



FY 2019 Annual Report

Empower



National Alliance on Mental Illness

NAMI | Maryland

(410)-884-8691 | 10630 Little Patuxent Parkway, Suite 475 | info@namimd.org
Columbia, Maryland, 21044



Fiscal Year 2019 Annual Report

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 2019 Fiscal Year ran from
April 1st, 2018 to March 31st, 2019.

Letter from the President

Dear NAMI Members,

It is an exciting time at NAMI Maryland as our ability to accomplish our mission, improving the quality of life for individuals with mental illnesses and their families, continues to grow throughout the state. This growth has enabled NAMI Maryland to support new and emerging local affiliates in areas of the state where NAMI has not had a robust presence, restart critical programs, and expand our legislative advocacy efforts. We have increased significantly the number of NAMI Signature Program training opportunities in the last year, to ensure local NAMI affiliates have an adequate number of program leaders.

NAMI Maryland is also advancing as a trusted partner on state task forces, work groups, and other consensus-building opportunities that ensure we are able to positively influence policy decisions, state regulations and legislation that affects our members. And finally, our visibility as a trusted and reliable resource on mental illness has increased to a network of over 49,000 families, individuals, community-based organizations and service providers has allowed us to partner with over 50 task forces, workgroups, and coalitions like the Behavioral Health Coalition, the National Institute on Mental Health, the Maryland Suicide Prevention and Early Intervention Network (MD-SPIN), the University of Maryland Center for Excellence on Problem Gambling, the Maryland Early Intervention Program, and the Parity at 10 Coalition.

No annual report could hope to contain or represent the incredible amount of effort and energy expended by a caring membership over the past year and over the past 36 years since our founding. We thank all our affiliates and volunteers for their efforts and their dedication to helping improve the lives of Marylanders affected by mental illness.

I look forward to our efforts together and wish you all a healthy, fruitful, and positive new year.



Joe Ashworth

President, NAMI Maryland Board of Directors





NAMI MARYLAND & 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.

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

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.**

The state organization must grow its capacity to:

- Assess and endorse each NAMI affiliate's organizational status, as well as growth and development capacity
- Ensure each affiliate is operating using best practices and appropriate programs and training
- Confirm affiliates are actively engaged in their community, and that their programs and services are effective
- Provide assistance, training, and resources

Community Education

49,700

Our outreach activities are *varied and vigorous*, targeting every part of the state. NAMI Maryland works with a network of over 49,000 individuals and organizations from every socioeconomic, racial, ethnic, professional, and community audience who share our interests and mission.

NAMI Maryland offers trainings for individual and family member graduates of our local peer programs to deliver effective scripted workshops using their personal experience for a variety of audiences. We also provide special presentations and supplemental resources for various audiences including local government agencies, civic organizations, professional organizations, faith leaders and congregations, emergency room staff, corrections and law enforcement officers, universities, education staff, parents, students, behavioral health service providers, social service agencies, and multicultural forums.

Presentations Include:

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 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: A Transformative and Experimental Workshop**
- **The Uncertain Journey: Families and Mental Illness**
- **Effective Police Response to Mental Illness**



NAMI Peer Education and Support Programs



NAMI Peer Education and Support Programs are education courses and support groups provided for and by intensively trained individuals and family members. NAMI accepts peer support 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 support group facilitators, signature program teachers, and presenters. After being trained by NAMI Maryland, these individuals deliver NAMI programs in their local communities at the affiliate level or directly through NAMI Maryland.

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

NAMI Maryland also coordinates statewide outreach and offers programs in underserved parts of the state. In FY2019, we coordinated two Peer-to-Peer courses at Veterans Administration sites, as well as seven Family-to-Family courses and one NAMI Basics course for parents of young children through our Model B affiliates.

“This course has empowered me to a higher level and encouraged me to become a better advocate for mental illness.”

**NAMI Family-to-Family Teacher
Training Graduate**

506 INDIVIDUALS ENROLLED IN A PEER-LED NAMI COURSE

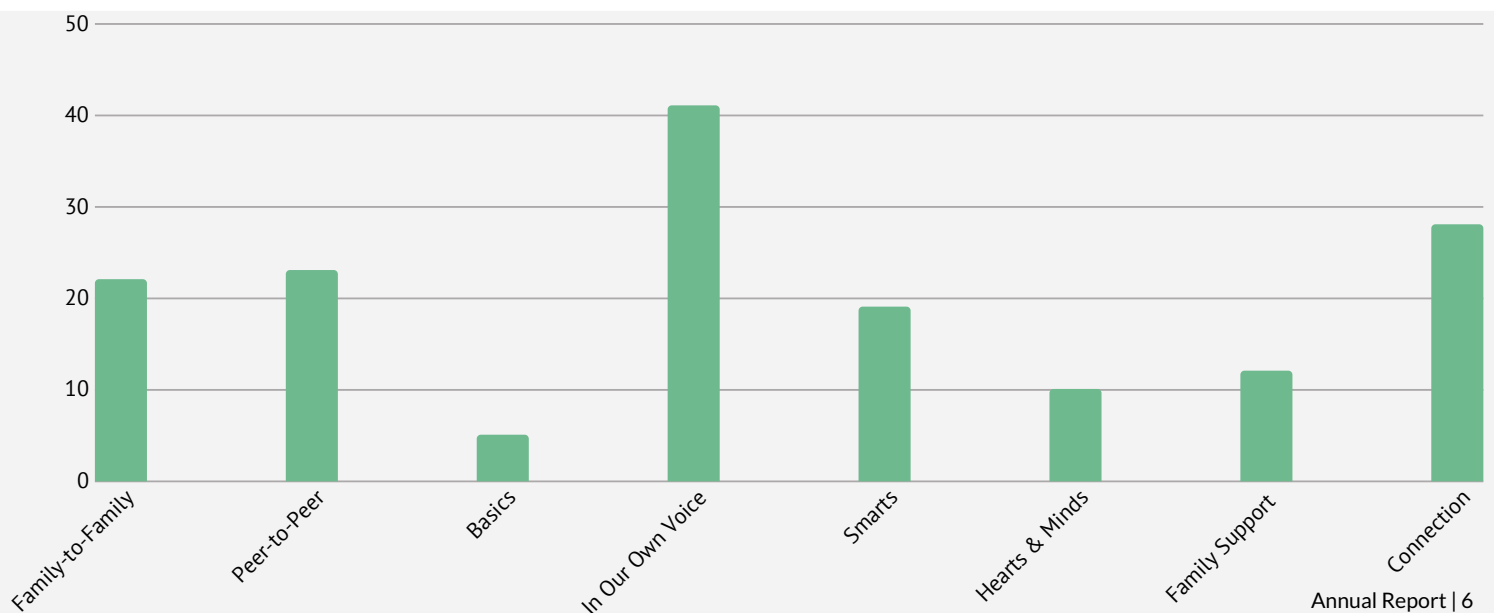
This partial data includes peer programming lead by local NAMI affiliates across the state, as well as direct programming offered by NAMI Maryland.



2158 INDIVIDUALS ATTENDED A PEER-LED NAMI SUPPORT GROUP

This partial data contains support group information from local NAMI affiliates across Maryland. Way to go!

NAMI LEADERS TRAINED PER PROGRAM IN FY2019



Advocacy

FOR POLICY AND SYSTEMS CHANGE



**YOUR
VOICE
MATTERS**

NAMI Maryland's Policy Platform states our long-term values, policy positions, and objectives that are fundamental to creating a comprehensive mental health system that is built on solid scientific evidence and recovery-focused. The following priorities outline key objectives for improving access to timely and effective treatment for individuals with mental illness and their families:

1. Support the reduction of legal and other barriers that prevent access to timely, effective, and affordable services, including enhanced enforcement of insurance parity requirements.
2. Development of stronger statewide Assertive Community Treatment (ACT) and greater resources and involvement for families seeking treatment of their loved ones.
3. Improve the criminal justice system's response to individuals with mental illness and their families and increase diversion from criminal justice to community services wherever possible.
4. Create a statewide Crisis Intervention Team (CIT) technical assistance center as a resource for law enforcement. Protect increased funding for mental health services and reimbursement rates for behavioral health providers and for local community crisis services support.
5. Increase funding to secure additional psychiatric hospital beds, both forensic and civil, and adequate professional staffing, as well as to expand SOAR programs which prevent and reduce homelessness for individuals with mental illness and/or substance use disorders.

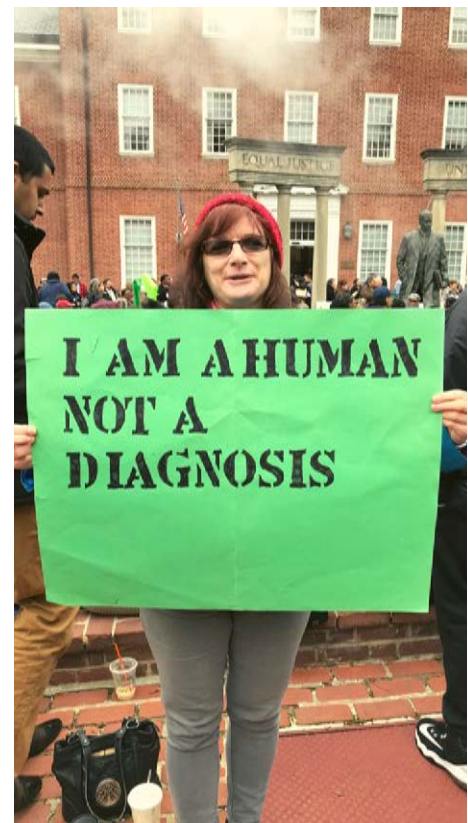


Due to inclement weather, NAMI Maryland had to cancel the 2019 Advocacy Day scheduled for February 20th, 2019. However, over 300 individuals took part in Virtual Advocacy Day, contacting their legislators to stand up for the more than 1 million Marylanders who live with a mental illness or substance use disorder.

2019 General Assembly: Wins and Successes

NAMI Maryland proactively pursued a number of legislative advocacy priorities this session, including improvements to the Outpatient Civil Commitment pilot program, creating a division within the state to improve coordination on Crisis Intervention Teams, opposing a “carve in” of our public behavioral health system, and successfully protecting behavioral health services during the debate about increasing the minimum wage.

The following are several significant wins NAMI Maryland and the members of the Behavioral Health Coalition had during the 2019 General Assembly session.



Outpatient Civil Commitment Pilot Program Statewide Expansion – SB 403 (Augustine) /HB 427 (Barron) PASSED

The positive outcomes from the pilot tell us that increased services like statewide ACT, person centered care, and more are successful in reaching individuals with mental illness. NAMI Maryland worked with our bill sponsors to adopt an amendment that keeps the pilot going in Baltimore City, and most importantly, includes the family member referral process for admission into the Baltimore City OCC pilot.

MCO Carve In – SB 482 (Kelley)/HB 846 (R. Lewis) – WITHDRAWN

Legislation supported by the Managed Care Organizations (MCOs) in Maryland proposed to “carve in” mental health and substance use disorders among nine for-profit MCOs in Maryland. This legislation would have upended the way mental health and substance use disorder services are delivered to the 300,000 adults and children in the public behavioral health system. While the withdrawn legislation was a relief (and success!), it is clear the MCOs are determined to continue advancing their position on a carve in.

Protecting Behavioral Health Providers in the Minimum Wage – Fight for Fifteen – Minimum Wage Increase - HB 166 (Fennell)/SB 280 (McCray) PASSED

As introduced, the bill would have increased the minimum wage gradually to \$15 per hour and provided reimbursement rates for developmental disabilities workers, but failed to include the same protections for behavioral health providers. With our partners in the behavioral health coalition, NAMI Maryland worked to amend the bill to ensure the workers in the public behavioral health system would be fairly reimbursed by the state. The legislation passed the House and Senate, was vetoed by the Governor, and then the veto was overridden – all before the end of session! This was an important issue for NAMI Maryland family members and we’re thankful to our grassroots members who contacted their legislators in support of our position.

On Friday, December 7, 2018, NAMI Maryland and the Maryland Alliance for Justice Reform (MAJR) hosted and supported a focus group on Pretrial Mental Health. Along with MAJR and NAMI Maryland, participants in this invitation-only event included representatives from the Maryland Judiciary, the Maryland Correctional Administrators Association (MCAA), the Public Defender's Office, law enforcement representatives, state legislators, the Behavioral Health Administration of the Maryland Department of Health, the Maryland Division of Parole and Probation, local Mental Health Agencies, the Maryland Association of Counties (MACO), and other non-profit groups. This focus group came away with positive results, and a report of agreed findings and recommendations is now in the drafting stages.

Engaging the Community

On June 2nd, 2018, over 1,000 people showed up to participate in the 16th Annual NAMIWalks Maryland at Rash Field in the Inner Harbor in Baltimore.

