



**NAMI**

National Alliance on Mental Illness

# New York State

# 2012

# ANNUAL REPORT



The golden thread of *hope*



## President/Executive Director Message



Thomas Easterly  
President



Donald Capone  
Executive Director

NAMI-NYS worked hard during 2012 to forward our mission of providing education, support and advocacy for those suffering with mental illness and their families, and the results were gratifying. Our various Signature Programs were attended by 7,000 people across New York State. Our 30th Annual Educational Conference attracted more than 300 attendees, who heard from leading researchers and practitioners from around the country. We were also proud to continue to serve as the National Institute of Mental Health's Outreach Partner for New York State.

Our advocacy efforts on behalf of our members included speaking out on issues such as open access to appropriate medications for treatment of mental illness, support for the New York State Justice Center to protect those with disabilities, and introduction of a bill to include mental health education as part of the New York State school health education curriculum. We also added our voice on federal issues such as ensuring that mental health benefits were included in the Department of Health and Human Services Essential Health Benefits package, protecting funding for the National Institute of Mental Health, and supporting the Mentally Ill Offender Treatment and Crime Reduction Act.

As we move forward, NAMI-NYS will continue to work on our critical mission through our 48 local affiliates, who represent thousands of members all across New York State. We will support the mental health needs of veterans and their families, promote health and wellness as an integral part of recovery from mental illness, reach out to underserved communities, and create awareness of children's mental health issues. Recognizing that research is our hope for the future, we will also continue our efforts in support of research related to recovery from mental illness. We welcome the support of all those who share our goals.

Thomas Easterly  
President

Donald Capone  
Executive Director

### NAMI-NYS:

#### National Alliance on Mental Illness- New York State

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518-462-3811

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### NAMI-NYS 2011-2012 Board of Directors

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1st Vice-President

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Tammie Paradis

## NAMI-NYS: A National Leader in NAMI Educational Signature Programs

NAMI-NYS has long been a leader in conducting education programs, and 2012 was another banner year, with 7000 people participating in Signature Programs in New York State, the third most of any state in the country. NAMI-NYS led the nation in the number of Basics courses (designed to educate families with children or adolescents living with a mental illness) offered. NAMI-NYS was third nationally in the number of people participating in the Family-to-Family program (NAMI's flagship educational course designed to educate families on the realities of having a loved one with a mental illness), and attendees at In Our Own Voice presentations (where people detail what living with a mental illness entails and describe their recovery).

NAMI-NYS held 12 statewide trainings for new Signature Program teachers and presenters, which will lead to an increase in the courses and presentations offered in 2013. In 2012, NAMI-NYS also held our first training of Family-to-Family teachers in Spanish. ●

## NAMI-NYS: A Leader in Advocating for People with Mental Illness and Their Families

In 2012 NAMI-NYS projected our advocacy voice louder and clearer than ever before. NAMI-NYS was a leader in advocating for open access to medication through prescriber-prevails, which allows doctors - not bureaucrats - to have the final say in patient treatments. NAMI-NYS and our fellow advocates celebrated a major victory when prescriber-prevail protections were granted to atypical antipsychotic medications.

The advocacy voice of NAMI-NYS helped contribute to another major victory when the New York State Legislature passed a bill to establish the New York State Justice Center. The Justice Center will give more than one million New Yorkers with disabilities and special needs the protection and justice they deserve by tracking, investigating and prosecuting reports of abuse and neglect.



NAMI Boardmember Clarence Jordan, President Sherry Grenz, Executive Director Donald Capone, Assemblyman Felix Ortiz, Chair of the Assembly Mental Health Committee, and Assemblyman Jeffrion Aubry at the NAMI NYS Legislative Conference

NAMI-NYS also lent our voice to several national issues including: continued funding for the National Institute of Mental Health (NIMH); funding for the Mentally Ill Offender Treatment and Crime Reduction Act (MIOTCRA); ensuring mental health services were included in the Department of Health and Human Services Essential Health Benefits Package; and advocating for the Keeping All Students Safe Act, designed to end abusive and deadly use of restraint and seclusion in schools. ●

