FY2018 Annual Report

July 1, 2017 - June 30, 2018

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In Loving Memory of Two Extraordinary Volunteers

Clare Munat

Sarah Chamberlain
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 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 Vermont 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. Develop and implement publicity and outreach plans for each region
2. Partner with other organizations to increase the impact of our programs statewide.

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

1. Review and update our Advocacy Priorities each year
2. Develop sub-committees that can work on each priority
3. Continue to reflect peer and family interests and concerns
4. Identify legislation of relevance to our mission
5. 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
- Margie Lemay, Office Manager
- Amy Perry, Development Director
- Jen Boerger, Bookkeeper
- Nick Martin, Program Director
- Jana Beagley, Former Development Director
- Mary Donald-Abair, Former Office Manager
- Alexa Taschereau, Former Intern
- Leah Gerber, 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 2018:

BOARD OF DIRECTORS

Phil Blackburn (President and Chair), Brattleboro
Mary Cox (1st Vice President), Burlington
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
Ward Nial, South Burlington
Chip Siler, Guilford
Savi Van Sluytman, Colchester
Julie Wolfe, Williston
Carolyn Brusetti, Barre
Andrea Kolbe, Bennington

IN OUR OWN VOICE PRESENTERS

Mitzi Bockmann, Peterborough, NH (Trainer)
Kristy Hommel, Thetford (Trainer)
Carolyn Brusetti, