



nami

California



2018
ANNUAL
REPORT

Table of Contents

Welcome Letter	1
Board of Directors	2
Intro/History	3
Programs	4
Advocacy Highlights	6
Annual Conference	8
Multicultural Symposium.....	9
Financials.....	10
Donors.....	11

A MESSAGE

From Our CEO

Dear *NAMI California* Members and Colleagues,

As advocates, it often feels as if our we are not heard or that our words have no impact. While our individual voices come with different perspectives and intensities, when we come together we create a strong chorus. Every voice is imperative to making a difference.



This year we raised our voices and we were heard. In these pages, you will see how *NAMI California* fulfills our mission in advocating for individuals, families, and communities impacted by mental illness.

Through education and advocacy programs, we reached more people than ever. We helped raise voices of new leaders and supported families and individuals in need. Our programs reached over 30,000 people. [NAMI on Campus High School Clubs](#), trained over 800 students and advisors, helping to reduce stigma among high school students and to provide necessary resources for anyone in crisis. At our Annual State-wide Conference and Multicultural Symposium our 730 participants learned new skills, recent research, and ways to get involved in their communities.

We are stronger because of the dedication and courage that was showcased this year. In the coming pages, you will see the incredible work that was achieved through *NAMI California*. I am proud of and encouraged by our united voice.

Sincerely,

Jessica Cruz, MPA/HS
CEO

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Introduction

We are a grassroots organization fighting to erase the stigma associated with mental illness while also providing a helping hand to improve the lives of Californians and families living with serious mental illness. We are also committed to supporting our affiliates and the hundreds of volunteers.

NAMI California currently has 61 affiliates across the state that support their local areas by holding regular meetings, offering a variety of education and support programs for families and consumers, and providing 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.

History

The organization that we know 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.

Back then, it was common to hear of parents being blamed for their child's mental illness. There was a severe lack of services and treatment available. 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 have access to proper care within their communities.

It started back in 1977 when nine parents came together to begin a conversation about the stigma related to mental illness. This Oakland, California group quickly 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 family members with mental illness. *NAMI California* is an organization that has changed the way we think, treat, and care for mental illness forever.

NAMI California PROGRAMS

NAMI California continued our groundbreaking work in programs. Special thanks to the California Mental Health Services Authority (CaMHSA) for their continued support in the Mental Health 101 (MH101) program.

NAMI California's 61 Affiliates were provided with the tools, resources, and training needed to deliver the four Stigma and Discrimination Reduction (SDR) Programs throughout the state.

PROGRAM BREAKDOWN AND KEY RESULTS:

**In Our Own Voice
(IOOV) | 5,180**
Participants

A unique public education program in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery.

**Ending the Silence
(ETS) | 6,472**
Participants

A free, 50-minute presentation designed to give students an opportunity to learn about mental illness through discussion and short videos.

**Parents & Teachers
as Allies (P&TasA) | 57**
Participants

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.

**Mental Health 101
(MH101) | 424**
Participants

A 60-90-minute presentation devoted to giving individuals an opportunity to learn about mental illness through an informative presentation, short videos and personal testimonies that represent a variety of cultures, beliefs, and values. The presentations can be delivered in different languages depending on the needs of the community.



NAMI California oversees the implementation of two peer led mental health awareness programs for educational campuses. NAMI on Campus High School (NCHS) is designed specifically for high schools.

**NAMI On Campus
High School Clubs | 48**
Active Clubs

**NAMI On Campus
College Clubs | 65**
Active Clubs

Grand Total of Participants in NAMI California Family and Peer Programs in 2017-2018:



2017-2018 NAMI CA Signature Programs: **3,457**
Graduates

Peer-To-Peer | **35** Classes Held
480 People Reached

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.

Connection | **609** Sessions Held
5,171 People Reached

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. The Spanish version is called "Conexion".

Family-To-Family | **129** Classes Held
2,359 People Reached

An evidence-based program, free, 12-week course for families, partners and friends of individuals with serious mental illness taught by 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.

Family Support Group | **516** Sessions Held
4,874 People Reached

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.

Basics | **31** Educational Classes
479 People Reached

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.

Provider Education | **9** Classes Held
6,139 People Reached

A free 5-session course for mental health workers and professionals. Through the course providers learn what it is like to live with mental illness from the individual and family perspective. The goal of the program is to reduce stigma among providers and help them gain empathy and understanding which hopefully results in the ability of providers to work more effectively with individuals and their families.

Grand Total of Sessions in NAMI California Support Groups in 2017-2018:



Advocacy HIGHLIGHTS



Regional Advocacy Meetings

188

Attendees

188 individuals participated in five regional meetings held across the state – Riverside, Stockton (San Joaquin), Santa Cruz, Pleasant Hill (Contra Costa), and Bakersfield (Kern). Attendees represented a variety of backgrounds, including behavioral health staff, family members, peers and consumers, and other longtime community leaders.



