




CONNECTED

FY 2021 ANNUAL REPORT

(410)-884-8691 | 10632 Little Patuxent Parkway, Suite 454 | info@namimd.org
Columbia, Maryland, 21044



The mission of NAMI Maryland is to improve the quality of life for individuals and their families coping with mental illness. We are dedicated to providing education, support, and advocacy for persons with mental illnesses, their families, and the wider community.

It is our core principle that empowering family members and individuals is a critical factor in recovery, and a potent force in providing community education and bringing about systematic change. NAMI Maryland is a unifying voice and a skilled provider of knowledge and skills at the grassroots level. We promise to work to build better lives.

NAMI Maryland's 2021 Fiscal Year ran from April 1st, 2020 to March 31st, 2021.

A MESSAGE FROM OUR PRESIDENT

Dear NAMI Members,

This has been an exceptionally challenging year. The COVID-19 pandemic has caused major ramifications for global health and the economy, with growing concerns about economic implications for mental health. There is significant evidence that the economic impact of COVID-19 has negative implications for mental health and that the isolation, stress, and trauma from COVID-19 is exacerbating existing symptoms.

As NAMI and its partners continue to work towards eliminating the stigma around mental illness, the need for NAMI, its outreach, programs, and advocacy have grown exponentially. In response, NAMI Maryland and our local affiliates have tripled our efforts to continue to provide free support, education, and advocacy for the hundreds of thousands of Marylanders who have been affected, and we have worked to ensure that our community remains safe, cared for, and **connected**.

The support from our community has allowed us to transition our free education courses and support groups to an online platform and has allowed us to address current mental health issues that have arisen over the past year. Thanks to your efforts, we have expanded our free resources through digital webinars and infographics, supported special populations like first responders and Black, Indigenous, and People of Color (BIPOC) communities, and resourced the State of Maryland's CovidCONNECT website to support individuals who are dealing with stress, anxiety, and other concerns and effects of the global pandemic.

Our visibility as a trusted and reliable resource on mental illness has increased to a network of more than 55,000 families, individuals, community-based organizations and service providers. We have advanced as a trusted partner on more than 70 state task forces, coalitions, and other consensus-building opportunities that ensure we are able to positively influence policy decisions and improve the systems that affect our stakeholders.

It is thanks to the dedication and support from people like you that we are able to continue the incredibly vital work we do. We sincerely thank you and all our affiliates and volunteers for your efforts and dedication during this incredibly difficult time and for helping to improve the lives of Marylanders affected by mental health conditions.

Stay safe and be well,



JOE ASHWORTH

PRESIDENT OF THE BOARD



NAMI MARYLAND AND NAMI AFFILIATES

NAMI, the National Alliance on Mental Illness, is a national movement. It is made up of a national headquarters, state organizations, and local affiliates that work together to build better lives for the millions of Americans affected by mental illness. There are two types of NAMI affiliates in Maryland: Model A and Model B.



Our "Model A" affiliates are legally and financially independent, incorporated organizations that are committed to NAMI's national Standards of Excellence. Most of our Model A affiliates operate at a high capacity with paid staff and active boards. Model A affiliates in Maryland are: NAMI Anne Arundel County, NAMI Howard County, NAMI Metropolitan Baltimore, NAMI Montgomery County, and NAMI Prince George's County.

Affiliates that prefer to focus on programs and outreach but do not have staff to run their daily operations can become a "Model B" affiliate. All Model B affiliates are integrated into the NAMI Maryland structure, so their finances and governance are the responsibility of the state organization. This allows volunteer leaders to focus on what they love most: helping those affected by mental illness. Model B affiliates in Maryland are: NAMI Carroll County, NAMI Frederick County, NAMI Harford County, NAMI Kent & Queen Anne's County, NAMI Lower Shore, and NAMI Southern Maryland.



With training and support by NAMI Maryland, local affiliates:

- Offer educational programs
- Hold NAMI peer-support groups
- Attend local outreach events
- Advocate for local and statewide public mental health systems

ENGAGING THE COMMUNITY

NAMI Maryland engages in a vigorous and active outreach campaign, targeted not only on supporting our local affiliates, but also reaching specific audiences like faith, veterans, BIPOC communities, and providers who interact with individuals with mental illness and their families. During FY2021, NAMI Maryland engaged in more than 40 virtual outreach events, providing panelists and presentations, and offering resources to thousands of attendees. We've also cultivated new partnerships to reach priority audiences like Radio One, the nation's largest urban radio network, and Baltimore Gas and Electric to reach a wider and more diverse audience than ever before.

