NAMI Vermont
National Alliance on Mental Illness

July 1, 2015 - June 30, 2016

2016 Annual Report

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In Memory of
Dirk Nakazawa

In Memory of
Carmen Thibodeau

NAMI Vermont: Who We Are

Our Mission: NAMI Vermont supports, educates and advocates so that all communities, families, and individuals affected by mental illness or mental health challenges can build better lives.

NAMI Vermont's Goals/Strategic Drivers

Strengthen the Organization - NAMI will grow and develop financing, infrastructure and capacity that support a vibrant and bold organization.

1. Improve efficiency of operations - create systems, processes, guidelines
2. Leverage technology to expand leadership and organizational capacity
3. Strengthen financials (budget, growth, revenue sources, investments)
4. Enhance staff and volunteer capacity and capabilities across the organization

Build a Movement - Increase our visibility and impact
NAMI Vermont will broaden public awareness and inclusion in every part of the state

1. Strengthen affiliates through Outreach Committee
2. Partner with other organizations to increase the impact of our programs statewide

Drive Advocacy - NAMI will lead advocacy efforts that drive increased access to and quality of services**.**

1. Review and update our Advocacy Priorities each year
2. Continue to reflect peer and family interests and concerns
3. Identify legislation of relevance to our mission
4. Continue to partner with other advocacy organizations

NAMI Vermont is a statewide volunteer organization comprised of family members, friends, and individuals living with a mental health condition. We have a common experience, including victories and struggles, and have joined together in membership to help ourselves and others by providing support, information, education and advocacy about mental health issues.

NAMI Vermont began as a spontaneous, grassroots family movement in 1983 (six years after NAMI National was founded). NAMI Vermont was incorporated as a non-profit 501(c)(3) state organization affiliated with NAMI in 1984.

Our Valuable Programs and Services in the last year:

- Family-to-Family classes
- Provider Education classes;
- Mental Illness and Recovery workshops
- In Our Own Voice presentations
- Family Support Group meetings
- Connection Recovery Support Group meetings
- Information & Referral
- Advocacy in the Legislature
- Advocacy at statewide and local events
- Outreach and Public Education
- 800 Help Referral Line
- NAMI Resource Guidebook
- Lending Library
- Annual Conference
- Annual Meeting
- Fundraising Events (Walk)

NAMI VERMONT STAFF

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Program Director

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Development Director
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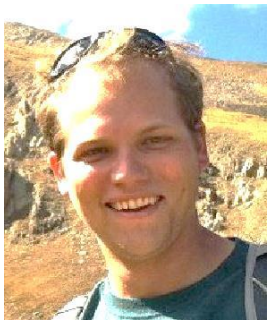

Tavid Bingham
Communications Coordinator

Amanda Hebert
Intern

We offer are deepest gratitude to the many volunteers, supporters, members, sponsors, friends, and partners who have helped us to carry out our mission of providing Support, Education, and Advocacy

VOLUNTEERS

Our Volunteers at NAMI Vermont are essential to the success of our operations. We offer our deepest gratitude to these wonderful individuals who give of their time and expertise to ensure we continue to offer Support, Education, and Advocacy for people living with mental health conditions, their families and their friends. It is with special thanks that we recognize the following people who served in FY2016:

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Bernie Profili, Milton
Diana Slade, Springfield

IN OUR OWN VOICE PRESENTERS

Mitzi Bockmann, Woodstock (Trainer)
Michael Andersson, New York (Trainer)
Alicia Gusan, Burlington
Carole Furr, Richmond
Sue West, Derby
Carolyn Brusetti, Barre
Dan Cummins, Jamaica
Dustin Spence, Waterbury Center
Jude Demers, Swanton
Kim Tardie, Barre
Robert Turner, Brandon
Sarah Gordon, Rutland
Thelma Stoudt, Rutland

OTHER VOLUNTEERS AND INTERNS

Mitzi Bockmann, Woodstock
Carolyn Brusetti, Barre
Richard Brusetti, Barre
Emily Greenstein, Intern
Amanda Hebert, Intern
Olivia Taylor, Burlington

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Thelma Stoudt

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Doris Sage

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Sara Moran
Clare Munat
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Carla Vecchione, Staff

CONSUMER COUNCIL - ADVISORY COMMITTEE

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Andrea Kolbe, First Vice Chair
Carolyn Brusetti
Jude Demers, Board Representative
Mark Hanson
Sara Neller, Secretary
Keith Rickerby

EVENTS

ANNUAL CONFERENCE

NAMI Vermont's Annual Conference is an opportunity for individuals living with mental illness, their family and friends, and providers to network with one another and learn about relevant and inspiring keynotes and workshops.

