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**NAMI Vermont: Who We Are**

**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.

**Vision:** A world where Vermonters affected by mental illness or mental health challenges have the care, support and knowledge that they need.

**Values:**
- **Empathy:** We share common experiences that develop understanding, empathy, and compassion for one another.
- **Acceptance:** We practice non-judgmental, unbiased acceptance.
- **Hope:** We maintain hope that through treatment and support people can and do recover.
- **Resilience:** We believe in the resilience and capacity of individuals to recover and maintain wellness.
- **Honesty:** We believe honesty builds self-awareness and open-mindedness.
- **Self-Care:** We encourage self-care as a means to cope with challenges and maintain well-being.
- **Empowerment:** We support individuals and families rebuilding their lives; we promote personal responsibility and self-advocacy; and we provide education and training that empowers individuals to develop their potential.
- **Inclusion:** We value and respect the contributions of each person toward a better understanding of the diversity of needs and capacity among us, and we affirm the importance of those contributions toward empowerment, resiliency, and recovery.

**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.
NAMI VERMONT STAFF

Laurie Emerson  
Executive Director  
lemerson@namivt.org

Nick Martin  
Program Director  
nickmartin@namivt.org

Jana Beagley  
Former Development Director

Mary Donald-Abair  
Office Manager  
mdonaldabair@namivt.org

Adam Davis  
Former Office Manager

Leah Gerber  
Intern

Sara Mahon  
Former Intern
We offer our 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 FY 2017:

BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>Name</th>
<th>City</th>
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<tbody>
<tr>
<td>Ann Moore (President and Chair)</td>
<td>South Burlington</td>
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<tr>
<td>Phil Blackburn (1st Vice President)</td>
<td>Brattleboro</td>
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<tr>
<td>Judy Siler (2nd Vice President)</td>
<td>Guilford</td>
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<tr>
<td>Ann Cummins (Treasurer)</td>
<td>Jamaica</td>
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<tr>
<td>Mary Kirkpatrick (Secretary)</td>
<td>South Burlington</td>
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<td>Patti Bauerle, Colchester</td>
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<td>Jude Demers, Swanton</td>
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CONNECTION RECOVERY SUPPORT GROUP FACILITATORS

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<tr>
<th>Name</th>
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<tr>
<td>Maria Grindle, Burlington (Trainer)</td>
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<td>Dan Towle, Montpelier (Trainer)</td>
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<tr>
<td>Barbara Baker, Bennington</td>
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<td>Hugh Barclay, Rutland</td>
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<td>Sherie Blanchard, Newport Center</td>
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<td>Carolyn Brusetti, Barre</td>
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<td>Sarah Gordon, Poultony</td>
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<td>Andrea Kolbe, Bennington</td>
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<td>Clare Munat, Landgrove</td>
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<td>Sara Neller, Rutland</td>
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<td>Scott Pickel, Cambridge (newly trained)</td>
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<td>Joseph Pomroy, North Concord</td>
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### FAMILY SUPPORT GROUP FACILITATORS

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<tr>
<td>Ann Cooper Cummins, Jamaica</td>
<td>(Trainer)</td>
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<tr>
<td>Janice Sabett, Hinesburg</td>
<td>(Trainer)</td>
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<tr>
<td>Marcia Bassett, North Chittenden</td>
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<td>Phil Blackburn, Brattleboro</td>
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<td>Roberta Downey, Montpelier</td>
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<td>Rose Hewes, S. Royalton</td>
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<td>Jim Johnson, Essex Junction</td>
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<td>Betty Keller, M.D., St. Johnsbury</td>
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<td>Donna Laferriere, Lyndonville</td>
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<td>Fran Levine, Montpelier</td>
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<td>Louise Lynch, Essex Junction</td>
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<td>Clare Munat, Landgrove</td>
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<td>Carolyn Salminen, Milton</td>
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<td>Karlo Salminen, Milton</td>
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<td>Kathleen Turnbaugh, Moretown</td>
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<td>Chip Siler, Guilford</td>
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<td>Judy Siler, Guilford</td>
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### FAMILY-TO-FAMILY TEACHERS

