

Welcome

From NAMI Connecticut's Executive Director

This year we reached out to communities throughout Connecticut offering help and hope to families and people living with mental illness in need of support they may not have known was available through our strong state affiliates. We used every tool at our disposal; social media, our website and increased affiliate outreach to help educate communities about mental illness, available supports and resources and the critical role advocacy plays in shaping the laws that protect their rights and recovery. Without our community volunteers and financial support we would be unable to accomplish our mission to provide support, education and advocacy for people living with mental health challenges.

In 2014-2015 we added new support groups, continued our advocacy for legislation protecting the rights of citizens of Connecticut, and lobbied for stronger, more stable mental health service funding in the state budget and through private insurance. We've given presentations to the Latino and African American communities and reached out to youth through social media. As a result, our support groups throughout the state are flourishing.

Our annual Walk in Bushnell Park raised over \$165,000 and gathered 1200 people all raising awareness of the challenges faced by those living with mental health challenges.

Our adult and children's public policy arms continue to be active monitoring legislation that effects mental health concerns. Our work with the Keep the Promise Children's Committee included many educational events this year that were attended by public officials and were critical to the legislative successes this session.

NAMI Connecticut is the premier mental health organization in Connecticut. We're continually adapting to the changing needs of the community we serve as we look forward to a bright future for families and those living with mental health challenges in our state. I hope our contributions to the eradication of any stigma, access to care and quality of life issues faced by ourselves and loved ones living with mental health issues continues to peak your interest and support.

Kate Mattias, MPH, JD
Executive Director



NAMI Board President

Your passion, dedication, support, and commitment to NAMI Connecticut for over 30 years has improved the quality of life for families and individuals faced with the challenges of serious mental illness each day.

Our 2015 Annual report highlights our strategic growth and direction; our accomplishments and achievements; our exceptional evidence based educational and support programs in our communities; and our strong public policy and advocacy work to eliminate stigma.

The board will continue to work hard to guide the organization to reach new strategic goals and strengthen our service to the people of the state. One of the goals is to strengthen the board itself, to improve its effectiveness and deepen its engagement with the organization. I am excited that our new board is a large and diverse group, representing communities across the state, with a broad set of skills and interests.

Many thanks to all of our affiliates, volunteers, members, donors, board and staff for working with NAMI Connecticut to improve the quality of life for all those affected by serious mental illness.

Marisa Walls

NAMI Connecticut Board President



Donor Event at the Governors Mansion



This year we held our first annual donor thank you at the Governors Mansion. The event honored our generous donors without whom we couldn't fulfill our mission of educating, supporting and advocating for those living with mental health challenges, their families and the professionals who serve them.

Our keynote speaker was Dr. John Crystal, Chair of the Yale Psychiatry and Chief at Yale-New Haven Hospital. He opened a far reaching discussion and Q&A that was informative, captivating and hopeful.



This event was underwritten by and the kick-off event for our Public Policy Funding Initiative: an opportunity for small groups of donors interested in learning more on the importance of public policy work and how vital it is to our mission and loved ones to meet throughout the state in intimate settings.

Volunteers: The Cornerstone of All We Do



Our volunteers are our lifeblood. Without them, NAMI Connecticut would not be here. Through teaching, facilitating support groups, and giving presentations to community groups, they give their time and talents to educate and end the stigma of mental illness. It takes courage to tell your story to a community of police officers, educators, or mental health professionals. It is challenging running a support group, and it is a huge commitment to teach one of our many education courses. NAMI Connecticut recognizes its volunteers as special workers dedicated to its mission of support, education and advocacy.

Donor Spotlight

Marc Rabinowitz became interested in NAMI Connecticut when his son was diagnosed with schizophrenia. Like many his son faces challenges to stay in recovery.

"NAMI Connecticut provides a valuable service to the community," he said. "People should be using it as a resource."

"There's a long way to go to improve care for people with mental illness and I want to be part of the solution," he said.

His former employer Ernest and Young started a donation page for NAMI Connecticut as a parting retirement gift; the page raised \$26,000.

Through his generous donations and those of his peers he is doing his part to end the stigma that people living with mental illness face every day.

His dedication to our mission led him to become one of our newest NAMI Connecticut board members.

He writes a blog on mental health for the Huffington Post at <http://huffingtonpost.com/marc-rabinowitz/>.



NAMI Board Member & Walk Team Captain Spotlight

"Over the past 20 or so years, NAMI has helped me in many ways. NAMI has given me permission to talk about mental illnesses in my family. I have learned so much from my support group and the many NAMI programs, and when I speak openly about my struggles; this helps others in their quest to find help and find hope.

We are not alone, and I think that is the main gift that NAMI gives. Our annual Walk is a time to show everyone that we are not ashamed, that we are strong, and that we have hope for the future. And because all NAMI programs are free to participants, I feel it's important to give back to NAMI with financial support when we can."

Karen Zimmer

NAMI Connecticut Board Member 2012-2015

Walk Team Captain



NAMI Connecticut Walk 2015

This year we celebrated our 12th Annual Walk raising \$165,773! Approximately 1200 came together at Bushnell Park in Hartford raising awareness and showing support for people living with mental health challenges. 47 new teams joined us this year! Walk funds offset the costs of running our volunteer training programs run through our affiliates.

Our tradition of walkers bringing their pets continued in 2015 with the Winner of the Best Dressed Dog Contest being a black doberman wearing a Super girl costume! Dave and Buster's donated their booth and giveaways along with booths by Value Options and Community Health Resources among others. There was a kid's tent and as always a live band. Top sponsors were Value Options/CT Behavioral Health Partnership, Hartford Healthcare, Magellan, and Cigna.

We can't do our work without your support! Thank you!

NAMI Connecticut Walked, Danced & Celebrated Together!



WHY WE WALK

"Jeanne and I walk mainly for two reasons: Almost all of our team members are people that we bonded with in NAMI support groups, and Family To Family classes from over the years. We share the lived experiences of dealing with someone close to us who is mentally ill. They are now friends and we trust them with the good, bad, and ugly details, and know that they trust us, too. We are a unique community and we enjoy being together.

Secondly, we believe in the good things that NAMI does in the community at large, and know that it takes money to make those things happen. Our family and friends know of our struggles and how we have depended on NAMI resources. We ask them to help by donating to our walk, and they do.

Thank you NAMI for your commitment to fighting with us. Really, we are NOT alone."

Dan and Jeanne Proctor
NAMI Shoreline



NAMI Connecticut

Walk

Stepping Towards Hope & Wellness

SHARING HOPE: REACHING DIVERSE COMMUNITIES

Created to raise awareness around mental health in the Latino community, this program is an interactive 90-minute presentation that gives an overview of mental health conditions, treatment, and recovery from the perspective of those who have experienced these conditions. The program goals are to develop positive, lasting relationships with Latino organizations, educate Latinos about mental illness signs, symptoms, treatment, and support; address stigma in the Latino community with science-based information, and introduce NAMI education and support programs to the Latino community. So far in 2015, two presentations have been given: one in Norwich and one in Hartford. The Hartford presentation reached 21 people.

VETERANS PROGRAMS

NAMI-CT has strong ties with the VA hospitals and centers in West Haven and Newington. Programs have been brought to administrators, veterans and their families, including NAMI Connection peer support groups, In Our Own Voice, and Family-to-Family.



NAMI-BASICS

Like Family-to-Family, NAMI Basics allows parents of children and adolescents with mental health conditions or behavioral challenges to connect and share information, gain strength and resources. This too is a no cost six-week program for attendees. Two Basics courses were offered this past year.