## NAMI-NYS: Finding New Ways to Reach Out and Educate the Public

In 2012 NAMI-NYS received a grant to produce three-thousand copies of our Family Toolkit, which features the 54-page Family Survival Handbook and other materials. The Toolkit helps guide families through the mental health system by providing access to educational materials; explaining how to build a support network; teaching families how to be an effective advocate for their loved one; demonstrating how to become meaningfully involved with their loved one's treatment team; detailing the importance of participating in the development of meaningful, recovery-oriented treatment and discharge plans; informing families about the spectrum of services their loved one might need, and enabling them to both request these services and access them themselves, as necessary.



NAMI-NYS distributed the Family Tool Kits to hospitals, psychiatric intake centers and other mental health providers to distribute to families upon their initial entry into the mental health system.

In addition to our print newsletter, NAMI-NYS also sends out weekly E-News Alerts to people throughout the country with news stories, educational resources and advocacy opportunities. NAMI-NYS used the E-News Alerts to get information about support services for families and children immediately following Hurricane Sandy and the shooting tragedy in Sandy Hook Elementary School.

NAMI-NYS once again teamed with the Tri-City Valleycats minor-league baseball team to educate thousands of people on mental health issues, through an exhibit space, signs on the stadium concourse, messages on the scoreboard and announcements over the public address system. Educating the public about mental illness against the backdrop of baseball - the national pastime - demonstrates that diseases of the brain can be discussed in everyday life, just like any other disease. Ryan Burke, Community Relations Manager for the Tri-City Valleycats says of the campaign "The partnership between the Tri-City ValleyCats and NAMI-NYS has been a very positive one. Our entire organization is proud to have worked with NAMI-NYS to educate our fan base on ways to maintain positive mental health." ●

## NAMI-NYS: Supporting Veterans and Military Families

Supporting those who have served our country and their families must be a top priority. NAMI-NYS has long dedicated ourselves to assisting our veterans and military families. We currently offer the NAMI signature educational programs, Family-to-Family and In Our Own Voice, in Veterans Administration Medical Centers in New York City, Syracuse, Long Island, Westchester and Albany. NAMI-NYS is also honored to participate in Stratton VA's Behavioral Health Advisory Council and Veteran's Voice Council.

The NAMI-NYS website includes our Military Resource page. This page contains a number of multimedia resource tools. A recent In Our Own Voice presentation was videocast from Westchester to VA Hospitals across the state.

NAMI-NYS launched a Military Community Advisory Committee comprised of veterans, military family members



Veterans at the NAMI-NYS Education Conference

and VA staff to inform us on how we can better meet the needs of military families and expand NAMI Signature programs to veterans across the state.

NAMI-NYS has also distributed Sesame Street's Listen, Talk, Connect dvd series to help children of military families deal with the stress and grief that may result from having a loved one in the service. ●

## NAMI-NYS: The NIMH Outreach Partner for New York State

NAMI-NYS serves as the National Institute of Mental Health's Outreach Partner for New York State. As an Outreach Partner, NAMI-NYS represents NIMH by disseminating NIMH educational materials and providing the latest news via the NIMH widget on the NAMI-NYS webpage.

NAMI-NYS members are also able to participate in NIMH's live videocasts such as Connect the Dots: Understanding Children's Mental Health Awareness and Suicide in the U.S.: Finding Pathways to Prevention.

Being a NIMH Outreach Partner also enables NAMI-NYS to present our work and educational and advocacy projects to a national audience. This allows for opportunities for NAMI-NYS to work with organizations from throughout the country to replicate the projects conducted in New York. At the 2012 NIMH Outreach Partner Meeting, NAMI-NYS was recognized for our publications and their success in broadening awareness of NIMH research and encouraging people to participate in clinical trials. ●

## NAMI-NYS: Bringing the Country's Leading Psychiatric Minds Together for Annual Educational Conference

The centerpiece of our mission to educate the public on mental health is the annual NAMI-NYS Educational Conference. In 2012, NAMI-NYS held its 30th annual conference-The Golden Thread of Hope. The conference featured: Donald Goff, MD, Director of the Nathan Kline Institute-one of New York's two psychiatric research facilities; Lisa Dixon, MD, MPH, Principal Investigator for one of the two independent teams conducting NIMH's Recovery After Initial Schizophrenic Episode (RAISE) study; and Suzanne Vogel-Scibilia, the living embodiment of

the type of hope NAMI gives families. Diagnosed at fifteen with bi-polar disorder, she has demonstrated that people can overcome mental illness by becoming one of the nation's most respected clinical psychiatrists.

The three-day conference offered plenary sessions and workshops on a myriad of topics including: the latest research; clinical treatments; health and wellness; as well as issues specific to criminal justice, children and military families. ●



Donald Goff, MD, Director of the Nathan Kline Institute and Lisa Dixon, MD, MPH, Principal Investigator NIMH's Recovery After Initial Schizophrenic Episode (RAISE) study present at the NAMI-NYS Education Conference.

## NAMI-NYS: Creating Awareness of Children's Mental Health Issues

NAMI-NYS led the collaborative effort between non-profit organizations and New York State agencies to produce the "What's Great in Our State-A Celebration of Children's Mental Health Awareness Week." NAMI-NYS and our partners organized events that highlighted the work being done by teachers, students and parents across the state to bring about wider understanding of children's mental health issues. The week culminated in a celebration at the New York State Museum recognizing some of these state leaders in children's mental health.

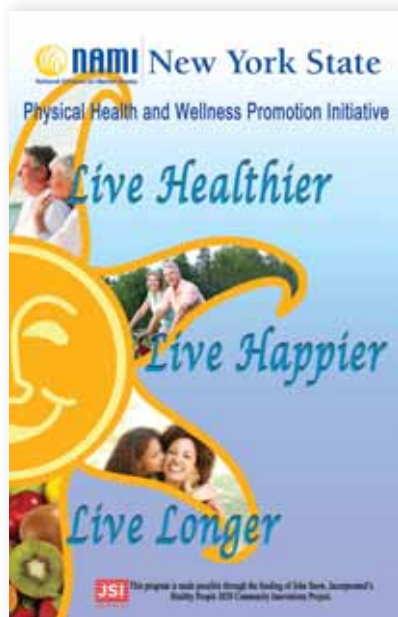


Students participate in the NAMI Walk event in Long Island

NAMI-NYS also participated in an advocacy alliance which introduced a bill to incorporate mental health education into the existing health curriculum the public schools of New York State. ●

## NAMI-NYS: Promoting Health and Wellness

NAMI-NYS has been proactive in addressing the health disparity that causes people living with a mental illness to statistically live twenty-five years less than the general population. In 2012, NAMI-NAMI was selected to participate in the John T. Snow Healthy People 2020 Community Innovation Project. This allowed NAMI-NYS to launch our Physical Health and Wellness Promotion Initiative. The initiative saw



Poster promoting the NAMI-NYS Physical Health and Wellness Promotion Initiative

NAMI-NYS funding wellness programs in five communities across New York State representing upstate and downstate, urban, inner-urban and rural areas. Through the initiative, NAMI-NYS also sent NAMI's Hearts and Minds materials to our forty-eight affiliates to distribute in communities in all corners of New York State. Health, wellness and mindfulness issues were also featured at our annual Educational Conference. ●

## NAMI-NYS: Dedicated to Supporting Multicultural Communities

NAMI-NYS is dedicated to cultural competence and reaching out to support people in multicultural communities. In 2012, NAMI-NYS was selected to participate in NAMI's national Build it Together program. The program is a year-long initiative where NAMI-NYS gains new strategies and best practice models to engage more diverse individuals and move our organization to an improved level of performance in reaching diverse communities.

In August, NAMI-NYS held our first state training for the Family-to-Family program in Spanish. NAMI-NYS now holds Family-to-Family, Basics (specially designed for families of children and adolescents with a mental illness) and Connection (support group for people living with a mental illness) in Spanish.