In addition to attending events, NAMI Maryland restarted our free educational webinars on topics relating to mental illness, continued to facilitate provider trainings with state corrections and law enforcement, and hosted signature annual events like NAMIWalks Maryland and our Annual Education Conference in a completely virtual world.



Educational Webinar Series:

NAMI Maryland developed a survey at the start of the pandemic asking how we could best support our community. The most requested resources were webinars and easily distributed fact sheets. Since then, NAMI Maryland has hosted more than 30 educational webinars on a wide range of topics including:

- Depression
- African American Mental Health
- Telehealth
- Financial Planning
- COVID-19
- Gambling and Addiction
- Self-Care
- Advocacy Issues
- Support for First Responders and Frontline Workers
- Faith and Mental Illness

All NAMI Maryland Educational Webinars have an accompanying fact sheet that distills the most important information from each presentation. All webinar recordings and their associated fact sheets can be found for free on our website at namimd.org/coronavirus_resources.



When the [2020 NAMIWalks Maryland](#) campaign began in December of 2019, we were in a different world with a different Walk in mind. As part of the largest fundraising and public awareness event in the country, NAMIWalks is how we raise funds and spread awareness to change the world, right here in Maryland. In March, we made the difficult decision to cancel our in-person event scheduled for June 7th at Canton Waterfront Park and shifted to an online-only campaign.

The incredible support from our members and participants allowed us to shift gears and pivot to a virtual Day of Hope on May 30th: [NAMIWalks Your Way Maryland](#).

This event brought together thousands of advocates and walkers across the country in a day of solidarity and awareness we couldn't have anticipated. The incredible success of our NAMIWalks campaign proved that NAMIWalks is about our community rallying together to raise awareness and eliminate stigma, wherever you may be.

Thanks to the efforts of our supporters, NAMIWalks Your Way Maryland raised an incredible \$168,862 in 2020 and engaged thousands of participants.

Thank you to everyone who took part and helped us raise awareness for mental health. We couldn't have done this without you!

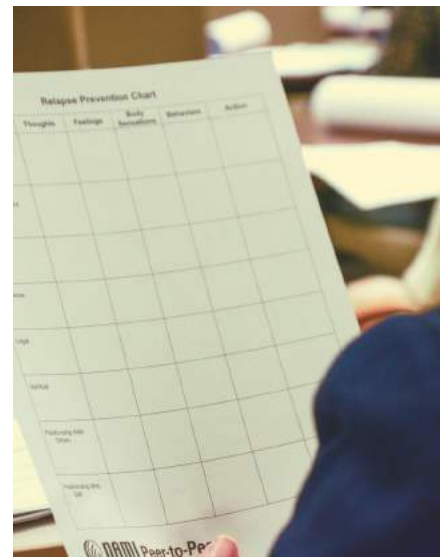


This was a wonderful conference in every manner. I am SO glad I had the opportunity to attend and feel a sense of renewal with NAMI!

More than 300 people joined us online for NAMI Maryland's first ever virtual [Annual Conference](#), held October 16th, 2020. Pared down to a one-day event, this conference allowed NAMI Maryland to focus on incredible, topical presentations hosted by national and state decision-makers, content experts, and advocates.

Presentations included:

- Navigating the Waters: Suicide Prevention in the Time of Racial Discourse and COVID-19
- Youth: Trauma and Mental Health in the Time of COVID-19
- Housing and Homelessness
- Law Enforcement, Mental Illness, and These Difficult Times
- Mental Health, Physical Health, and Longevity: Approaches to Addressing Disparities



In addition to our extensive outreach activities, NAMI Maryland was proud to hold several special projects this year, including:

- **CovidCONNECT:** a project through the Maryland Health Department where we alternate delivering the CovidCONNECT Webinar Series and facilitating free, peer-led support groups for COVID survivors every Thursday;
- **#FirstRespondersFirst with NAMI Frontline Wellness:** supporting frontline health care and public safety workers facing the adverse mental health effects of the COVID-19 pandemic;
- **Mental Health in the Workplace:** training members of the Maryland Chamber of Commerce, BGE employees, and other large employers to create a stigma free workplace;
- **Self-Care for Caregivers:** a series of small, virtual groups to provide a system of natural support for families as a part of learning additional self-care skills;

- **Effective Family Engagement:** a special training for clinical and professional staff who interact with children, parents, and families affected by mental health conditions.