NAMI CONNECTION

We know people recover better when living in their communities. To support recovery NAMI Connecticut added five new NAMI Connection groups. These are free 90-minute support groups for people in recovery. The five new groups are in Bloomfield, Wallingford, Willimantic, Hartford, and Mansfield Center. We currently have eleven thriving groups including one just for Veterans. Ongoing groups include: Bridgeport, West Hartford, Seymour, Danbury, New Haven, and the Veteran's only group in West Haven. NAMI Connecticut offers facilitator training for these groups at least two times a year.



IN OUR OWN VOICE

Mental illness is just like any other illness or condition. We've found that the community embraces this fact when they hear stories of people in recovery by people who are living in recovery. The In Our Own Voice program is a 60-minute presentation given to the community about mental health recovery. Presentation topics include: dark days, acceptance, treatment, coping strategies, successes, hopes and dreams. Last fiscal year, 153 presentations were made to community groups.

FAMILY-TO-FAMILY

Family members learn about serious mental illness from trained volunteer family teachers through, this 12 week program provided at no cost to those attending. Family-to-Family is a nationally-recognized program, affording those who have experienced mental illness through a loved one to gain hope and share resources with others currently facing the same challenges. NAMI Connecticut conducted two Family-to-Family teacher trainings during the 14-15 fiscal year, holding 15 courses across the state.

LEARNING TOGETHER: CHANGING MINDS APRENDIENDO JUNTOS: CAMBIANDO MENTES

This program is conducted in Spanish and runs 6-8 weeks. It is for parents and caregivers of children and adolescents with mental health challenges, and is also offered at no cost to participants. Like NAMI Basics, information about the neurobiological basis of mental illness as well as how to navigate school systems and available resources are among topics discussed.

Keep the Promise Public Policy

The Keep the Promise Coalition which has been staffed by NAMI Connecticut since 2007, had a very busy legislative session. The Adult and Children's Public Policy staff, committee and Coalition members advocated and testified to not only pass legislation but to fight deep proposed state budget cuts to mental health services and agencies. A few highlights of their success were;

- Eliminating expulsions/suspensions for children in kindergarten through age 7;
- The juvenile justice "second look" bill for juveniles with sentences of life without parole;
- Clarifying the mental health conditions currently covered by Medicaid that are also covered by private insurance;
- The creation of the Children's Behavioral Health Plan;
- The Implementation an Advisory Council;
- Restoration of funding for the Connecticut Legal Rights Project and the Regional Mental Health Boards along with funding for mental health and substance abuse grants.

NAMI Connecticut's Legislative Agenda

Under the direction of NAMI Connecticut Board, the Public Policy Committee of the Board, and the Public Policy Director Daniela Giordano the following legislative agenda was set and acted on:

- Expand Supportive Housing for Families, Children and Adults
- Provide Age-Appropriate Services for Young Adults
- Strengthen and Expand School Based Health Services
- Ensure Access to Integrated Healthcare Services
- Close the Coverage Gap between Public and Private Insurance
- Advocate for Systemic Change
- Promote Wellness, Self-Determination and Self-Sufficiency
- Protect Civil Rights of Individuals with Mental Health Needs
- Create Incentives to Expand Workforce Capacity



CLAIRE'S STORY

"NAMI gave me my voice, the Hearing Voices Network set me free. Now, I know I'm not unique. The clinicians I spoke with were fascinated with my story.

I can be completely honest about my experiences and feel I am helping, providing hope.

NAMI brought me home. It allowed me to see how brave people whose lives have been touched by mental illness are. I went from knowing it on an intellectual level to understanding it on the human one.

Becoming involved with NAMI allowed me to begin speaking my truth, and being able to tell my story openly and without fear has made me stronger and braver. I now accept who I was and am, and understand better the factors that led to my hearing voices. The greatest deepening, however, has come from getting to know other people in recovery and their family members—people far braver, who have been hurt more deeply, and who struggle every day for their recovery. Their courage and resilience truly humbles me. I am proud to call some of them my friends."