In the spring, NAMI-NYS led a webinar sponsored by the Bureau of Cultural Competence of the New York State Office of Mental Health. The webinar was designed to inform people in diverse communities of the services and support NAMI-NYS offers. NAMI-NYS also regularly participates in the New York State Black and Puerto Rican Legislative Caucus Conference and the Somos El Futuro conference. ●



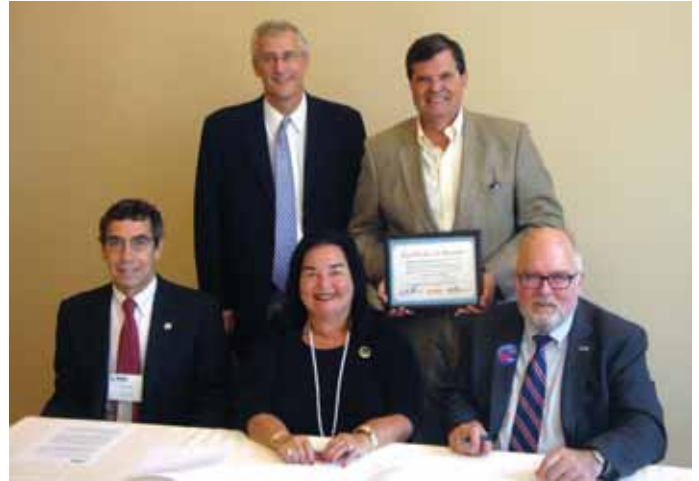
Newly trained New York State teachers for NAMI's Family-to-Family program in Spanish



NAMI staff and board members attending the NAMI Harlem Education Conference

## NAMI-NYS Becomes the First State NAMI Chapter to Be Chartered Under the Standards of Excellence Without Conditions

In June, NAMI-NYS was granted a State Charter by NAMI. This signifies that NAMI-NYS met all requirements for the NAMI Standards of Excellence. NAMI-NYS was the first of the sixteen chartered states to meet all of the Standards of Excellence requirements without any conditions. The chartering ceremony, which took place at the NAMI National Convention in Seattle, was the culmination of a process that began in May 2011, when the NAMI-NYS Board of Directors voted to pursue a State Charter. Currently, twenty-four local affiliates of NAMI-NYS have signed resolutions stating their intent to pursue an affiliation agreement with NAMI. ●



(Front row) NAMI-NYS Executive Director Donald Capone and NAMI-NYS President Sherry Grenz are presented the charter by NAMI Executive Director Mike Fitzpatrick and (back row L to R) NAMI Board Secretary Jim Payne and President Kevin Sullivan.



NAMI Chief Operating Officer Lynn Borton with NAMI-NYS Affiliate leaders who have signed the pledge to pursue affiliation agreements with NAMI.

## New York's Voice on Mental Illness Counties with Local Affiliates

Albany	Delaware	Monroe	Oneida	Oswego	Steuben
Allegany	Dutchess	Montgomery	Onondaga	Otsego	Suffolk
Bronx	Erie	Nassau	Ontario	Putnam	Sullivan
Broome	Essex	New York	Orange	Queens	Tompkins
Cattaraugus	Franklin			Rensselaer	Ulster
Cayuga	Fulton			Richmond	Warren
Chautauqua	Genesee			Rockland	Washington
Chemung	Greene			Saratoga	Wayne
Clinton	Hamilton			Schenectady	Westchester
Columbia	Kings			Seneca	Yates
Cortland	Madison			St. Lawrence	



## NAMI-NYS thanks the following people and organizations that donated to us in 2012.

### **\$100,000 and up**

New York State Office of Mental Health

### **\$40,000 and up**

The van Ameringen Foundation

### **\$7,500**

National Institute of Mental Health

### **\$1000-5000**

Eli Lilly and Company, Janssen Pharmaceuticals, Stanley Family Foundation

### **\$1000-2000**

PhRMA, Scott Averill

### **\$300-\$500**

Robert Callender, Theodore Vecchio, Mitsue Salador, Abbott Laboratories

### **\$200-300**

Janet Buck, Ellen Tollefsen, Four Winds Hospital Saratoga, Herbert Pardes, Constance Lieber, Giampaolo and Judith Huober, Diane and Sidney Oshin, Bank of America

