

2017 ANNUAL REPORT



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, NAMI unites the power of thousands of local affiliates, state organizations and volunteers to realize our mission.

NAMI works to inspire a move away from illness, stigma and ignorance toward brighter days filled with hope, health and recovery. The hope we found is the hope we give.







3,444



1,837

80% growth in May

Resulting in more than **6 MILLION** impressions on NAMI's social channels.

TOP INSTAGRAM HASHTAGS: #mentalhealthmonth: 15,422 posts

#intomentalhealth: 1,257 posts #stigmafree: 19,901 posts

NAMI Ambassadors, StigmaFree Company and Brand Partners amplified our messages and drove action: Resulting in nearly

117 MILLION

impressions totaling more than

\$750,000

contribution in social currency on Facebook
Twitter and Instagram and more than

\$700,000

Other NAMI supporters joined in resulting in an additional **2 MILLION** impressions.



UTKARSH AMBUDKAR engaged an 42,401 audience of resulting in

17,537,263 impressions

AJ MENDEZ BROOKS engaged an audience of 110,754 resulting in

38,881,550





The Fox/NAMI PSA aired more than times \$350,000 in in-kind value.

Co-hosted an Instagram LIVE event with

Women's Health magazine 5,771

co-Hosted the third annual hope&grace
nami philosophy

luncheon in L.A. with more 100 influencers as guests



180,000+

Beartooth's "Sick of Me" video on YouTube and sales of t-shirts benefit NAMI with \$5,000+ contribution.



Increased awareness 20% increase in online giving for Mental Health Month compared to the same month in 2016.

Letter FROM THE EXECUTIVE OFFICER



The individuals who came together almost 40 years ago to found NAMI envisioned a powerful advocacy force that would expand access to mental health services and supports. Our organization's innumerable successes in 2017 show considerable progress in realizing that goal and of course, we still have far to go.

In early 2017, Congress debated whether to cut \$900 billion from the Medicaid budget, potentially devastating access to mental health care for those with the most significant needs. One of the proudest moments of my 20-year career was looking out over 1,000 NAMI advocates ready to board buses to Capitol Hill to tell their senators how these cuts would affect them and the people they love. One young man with schizophrenia told his story for the first time that day directly to his senator, who took the time to listen and understand the impact this legislation would have on his life.

NAMI members and advocates didn't stop after Hill Day, though. We went on to send close to 200,000 emails to lawmakers. And we used our partnerships with law enforcement and veterans' groups to show the distressing effects insufficient care has on communities and on those who have served our country.

If you consider all the individuals and groups who fought against these cuts as an army, our founders would have been proud of the size, strength and training of the NAMI division.

We fought to improve the lives of millions affected by mental illness not only as a strong, unified force, but also as a technologically savvy team. Because 2017 was also a pivotal moment for NAMI using new tools to help people in need. For example, we worked with Google to reach those struggling with depression and posttraumatic stress disorder. We also piloted a new

class for families and friends supporting someone in crisis, and we built a portal that makes searching for the nearest free NAMI program or support group easier and faster.

Looking to the future, we plan to continue moving forward with an agenda for greater access to care for those with the greatest needs. I am proudly serving on the Interdepartmental Serious Mental Illness Coordinating Committee as one of 14 nonfederal members. NAMI will use this committee's 2017 recommendations to fight for proactive change and improvements for those we serve.

We will also continue to champion expanded access to early psychosis programs to improve outcomes for young people. We also plan to continue our partnership with the Broad Institute, the National Institute of Mental Health, industry and academia to advance research into new treatments. Most importantly, NAMI will continue to be a beacon of hope for people with mental illness and their families.

We are holding true to our roots in building our advocacy force, while using new tools and technologies to reach more people in need. With these two pieces working hand-in-hand, we can bring the hallmarks of NAMI—help and hope—to millions more. Our work is far from done, but looking back on last year, we fought hard, and I know we still have a lot of fight left.

Mary Giliberti, J.D.
NAMI Chief Executive Officer

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2017 HIGHLIGHTS



Broadening public awareness and inclusion

Lokai, a socially responsible lifestyle brand, sponsored NAMI for a month in 2017 via their Limited-Edition Orange Lokai bracelet. Using their influence, this popular brand spread our message of hope and inspiration over social media with messages such as: "Don't walk through your toughest day alone. We're in this together."

During National Minority Mental Health Awareness Month, NAMI highlighted the reality of living with mental illness in diverse communities. Our blog featured a dozen articles and personal essays that confronted stigma and raised awareness of this important topic.





Mental health conditions do not discriminate based on race, color, gender or identity.

NAMI ran a campaign during Mental Illness Awareness Week that featured blogs, personal stories and graphics dispelling stigma about five mental illnesses. Our social media growth this week was equivalent to what we typically see in a month. We also collaborated with NAMI Ambassador Chris Woods's #IDONTMIND campaign and raised over \$100,000. \$11.3

MILLION

raised across the country by

68,000

participants

NAMIWalks hit an all-time fundraising record. The NAMI State Organizations and Affiliates that hosted these events kept 90% of the funds.