**YOU
ARE
NOT
ALONE**

www.NAMICT.org

YOU ARE NOT ALONE

This initiative brings our You Are Not Alone message to corporate human resource departments, human resource professionals, employers and mental health providers throughout our state. Providing small business cards in high traffic areas of these organizations so employees can quietly obtain information through our website on the supports available to them throughout our state and through our affiliates. Our goal is to offer help and hope to all who need it, when they need it.

CIT: PARTNERSHIP WITH CONNECTICUT ALLIANCE TO BENEFIT LAW ENFORCEMENT (CABLE)

Since 2002, CABLE has been responsible for training the police on how to work with people living in our communities living with mental illness through the police Crisis Intervention Team model (CIT). In 2015, 60 police departments, including 5 new ones, sent over 200 police officers to receive training through our program. Training includes mental health and the law, de-escalation strategies for adults and youth and the importance of family in the lives of those with mental illness. Police learn tactical strategies to de-escalate situations involving someone living with mental illness so that both the police and the person are in a safer environment. NAMI Connecticut receives funding from DMHAS to generate interest in and political will for expanding CIT across the state.



PERSPECTIVES

Going into its fourth year, this one day course focuses on mental illness education and individual/provider/family member collaboration skills. It is offered at no cost to participants. Perspectives is aligned with the recovery model supported by DHMAS.

NAMI CAN: CHILD AND ADOLESCENT NETWORK

Responding to the needs of families with young children and adolescents living with mental health concerns, NAMI Connecticut offers support groups for parents or primary caregivers of children and adolescents with mental illnesses. These groups are led by a trained, certified volunteer who themselves have raised children living with these challenges and concerns.



PARENTS AND TEACHERS AS ALLIES

Parents and Teachers as Allies This program speaks to educators at in-service trainings on recognizing the signs and symptoms of early onset mental health conditions in children and provides resources that can be shared with parents. A panel format is used consisting of a parent, a person who has a mental health condition which manifested itself when he/she was in school and an educator give this presentation. To date, NAMI Connecticut has given more than 75 PT&A presentations in the state.



YOUTH AND YOUNG ADULTS

Young adults bring their own unique perspective to mental health and recovery. Now in its fourth year, NAMI Connecticut's Young Adult Initiative has worked with young adults to provide community support for recovery. Our Young Adult Coordinator has found both Facebook and Meetup to be key communication methods for the Young Adult Support Groups developed by NAMI Connecticut. Currently, there are 95 members on Meetup and 183 members in the Facebook group. Inspirational messages about mental wellness as well as support group times and locations are posted to these groups. Currently, there are seven young adult support groups in Connecticut; three more will be added in the fall. College campuses have groups at Central Connecticut State University and UCONN as well as one that is being formed by facilitators from Gateway and Southern Connecticut State University. Thanks to an early diversion grant, a program will be piloted in Hartford in the fall that gives youth offenders a peer to talk with when involved with the police.

Thank you to all of our Donors.

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NAMI Connecticut Walk Sponsors & Team Captains

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Silver Hill Hospital	Tradewinds Imports	Jessie Banks	Emily Dickson	Glenn Gerhard	Amy Kish	Ann Nelson	Anne Romano
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What NAMI Connecticut Means To YOU

MICHELE: I have supported individuals in crisis. When buying my new vehicle last year, I shared my history of mental illness and how NAMI has been so beneficial with someone who suffered from mental illness and whose brother had very recently succumbed to his illness and sadly, took his own life.

In another instance, a co-worker who knew of my advocacy efforts felt comfortable enough to approach me when a family member was going through a psychotic break. I was able to direct her and her family to the support services provided by NAMI. Finally, even knowing that mental illness has some basis in genetics, I was heartbroken when a close family member had their first psychotic break. I was able to sit down with my family and offer hope, support and resources available through NAMI.


STEPHEN: Before I got properly diagnosed and involved in NAMI, I was isolated and not involved in things. Since being involved in NAMI, I became a better advocate and gained confidence by telling people my story.

