
<td>9,379</td>
</tr>
<tr>
<td>Active Facilitators</td>
<td>122</td>
<td>80</td>
<td>202</td>
</tr>
<tr>
<td>People Trained</td>
<td>39</td>
<td>24</td>
<td>63</td>
</tr>
<tr>
<td>Counties Offering</td>
<td>19</td>
<td>20</td>
<td>39</td>
</tr>
</tbody>
</table>

*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.

“One of the impactful parts of the training was working on the personal story and learning cultural differences.”

— MH101 Presenter at the “In-person Training”
NAMI California Advocacy

As the nation’s largest grassroots mental health advocacy organization, NAMI is invested in strengthening the advocacy skills of our members. At NAMI California, whether you are a lifetime NAMI affiliate leader or new to NAMI, we have resources to help you learn to share your story to impact mental health policy.

Advocacy Programs Impact – Key Results:

NAMI California’s 2016 priority bills

**STATE IMPACT**

- Health care coverage:
  - AB 72 (Bonta)
  - Signed into law
- Public social services (SSI/SSP):
  - AB 1584 (Brown)
  - Vetoed by Governor Brown
- Prisoners mental health treatment:
  - AB 2246 (Levine)
  - Vetoed by Governor Brown
- Bebe Moore Campbell National Minority Mental Health Awareness Month:
  - SCR 109 (Hertzberg)
  - Signed into law

**LOCAL IMPACT**

In the fall of 2015, NAMI California surveyed 45 Affiliates, regarding their local engagement within the community. We wanted to know specifically which affiliates are actively engaged in their county’s annual MHSA plan update process, and whether any members of the Affiliate also sit on the county Mental Health Commission or Board, or an on advisory body to the Commission. NAMI California also wanted to know how many affiliates support their local law enforcement through CIT Trainings.

- **7** Legislative Days
- **129** Advocates trained in NAMI Smart for Advocacy
- **133** State meetings conducted at the Capitol
- **37** counties had NAMI affiliates engage in MHSA plan updates
- **31** counties had NAMI members participate on Mental Health Commissions or Boards (or advisory body)
- **73%** of NAMI affiliates are involved with creating and providing CIT training with their local law enforcement entities
Bebe Moore Campbell Minority Mental Health Month

► June 2016 marked NAMI California’s 3rd Annual Bebe Moore Campbell Minority Mental Health Month Advocacy Day.
► In partnership with the Assembly Select Committee on Mental and Behavioral Health, NAMI California sponsored an Assembly Concurrent Resolution to recognize July as Minority Mental Health Month. NAMI California members shared testimonies of their experiences as family members and consumers, and barriers that exist for members of diverse communities to access mental health care.

Youth Advocacy Day at the Capitol

About 50 California high school students met with legislators and staff members at the Capitol in Sacramento to advocate for mental health on Tuesday, May 17. The event, part of Mental Health Month, was a partnership of NAMI California and the Sacramento Valley Psychological Association. The students first gathered for lunch at a downtown restaurant before walking to the Capitol, where they visited the offices of more than 20 senators and assembly members. Students shared their personal stories about living with mental illness as well as ideas for helping young people living with mental health conditions. We’d like to thank all the legislators, staff, teachers, chaperones, and especially the students for a great day of advocacy!
Regional Meetings

NAMI California held six regional meetings throughout the year, reaching 17 counties. Regional meetings have two primary outcomes:

1) Train local advocates, primarily consumers and family members, to share their stories with mental illness and mental health care in support of improved mental health services.

2) Build relationships between local advocates and county behavioral health departments, in order to facilitate stakeholder input in MHSA program design and evaluation.

- October, 2015: Humboldt County
- November, 2015: Monterey County
- January, 2016: Sonoma County
- March, 2016: Solano County
- April, 2016: Stanislaus County
- June, 2016: Alameda County

Annual MHSA Programs Report

NAMI California published the 2016 MHSA Programs Report in June and made it available to Affiliates, legislators, Behavioral Health Directors, and interested members of the public. This report provides a comprehensive directory of all MHSA and SB 82 funded programs currently operating in California’s counties. It is intended to be a tool for those seeking services, providing services and involved in state and local decision making regarding mental health services and associated funding. We acknowledge that MHSA and SB 82 are not sole sources of funding for mental health and substance use services throughout the state. However, it is our intention through this report to list programs and services being offered through these Acts. The programs listed herein represent the tremendous commitment of counties, family members, consumers, and providers. Program information was captured under specified categories including; Peer and Family Support, Reducing Disparities, Housing and Crisis Support.
NAMI California Community Engagement

NAMI California’s Community Engagement Department is a statewide effort to enhance the ability to better understand, communicate with, and interact effectively with people across a variety of different cultures. Our primary goal is to reduce stigma among underserved communities and to increase reach into multicultural populations. It is our belief that engaging directly with the community will lead to a positive change in knowledge, attitudes, and behavior toward individuals living with mental illness as well as insight into hope and recovery among the general population.

Web Highlights:

<table>
<thead>
<tr>
<th>50</th>
<th>17,193</th>
</tr>
</thead>
<tbody>
<tr>
<td>New stories</td>
<td>Subscribers to NAMI California’s electronic newsletters</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6,037</th>
<th>161,158</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social media followers</td>
<td>NAMI California website page views</td>
</tr>
</tbody>
</table>

Advertising and Translation:

<table>
<thead>
<tr>
<th>394</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banners were placed on the interiors, sides and backs of buses in targeted areas of Latino, Chinese, Korean, and African American communities</td>
</tr>
</tbody>
</table>

Public Service Announcements:

<table>
<thead>
<tr>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public service announcements, in both English and Spanish, were created in collaboration with the California Broadcasting Association</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1,227</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSAs were broadcasted</td>
</tr>
</tbody>
</table>
NAMI California 2016 Annual Conference Highlights

NAMI California hosted over 550 attendees from all over the state at our 2016 Annual Conference. The conference took place in Burlingame, California on August 26th and 27th with the theme, “Back to the Future: Building on the Past for a Better Tomorrow.” Track subjects featured were:

<table>
<thead>
<tr>
<th>Track Subject</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strengthening NAMI</td>
<td>Focused on best practices in Board development, organizational financial management, and expanding access to NAMI education programs through technology.</td>
</tr>
<tr>
<td>Advocacy</td>
<td>Focused on new and innovative ways to advocate, current policies and their impact on all levels (local, state and nation wide), and training tools to effectively utilize grassroots advocacy efforts.</td>
</tr>
<tr>
<td>Criminal Justice</td>
<td>Focused on strategies around incorporating and partnering with the law enforcement, the Justice system, and other criminal justice sectors.</td>
</tr>
<tr>
<td>Consumer and Family Engagement/Recovery Practices</td>
<td>Focused on strengthening our voice as a unified organization of lived experiences, increase visibility and impact, and promote mental health wellness and recovery.</td>
</tr>
<tr>
<td>Engaging Diverse Communities</td>
<td>Focused on strength-based approaches and best practices to engage diverse communities, increase access to programs and services, and reduce the stigma and discrimination among diverse populations.</td>
</tr>
</tbody>
</table>
For the past three years, the Multicultural Symposium has merged diverse communities in one place in an effort to engage community leaders from public and private sectors in an open and candid discussion around best practices that can help us to better serve all individuals and families struggling with mental health challenges. In 2016 we continued the conversation with the same amount of passion and commitment. Last year’s Symposium titled, “Building the Future: Connecting Communities for a Better Tomorrow” aspired to close the gaps of stigma and bring together statewide community and public systems of care leaders to provide an open dialogue about the successes organizations have experienced with innovative and strength-based approaches to achieving wellness and equity for unserved and underserved populations. Highlights of the event included breakout sessions, Keynote Speakers, County and Community Panel, and an afternoon breakout session. A full report can be found at www.NAMICA.org.
NAMI California Statement of Activities
Year Ended June 30, 2016

UNRESTRICTED NET ASSETS:

REVENUES
- Memberships: $53,069
- Contributions: $138,932
- Grants & Contracts: $1,279,798
- Conference Revenue: $109,459
- Video & Book Sales: $109,459
- Investment Income: $1,255
- Other Revenue: $4,645
- Net Assets Released from Restrictions: $4,774

Total Revenue: $1,591,932

EXPENSES & LOSSES
- Programs: $1,313,309
- Fundraising: $50,004
- Administrative Expenses: $119,596
- Conference Expenses: $125,095
- Membership Expenses: $47,229

Total Expenses: $1,655,233

INCREASE IN UNRESTRICTED NET ASSETS: ($63,301)

TEMPORARILY RESTRICTED NET ASSETS
- Contributions: $27,471
- Net Assets Released from Restrictions: ($4,774)

DECREASE IN TEMPORARILY RESTRICTED NET ASSETS

INCREASE IN NET ASSETS: ($7,530)

NET ASSETS, Beginning of Year: $1,628,628

NET ASSETS, End of Year: $1,621,098
**Donors for Fiscal Year 2015 - 2016**

<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kathleen Callan</td>
<td>Susan Buchanan</td>
</tr>
<tr>
<td>Margaret Agne</td>
<td>Mona Buenrostro</td>
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<tr>
<td>Duncan Agnew</td>
<td>Donna Buchanan</td>
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<tr>
<td>Sergio Aguilar-Gasolola</td>
<td>Monique Bautista</td>
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<tr>
<td>Roberta Ahquist</td>
<td>Salwa Abdel-Aal</td>
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<tr>
<td>Bob Ahtholz</td>
<td>Michael Alldrich</td>
</tr>
<tr>
<td>Randle Akerson</td>
<td>Maria Alvarado</td>
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<tr>
<td>Michael Aldrich</td>
<td>Milly Alvarez</td>
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<tr>
<td>Maria Bagley</td>
<td>John Anderson</td>
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<td>Adrian Angelotti</td>
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<td>Fred Barnes</td>
<td>Jazmin Arenas de Fuentes</td>
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<td>George Batavick</td>
<td>Margert Agne</td>
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<td>Cecil Bator Jr</td>
<td>Salwa Abdel-Aal</td>
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<td>Margert Agne</td>
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<tr>
<td>William Beardlee</td>
<td>Duncan Agnew</td>
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<tr>
<td>Bruce Bell</td>
<td>.only line of text omitted, please check the next page</td>
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