LEVERAGE CONTROLOGY Building capacity and connection

NAMI partnered with Google to bring essential screening questionnaires into the public's hands. These tools—often a crucial step towards getting proper diagnosis and treatment—will empower and educate millions about depression and posttraumatic stress disorder.





To broaden its impact, the NAMI HelpLine offered its national resource directory and volunteer training materials to 483 helplines operated by NAMI State Organizations and Affiliates across the country.



With
90 VOLUNTEERS
the NAMI HelpLine
povided information
and support to

30,000

NAMI produced a series of videos supporting the following education and presentation programs. These companion videos make our in-person programs even more dynamic and engaging for participants. Even better: They're all available with English and Spanish captions.

- o NAMI In Our Own Voice
- o NAMI Peer-to-Peer
- o NAMI Family-to-Family
- o NAMI Homefront
- o NAMI Basics





NAMI released its third parity report, "The Doctor is Out." The report found that, despite the federal parity law, people lack equal access to mental health providers compared to other medical providers.





NAMI's CEO, Mary Giliberti, was appointed by the Secretary of the U.S. Department of Health and Human Service (HHS) to serve as one of 14 non-federal members of HHS' Interdepartmental Serious Mental Illness Coordinating Committee. The committee was tasked by Congress to help shape how federal agencies coordinate care for children and adults with serious mental illness.

At the NAMI
National Convention,
an awe-inspiring

ADVOCATES visited Capitol Hill



These advocates talked with their U.S. senators and representatives about threats to Medicaid and insurance parity in health reform bills, as well as the need for investments in criminal justice mental health, early intervention, caregiver supports, veterans' mental health and research.





NAMI developed informative tip sheets for those supporting young adults experiencing first episode psychosis.

- o What is Early and First-Episode Psychosis?
- o Early Psychosis: What's Going on and What Can You Do?
- o Encouraging People to Seek Help for Early Psychosis
- o Early Intervention: Tips for School Staff and Coaches

Collectively, these sheets were downloaded 14,250 TIMES IN 2017





NAMI began a nationwide expansion of our flagship teen program NAMI Ending the Silence, thanks to a generous donation from Former Second Lady of the United States, Tipper Gore. The \$1 million gift will enable NAMI Affiliates throughout the country to adopt this vital early intervention program so more middle and high school students can access it, along with families and school personnel.

HOSA-Future Health Professionals selected NAMI as their service project in late 2016. HOSA has since worked directly with NAMI to help expand mental health education and awareness throughout its 225,000 young adult members.





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NAMI was honored to be the beneficiary of 100 Women in Finance's 16th Annual Gala. The event broke the organization's previous fundraising record, raising \$2.6 million. At the gala, NAMI unveiled our new video called "The Reality of Caregiving and Mental Health Conditions," as we plan to use the transformative donation to improve how we deliver our programs to caregivers and their families.

In 2017, the Alliance continued its efforts to ensure best practices in governance. By year's end, hundreds of NAMI State Organizations and Affiliates had met expectations for standards of excellence. Attending to the health of all parts of the Alliance helps ensure sustainability and growth, so people in communities nationwide can access NAMI when they are in need.

#GivingTuesday saw a 98% INCREASE in donations from 2016

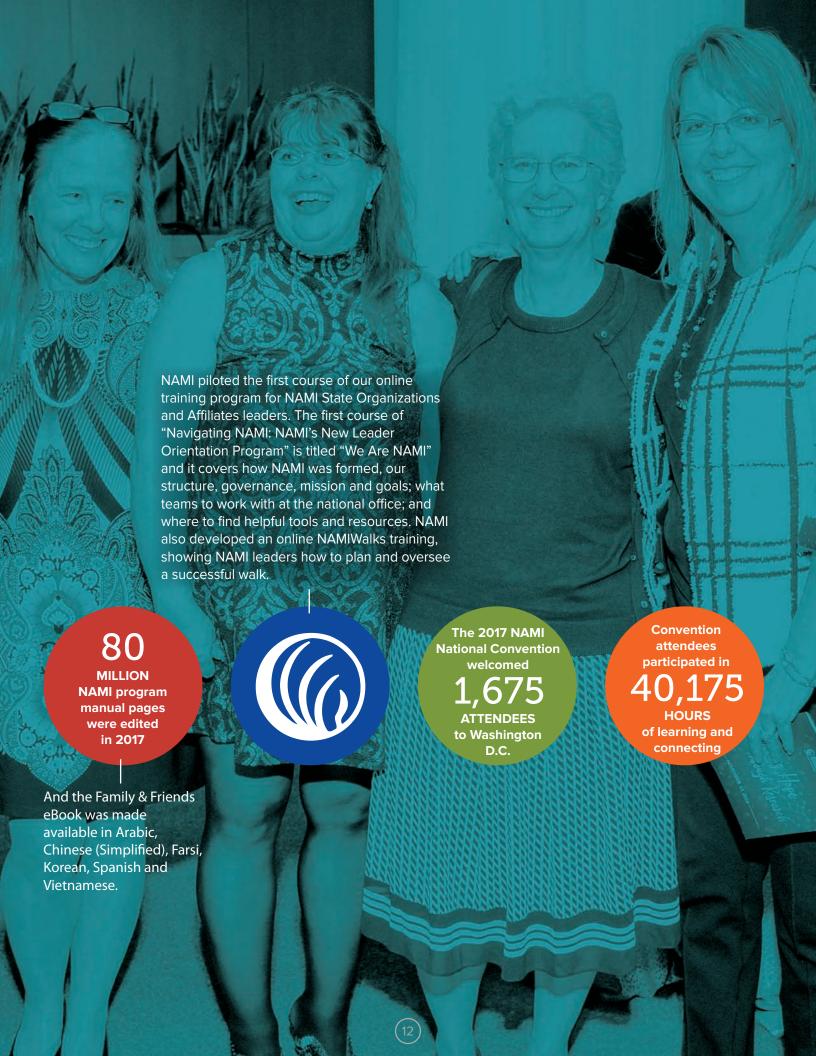
Overall, NAMI saw a 16% increase in total revenue from 2016.