Capital Advocacy Days

2

Legislative Visits

102

NAMI members participated in two capitol advocacy days – Children’s Mental Health Spring Advocacy Day and Bebe Moore Campbell Capitol Advocacy Day– during which time, family members participated in 102 legislative visits with State Senators, State Assembly members, and staff.

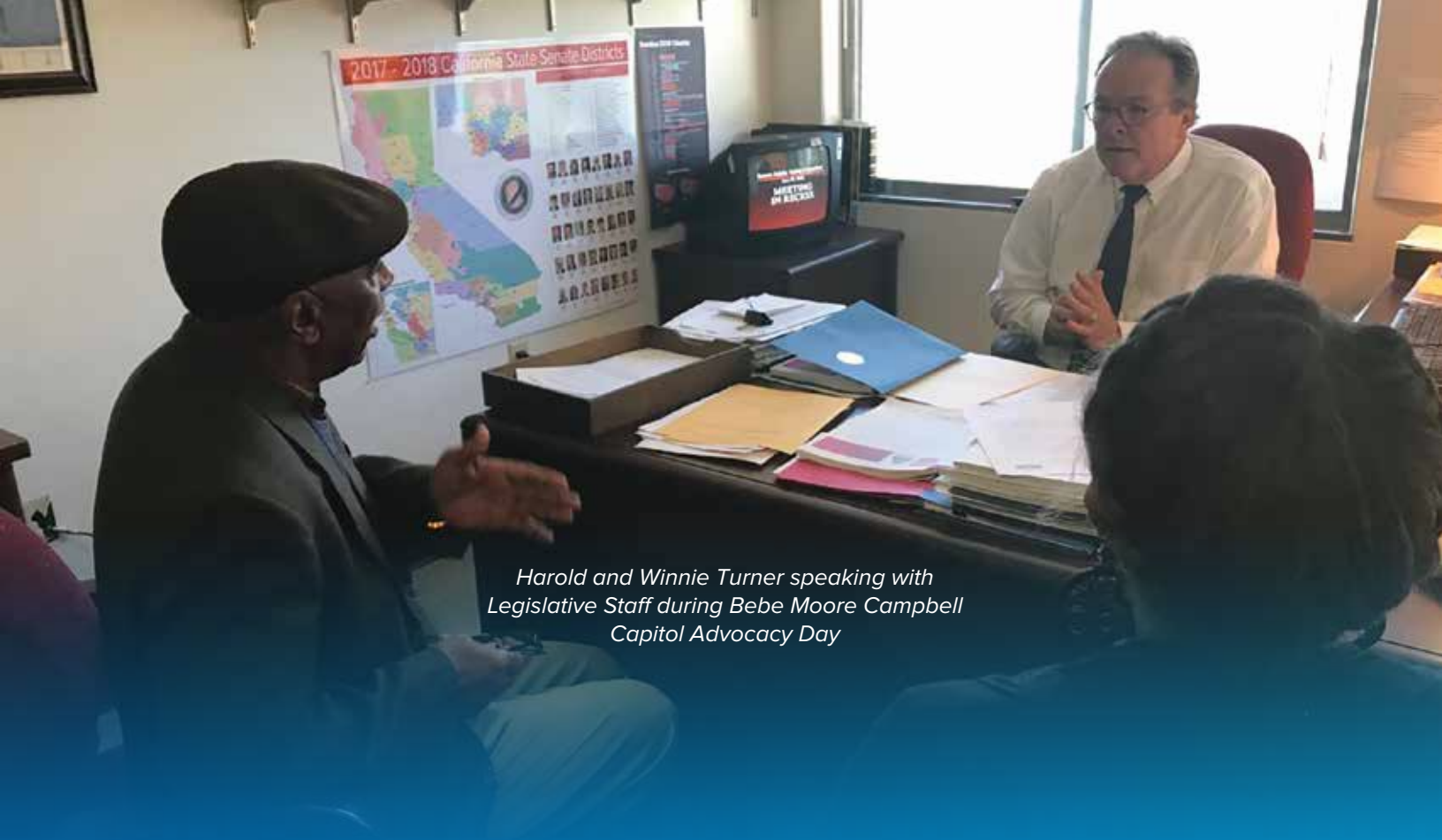
MENTAL HEALTH SERVICES ACT (MHSA) PROGRAMS REPORT

During 2018, *NAMI California* produced our Annual MHSA Programs Report detailing the funded MHSA programs across California. We would not be able to complete this very important project without the

support of County Behavioral Health Directors and MHSA staff who supply accurate program information. This report provides a comprehensive directory of all MHSA and SB 82 funded programs currently operating

Advocates with Senator Beall and Assembly member Wood during Children’s Mental Health Day





*Harold and Winnie Turner speaking with
Legislative Staff during Bebe Moore Campbell
Capitol Advocacy Day*

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 throughout the state. However, it is our intention through this report to list programs and services being offered through these Acts.