NAMI In Our Own Voice: A presentation about living with mental illness is presented by intensively trained individuals who use their personal experience in a structured workshop for the community, providers and others living with mental illness.

Ambassadors: Graduates of NAMI programs for family members can be trained to deliver workshops including:

- Basics About Mental Illness
- Effective Family Engagement
- Caring for Every Child's Mental Health
- Working with Families in Crisis
- Improving Patient and Family Experience in the Emergency Department

Other Workshops Include:

- **What is Recovery?** A workshop delivered by trained individuals living well with mental illness and family members
- **Raising Mental Health Awareness:** College campuses
- **Sharing Hope:** Faith communities
- **Ending the Silence:** K-12 school communities
- **Hearing Voices:** AtTransformative and experimental workshop
- **The Uncertain Journey:** families and mental illness
- **Effective Police Response to Mental Illness**

54,800

Our outreach activities are varied and vigorous, targeting every part of the state. NAMI Maryland works with a network of nearly 55,000 individuals and organizations from every socioeconomic, racial, ethnic, professional, and community audience who shares our interest and mission.

PROGRAMS AND TRAINING



NAMI provides effective trainings for individuals and families to deliver free peer education, support, advocacy, and outreach. NAMI accepts peer-to-peer programming as a best practice model, where families and individuals with mental illness are the experts.

NAMI Maryland provides the trainings for family members and individuals living well with mental illness to become effective NAMI support group facilitators, NAMI education course teachers, and NAMI advocacy and outreach speakers. After being trained by NAMI Maryland, these individuals deliver NAMI programs in their local communities at the affiliate level or directly through NAMI Maryland. We utilize the train-the-trainer model, recruiting individuals with lived experience to pass on their knowledge and expertise to individuals and family members who truly need it.

NAMI Maryland supports our local affiliates and volunteers in delivering signature programs across the state. We assist our affiliates with program planning, recruitment, community outreach, and problem-solving when needed.

NAMI Maryland also coordinates statewide outreach and offers programs in under-served parts of the state where no NAMI affiliate currently exists.

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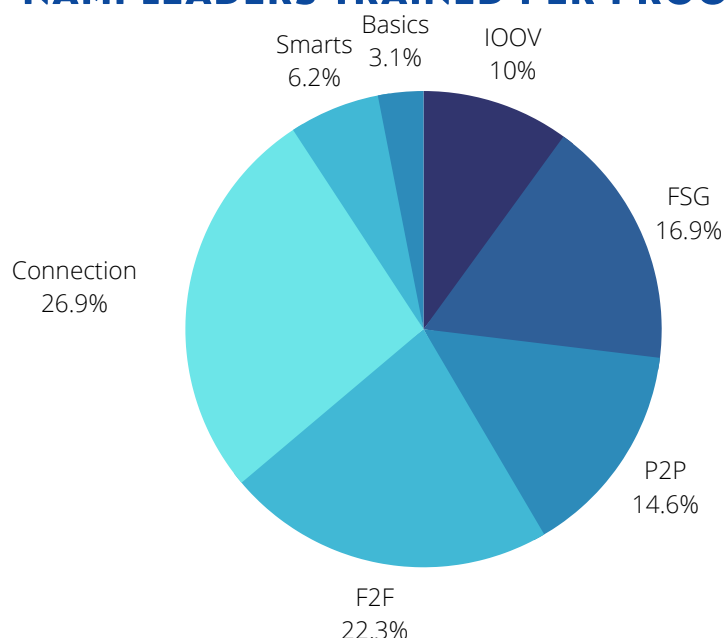
I have to say- I have so much HOPE today and I have the group to thank for that. It was life-changing to be able to get that off my chest at this time in my life.

VIRTUAL PROGRAMMING

The COVID-19 pandemic has certainly affected us all. When COVID-19 struck in March, we knew people would need NAMI Signature Programming now more than ever, and so we rose to the challenge. Since March of 2020, the NAMI Maryland programs team has worked diligently to adapt NAMI Signature Programs and trainings to an online format.