NAMI produced three online training courses for program volunteers. These eLearning courses will allow NAMI program leaders to learn and practice many of the skills needed to teach or present some of our best known national programs: NAMI In Our Own Voice, NAMI Ending the Silence and NAMI Peer-to-Peer. Our new online learning options make volunteer education more cost-effective and convenient, cutting in-person training requirements in half.





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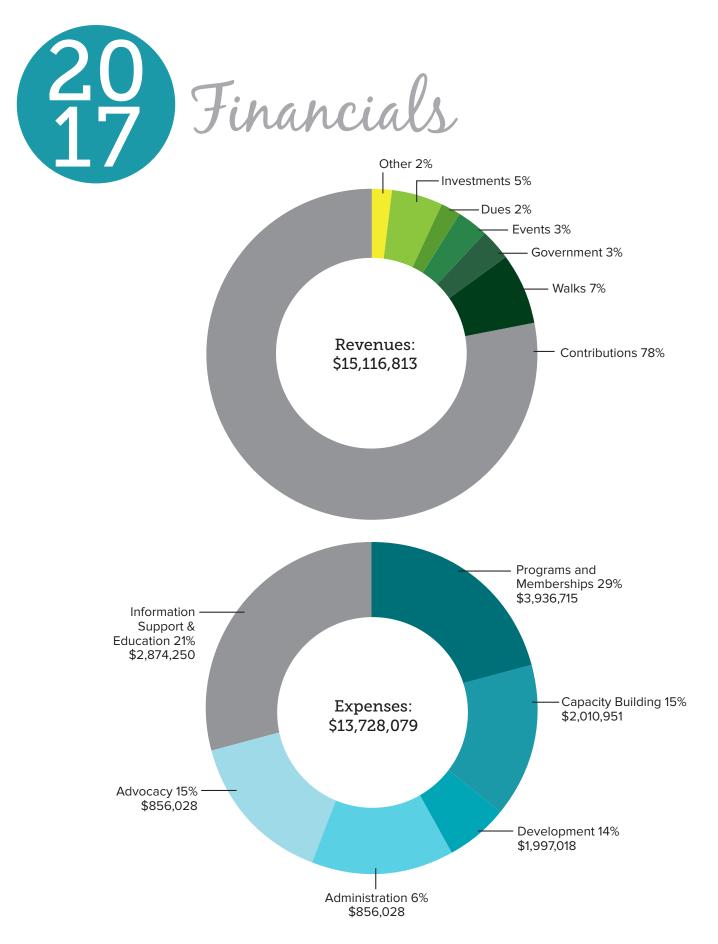
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One of the hardest things about mental illness is accepting your diagnosis and sharing your story with others. NAMI board member Carlos A. Larrauri, R.N., B.S.N., shares his deeply personal experience with schizophrenia and recovery.

Carlos was a National Hispanic Scholar who had been accepted to medical school at just 18 years old. As the first person in his family born in the U.S. to Cuban refugees, Carlos had a lot riding on his future. However, the unexpected onset of mental illness steered him off-course.

He wandered aimlessly on the University of Miami campus at odd hours, ate from trash cans and rambled to himself incoherently. By his senior year of college, he was lost in the fog and maze of psychosis.

Fortunately, friends and family encouraged him to seek professional help, which ultimately led to a diagnosis of schizophrenia. Access to the NAMI community allowed Carlos to get on the path to recovery and become a successful nurse practitioner.

"NAMI allowed me to find help and hope," says a grateful Carlos. Through access to medication and community-oriented treatment, he started living life again. "That's the outcome when people are diagnosed and treated in a timely manner."

"People do get better," insists Carlos.

Carlos believes NAMI provides a supportive community of people who understand. "To this day, I still struggle with feelings of being lost and feeling confused. But, more than ever, I feel a sense of belonging and purpose in my life. I'm in a community of peers and colleagues who get my experience and view it as an asset."

"You're not judged like you are in other communities," adds Carlos. "NAMI provides a forum for people in recovery and their family members to share stories of hope."



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