### **\$100-199**

Theresa Gaeta, Lisa Grumet, Dominic Ferro, Marion and Carol Rosenbloom, Vicki Kasomenakis, Lloyd Sederer, Clementina Andrade, Muriel Shepherd, Miriam Meadow, Joseph Coppola, Deborah Mayo, Barbara Zuegel, NAMI Putnam Chapter, Patricia Eakins and Peter Martin, Laurie Rogers, Beverly Kenyon-Haase, Alan and Ann Hilchie, Sol Wachtler, Oshin Diane and Sidney Mandell, Stewart Hughes

### **\$50-99**

JoAnne Omar, NAMI Cortland, Michael Bickman, Arthur Posner, Calvin Polikoff, Susan Stopek, Melanie Noble, Primrose School, Melanie Noble, Christopher Henley, Richard Sattler, Audrey Woods, Joseph and Harriet Schuman, Michael Pelowski, Neil Goldstein, Michael Kohn, Ron Geysen, John DUnat, Jenn Klotz, Lucia Dailey, Martha Cucci, Peter and James Harriot, James and Rose Christie, Jose Alarcon, Neil Mahoney, Steve Florin, Marcia Resnick, Judy Sorokin, Stewart Friedman, Leila Broadman, GE Elfuns Society, Susanna Willingham, Lewis Wiener, Stephen Karlin, Beverly Goodman, Michael Kohn, Michele Cano, Carol Lynn Buonanno, Carmel Lavergne, Sylvia Feingold, Rita Shawn, Sibylle Barlow, Charles and Eileen Avallone, Dorothy Rasmussen, Peter Keenan, Joan Greenspan, Chris Gulick, Lisa Grumet, Rlna Riba

### **\$1-49**

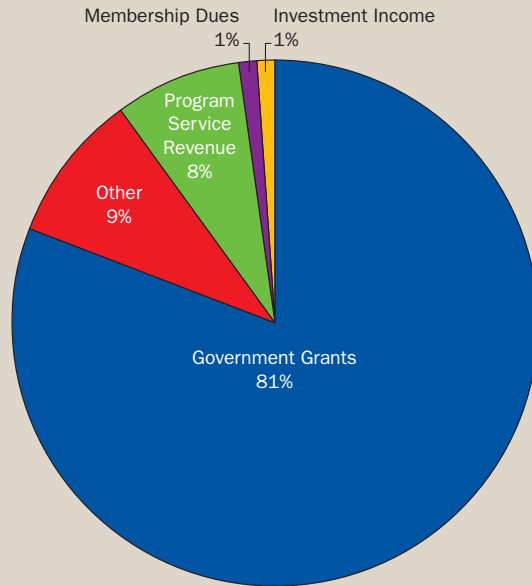
Brookhaven Hospital Medical Center, Rachel Aviram, Natacha Chopska, Phillip Rizzo, Molly Sibley, William Hosley, Nami Boro Park-Parents of Young Adults, Ronald and Claudia Giglio, Samuel and Donna Dispenza, Vijayakumar Komareth, Mary Saunders, Maurice Curran, MaryAnn Bruni, Deborah Lewis, Joseph Fodera, Edward J. Blume, Carol Swenson, Beverly Jones, Leslie Wybinow, Karen Hage, George Roets, Perry and Dottie Howland, Bonnie Soldano, Sean Duffy, Sharon Guadagno, Marguerite Bronkema, Yehoshuna Ben-Ari, Franklin and Margaret Bushey, Lisa Mulligan, Edward and Metta Hooker, Hilda Polakowski, Marie Wood, Joy Kissane, Louis Lake, Patricia Londner, Inez Baron, Carolyn L. Patterson, Jordan Black, Janet Buck, Clare Munat, Doris Bouwensch, Carol Lynn Buoanno, Lisa Dimitri, Hugh Daley, Joan Kravetz, Arlene Augenbraun, Mary Christiansen, Patricia Hammer, Evelyn Simpson, Catherine Brown, George and Marsha Schiffman, Irene Davis, Eleanor Cochran-Heil, Brenda Beach, Annie Romero Wright, Ken Preston, Mary Marco, Margot D Bell, Kathleen and Kevin O'Callahan, Althea Ward, Melinda's Coastal Vacations, Jerry Roylance, Ronald and Patricia Madsen, Molly Sibley, Ann Armstrong, Janet Winne, Shelia Kenny, John Stamm, Michael and Margaret Polikoff, Milton Kerker, Leah Friedman, Carol Berry, Mario and Nadine Bottali, Anna Criscuolo, Dolores Poulos, Marianne Bergh, Edward Gittelson, David Rapaport, Rosario Villavicencio, Charles and Mary McCarthy, Primrose School, Marie Schurr, NAMI Boro-Park Parents of Young Adults, Amy LaValley, Susan Majewski, Sylvia Isaac, Suzanne Kornblatt, Maria Sequeira, Helen Daly, Ronald and Eve Rattner, Tamara Gottfried, Carol Berry, Anne Schrock, Lucy Lew, Anita Blumenson, Joan and Ray Reilly, Lewis and Eleanor Spring, Marie Berberich, Lorraine Molinaro, Henry Stepinski, June B. Kinney, Primrose School, Primrose School, Irene Plotkin, Christine Tucciarone, Ross Manchester, Margie Polikoff, Elizabeth Butler, Linda Waasdorp, Alice Jena, Carol Conroy, Mel Nass, Catherine Buffalano, May Vanderberg, NAMI GLBT, Francine Thompson, Kathleen Ball, Carol Martone, Elizabeth Ulfik, Kathleen Ball ●



