

# Rise

TO THE CHALLENGE



19-20 ANNUAL REPORT

 **nami** | **California**  
National Alliance on Mental Illness

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“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  
**56 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.





FROM OUR  
*CEO*

As we moved from 2019 to 2020, we were enthusiastically looking forward to a new year of progress. We set the theme for our annual conference, “Driving the Change.” As we do every year, we approved a work plan that includes providing support for our members, educating the public, and advocating for better policies. Then, we abruptly found ourselves changing course as a result of a global pandemic.

I am proud to say that we have been able to

*Rise*

**TO THE CHALLENGE**

The pandemic challenged us to take extraordinary steps to make good on our promise to serve our members. Every day, we found new ways to ensure that individuals and family members with serious mental illness received the support and care they needed.

We met the challenge by doing everything we could to facilitate safe connections for our community members. When we couldn’t gather in person, we met in virtual support groups and classes and trained peers and family members to be NAMI leaders for their local communities. While it wasn’t safe to

host events or meetings, we shifted to virtual platforms to

**ENGAGE, EDUCATE, AND ADVOCATE**

When we heard that members were having a difficult time adjusting to our new reality, we created much-needed online resources and tools to help navigate working at home, supporting families, and staying virtually connected with loved ones.

All of these actions have also helped us maintain and strengthen our own connections – with our affiliates, staff, partners, and members.

Despite the detours we have taken, we have reached even more members with our online resources and virtual events and engagements. We worked diligently to maintain and grow our relationships with affiliates and partners and we found innovative ways to collaborate. We continued empowering individuals and families to raise their voices and work with us as we drive the change we need. We truly are stronger

*Together.*

Jessica Cruz, MPA/HS  
CEO

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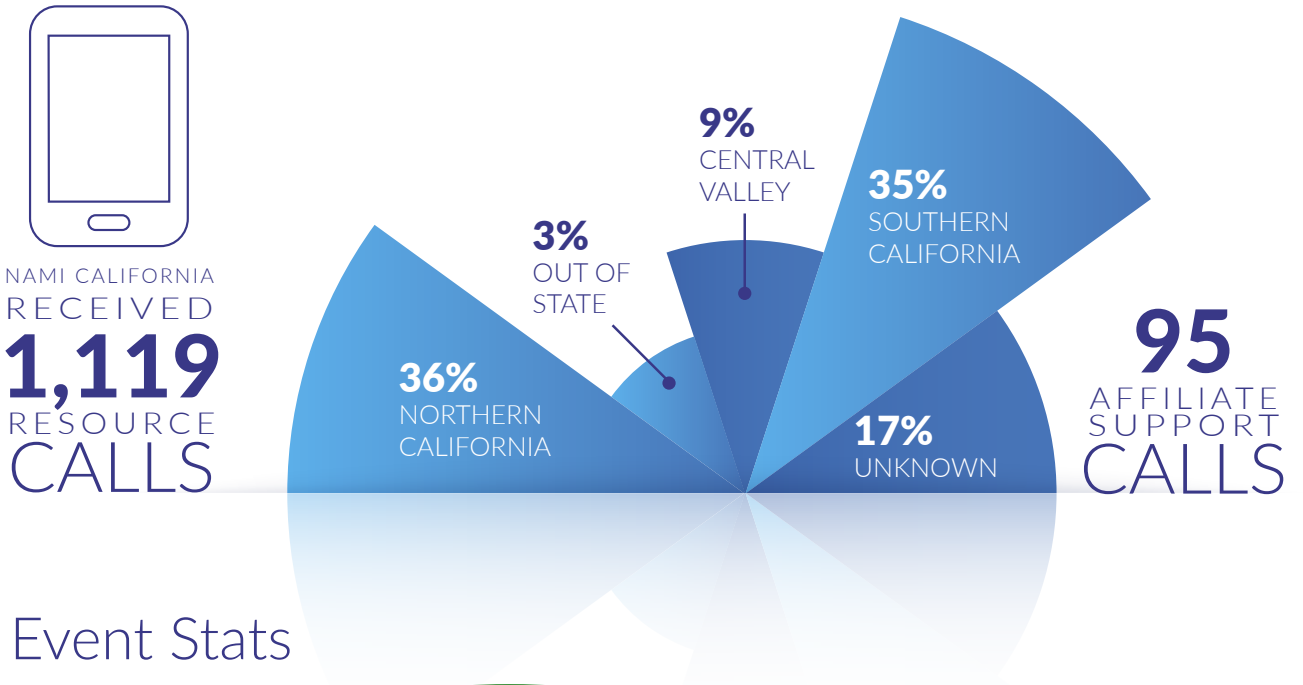
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NAMI Sacramento County



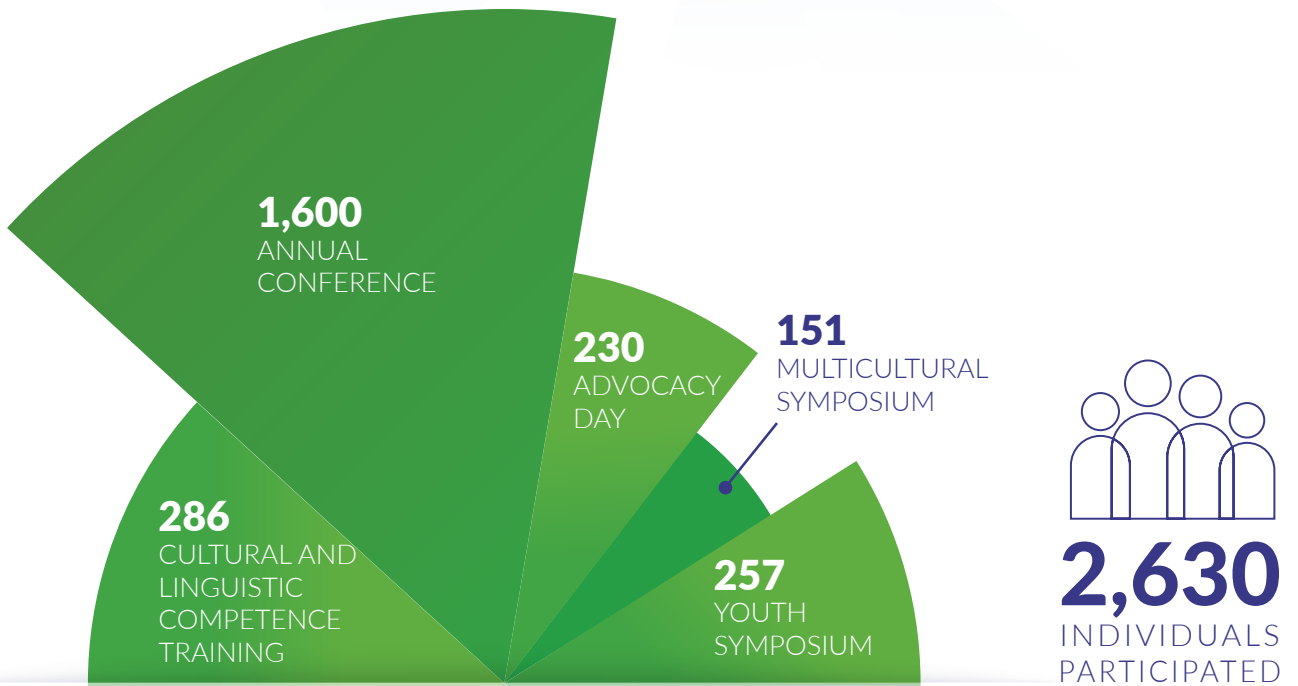
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# Impact

## Resource Calls by Region



## Event Stats



# Events



## CONFERENCE

Our first-ever virtual conference was a huge success with over **1,600 REGISTRATIONS**

Many participants continued to use the virtual platform's networking function to share upcoming virtual events with fellow participants.

This year our featured keynote speakers were, Tom Insel, MD, co-founder and President of Mindstrong, and Sandra R. Hernández, MD, President and Chief Executive Officer of California Health Care Foundation.

In addition to the spectacular opening line-up, we had an amazing panel of

**68 PRESENTERS** who spoke on topics concerning Advocacy, Criminal Justice, Early Intervention, Student Mental Health, Consumers and Families, and Engaging Diverse Communities. During our two-day event, participants were offered

**32 SESSION** options to choose from.

## MULTICULTURAL SYMPOSIUM

Our Annual Multicultural Symposium was developed to help bridge the gaps created by mental health stigma and foster 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 & EQUITY** for unserved and underserved populations.

**151 ATTENDEES** listened as Keynote Speaker, Kimberly Warmsley, LCSW, addressed by bringing knowledge on innovative ideas that are effective in working with under served communities.

Attendees created action plans mitigating significant issues in our current environment during multiple breakout sessions.



Above: The event began with a blessing by Kalpulli Ketzalkoatl Ehecatl and their ancestors with a beautiful welcoming ceremony.

## REMEMBERING OUR

# History

NAMI California resulted from the efforts of a few courageous parent leaders; many families; and thousands of individuals; friends and professionals who worked hard during **1970s and 1980s**

the to give birth to an organization that would one day completely change the way mental illness is viewed. At that time, families dreamed of the day when a child with schizophrenia would be treated no differently than a child with any other chronic illness. A time when individuals and families impacted by mental illness could have open discussions without

**FEAR OF stigma** and children and family members could be properly cared for within their communities.

### OUR FORMATION

The movement began on **OCTOBER 22, 1977**, in Oakland, California, with a group of nine Northern California parent groups. The meeting was organized by three parents: Tony Hoffman, Fran Hoffman, and Eve Oliphant. These three founded and led the organization from the late 70s into the 1980s. They were joined by

many other parent-leaders, families, consumers, and supporters over the years. C. Allen Braswell, Helen and Hank Teisher, Olga Leifert and Peggy and Don Richardson are just a few of the many parents that provided critical leadership and support in the beginning. United by their common goal, they started an organization that turned into a national drive to

*inform & educate*  
**THE COUNTRY**

about mental illness and advocate for the rights and care of mentally ill family members. It is an organization that changed the way we think about, treat, and care for mental illness forever. The road has been long and hard. Nevertheless, the organization has continued to endeavor toward the goal!

### EARLY LEGISLATION

In 1963, Congress expanded the Aid to the Disabled Act to include mental illness and passed the Mental Retardation Facilities Construction/ Community Mental Health Center act, the first, now called SSI, provided direct financial support to individuals experiencing mental illness in the community. The second provided initial funding for building community based mental health





centers. The fourth and final ingredient was the passage of the Lanterman-Petris-Short (LPS) act in 1967, by the California State Legislature. The LPS act ended the inappropriate, indefinite, and involuntary commitment of individuals experiencing mental illness to institutions and encouraged the full use of existing agencies, personnel, and funds to

**PROVIDE** *treatment,* supervision, and placement. The authors of the LPS act envisioned an expanded system of community based mental health centers providing appropriate and timely support to those in need at a reduced cost to the State. The LPS act was fully implemented **INTO LAW IN 1969.**

#### THE MOVEMENT CONTINUES

In 1970, the release of thousands of individuals into the community from the State's asylums and institutions began and continued throughout the decade. Between 1969 and 1970, California counties were required to **PROVIDE MENTAL HEALTH** *services* to over 45,000 inpatients and 120,000 outpatients. While the