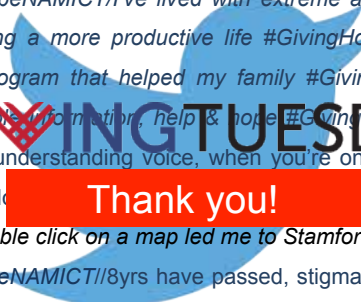
It helps me stay in recovery and reduces the stigma for me and for others.

NAMI enables people to share aspects of mental illness and work toward recovery. Without it, people have limited options for care and to get better.

TARA: Before I found NAMI, I didn't have any purpose and I lacked confidence. Now, I give presentations and lead support groups.

NANCY: "My husband John and I were elated when NAMI Connecticut started a Walk 12 years ago, as we had walked for many causes (March of Dimes, hunger, diabetes, heart health) over the years and know the camaraderie that comes from being in a Walk with others who care about the same thing. You're not only raising money, you're also raising spirits and public awareness. Right now the NAMI Walk is important in preserving innovative and largely volunteer-driven recovery programs for those living with mental illness. Please give whatever you can, it all adds up!"

 *When my son was SO SICK with Bipolar Disorder, NAMI's Family Support Group helped me & my wife stay sane #GivingHopeNAMICT/Our local NAMI Affiliate is like a 2nd family to me & my wife; folks understand what we are going thru #GivingHelpNAMICT/Our local NAMI Affiliate helped us navigate the fractured Mental Health system we have #GivingHelp NAMICT/When things seemed so, so dark, the caring people at our local NAMI Affiliate gave us hope for the future #GivingHopeNAMICT/I've lived with extreme anxiety my whole life, thanks to supports like NAMI, I'm leading a more productive life #GivingHopeNAMICT/As a NAMI Basics teacher I give back to the program that helped my family #GivingHelpNAMICT/Teaching NAMI Basics allows me to give people information, help & hope #GivingHopeNAMICT/I didn't know the person I called but heard his understanding voice, when you're on your last heart string, feelings count for everything #GivingHopeNAMICT/connection, I Googled 'bipolar support', up came NAMI, a double click on a map led me to Stamford/Greenwich. I felt an unfamiliar sensation--a smile #GivingHopeNAMICT/18yrs have passed, stigma means nothing, the fellow-ship of good company is worth every drop of my daily journey in recovery #GivingHopeNAMICT/My friends are proud of me. They made me president of the NAMI Southwest CT affiliate. I'm now studying to be a social worker #GivingHopeNAMICT/It is a good day, pretty much everyday #GivingHopeNAMICT/I have a good reason to take care of myself & give back #GivingHopeNAMI CT/I'm in the moment, looking forward & productive, my name is Diane, I'm doing well. Thank you, NAMI. Help us, help you #GivingHopeNAMICT. Find Help. Find Hope. Visit www.namict.org today.*


#GIVINGTUESDAY
Thank you!

REBECCA: NAMI taught me to forgive my parents for they are only human with limited knowledge of mental illness.

I can give a presentation and it gives me good vibes, it keeps me going for weeks. Hopefully, it made someone who is suffering life easier.

CHERYL: The beauty of the In Our Own Voice presentations shows the individuality of illnesses. Mine came from genetics, the person I was paired with came from war. We shared our stories with cops in the CIT training program."

NAMI taught me to be my own advocate.