- Our Annual Conference, "Pathways to Wellness" was held May 17, 2016 at Lake Morey Resort in Fairlee, Vermont
- About **300** individuals attended the conference, a record!
- The crowd included 136 organizational employees and 40 scholarships
- Special thanks to our sponsors: Vermont Department of Mental Health, Brattleboro Retreat, and Chroma Technologies. Thanks also to our **14** exhibitors.

Keynote Presentations:

- Robert Whitaker: Rethinking Psychiatric Care
- Barbara Mainguy: Creative Approaches to Life with a Complicated Mind

Workshop Presenters:

- Mitzi Bockmann, Carole Furr, Thelma Stoudt: Stories of Recovery
- Sheriff Keith Clark: Policing Services and the Mental Health System
- Dr. David Rettew: The Health Risks of Cannabis Use
- Andrew Sperling: NAMI's Federal Legislative Agenda to Improve the Lives of People Living with Mental Illness
- James J. Walsh and Bill Brown: Aces in Action
- Claudia Pringles: Special Needs Planning for Individuals with Mental Illness

NAMIWALK

NAMIWalk is a NAMI National fundraising and outreach program. Eighty-four NAMIWalks span the country every year. The event brings together thousands of individuals and supporters nation-wide to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to help raise funds, combat stigma and promote awareness.

- In 2015, we celebrated our 9th Anniversary of NAMIWalks Vermont.
- NAMIWalks Vermont was held on Saturday, October 3rd, 2015 at Battery Park in Burlington with our new downtown Walk route and band!
- Nearly 200 people registered to Walk.
- NAMI Vermont raised $37,108 from 447 individual and corporate donors in support of NAMI Vermont's programs and services.
- Six Walkers raised over $500 each: Ann Moore raised $1,036.00; Sara Moran raised $745, Connie Stabler raised $705, Dave Turner raised $690, Sandy Steingard raised $650 and Betty Keller raised $620.
- Three Teams raised over $2,000 each: Families Together, Captained by Ellen Vaut, raised $2,660. St. Johns Steps Up, captained by Suzanne Brown, raised $2,545. UVM Swim and Dive, Captained by Jennifer Cournoyer, raised $2,495.

SPONSORS FOR NAMIWALKS

We are proud to recognize our sponsors of the NAMIWalk on October 3, 2015. Their contribution helps to build better lives for families and individuals in Vermont affected by mental illness.

General Dynamics Employees Community Action Committee
Northfield Savings Bank
Burlington Labs
Brattleboro Retreat
UVM Medical Center
Kinney Drugs Foundation
NorthCountry Federal Credit Union
Northeast Kingdom Human Services, Inc
Lamoille County Mental Health Services
HowardCenter
Rutland Regional Medical Center

Washington County Mental Health
Rutland Mental Health Services
Northwestern Counseling & Support Services
BioTek Instruments
Merry Meadow Farm
BlueCross BlueShield of Vermont
Clara Martin Center
Vermont Co-operative Insurance Companies
Burlington Police Department
Counseling Service of Addison County
Dartmouth-Hitchcock Medical Center
Another Way

A NEW DAY DAWNS FOR NAMI VERMONT'S WALK IN 2016

NAMI Vermont turned down a $5,000 sponsorship from NAMI National in keeping with our 2012 pledge to refuse all pharmaceutical funding. We broke from the National walk-a-thon program and created our own, local event: MINDwalk. The 2016 Walk exceeded expectations and raised $10,000 over its original $35,000 goal.