CAPITOL ADVOCACY DAYS

May 1 Lobby Day

NAMI participated in two Capitol Advocacy Days this year. On May 1, *NAMI California* members attended Children’s Mental Health Day, a collaborative event co-hosted by *NAMI California* and the California Academy of Child & Adolescent Psychiatry (ninth year of collaboration).

Collectively, we met with 48 separate Senate and Assembly offices in Sacramento with a focus on children’s mental health, including school-based services and proposals that addressed student access to mental health services.

During lunch, Senator Beall (Chair, Mental Health Caucus) and Assembly Member Wood (Chair, Assembly Health Committee) spoke to participants

about the importance of school-based mental health services in a larger robust network of services and supports.

Bebe Moore Campbell Capitol Advocacy Day

In June, we hosted our annual Bebe Moore Campbell Capitol Advocacy Day. We conducted 24 legislative meetings, where participants advocated for the following priorities: access to treatment, crisis services, and criminal justice. The day after the event, Senator Holly Mitchell introduced a resolution to recognize the month of July 2018 as Bebe Moore Campbell National Minority Mental Health Awareness Month in California. This resolution, sponsored by *NAMI California*, continues a long tradition of the state support for July as Bebe Moore Campbell National Minority Mental Health Awareness Month.



*Keynote speaker,
Chamique Holdsclaw,
addresses the NAMI
California Conference*

Annual CONFERENCE

NAMI CALIFORNIA CONFERENCE 2018 HIGHLIGHTS

Over 540 attendees joined *NAMI California* in Monterey Bay, California on June 1 & 2 for the 2018 Conference titled “United Voice: Stronger California.”

Our keynote speakers were **Chamique Holdsclaw**, mental health advocate, Olympic gold medalist, and former WNBA player and **Wayne C. Drevets, M.D.**,

scientific council member for Janssen Research and Development.

We featured ten plenary sessions and 18 workshops that focused on: Advocacy, Consumers & Families, Criminal Justice, Engaging Diverse Communities, Providers, and Young Adults.



*Keynote speaker,
Wayne C. Drevets, M.D.*

Multicultural SYMPOSIUM

This year, *NAMI California* continued the conversation in its 5th Annual Multicultural Symposium with the theme, “Diversity in the Face of Adversity.” We aspire to bridge the gaps created by mental health stigma and to bring together statewide community leaders and health care providers from diverse communities. We had 190 attendees with 30 counties represented. The event fostered an open dialogue about the successes and challenges various communities and organizations throughout California 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, five members on the community-based innovations panel, and two speakers on the collaborative innovation model for San Mateo.



2017-2018 FINANCIALS

NAMI CALIFORNIA, STATEMENT OF ACTIVITIES: Year Ended June 30, 2018

UNRESTRICTED NET ASSETS:

REVENUES

Memberships	\$53,452
Contributions	\$216,863
Grants & Contracts.....	\$1,471,313
Conference Revenue	\$246,110
Video & Book Sales.....	\$0
Investment Income	(\$11,335)
In Kind Revenue	\$6,559
Net Assets Released from Restrictions	\$330
 Total Revenue:.....	 \$1,983,292

EXPENSES & LOSSES

Programs	\$1,316,020
Fundraising	\$13,824
Administrative Expenses.....	\$263,207
Conference Expenses	\$214,605
Membership Expenses	\$56,980
 Total Expenses.....	 \$1,864,636

INCREASE IN UNRESTRICTED NET ASSETS..... \$118,656

TEMPORARILY RESTRICTED NET ASSETS

Contributions	\$5,819
Net Assets Released from Restrictions	(\$330)

INCREASE IN NET ASSETS..... \$124,145

NET ASSETS, Beginning of Year..... \$1,678,372

NET ASSETS, End of Year..... \$1,802,517

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Schwab Charitable Fund
Santos Properties
Sacramento Region Community Foundation - Gabilan Fund
River City Bank
Refvem Family Survivor Trust
PG & E Employees
Paypal Charitable Giving Fund
Pace Recovery Center
Ola Properties, Inc
Nomad West
Network for Good
NAMI Amador
Monte Vista Unitarian Universalist Congregation
Insurance Auto Auctions
G. Doulgas Lipp & Associates
DonateWell
Crystal Clean Housekeeping
Conservation Management Group LLC
Cars2Charities
Barnes & Noble
Bank of America Employee Giving Campaign c/o CyberGrants, In
Bank of America Employee Giving Campaign c/o CyberGrants, In
Attias Family Foundation
Amazon Smile Foundation
Allstate Giving Campaign
Agilent Technologies
AFSCME Local 3299. HED



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