

July 1, 2016 - June 30, 2017

2017 Annual Report



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**In Memory of
Carolyn Salminen**

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

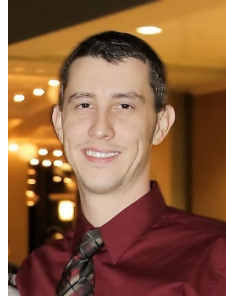
NAMI Vermont is a statewide volunteer organization comprised of family members, friends, and individuals living with a mental health condition. We have a common experience, including victories and struggles, and have joined together in membership to help ourselves and others by providing support, information,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

Ann Moore (President and Chair), South Burlington
Phil Blackburn (1st Vice President), Brattleboro
Judy Siler (2nd Vice President), Guilford
Ann Cummins (Treasurer), Jamaica
Mary Kirkpatrick (Secretary) South Burlington
Patti Bauerle, Colchester
Jude Demers, Swanton

Sara Moran, Williston
Clare Munat (Board Emerita), Landgrove
Candace Neary, Belmont
Ward Nial, South Burlington
Chip Siler, Guilford
Savi Van Sluytman, Colchester

CONNECTION RECOVERY SUPPORT GROUP FACILITATORS

Maria Grindle, Burlington (Trainer)
Dan Towle, Montpelier (Trainer)
Barbara Baker, Bennington
Hugh Barclay, Rutland
Sherie Blanchard, Newport Center
Carolyn Brusetti, Barre
Sarah Gordon, Poultney
Andrea Kolbe, Bennington
Clare Munat, Landgrove
Sara Neller, Rutland
Scott Pickel, Cambridge (newly trained)
Joseph Pomroy, North Concord

Keith Rickerby, Middlebury
Jacqueline Robertson, Burlington
Steven Saint-Onge, St. Albans (newly trained)
Diana Slade, Springfield
Thelma Stoudt, Rutland
Annette Sweeney, Hinesburg (newly trained)
Tyler Sweeten, Montpelier
Kim Tardie, Barre
David Turner, Burlington
Kate White, Brattleboro (newly trained)
Phil Wolf, Brownington
Jeremy York, North Concord

FAMILY SUPPORT GROUP FACILITATORS

Ann Cooper Cummins, Jamaica (Trainer)
Janice Sabett, Hinesburg (Trainer)
Marcia Bassett, North Chittenden
Phil Blackburn, Brattleboro
Roberta Downey, Montpelier
Rose Hewes, S. Royalton
Jim Johnson, Essex Junction
Betty Keller, M.D., St. Johnsbury
Donna Laferriere, Lyndonville

Fran Levine, Montpelier
Louise Lynch, Essex Junction
Clare Munat, Landgrove
Carolyn Salminen, Milton
Karlo Salminen, Milton
Kathleen Turnbaugh, Moretown
Chip Siler, Guilford
Judy Siler, Guilford

FAMILY-TO-FAMILY TEACHERS

Connie Stabler, South Burlington (Trainer)
Judy Siler, Guilford (Trainer)
Erika Couture, Colchester
Donna Laferriere, Lyndonville
Annika McCann, St. Johnsbury

Sherry Osborn, Hinesburg
Chip Siler, Guilford (mentee/resource)
Patricia Spence, Waterbury
Kim Tardie, Barre (mentee/resource)
Ellen Vaut, South Burlington

MENTAL ILLNESS AND RECOVERY TEACHERS

Paige Corologos, Burlington (Trainer)
Rose Hewes, S. Royalton
Candace Neary, Belmont
Doris Sage, Shelburne

Mary Kay Sigda, Brattleboro
Chip Siler, Guilford
Judy Siler, Guilford

PROVIDER TEACHERS

No Provider presentations took place in FY2017

IN OUR OWN VOICE PRESENTERS

Michael Andersson, New York (Trainer)
Mitzi Bockmann, Woodstock (Trainer)
Kerri Balch, Gilman (newly trained)
Carolyn Brusetti, Barre
Burt Dyer, Burlington (newly trained)
Richard Fales, Rutland (newly trained)
Sarah Gordon, Rutland
Jess Goodwin, Williston (newly trained)

Alicia Gusan, Burlington
Kristy Hommel, Thetford (newly trained)
Jonathan Jerome, Winooski (newly trained)
Ward Nial, So. Burlington (newly trained)
Dustin Spence, Waterbury Center
Kim Tardie, Barre
David Turner, Burlington (newly trained)
Robert Turner, Bradford

OTHER VOLUNTEERS AND INTERNS

Mitzi Bockmann, Woodstock
Richard Brusetti, Barre
Agnes and Ronald Bushey, Colchester

Leah Gerber, Intern, Burlington
Sara Mahon, Intern, Burlington
Maria Moore, South Burlington

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, Emeritas
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



David Melnick

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

OVER \$100 DONATIONS

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 Simperts
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

Ms. Patricia Bauerle

Ms. Jean Bishop

C.J. Bronson

Dr. and Dr. Paul Cotton

Nancy and David Couch

Mr. Peter Doremus

Roberta and Peter Downey

Paul and Mary Dupre

Mrs. and Mr. Elizabeth Dutton

Ms. Katrine Dutton

Ms. Nancy T Eddy

Mr. and Ms. Edward Egnuss

Elizabeth Eklof

Caryn Etherington

Ms. Lori Fetters

Jennifer Fitzgerald

Andrea Fortier Stitzel

Mrs. Beverly Frost and Mr. Harold Frost, III

Mr. and Mrs. Mike Gauthier

Sue Golden

Mr. and Mrs. Brian Goodwin

Sarah A. Gordon

Maria and Steven Grindle

Mr. Ed Hansen

Betsy Hardy

Ms. Ginger Hobbs

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Mrs. Lisa Kurchena and Mr. Robert Kurchena Jr.

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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 Sabett 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



Thank You!

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.
- NAMI Vermont offered community support groups in: Bennington, Burlington, Rutland, and St. Johnsbury. Newport ended their Connection group in January, 2017.
- 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



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 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
National Alliance on Mental Illness



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



- Mental Health Block Grant Nominating Committee
- Mental Health Block Grant Technical Assistance Workgroup
- NAMI Vermont Advocacy Committee Meetings
- Rutland Regional Medical Center Community Advisory Committee
- Rutland Project Vision Meetings
- State Program Standing Committee for Adult Mental Health
- State Program Standing Committee for Children and Adolescent Mental Health
- Statehouse Testimony by NAMI Vermont on Legislation
- Team Two Advisory Meetings
- VAMHAR Legislative Meetings
- Vermont Cooperative for Practice Improvement and Innovation Steering Committee Meetings (VCPII)
- Vermont Psychiatric Care Hospital (VPCH) Advisory Committee Meeting
- VPCH New Hire Orientation
- Vermont Suicide Prevention Coalition
- Wellness Workforce Coalition

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 I 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/warmlines), 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 I 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

FUNDING SOURCES

VT Department of Mental Health Grant

- \$230,810.00

Other Grants

- \$8500.00

Annual Walk

- \$ 47,015.00

Corporate and Individual Donations

- \$ 22,862.00

Annual Conference

- \$16,768

Membership Dues

- \$ 4632.00

Miscellaneous Income

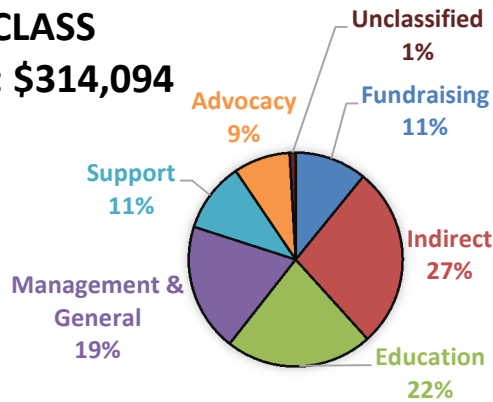
- \$ 138.00



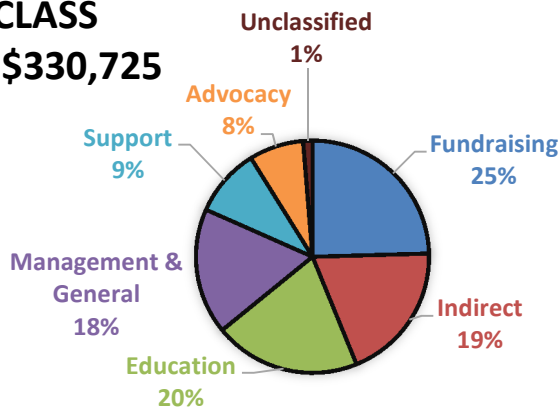
FINANCIAL SUMMARY

	Form 990 FY 2017	Form 990 FY 2016	Form 990 FY 2015	Form 990 FY 2014	Form 990 FY 2013	Form 990 FY 2012	Form 990 FY 2011
Total Revenue	\$330,725	\$325,756	\$304,801	\$331,500	\$285,592	\$274,641	\$267,905
Total Expenses	\$314,094	\$314,314	\$337,363	\$309,925	\$260,631	\$253,295	\$265,212
Revenue Less Expenses	\$10,269	\$11,442	\$(32,562)	\$21,575	\$24,961	\$21,346	\$2,693
Audit Status	Audited	Audited	Audited	Audited	Audited	Audited	Audited

EXPENSE SUMMARY FY2017 - BY CLASS TOTAL EXPENSES: \$314,094



INCOME SUMMARY FY2017 - BY CLASS TOTAL INCOME: \$330,725





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