DONORS

SPECIAL THANKS TO OUR INDIVIDUAL AND FAMILY DONORS

OVER $1,000 DONATIONS

Ms. and Mr. Nancy Arnold
Carol and Joel Furr
Mrs. Signa Lynch Read
Connie and Paul Stabler

OVER $100 DONATIONS

Jeannine Reed
Katharine and Phil Crane
Ann and Dan Cummins
Ms. Meghan Williamson
Charles and Jean Siegchrist
Claudette Hollenbeck
Ms. Tanya Culcleasure
Paul Blake
Representative Joanna Cole and Rev. Sarah Flynn
Ruth Kennedy Grant and Edwin Grant
Ms. Jane Harding Gurney
Mr. and Mrs. Werner Kohnke
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Cindy Lee and Harris Roen
Mrs. and Mr. Sandra O'Brien
Wendy Simpers
Ellen Vaut
Mr. Jeff Wakefield and Ms. Alison Goss

ADDITIONAL DONORS

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Ms. Abigail Hagler
Ms. and Mr. Cheryl Ham-Ellis
Mr. Ed Hansen
Ms. Allison Hayes

ADDITIONAL DONORS *(continued)*

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Karen and Paul Kelley
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Ms. Mary Kirkpatrick
Andrea Kolbe
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Charles and Florence Munat
Ms. and Mr. Tracy A. Murphy
Mrs. Laure K Murphy
Ms. Deliah Nash
Ms. Candace Neary and Annette Lynch
Sara Neller
Ms. Adele Nicols
Ms. Sherrell Osborn
Ms. and Mr. Brenda Palin
Mr. Ed Paquin
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Ms. Katharine Powell
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Ms. Martha Roberts
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Mr. Michael Sabourin
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Mr. Ric Wheeler
Robert and Lorraine Williams
Brenda Williamson
Philip and Christine Wolf
Brian and Julie Wolfe
Mrs. and Mr. Donna Wood
Ms. Carolyn Workman
Mr. Peter Zakrewski
Ms. Susan Zoesch

Thank You!

THE FOLLOWING WERE HONORED BY MEMORIAL DONATIONS IN THEIR NAME

Martin Fitzgerald
Jonathan Fortier
Dr. Lorri Golin of Mt. View Psychiatry
Harvey Golubock
Patricia Ann Jennings
Elizabeth Leopold
Dirk Nakazawa
Greg Root
Carmen Thibodeau

SPECIAL THANKS TO OUR CORPORATE AND ORGANIZATIONAL DONORS

$7,500 DONATIONS

Klifa Club

$1,000 DONATIONS

Chroma Technologies
General Dynamics Matching Gift Fund
United Technologies Matching Gift Fund
VAMHAR Developing Recovery Grant c/o Vermont Community Foundation

OTHER DONATIONS

National Alliance on Mental Illness
Vermont Mental Health Counselors Association
VT Council of Developmental and Mental Health Services
Weybridge Congregational Church

SUPPORT GROUPS

NAMI Family Support Group meetings are a free, monthly 90-minute support group of family and friends of individuals with a mental illness where they can talk frankly about their challenges and help one another through their learned wisdom and coping strategies. Participants are encouraged to share actively in the work of the group. All meetings are facilitated by trained NAMI family members.

- NAMI Vermont offered family support groups in ten locations: Brattleboro, Burlington (2), Central Vermont, Georgia, Manchester, Rutland, Springfield, St. Johnsbury and White River Junction.
- Support groups are facilitated by trained, volunteer family members and meet once or twice a month for 90 minutes.
- Family Support Group Facilitators collectively contribute over **500** hours of their time.
- Annual attendance at support groups reached nearly **800**.
- For an up-to-date listing of our Family Support Group meeting schedules, please visit our website at www.namivt.org or contact the NAMI Vermont office at (800) 639-6480.

NAMI Connection
National Alliance on Mental Illness RECOVERY SUPPORT GROUP

NAMI Connection Peer Recovery Support Groups are a NAMI Signature program designed to offer ongoing peer support to individuals living with a mental health condition. The support groups are facilitated by trained volunteer peers who are living in recovery.

- NAMI Vermont offered community support groups in: Bennington, Burlington, Rutland, and St. Johnsbury.
- The Psychiatric Units at Rutland Regional Medical Center and Brattleboro Retreat have partnered with NAMI Vermont to offer a support group to patients as part of their programming.
- A new training at the end of the year has helped to establish three new support groups in Montpelier, Newport and for patients at the Vermont Psychiatric Care Hospital.
- Each support group is led by two trained, volunteer facilitators, scheduled to meet on a weekly basis for 90 minutes.
- Connection Peer Recovery Support Group facilitators collectively contributed over **900** hours of their time.
- Annual attendance at support groups reached over **1,500.**
- For an up-to-date listing of our NAMI Connection Support Group meeting schedules, please visit our website at www.namivt.org or contact the NAMI Vermont office at (800) 639-6480.