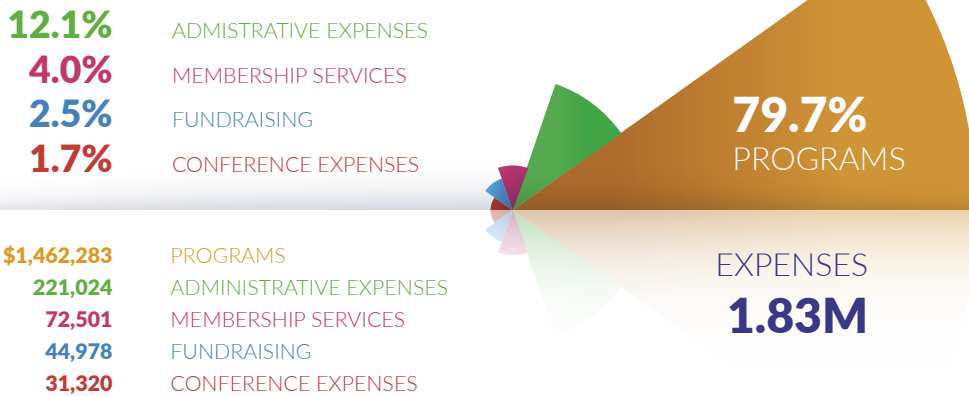
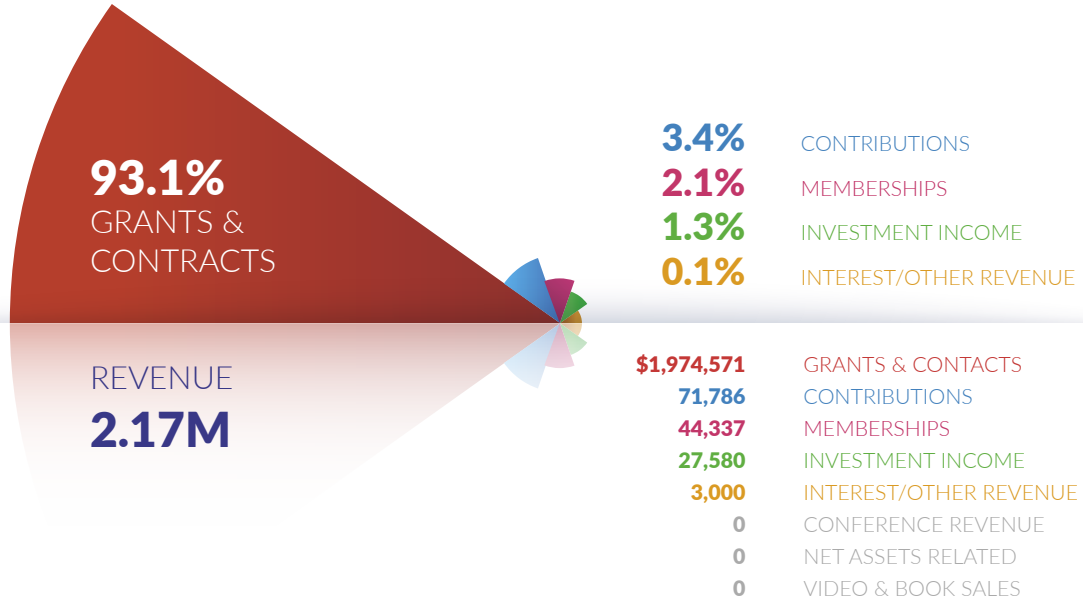
authors of the legislation thought they were improving lives, what they did was release thousands of ill, confused, and vulnerable individuals into communities that were

**SIMPLY** *unprepared* to provide the services and support envisioned. While the LPS act did reduce the cost of caring for individuals experiencing mental illness to the State, it did not improve lives or lessen the stigma that the public associated with mental illness. Quite the opposite occurred. While public support and funding for the care of people with physical disabilities grew during the 1970s, support and funding for those experiencing serious mental disabilities declined.

Over the years, legislation has passed that provided some tools for families and individuals impacted by mental illness, however, the dream has not yet been fully realized. Until that time,

**Together**  
**WE PRESS ON!**

# 2019 - 2020 Financials



INCREASE IN UNRESTRICTED FUNDS.....	<b>\$333,991</b>
TEMPORARY RESTRICTED FUNDS	
CONTRIBUTIONS .....	<b>\$130,045</b>
NET ASSETS RELEASED FROM RESTRICTION .....	<b>(\$44,823)</b>
INCREASE IN NET ASSETS.....	<b>\$419,213</b>
NET ASSETS, BEGINNING OF YEAR.....	<b>\$1,834,935</b>
NET ASSETS, END OF YEAR.....	<b>\$2,254,148</b>

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