We developed over 30 brand new materials for online programming, including a 23-page Online Support Group Facilitator Manual, and worked to train hundreds of program leaders on how to operate in an online format and successfully deliver signature programming throughout the state. Since last year, NAMI Maryland has held 34 online trainings, with more than half of them dedicated to teaching our NAMI Program Leaders how to effectively deliver these critical support groups, courses, and presentations online to the hundreds of thousands of people who need them.

NAMI LEADERS TRAINED PER PROGRAM



130

Individuals graduated a virtual training to become NAMI Peer Program Leaders and In Our Own Voice Presenters

387*

Individuals attended a virtual NAMI Family-to-Family or NAMI Peer-to-Peer Class

*This partial data includes peer programming lead by local NAMI affiliates across the state, as well as direct programming offered by NAMI Maryland.

6,693

Individuals attended a virtual NAMI Peer-Led Support Group

POLICY AND ADVOCACY

The priorities listed below, along with the NAMI and NAMI Maryland Policy Platforms, guide our advocacy all year long. Though **Advocacy Day** may be more visible, NAMI Maryland engages with legislators and participates in more than 70 different taskforces, partnerships, and committees throughout the year.

We meet to discuss policy and programmatic objectives with legislators, decision makers, and leaders in the Maryland Department of Health, the Maryland Behavioral Health Administration, the Maryland Department of Human Resources, the Maryland Department of Disabilities, the Maryland Insurance Administration, and the Maryland Department of Public Safety and Correctional Services. There is substantial evidence of racial and ethnic disparities in community mental health care. We know that BIPOC communities have less access to mental health services than white people, are less likely to receive needed care, and are more likely to receive poor quality care when they are treated. In FY2021, we made addressing racial health disparities a priority for our organization.



Intervene Early

By age 24, 75% of all mental illnesses are diagnosed or present. Early intervention can get people on the path to recovery, but there are typically long delays before starting treatment. Accelerating research and making mental health care more accessible are key strategies to ensuring early intervention.

Improve Care

Getting the best possible care includes expanding access to health insurance, requiring party coverage of mental health care, and ensuring that the right services are available at the right time.



Divert from Justice Involvement

NAMI fights for policies to get people help, not handcuffs. This includes expanding access to crisis services, promoting best practices in de-escalation, and diversion of people experiencing psychiatric crises to treatment.

Address Racial Health Disparities

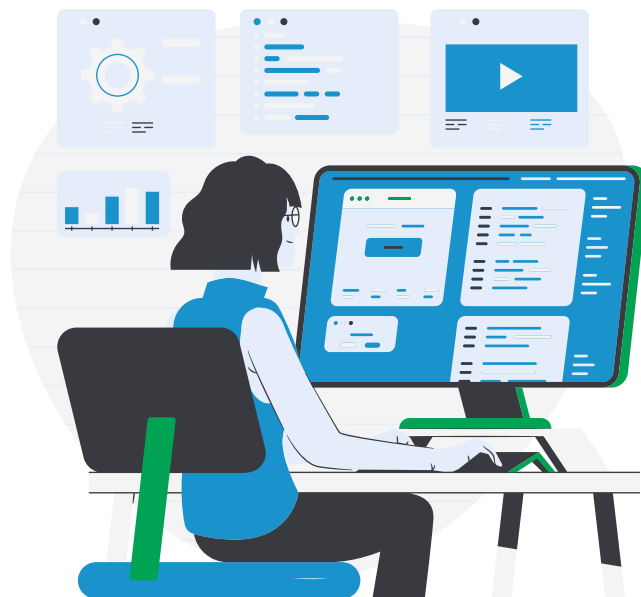
Health inequities based on race, ethnicity, disability, and place of residence persist throughout the state. In underserved areas, people with chronic conditions have worse health outcomes and are less likely to get the treatment they need. The COVID-19 pandemic has further exposed these health inequities and highlighted the need to address them and otherwise improve health outcomes in our state.



A VIRTUAL LEGISLATIVE SESSION

Tragically, it has taken a pandemic to truly highlight the necessity of resourcing crisis services, pushing for telehealth accessibility, and addressing racial health disparities. A recent report shows that nearly **40% of Marylanders report depression and anxiety symptoms**, due in large part to the ongoing pandemic. This year's legislative session, we learned that calls into crisis hotlines across the state (and to NAMI Maryland's own helpline) have increased at a staggering rate, especially from Marylanders at risk for suicide. Deaths related to substance use are on the rise again, after a slight decline prior to the pandemic. Most alarming of all, though, is the increased likelihood of mental illness developing following a COVID-19 diagnosis. A study of almost 70 million people showed that 20% or **1 in 5 COVID-19 patients develop a mental illness within 90 days of contracting the virus**.