Connection Facilitator Training

EDUCATION

NAMI Family-to-Family

National Alliance on Mental Illness

Family-to-Family is a 12-week evidence-based NAMI Signature Program that is structured to help families and friends of individuals living with mental illness gain information, insight, understanding and empowerment. The course teaches the knowledge and skills that family members need to cope more effectively and maintain their own well-being. We offered the Family-to-Family class in:

- **Berlin** where we reached **13** individuals
- **Brattleboro** where we reached **18** individuals
- **Williston** where we reached **21** individuals
- **St. Johnsbury** where we reached **14** individuals
- **Rutland** where we reached **9** individuals
- **Total: 75 participants**

Testimonials from class participants:

- "All the teachers were engaged, very knowledgeable and committed to NAMI and their family members."
- "I trust myself more when it comes to managing this situation with my ill relative. I have greater empathy, and feel calmer when confronting crisis."
- "I am better able to identify and implement problem solving techniques during discussion with my loved ones. I am also able to utilize better communication techniques."

NAMI Provider Education

National Alliance on Mental Illness

NAMI Provider Education offers 15 hours of training to professionals and providers who work directly with people experiencing mental illness. The course helps professionals realize the hardships that families and individuals experience and appreciate the courage and persistence it takes to live with and recover from mental illness. The course is taught by a trained five-member team of family members, individuals living with mental illness, and a mental health provider. We offered the Provider Education class at:

- **HowardCenter in Burlington** where we reached **22** professionals

Testimonials from class participants:

- "The personal stories that were shared were very helpful in broadening my perspective regarding the challenges that people living with mental illness have in accessing services."
- "I anticipate being more understanding when working with my clients when they are having an episode or a tough time."
- "Very knowledgeable. Stories and personal experiences were poignant and helpful."

MENTAL ILLNESS AND RECOVERY WORKSHOP

NAMI Vermont designed and developed the Mental Illness and Recovery one-day workshop to make it inclusive for any community member to attend. NAMI Vermont trained volunteers delivered this workshop in three towns:

- **White River** at the William Yasinski Building with **10** participants
- **Stowe** at St. John's in the Mountains Episcopal Church with **26** participants
- **Brattleboro** at the Brattleboro Memorial Hospital with **13** participants
- **Total: 49 Participants**

Testimonials from class participants:

- "Outstanding in every respect. I particularly benefitted from the overview of common mental illnesses"
- "Warm and caring facilitators! Thank you"
- "Presenters were great. Information was excellent. Problem statement exercise was very informative."

NAMI In Our Own Voice

National Alliance on Mental Illness

NAMI In Our Own Voice is a new education and recovery presentation given by trained presenters who are living full and productive lives while personally overcoming the challenges of their mental illness. This program provides practical, useful information about mental illness. Presentations were provided at:

- Burlington Economic Services for Call Center Staff, reaching 40 people
- Hartford Police Department, as part of their CIT training.

INFORMATION AND REFERRAL

INFORMATION AND REFERRAL

- ***Resource and Referral Line:*** We provide one-on-one support, information, and referral to individuals living with mental health conditions, families, friends, and providers through our toll-free number: (800) 639-6480 and our e-mail: info@namivt.org. In FY16, we responded to over 359 calls, a 7.3% increase over the previous year.
- ***Publications:*** We distribute NAMI brochures and fact sheets for peers, family members, significant others and community members about mental illness, recovery, and wellness. These publications are available at the NAMI Vermont office, support groups, classes, and on the NAMI Store website.
- ***Lending Library****:* We offer a free lending library for members with books, videos, and DVDs pertaining to different aspects of mental illness, recovery, and wellness.
- ***Resource Guidebooks:*** We distributed 1,500 Resource Guidebooks at our programs and events. These guides include information about mental illness and recovery, and available mental health services, treatment options, crisis services and resources throughout Vermont.

Advocacy and Outreach

ADVOCACY

NAMI Vermont advocates for treatment, supports, and access to services - and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need. *Grassroots advocacy is vital to NAMI Vermont's cause.*

Our Advocacy

NAMI Vermont engages in state-level advocacy with the Vermont Legislature and state agencies to impact policy and funding for a broad range of mental health issues. In addition to our formal advocacy at the Statehouse, our focus is on Vermont grassroots education and personal engagement, and representation at statewide and local policy discussions. We work hard to make sure the voices of peers, family members and friends are heard by legislators and other policy-makers who make decisions concerning access to mental health treatment, rights, services and programs by testifying before the Vermont State Legislature and by serving on numerous statewide committees. These efforts are coordinated by our Executive Director, in concert with our volunteer Advocacy Committee. Our advocacy efforts include the following, and more:

Activities during Advocacy Day

- NAMI Vermont, VAMHAR and Vermont Care Partners provided leadership to organize Mental Health Advocacy Day at the Statehouse on March 17, 2016.
- We collaborated with 39 mental health advocacy co-sponsors for the event.
- Highlights included:
    - Giving testimony to the Senate Committee on Education.
    - Giving testimony to the House Committees on Health Care; Human Services; and Education.
    - State Leaders Welcome Address: Governor Peter Shumlin, Secretary Hal Cohen, Commissioner Frank Reed, and Speaker Shap Smith
    - Governor Shumlin signed a proclamation naming March 17, 2016 as Mental Health Advocacy Day in Vermont
    - Advocacy Training from Peter Mallary and Ken Libertoff
    - Sharing Our Stories
    - Award Presentation to: Ann Pugh, Leadership Award; and Anne Donahue, Advocacy Award
- Advocacy Committee Representation: NAMI Vermont staff, board and committee members continue to advocate and serve on various statewide committees relating to mental health & human services such as:
    - ABLE Task Force Meetings
    - Act 80 Advisory Meetings
    - DMH - SAMHSA Block Grant Planning Council
    - DMH Emergency Involuntary Procedures Advisory Meetings
    - Mental Health and Substance Abuse Advisory Committee (Blueprint for Health)
    - NAMI Vermont Advocacy Committee
    - Rutland Project Vision Meetings
    - RRMC Community Advisory Committee
    - State Program Standing Committee for Adult Mental Health
    - State Program Standing Committee for Children and Adolescent Mental Health
    - Team Two Advisory Meetings
    - United Way Presentation to Staff
    - Vermont Cooperative for Practice Improvement and Innovation (VCPI) Advisory Meetings; Governance Advisory Meetings; Early Episode Psychosis Committee Meetings
    - Vermont Psychiatric Care Hospital (VPCH) Advisory Committee
    - Vermont Suicide Prevention Coalition
    - Wellness Workforce Coalition

NAMI VERMONT'S FY2016 ADVOCACY PRIORITIES

NAMI Vermont's twelve Advocacy Priorities help to drive and guide our Advocacy efforts throughout the year.

Advocacy Goal: Youth and adults living with mental illness receive the right care at the right time and in the right place to experience lives of resiliency, recovery and inclusion.

1. **Protect public mental health funding**
    a. Provide stable and adequate funding for public mental health programs to meet community needs for mental health services.
    b. Provide stable and adequate funding for Medicaid and Medicare that ensures access to a full array of effective services, continuity of care and eligibility for youth and adults living with mental illness.
    c. Ensure that grantees who receive DMH grant funding support programs and services in Vermont for Vermonters

2. **Ensure access to effective mental health services**
    a. We need to invest in proven, cost-effective, community-based treatment and services that promote recovery.
        i. Ensure prompt access to outpatient care at the designated agencies, including drop in outpatient crisis services to alleviate ER visits
        ii. Increase access to case management services.
        iii. Increase peer run and staffed support services, (i.e., peer participation in case management).
        iv. Ensure choice of treatment options for someone experiencing a crisis which includes:
            1. Family Psychoeducation;
            2. Pathways Vermont, Soteria House for first episode psychosis and early awareness of changes in personal mental health;
            3. Open Dialogue teams for onset counseling and care in the person's home; and
            4. Therapeutic Residences.
    b. Ensure treatment for acute level care
        i. Ensure adequate staffing and funding so that all level I acute care beds are available for patients when needed.
        ii. Ensure adequate staffing and funding so that all respite beds are available for hospital diversion.
        iii. Eliminate ER waits of over 24 hours for beds; adequate number of inpatient beds for all seriously mentally ill people, both voluntary and involuntary.
        iv. Continue to monitor and evaluate the wait times for treatment for involuntarily hospitalized psychiatric patients. The VT Department of Mental Health must carefully document changes since the implementation of Act 192, which is designed to shorten these wait times.
    c. Ensure inclusion of caring, supportive family members in the evaluation and treatment of individuals with serious mental illness.
    d. Encourage the creation of Advance Directives for people with brain conditions (including serious mental illnesses) to make medical decisions.