## NAMI-NYS Financials from 2012 990 Filing

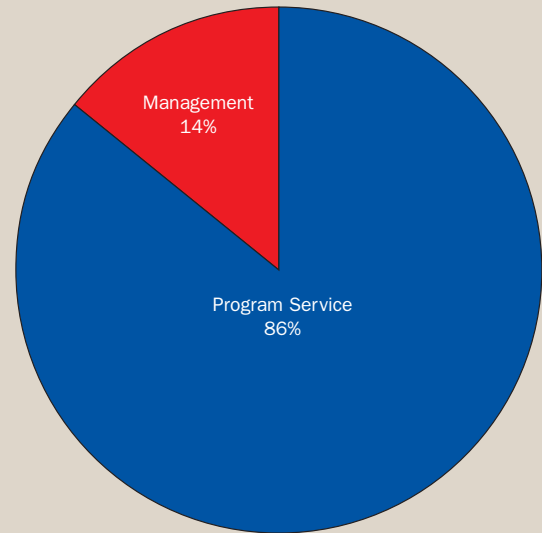
### Revenue - \$720,722

Government Grants .....	\$581,204
Other Grants and Donations .....	\$68,269
Program Service Revenue .....	\$54,941
Membership Dues .....	\$11,104
Investment Income .....	\$5,204



### Expenditures - \$748,201

Program Service .....	\$640,997
Management .....	\$107,204

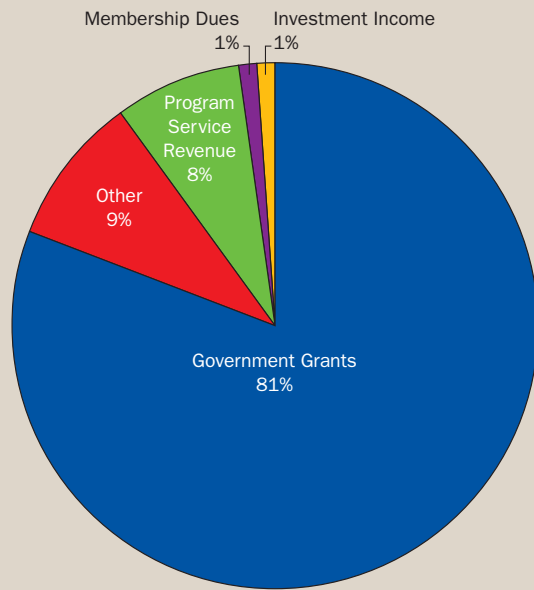




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