NAMIWalks is the nation's largest and most successful mental health awareness and fundraising event, with over 100 walks across the US, raising almost 11.9 million dollars in 2018 alone. NAMI affiliates in Maryland partner with NAMI Maryland to hold the Maryland NAMIWalks to energize and motivate individuals and organizations across the state, and funds raised for NAMIWalks go right back into our communities, allowing our affiliates to continue to offer free support and education programs.

The June 2nd event was kicked off by emcee, Denise Koch, while several area dignitaries were present proclamations from Maryland officials.

William Frank, Deputy Secretary of Disabilities, read a proclamation from the Governor, who declared June 2nd as "NAMIWalks Day" in Maryland. Dr. Shelly Choo, Senior Medical Adviser for the Baltimore City Health Department, brought greetings on behalf of Dr. Leana Wen, Commissioner of Health for the City of Baltimore.

Honorary Chairs, Senator Ben Cardin and Mrs. Myrna Edelman Cardin, were unable to attend, but they sent greetings and words of support and encouragement to the crowd before the ribbon was cut by our top three fundraising teams: Iota Gamma Omega, Psi Epsilon Omega AKA, and Making Strides.

NAMIWalks Maryland raised \$179,857 in 2018. Stay tuned for the FY2020 Annual Report for our overview of the 2019 NAMIWalks Maryland.



2018 NAMIWalks Maryland

"The most meaningful part of the NAMI Walk was participating with my niece and her baby girl, who was named after my daughter who died by suicide."

2018 NAMIWalks Maryland Participant



NAMI Maryland Annual Conference

Nearly 200 people gathered at the Conference Center at Sheppard Pratt on October 19th and 20th, 2018 for the **NAMI Maryland Annual Conference**. This conference offered two days of practical and skill building workshops for individuals with mental illness, family members, mental health service providers, community leaders, individuals working in criminal justice, and local NAMI leaders.

Plenary speakers on both days updated us about mental health programming and criminal justice reform, as well as suicide prevention programs and health care reforms. Plenary speakers included:

- **Janel Cubbage**, Director of Suicide Prevention from the Maryland Department of Health
- **Ellen Weber**, Vice President for Health Initiatives at the Legal Action Center
- **Chenise Bonilla**, Senior Policy Analyst at The Council of State Governments Justice Center

More than 35 workshops were presented, covering a wide range of topics. These included suicide prevention, housing options and resources, children and adolescent issues, treatments for various disorders, crisis response services, and more. Attendees also had the opportunity to receive information and resources from 20 exhibitors.

*It has been one of the most amazing experiences I
wait for every year, and I'm bringing friends!*
2018 NAMI Maryland Annual Conference Attendee

The **NAMI Maryland Voices of Experience: Living Well in Recovery** event was held on March 11th, 2019 at the Bon Secours Retreat & Conference Center in Marriottsville, Maryland. The free program was held from 7:00 pm to 9:00 pm where eight individuals and family members shared their personal journeys with mental illness and recovery. A pre-event VIP reception was held from 5:30 pm to 6:45 pm and attended by speakers, host partners, decision makers, statewide and local NAMI staff and volunteers, and other VIPs. Over 100 individuals attended the free program to share the inspiring journeys of individuals and family members who are living with mental illness.

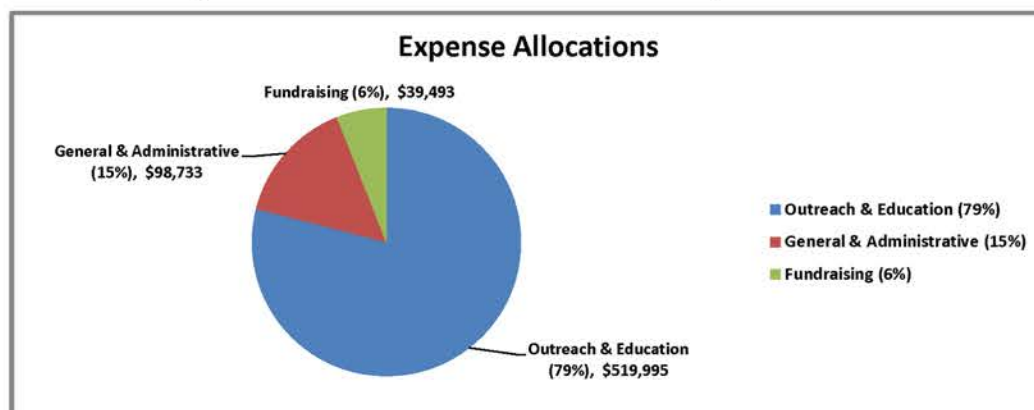


Voices of Experience

NAMI Maryland
Statement of Activities
For the twelve months ending March 31, 2019
(Preliminary & Unaudited)