3. **Help people with mental illness support themselves through meaningful work**
    a. Establish policies and statewide programs that lead to competitive employment and economic self-sufficiency for people living with mental illness. (e.g., IPS supported employment, VocRehab supported employment, Ticket to Work program, Wellness Coop Supported Employment, etc.)

4. **Ensure training and adequate pay for mental health professionals and providers**
    a. Ensure mental health crisis training (e.g., Team Two and CIT) is provided to police officers, dispatchers, sheriffs, corrections officers, EMTs, and others who may be called to intervene in a crisis.

b. Continue to fund ACT 80/ACT 79 (Acts relating to training for law enforcement officers interacting with persons experiencing a mental health crisis).
c. Continue to monitor and evaluate the Six Core Strategy implementation being used in Level 1 facilities to eliminate or reduce the number of seclusion and restraints.
d. Provide adequate and competitive compensation for mental health professionals and providers.
e. Continue secure-safe transport and use only soft- covered restraints when necessary.
f. Meet or exceed CMS standards for certification of each and every mental health care facility.
g. Implement CMS-accepted corrections, qualify for reimbursement from the Centers for Medicaid & Medicare Services (CMS), reduce reliance on additional taxpayer dollars.
h. Do no harm, respect the dignity and integrity of providers and patients, advance recovery.
i. Assure quality and excellence in care in least-restrictive settings at all levels of mental health care.

5. Provide information to Legislators about policies that affect individuals with mental illness.

a. Encourage lawmakers to study the information about the research demonstrating the link between marijuana use and potential damage to the brain, including development of psychosis, when considering legalization of marijuana for recreational use.
b. Provide data and analysis at all levels of care in all mental health facilities and increase results-based accountability.

6. Promote integration of mental health, substance use and primary care services

a. Ensure lawmakers and health care funders address the critical need for integration of physical and mental health care for better treatment, and improved overall health outcomes, for people living with mental illness.

7. Improve the mental health of children, youth and young adults

a. Implement screening, assessment, early intervention and prevention programs (e.g., suicide prevention, mental health courts, jail diversion programs, early episode psychosis combined treatment) for children, youth, and young adults as an integral part of health care delivery systems.
b. Provide effective home and community-based services that help children and youth succeed at home, in school, and in their communities.
c. Identify and divert youth with serious mental health conditions from detention to appropriate community treatment.
d. Ensure that young adults with serious mental health conditions receive coordinated, developmentally-appropriate services to support successful transitions to adulthood.

8. Meet the mental health needs of service members, veterans and their families

a. Ensure early identification and access to community-based mental health services and supports for service members, veterans and their families.

9. Expand access to health insurance coverage

a. Promote enrollment of low-income youth, adults and families in Medicaid plans with mental health benefits that meet enrollees' needs.
b. Engage in outreach to people affected by mental illness to help them enroll in Vermont Health Connect plans. Ensure that all health insurance exchange plans fully comply with federal and state parity requirements for mental health and substance use conditions.

10. Provide appropriate, affordable housing for people with mental illness

a. Provide an array of affordable permanent supportive housing for people living with serious mental illness.
b. Offer appropriate, affordable housing for those who need it.

11. Eliminate disparities in mental health care

a. Incorporate cultural and linguistic competency standards to eliminate disparities.