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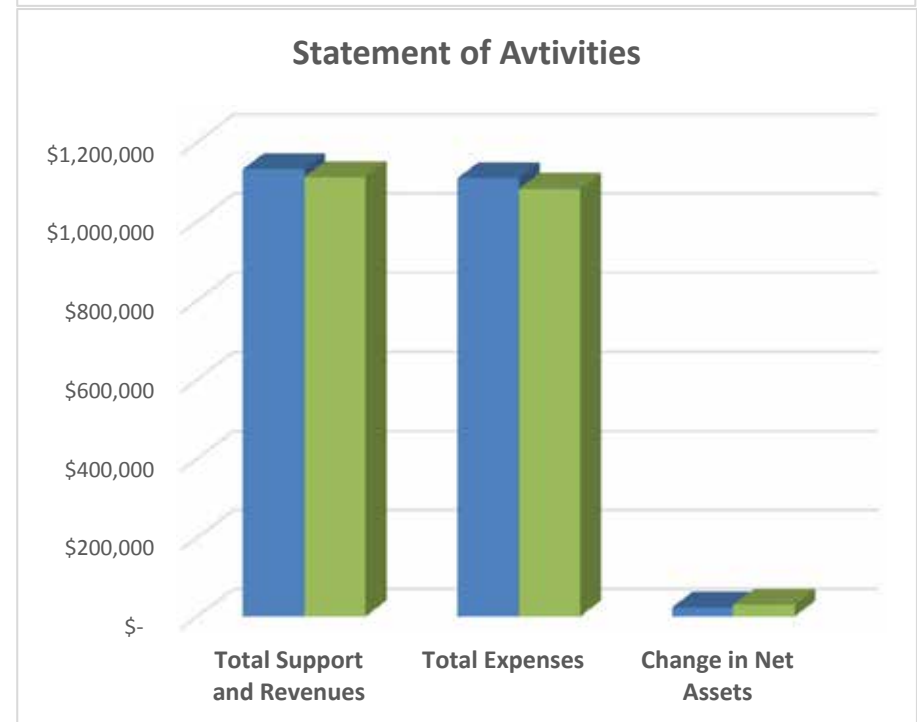
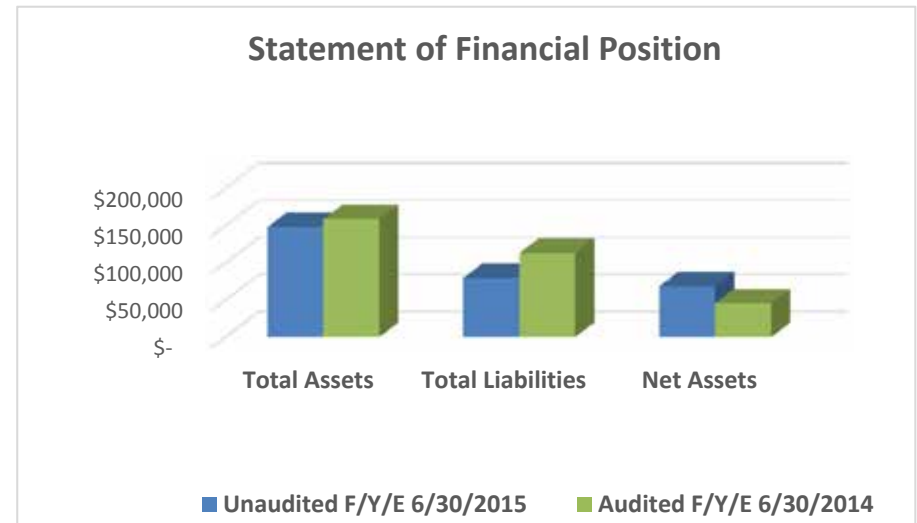
NAMI of Connecticut, Inc.
Summarized Financial Data for Annual Report

	Unaudited Amounts for 6/30/2015	Per Audit as of 6/30/2014
Statement of Financial Position		
Total Assets	\$ 148,023	\$ 158,646
Total Liabilities	79,641	113,234
Net Assets	<u>\$ 68,382</u>	<u>\$ 45,412</u>
Statement of Activities		
Total Support and Revenues	\$ 1,132,245	\$ 1,111,788
Total Expenses	<u>1,109,275</u>	<u>1,081,786</u>
Change in Net Assets	<u>\$ 22,970</u>	<u>\$ 30,002</u>

Overview:

NAMI-CT again had a good fiscal year that ended June 30, 2015. Total Support and Revenues for the fiscal year ended 2015 are slightly ahead of last fiscal year. With Support and Revenues being up, Total Expenses increased as well, in proportion.