Thankfully, there were a few bills that passed this session that were true victories for NAMI Maryland's grassroots members and families. Overall, we tracked more than 100 bills and offered testimony, support, and work group support on more than 40 pieces of legislation. Below are just some of the successes our members accomplished this session.

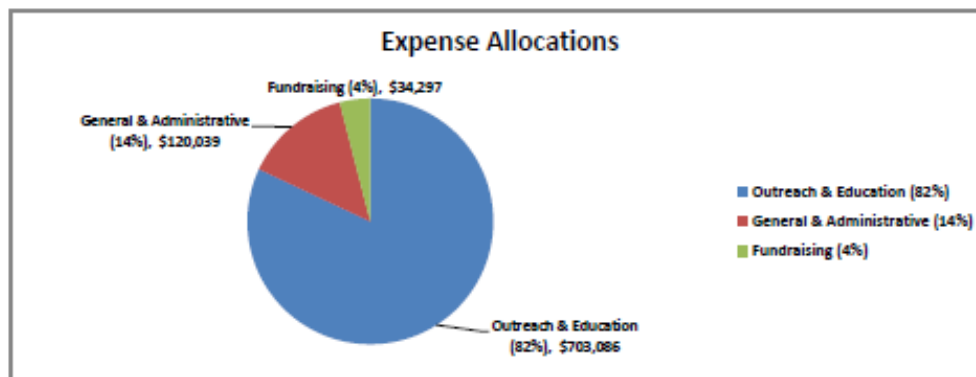


RACIAL HEALTH DISPARITIES	DIVERSION	EARLY INTERVENTION
HB 28/SB 005: A bill to require Maryland to provide timely information so we can better address racial health disparities.	SB 286/HB 108: <i>Our highest priority!</i> This bill increases funding for the Behavioral Health Crisis Response Grant Program to ensure local governments are investing in a comprehensive crisis program equipped to address Marylanders in crisis 24/7.	HB 466/SB 405: This bill requires higher education institutions to add crisis hotline information to student ID cards.
HB 78/SB 52: The establishment of the Maryland Commission on Health Equity to address racial injustice and health issues in Maryland.	SB 857/HB 1280: This bill creates the Maryland Behavioral Health and Public Safety Center of Excellence and charges it with furthering a sequential intercept model (SIM) framework to divert individuals with serious mental illness and substance use disorders away from the criminal justice system.	HB 812/SB 719: This bill establishes an opt-in program to help provide support services using 211 MD, meaning trained specialists and counselors are the first people you speak to when looking for resources.
HB 463/ SB 172: Allows for the designation of Health Equity Resource Communities to target state resources to improve health outcomes.		SB 168/HB 209: Creates a statewide program to review suicide deaths among persons and develop strategies for prevention.

NAMI Maryland
Statement of Activities
For the twelve months ending March 31, 2021
(Preliminary & Unaudited)

	FY 2021 Actuals (unaudited)	FY 2021 Budget	Dollar Variance CY Actuals to Budget
REVENUES:			
Grants & Contracts	\$433,906	\$369,200	\$64,706
Contributions	209,976	159,000	50,976
Combined Charity Campaigns	14,561	15,000	(439)
Membership Dues	8,522	10,000	(1,478)
NAMIWalks, net (Income \$169,252 net of expenses \$64,261*)	104,991	130,000	(25,009)
Fees for Service	61,959	33,000	28,959
Program Events & Development	68,410	71,000	(2,590)
Community Supporter Program	4,615	10,000	(5,385)
Sales	0	600	(600)
Investment Income (includes unrealized gains/losses)	75,312	0	75,312
PPP Loan forgiveness	58,800	0	58,800
Miscellaneous Income	1,276	1,500	(224)
Total Revenues	\$1,042,328	\$799,300	\$243,028
EXPENSES:			
Salaries & Benefits	\$404,274	\$492,276	(\$88,002)
Contracted Services	256,171	193,359	62,812
Program Training Expenses	16,249	59,850	(43,601)
Program Events & Development	30,868	62,550	(31,682)
Educational Materials	3,177	7,500	(4,323)
Furniture/Equipment & Related Expenses	18,438	20,830	(2,392)
Office Supplies & Postage	4,983	6,000	(1,017)
Travel	19	2,000	(1,981)
Printing (external)	1,720	2,500	(780)
Online software/services & Dues & Subscriptions	20,239	13,000	7,239
General & Administrative	4,612	8,450	(3,838)
Merchandise for Resale	0	0	0
Communications	7,541	7,170	371
Insurance	4,849	5,100	(251)
Occupancy (Rent, Utilities, Repairs & Maintenance)	79,742	85,630	(5,888)
Depreciation Expense	4,540	0	4,540
Total Expenses	\$857,422	\$966,215	(\$108,793)
Net Income/(Loss)	\$184,906	(\$166,915)	\$351,821