12. End the inappropriate incarceration of people with mental illness

a. Eliminate incarceration of individuals whose acts are directly related to their mental illness.
b. Ensure incarcerated individuals have the right to quality mental health care, both while incarcerated and upon release into the community.
c. Divert people living with serious mental illness from jail to appropriate community treatment.
d. Eliminate solitary confinement and ensure continuous and effective mental health care, substance abuse treatment and medical care for inmates with mental illness.
e. Ensure connection of inmates living with mental illness to housing, treatment, supports and enrollment in federal SSI/SSDI, Medicaid, Health Insurance Exchange plans and other benefits before release from custody.

OUTREACH AND PUBLIC EDUCATION

Outreach to every community in Vermont is an integral part of what we do. NAMI Vermont engages and informs community members, stakeholders and the general public about mental health and how NAMI Vermont can be a resource. The more Vermonters are aware of the issues facing people living with mental health conditions, the more they are able to support families and individuals. Our outreach efforts include the following, and more:

Strolling of the Heifers Parade

- Burlington Police Commission and Burlington Police Department
- DMH Child, Adolescent & Family Mental Health Services Presentation
- DMH Conference Exhibit
- Mental Health Advocacy Day
- NAMI Central Vermont Family-to-Family Class Presentation on Advocacy
- NAMI Vermont Pathways to Wellness Conference – Exhibit
- Newport Community Blueprint Health Team Presentation
- Northeast Kingdom Veterans Summit at Lyndon State College - Exhibit
- Outreach Partner for the National Institute of Mental Health
- PEAR-VT Annual Conference - Exhibit
- S. Burlington High School Suicide Prevention Presentation
- SAM-VT Statehouse Rally
- SNHU Behavioral Health Class Presentation to Students
- St. John's in the Mountains Church Presentation
- Strolling of the Heifers – Exhibit and Parade
- Suicide Prevention Symposium - Exhibit
- Team Two Training - Outreach
- Testimony to: Senate Appropriations, Senate Judiciary, House Human Services, House Health Care
- United Way Presentation to Staff
- UVM Child Psychiatry Conference - Exhibit
- Vermont Psychiatric Care Hospital (VPCH) Orientations for New Staff
- Washington County Mental Health Presentation

NIMH Outreach Partnership Program

FUNDING

FUNDING SOURCES

VT Department of Mental Health Grant

- $230,810.00 grant in support of our programs and services

Other Grants

- $18,500.00

Annual Walk

- $40,897.27 (Annual Walk income spans fiscal years)

Corporate and Individual Donations

- $22,964.72

Annual Conference

- $18,230.28

Membership Dues

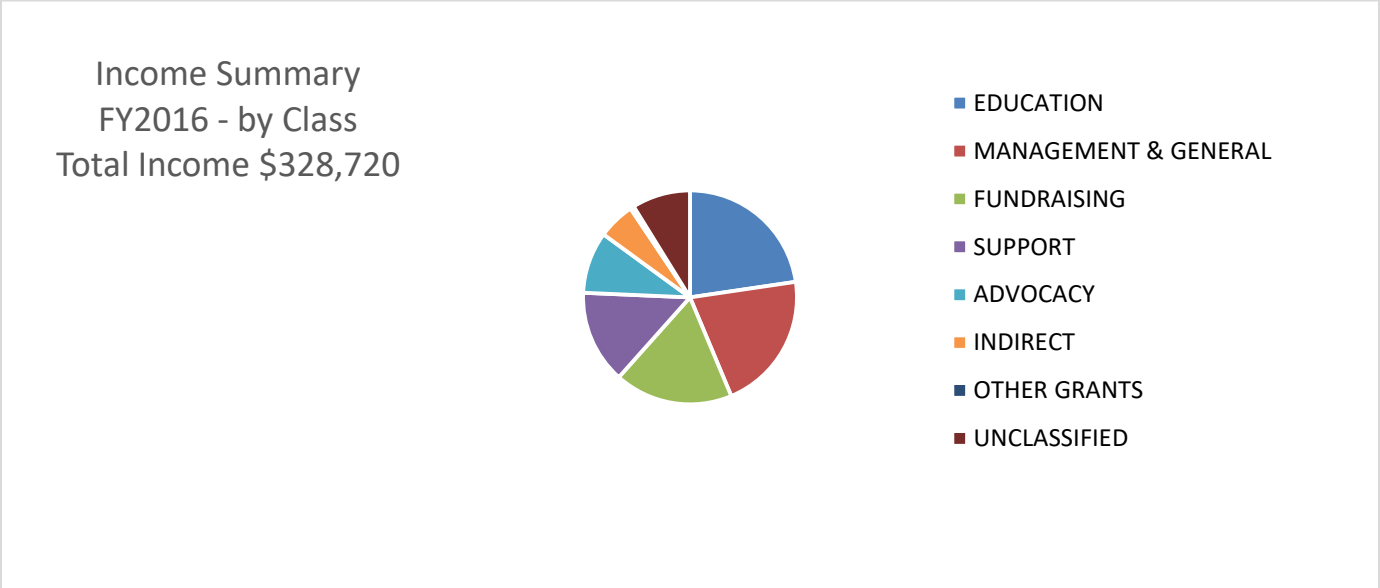
- $5,082.33 (a 45% increase over FY2015)