	FY 2019 Actuals <i>(unaudited)</i>	FY 2019 Budget	Dollar Variance CY Actuals to Budget
REVENUES:			
Grants & Contracts	\$348,697	\$326,450	\$22,247
Contributions	93,470	111,000	(17,530)
Combined Charity Campaigns	18,879	18,000	879
Membership Dues	9,954	8,000	1,954
NAMIWalks, net (Income \$179,857 net of expenses \$100,806*)	79,051	90,000	(10,949)
Fees for Service	3,350	10,000	(6,650)
Program Events & Development	60,455	80,000	(19,545)
Sales	512	0	512
Investment Income (includes unrealized gains/losses)	8,885	2,000	6,885
Miscellaneous Income	1,554	0	1,554
Total Revenues	\$624,807	\$645,450	(\$20,643)
EXPENSES:			
Salaries & Benefits	\$355,584	\$419,000	(\$63,416)
Contracted Services	117,190	111,000	6,190
Program Training Expenses	33,512	23,000	10,512
Program Events & Development	42,817	31,700	11,117
Educational Materials	7,459	5,000	2,459
Furniture/Equipment & Related Expenses	19,863	18,845	1,018
Office Supplies & Postage	5,678	6,000	(322)
Travel	4,957	8,000	(3,043)
Printing (external)	2,342	2,000	342
Online software/services & Dues & Subscriptions	5,235	9,400	(4,165)
General & Administrative	6,651	8,000	(1,349)
Merchandise for Resale	680	500	180
Communications	6,651	7,800	(1,149)
Insurance	4,380	4,200	180
Occupancy (Rent, Utilities, Repairs & Maintenance)	39,545	40,000	(455)
Depreciation Expense	5,677	0	5,677
Total Expenses	\$658,221	\$694,445	(\$36,224)
Net Income/(Loss)	(\$33,414)	(\$48,995)	\$15,581

* Expenses include affiliate payments of \$73,069 and NAMI's Walk fees of \$16,486. Expenses do not include expenses such as salary and contractual costs that are included in other expense lines.



FY 2019 GRANTS, CONTRACTS, AND DONORS

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

Lisa Akchin
Allegis Group Foundation
Joe Ashworth
Eugenia Barnett
Behavioral Health System Baltimore
The Jacob and Hilda Blaustein Foundation
Robert Blundin
David Brinkley
Alexis Brown
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Anne Waldron
Warren Cross Charitable Foundation
The Harry and Jeanette Weinberg Foundation, Inc.
Richard & Debbie Werner
William Wrench

Every effort has been made to include the names of all donors who have given more than \$250 to NAMI Maryland in FY2019. Anonymous donors have been omitted. This list does not include donations to the NAMI Walks Maryland as these donations are split with affiliates. We apologize for any names that have been inadvertently omitted.



NAMI Maryland's Workplace Charity Numbers

4186: The United Way of Central Maryland

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

5697: Combined Charity Campaign for Baltimore City

521295484: Maryland Charity Campaign

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

NAMI Maryland FY 2019 Community Partner:



neurocrine
BIOSCIENCES

Learn more about our Community
Partnership Program at:
http://namimd.org/community_partners

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INTERNS

Casey Kindall, Christine Wang, Emma Chabolla,
Kiwanda Robinson, Osllynne Buckner, Sandya Kumar,
Stephanie Yeager, Todd Williams & Victoria Simmons

**These lists include anyone who served NAMI Maryland
from April 1st, 2018 to March 31st, 2019.**



NAMI AFFILIATES IN MARYLAND

NAMI Anne Arundel County	443-569-3498
NAMI Carroll County	410-857-3650
NAMI Frederick County	240-379-6186
NAMI Harford County	443-360-5138
NAMI Howard County	410-772-9300
NAMI Kent & Queen Anne's County	443-480-0565
NAMI Lower Shore (Wicomico, Somerset, & Dorchester Counties)	410-208-4003
NAMI Metropolitan Baltimore	410-435-2600
NAMI Montgomery County	301-949-5852
NAMI Prince George's County	301-429-0970
NAMI Southern Maryland (Charles, Calvert, & St. Mary's Counties)	301-392-7109



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