* Expenses include affiliate payments of \$54,694. Expenses do not include expenses such as salary and contractual costs that are included in other expense lines.



FY 2021 GRANTS, CONTRACTS, AND MAJOR DONORS

NAMI Maryland's fiscal year 2021 runs from April 1, 2020 to March 31st, 2021. Every effort has been made to include the names of all donors who have given more than \$250 to NAMI Maryland in FY2021. Anonymous donors have been omitted. This list does not include donations to the NAMIWalks Maryland as these donations are split with affiliates. We apologize for any names that have been inadvertently omitted.

Thank you to all our generous donors for helping NAMI Maryland achieve its mission.

The Alliger Family Charitable Fund
The Anne R. Eckfeldt Fund (*InFaith Community Foundation*)
Atheneum Partners
Euegnia Barnett
Alvan Beall III
John and Mary Ann Beckley
Behavioral Health Systems Baltimore (*Maryland Behavioral Health Administration funding*)
Beth Torah Congregation
Jeanne Bilanin
The Jacob and Hilda Blaustein Foundation
Donald and Janet Boardman
Catherine Brennan
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William and Jennifer Burgy (*The Progress Family Foundation*)
Carroll County Health Department
Cecil County Health Department
The Community Foundation of Frederick County
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Jane Sanders
Kathy Scott
Gary Serrao
Joel and Joan Simon
Melanie Shanty
Steven Shapiro
Dr. Steven Sharfstein
Kathleen Sheedy
Bette Stewart
Nancy Stivers
Lainie Surette
Stuart TenHoor
Garth Thompson
Henry and Ann Trentman
Sara Wagschal
Joseph Weidner
Harry and Jeanette Weinberg Foundation
Gertie Wilson



NAMI Maryland's Workplace Charity Numbers

4186: The United Way of Central Maryland

80114: CFC of the Chesapeake Bay Area and
National Capital Area

521295484: Maryland Charity Campaign

Contact us for more information!

Let us know if your workplace has a grant or a matching gift program!

A gift of appreciated stock, bonds, or mutual funds can be a tax-efficient way to support NAMI Maryland! Gifts of stock can even provide a greater tax benefit to you than gifts of cash. These gifts can save you taxes in two ways: you receive a charitable deduction and you avoid the capital gains tax on the gift.

If your securities have depreciated, you can sell them and give the proceeds to NAMI Maryland. This may allow you to claim the loss when you file your taxes next April and take the charitable deduction for the amount of your gift.

For transfer directly to our Broker:

Bank/Brokerage Firm Name: T. Rowe Price

DTC Number: 0443

For Credit to Account #: 30Q90137-0

For Credit to Account of: NAMI Maryland, Inc.

Address: 10632 Little Patuxent Parkway, Suite 454
Columbia, MD 21044

Tax ID #: 52-1295484

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This list consists of all members who served on the Board of Directors during this period.

MEET OUR STAFF

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Jamea Miller, *Program Associate*
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Camille Jarin, *Outreach Associate*

THANK YOU TO OUR FY2021 INTERNS

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Lizzie Tandilashvili

NAMI Maryland's 2021 Fiscal Year ran from
April 1st, 2020 to March 31st, 2021.



NAMI AFFILIATES IN MARYLAND

NAMI Anne Arundel County

NAMI Carroll County

NAMI Frederick County

NAMI Harford County

NAMI Howard County

NAMI Kent & Queen Anne's County

NAMI Lower Shore
(Wicomico, Somerset, & Dorchester Counties)

NAMI Metropolitan Baltimore

NAMI Montgomery County

NAMI Prince George's County

NAMI Southern Maryland
(Charles, Calvert, & St. Mary's Counties)

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Maryland

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