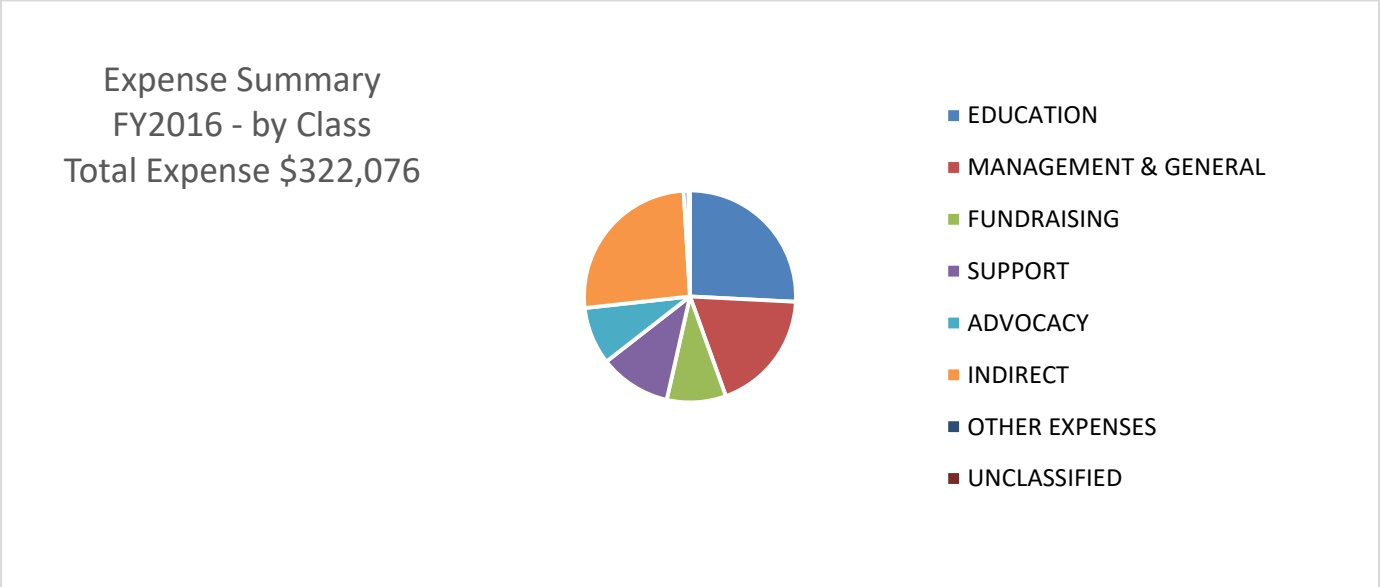
Misc. Income

- $2,014.63

FINANCIAL SUMMARY

	Form 990 **FY 2016**	Form 990 **FY 2015**	Form 990 **FY 2014**	Form 990 **FY 2013**	Form 990 **FY 2012**	Form 990 **FY 2011**	Form 990 **FY 2010**
Total Revenue	**$330,914**	**$304,801**	**$331,500**	**$285,592**	**$274,641**	**$267,905**	**$224,146**
Total Expenses	**$322,681**	**$337,363**	**$309,925**	**$260,631**	**$253,295**	**$265,212**	**$237,441**
Revenue Less Expenses	**$8,233**	**$(32,562)**	**$21,575**	**$24,961**	**$21,346**	**$2,693**	**$(13,295)**
Audit Status	Unaudited	Audited	Audited	Audited	Audited	Audited	Audited





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