NAMI-CT's financial position has increased again over last year, which is evidenced by the slight increase in Net Assets and in turn results in more reserves.



NAMI Connecticut 2015

Social Media and Website

INFORMATION AND METRICS



@NAMI Connecticut
Join our 1004+ Followers
by 'liking' us foday!



@NAMI Connecticut
Join our 1661+ Followers
by 'following' us today!



@NAMI Connecticut
Follow us!



www.namict.org

Over 19,000 unique visitors a year
1551+ unique visitors a month

Donate,
Join our Mailing List,
Find Support Groups,
Affiliate Information,
Special Events and so much more!!

NAMI Connecticut & Affiliate Support Groups

**PARTIAL LISTS, PLEASE CHECK www.namict.org
for CURRENT INFORMATION**

PROFESSIONAL PROGRAMS

Parents and Teachers as Allies
Perspectives
Friends & Family Support Groups:

FRIENDS & FAMILY SUPPORT GROUPS

NAMI Fairfield
NAMI Farmington Valley
NAMI Hartford
NAMI Manchester
NAMI Newington
NAMI Southeastern Connecticut
NAMI Shoreline - NO MEETINGS IN DECEMBER
NAMI Southwest CT
NAMI Waterbury
NAMI Windham County

OTHER NAMI FAMILY SUPPORT GROUPS

Bristol (A program of NAMI Newington)
Danbury
East Lyme (A program of Southeastern CT)
East Windsor (A program of Farmington Valley)
Greenwich (program of NAMI Southwest CT)
Hamden
Guilford (program of NAMI Shoreline)
Mansfield (program of NAMI Windham County)
Meriden (program of NAMI Waterbury)
Middletown (program of NAMI Newington)
Milford (program of NAMI Elm City)
New Canaan (program of NAMI Southwest CT)
North Grosvenordale
Norwalk (program of NAMI Southwest CT)
Simsbury (program of NAMI Farmington Valley)
Stamford (Spanish) (program of NAMI Southwest)
Watertown (Spousal Support Group)
Westport (program of NAMI Southwest CT)

NAMI Connecticut Affiliates

NAMI Elm City
NAMI Fairfield
NAMI Farmington Valley
NAMI Hartford
NAMI Manchester
NAMI Newington
NAMI Shoreline
NAMI Southeastern Connecticut
NAMI Southwestern CT
NAMI Waterbury
NAMI Windham

Our affiliates and state office serve over 9000 residents a year through support groups, programs, our state conference and community events.

There are over 40 support groups run throughout the state offering help and hope through our 11 local affiliates.

Our affiliates run educational programs, support groups, book clubs and are invaluable to community members who need help and then hope close to home.

Please visit www.namict.org for more information.

NAMI-CAN SUPPORT GROUPS

Canton (A program of NAMI Farmington Valley)
Mansfield
Meriden (Spanish)
Waterbury
Waterford
Wilton (A Program of NAMI Southwest CT)

IN OUR OWN VOICE

Please call NAMI Connecticut for locations

NAMI CONNECTION RECOVERY SUPPORT GROUPS

Bloomfield
Bridgeport
Danbury
Mansfield Center
New Haven
Norwalk- starts Oct 26, 2015
Seymour

Stamford
Torrington
Wallingford
West Hartford
Willimantic

NAMI CONNECTION RECOVERY SUPPORT GROUPS FOR VETERANS

Newington
West Haven

NAMI YOUNG ADULT CONNECTION RECOVERY GROUPS (18 - 29 years old)

Hartford
New Britain
Waterbury
West Hartford
Storrs

Please visit www.namict.org for updated information



Community Events & Outreach

TO PROVIDERS & CORPORATIONS



Picktochart 2015



YOU
ARE
NOT
ALONE

www.NAMICT.org



NAMI CONNECTICUT

576 Farmington Avenue

Hartford, CT 06105

Tel: 860-882-0236 www.namict.org