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<th>Name</th>
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<tr>
<td>Connie Stabler, South Burlington</td>
<td>(Trainer)</td>
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<td>Judy Siler, Guilford</td>
<td>(Trainer)</td>
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<td>Erika Couture, Colchester</td>
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<td>Donna Laferriere, Lyndonville</td>
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<td>Annika McCann, St. Johnsbury</td>
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<td>Sherry Osborn, Hinesburg</td>
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<tr>
<td>Chip Siler, Guilford</td>
<td>(mentee/resource)</td>
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<tr>
<td>Patricia Spence, Waterbury</td>
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<tr>
<td>Kim Tardie, Barre</td>
<td>(mentee/resource)</td>
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<tr>
<td>Ellen Vaut, South Burlington</td>
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### MENTAL ILLNESS AND RECOVERY TEACHERS

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<th>Name</th>
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<tr>
<td>Paige Corologos, Burlington</td>
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<td>Rose Hewes, S. Royalton</td>
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<td>Candace Neary, Belmont</td>
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<td>Doris Sage, Shelburne</td>
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<td>Mary Kay Sigda, Brattleboro</td>
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<td>Chip Siler, Guilford</td>
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<td>Judy Siler, Guilford</td>
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### PROVIDER TEACHERS

No Provider presentations took place in FY2017

### IN OUR OWN VOICE PRESENTERS

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Michael Andersson, New York</td>
<td>(Trainer)</td>
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<tr>
<td>Mitzi Bockmann, Woodstock</td>
<td>(Trainer)</td>
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<tr>
<td>Kerri Balch, Gilman</td>
<td>(newly trained)</td>
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<tr>
<td>Carolyn Brusetti, Barre</td>
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<tr>
<td>Burt Dyer, Burlington</td>
<td>(newly trained)</td>
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<tr>
<td>Richard Fales, Rutland</td>
<td>(newly trained)</td>
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<td>Sarah Gordon, Rutland</td>
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<tr>
<td>Jess Goodwin, Williston</td>
<td>(newly trained)</td>
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<td>Alicia Gusan, Burlington</td>
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<tr>
<td>Kristy Hommel, Thetford</td>
<td>(newly trained)</td>
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<tr>
<td>Jonathan Jerome, Winooski</td>
<td>(newly trained)</td>
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<td>Ward Nial, So. Burlington</td>
<td>(newly trained)</td>
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<td>Dustin Spence, Waterbury</td>
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<tr>
<td>Kim Tardie, Barre</td>
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<tr>
<td>David Turner, Burlington</td>
<td>(newly trained)</td>
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<tr>
<td>Robert Turner, Bradford</td>
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### OTHER VOLUNTEERS AND INTERNS

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Mitzi Bockmann, Woodstock</td>
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<tr>
<td>Richard Brusetti, Barre</td>
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<tr>
<td>Agnes and Ronald Bushey, Colchester</td>
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<tr>
<td>Leah Gerber, Intern, Burlington</td>
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<tr>
<td>Sara Mahon, Intern, Burlington</td>
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<tr>
<td>Maria Moore, South Burlington</td>
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</table>
COMMITTEES

EXECUTIVE COMMITTEE
Ann Moore, President and Chair
Phil Blackburn, 1st Vice President
Judy Siler, 2nd Vice President

Mary Kirkpatrick, Secretary
Ann Cummins, Treasurer

FINANCE COMMITTEE
Paul Blake, Chair
Ann Cooper Cummins
Laurie Emerson, Staff

Patti Spence
Ann Moore
Savi Van Sluytman

GOVERNANCE COMMITTEE
Mary Kirkpatrick, Chair
Ann Cooper Cummins
Laurie Emerson, Staff

Ann Moore
Cathy Rickerby
Chip Siler

CONFERENCE COMMITTEE
Patti Bauerle, Chair
Jana Beagley, Staff
Diane Bugbee
Laurie Emerson, Staff
Ann Moore

Sara Moran
Candace Neary
Judy Siler
Savi Van Sluytman

ADVOCACY COMMITTEE
Phil Blackburn, Chair
Katharine Crane
Laurie Emerson, Staff
Andrea Kolbe
Lyndelle LeBruin
Candace Neary
Ward Nial
Cathy Rickerby

Ann Cooper Cummins (non-voting)
Bernie Profili (non-voting)
Mary Kirkpatrick (non-voting)
Connie Stabler (non-voting)
Sandy Steingard M.D. (non-voting)

CONSUMER COUNCIL - ADVISORY COMMITTEE
Bernie Profili, Emeritus
Andrea Kolbe, Chair

Sara Neller, Secretary
Keith Rickerby

Carolyn Brusetti
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 16, 2017 at Champlain College, Burlington, Vermont
- Over 275 individuals attended the conference.
- Special thanks to our sponsors: Brattleboro Retreat, University of Vermont Medical Center, Clara Martin Center and Lamoille County Mental Health Services
  Thanks also to our 19 exhibitors: Another Way; Blue Cross Blue Shield of Vermont; Brattleboro Retreat; Cathedral Square; Center for Health and Learning; Certified Health Coach; Clara Martin Center; Enhanced Life Options Group; Freedom Pharmacy; Janssen; Lamoille County Mental Health; Northeast Kingdom Human Services; SNHU MS in Clinical Mental Health Counseling (PCMH); Step-After-Step Walk for Mental Health; Stetson School; VA Office for Suicide Prevention / Veterans Crisis Line; VT Cooperative for Practice Improvement and Innovation; Washington County Mental Health; Wellness Workforce Coalition.

Keynote Presentations:

- David Melnick: The Impact of Trauma on the Brain
- Dr. Shawn Shea: Suicide Prevention in a New Light: Matrix Treatment Planning and the Quest for Happiness

Workshop Presenters:

- David Melnick: The Impact of Trauma on the Brain – Continuation of Keynote
- Panel Discussion – Crisis Care
- Commander John “Scott” Hannon: War Trauma and Animal Assisted Recovery
- Gloria Van Den Berg, Alyssum – Working with Voices
- Marilyn Ricci, NAMI National – Nutrition and Recovery
- Dr. John Brooklyn – Psychiatric Co-Morbidities

NAMI MINDWALK

NAMI Walk 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.

- We celebrated our 10th Anniversary for our Walk Fundraising Event
- NAMI Vermont MINDwalk was held on Sunday, September 25, 2016 at City Hall Park, Burlington, VT with our new downtown Walk route and band!
- Two hundred and fifty Walkers gathered at City Hall Park in Burlington, VT.
- Over 12,000 people visited our fundraising site and 546 donations came in.
- NAMI Vermont raised over $45,000 for NAMI Vermont’s free programs and services in our state
- The top two teams, St Michael’s College Active Minds and Families Together raised $6,155 and $3,897 respectively.
**SPONSORS FOR NAMI VERMONT MINDWALK**

We are proud to recognize our sponsors of the NAMI Vermont MINDwalk on September 25, 2016. Their contribution helps to build better lives for families and individuals in Vermont affected by mental illness.

General Dynamics Employees  
Community Action Committee  
Brattleboro Retreat  
Chroma Technologies  
Kinney Drugs Foundation  
North Country Federal Credit Union  
UVM Medical Center  
BioTek Instruments  
Dartmouth-Hitchcock Medical Center  
Howard Center  

Lamoille County Mental Health Services  
Merry Meadow Farm  
Northeast Kingdom Human Services, Inc.  
Rutland Regional Medical Center  
Northfield Savings Bank  
Northwestern Counseling & Support Services  
BlueCross BlueShield of Vermont  
Clara Martin Center  
Rutland Mental Health Services  
Vermont Co-operative Insurance Companies

**DONORS**

**SPECIAL THANKS TO OUR INDIVIDUAL AND FAMILY DONORS**

**OVER $2,000 DONATIONS**
Mrs. and Mr. Connie Stabler  
Mr. Richard Suttmeier

**OVER $1,000 DONATIONS**
Ms. and Mr. Nancy Arnold  
Ms. Mary Stewart Baird  
Ms. Anna Taylor Caleb  
Ms. Sarah Green

**Over $500 DONATIONS**
Dr. and Mrs. Robert A. Alper  
Ms. Sarah Chamberlain  
Carole and Jay Furr  
Karlo Salminen

**OVER $200 DONATIONS**
Miss Joanna Berk  
Terry Brabazon  
Ms. Jacqueline Carroll  
Mrs. and Mr. Karen Cogliano  
Ann and Dan Cummins  
Ms. Joanna Kinsley  
Ms. Ann Moore  
Mrs. and Mr. Sandra O’Brien  
Ms. Meghan Williamson

Elizabeth Bassett and John Pane  
Mr. and Mrs. Wayne Beebe  
Paul Blake  
Ms. and Mr. Alice Choiniere  
Mr. and Mrs. John Dillingham  
Ms. Laurie Emerson  
Ms. Mary English  
Ms. Jane Harding Gurney  
Mr. and Mrs. David Halsey  
Ms. Elizabeth Hamilton  
Mr. Larry Herlacher  
Ms. Priscilla Kimberly  
Mr. and Mrs. Werner Kohnke  
Ann and Neil Montgomery  
Nancy and Steven Post  
Ms. Juanita Rice  
Charles and Jean Siegchrist  
Wendy Simpers  
Ms. Patricia Spence  
Ellen Vaut  
Sandra Virginia-Chase and Ross Virginia  
Mr. Rick Wackernagel  
Mrs. Lorraine P. Williams  
Brian and Julie Wolfe
ADDITIONAL DONORS

Mr. John Barbour and Mrs. Carla Hochschild
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Dr. and Dr. Paul Cotton
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Mr. Peter Doremus
Roberta and Peter Downey
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Ms. Katrine Dutton
Ms. Nancy T Eddy
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Elizabeth Eklof
Caryn Etherington
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Mr. and Mrs. Mike Gauthier
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Mr. and Mrs. Brian Goodwin
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Maria and Steven Grindle
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Betsy Hardy
Ms. Ginger Hobbs
Mr. and Mrs. Mark Holderbach
Mrs. Lisa Kurchena and Mr. Robert Kurchena Jr.

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Mrs. and Mr. Katharine Libby
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Ms. and Mr. Sue H MacMartin
Mrs. and Mr. Ruth Magill
Mrs. and Mr. Ellen Mead
Mrs. and Mr. Sara Moran
Charles and Florence Munat
Mr. Michael Munson
Mr. and Mrs. Liam Murphy
Ms. Candace Neary and Annette Lynch
Mrs. Marie Nemkovich
Ms. Maryann Parrott
Ms. Katharine Powell
Jeannine Reed
Ms. Janice Sabet and Mr. Anthony Parent
Mrs. and Mr. Patricia Selsky
Mary Kay Sigda and Gregory Moreau
Mr. Robert S. Simonds
Ms. Shreemati Singh
Mr. Donald Skidmore
Ms. Sara Trimmer
David Turner
Mr. James Wilson
Ms. Alice Winn
Mr. and Ms. Charles Wolf
Mr. and Mrs. Jerrold Wood
Ms. Susan Zoesch
THE FOLLOWING WERE HONORED BY MEMORIAL DONATIONS IN THEIR NAME

Jerry Collins  
Janice Deloof  
Heidi Farnsworth  

Carrie Fisher  
Jonathan Fortier  
Rebecca Grenier  

Lex Leopold  
Carol & Judy Rupprecht

SPECIAL THANKS TO OUR CORPORATE AND ORGANIZATIONAL DONORS

Over $2,000 DONATIONS
501st Legion's Green Mountain Squad, New England Garrison

$1,000 DONATIONS
National Alliance on Mental Illness

OTHER DONATIONS
GE Foundation  
UTC Aerospace Matching Gift Program  
Chevron Matching Employee Funds  
Williston Federated Church  
BNY Mellon Corporation’s Community Partnership  
IBM Employee Services Center  
Milton Police Benevolent Association  
Northfield United Methodist Church Women  
Vermont Country Store  
Weybridge Congregational Church  
Fountain Fund c/o the Vermont Community Foundation  
Amazon Smile

Our Valuable Programs and Services in the last year

- Family-to-Family 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 and Committees  

- Advocacy at statewide and local events  
- Outreach and Public Education  
- 800 Help Referral Line  
- NAMI Vermont Resource Guidebook  
- Lending Library  
- Annual Conference  
- Annual Meeting  
- Fundraising Events (Walk)
SUPPORT GROUPS

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.

- Each support group is led by two trained, volunteer facilitators, regularly scheduled for 90 minutes.
- The Connection Group in Montpelier re-located to Berlin in April, 2017.
- The Psychiatric Units at Vermont Psychiatric Care Hospital, Rutland Regional Medical Center, and Brattleboro Retreat have partnered with NAMI Vermont to offer support group(s) to patients as part of their recovery.
- Connection Peer Recovery Support Group facilitators collectively contributed over 700 hours of their time.
- Annual attendance at support groups reached +/- 1,700 (not all groups had reported numbers).
- 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—May 2017
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.

- Support groups are facilitated by trained, volunteer family members and meet once or twice a month for 90 minutes.
- NAMI Vermont offered family support groups in ten locations: Brattleboro, Burlington (2), Berlin, Georgia, Manchester, Rutland, Springfield, St. Johnsbury and White River Junction.
- Family Support Group Facilitators collectively contribute approximately 300 hours of their time.
- Annual attendance at support groups reached +/- 750 (not all groups had reported numbers).
- 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.

EDUCATION

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 14 individuals graduated
- Brattleboro where 15 individuals graduated
- St. Johnsbury where 14 individuals graduated
- Williston where 15 individuals graduated
- Total: 58 Graduates

Testimonials from class participants:

- “Excellent communication, group facilitator, comfortable, welcoming environment”
- “I will be better able to relate constructively with other family members. I feel like I can better work with my family”
- “The teaching team delivered the content in a way that was easy to listen to and understand. I also felt the team strongly believed in what they were saying/reading”
- “I feel that I’m more patient with my relative”
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 six workshops in five communities:

- **Barre** at Hedding Community Church with 8 participants
- **Burlington** at Fletcher Free Library with 12 participants
- **Springfield** at Springfield Hospital with 5 participants
- **Brattleboro** at Brattleboro Memorial Hospital with 5 participants
- **Middlebury** at Counseling Services of Addison County with 11 participants
- **Middlebury** at the Marriott Hotel with 14 participants (DCF Workers)

**Total: 55 Participants**

Testimonials from class participants:

- “I can’t wait to become more involved. Thank you very much!”
- “Instructors made you feel comfortable, shared their experiences, and therefore made me comfortable enough to share”
- “Terrific educational program! Thank you for the food & drinks!”

**NAMI In Our Own Voice**

NAMI In Our Own Voice is NAMI Vermont’s newest program. It consists of a 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 in:

- Burlington: Decker Towers with an audience of 16
- Burlington: SASH Program Leaders with an audience of 49
- Hartford: Hartford Police Department with an audience of 14
- So. Burlington: DCF Workers with an audience of 46
- Northfield: Northfield Police Department with an audience of 5
- Worcester: Hundred Acre Homestead with an audience of 11
- Burlington: Heineberg Community Center with an audience of 8
Berlin: Vermont Psychiatric Care Hospital with an audience of 18
Newport: Newport Public Schools with an audience of 6
So. Burlington: DCF Workers with an audience of 7
Middlesex: Middlesex Therapeutic Services with an audience of 10
Brattleboro: The River Garden with an audience of 3
Brattleboro: The River Garden with an audience of 6
Rutland: College of St. Joseph with an audience of 42
Hartford: Hartford Police Department with an audience of 20
Burlington: UVM Medical Center with an audience of 25
Bennington: Bennington Fire Department with an audience of 13
Winooski: Winooski High School with an audience of 7
Pittsford: Vermont State Police with an audience of 10
Waterbury: DCF Workers with an audience of 10
Brattleboro: Brattleboro Police Department with an audience of 40

Grand Total of 366 participants!!!

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 FY17, 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, events, and throughout our communities. These guides include information about mental illness and recovery, 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:

- NAMI Vermont, VAMHAR and Vermont Care Partners provided leadership to organize Mental Health Advocacy Day at the Statehouse on January 31, 2017.
- We collaborated with 44 mental health advocacy co-sponsors for the event.
- Highlights included:
  - Governor Scott signed a proclamation naming January 31, 2017 as Mental Health Advocacy Day in Vermont
  - State leaders Welcome Address: Lieutenant Governor David Zuckerman; Secretary of Human Services Al Gobeille; Commissioner of Mental Health Melissa Bailey; Senate President Pro Tem Tim Ashe; Speaker of the House Mitzi Johnson
  - Testimonies scheduled - House Committees: Corrections & Institutions; Education; Health Care; Human Services; Judiciary; General, Housing and Military Affairs. Senate Committees: Health & Welfare and Housing
  - Attendees met one-on-one with their legislator(s) to advocate for an improved system of care
  - Attendees participated in an Advocacy training with Peter Mallary, VAMHAR and Ed Paquin, Disability Rights Vermont
  - Attendees shared their stories, poems and insights.
  - A group of Executive Directors from Advocacy organizations met one-on-one with Speaker of the House Mitzi Johnson and Senate President Pro Tem Tim Ashe to discuss priorities.
  - Award Presentation to: Mitzi Johnson, Mental Health Legislative Leadership Award; and Mary Moulton Advocacy Award
  - Over 100 people were in attendance.
- 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:
  - Act 80 Advisory Committee
  - DMH Emergency Involuntary Procedures Workgroup
  - ER Crisis - Agency of Human Services Mental Health Flow Workgroup
  - ER Crisis - Workgroup with DMH and VCP
  - ER Crisis - Data Needs Subcommittee
  - Legislation: Duty to Warn Stakeholder Group
  - Legislation: Grenon Group Stakeholder Meetings
  - Mental Health Advocacy Day
  - Mental Health and Substance Abuse Advisory Committee (Blueprint for Health)
  - Mental Health Block Grant Advisory Committee
NAMI Vermont’s FY2017 Advocacy Priorities

NAMI Vermont's nine 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. **Increase mental health funding to:**
   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. Provide competitive compensation for mental health professionals and providers.

2. **Ensure access to effective mental health services for everyone**
   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 case management services.
      iii. Increase peer run and staffed support services, (e.g., case management, hospitals).
      iv. Provide choice of treatment options for someone experiencing a crisis which includes:
          Family Psychoeducation; medication; counseling/therapy; support groups; Pathways Vermont, Soteria House for first episode psychosis and early awareness of changes in personal mental health; Open Dialogue; and therapeutic residences/crisis beds.
   b. Ensure treatment for acute level care:
      i. Increase staffing and funding so that all level 1 acute care beds are available for patients when needed.
      ii. Increase 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.
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.

e. Ensure cultural and linguistic competencies are available in order to eliminate disparities.

3. **Ensure safe and respectful crisis intervention**

   a. Law enforcement

      i. Continue secure-safe transport and use only soft-covered restraints when necessary.

      ii. Continue to fund ACT 80/ACT 79 (Acts relating to training for law enforcement officers interacting with persons experiencing a mental health crisis).

      iii. Ensure mental health crisis training and refresher training (e.g., Team Two and CIT) is provided to all police officers, dispatchers (including 911, 211), sheriffs, corrections officers, EMTs, call responders (hotline/warmline), and others who may be called to intervene in a crisis.

   b. Mobile Crisis teams

      i. Ensuring funding for mobile crisis teams

      ii. Crisis teams should include professional providers and individuals with lived experience

4. **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. Prioritize treatment over punishment for low-level, non-violent offenders with mental illnesses.

   d. Divert people living with serious mental illness from jail to appropriate community treatment.

   e. Eliminate solitary confinement and ensure continuous and effective mental health care, substance abuse treatment and medical care for inmates with mental illness.

   f. 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.

5. **Provide training for mental health professionals and providers**

   a. Provide training to professionals who work directly with individuals affected by mental illness (e.g., In Our Own Voice, Provider Education, customized presentations) to eliminate stigma, build empathy and raise awareness about what it means to live with mental illness.

   b. Continue the Six Core Strategies implementation being used in Level 1 facilities to eliminate or reduce the number of seclusion and restraints and expand to all levels.

   c. Meet or exceed CMS standards for certification of every mental health care facility.

   d. Provide safe environment so that care is monitored.

   e. Assure quality and excellence in care in least-restrictive settings at all levels of mental health care.

6. **Provide appropriate, affordable housing for people with mental illness**

   a. Provide a variety of affordable permanent housing.

7. **Promote early diagnosis and intervention strategies, including suicide prevention initiatives**
a. Ensure primary care physicians, counselors, school professionals such as guidance counselors, special educators, and teachers receive the training to identify people at risk for appropriate follow-up
b. Promote early intervention strategies (e.g., education, support groups, counseling, Youth Mental Health First Aid, Mental Health America for Students) to help prevent suicidal ideation and behaviors.
c. Ensure funding for Suicide Prevention Center who provides Umatter training, working with gun shop owners to train them, etc.

8. **Promote wellness and the 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.

9. **Help people with mental illness to support themselves through meaningful work**
   a. Establish policies and statewide programs that lead to competitive employment and economic self-sufficiency for all people living with mental illness. (e.g., supported employment through VocRehab and Wellness Coop, Ticket to Work program, etc.)
   b. Reduce stigma by ensuring employers provide equal opportunity to qualified individuals with mental health challenges.

**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:

- Brattleboro Art Walk Exhibit
- Burlington Housing Authority Wellness Fair
- Burlington “Spreading the Light” Music Festival
- Burlington Police Commission Meetings
- Burlington Police Dept. Meetings
- Corrections – Connie Schutz
- Vermont Psychiatric Care Hospital new employee orientation
- Dept. of Children & Families Social Worker orientation
- Howard Center Meeting with Board Member to provide feedback
- Dept. of Children and Families Staff Presentation/Overview of NAMI Vermont
- Mercy Connections Ice Cream Social Outreach
- NAMI Vermont Pathways to Wellness Conference Education and Exhibit
- Northfield United Methodist Parish Presentation/Overview of NAMI Vermont
- Rutland Regional Med Center Health Fair Exhibit
- SASH Program Presentation/Overview of NAMI Vermont
- So. Burlington HS Presentation/Overview of NAMI Vermont
- Strolling of the Heifers Exhibit and Parade in Brattleboro
- UVM Pediatric Health Fair
- UVM Social Work Foundations Training
- VA Medical Center Community Mental Health Summit Exhibit
- VPR - Mental Health Week Radio Interview
- WDEV Radio Interview
- Winter of Wellness, Winooski Housing Authority Exhibit
- Working Together Conference for Vermont School Nurses Exhibit
### FUNDING SOURCES

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# FINANCIAL SUMMARY

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## EXPENSE SUMMARY

**FY2017 - BY CLASS**

- **Total Expenses:** $314,094

## INCOME SUMMARY

**FY2017 - BY CLASS**

- **Total Income:** $330,725
NAMI Vermont
600 Blair Park Road, Suite 301
Williston, VT 05495
(802) 876-7949
(800) 639-6480 (toll-free)
email: info@namivt.org
website: www.namivt.org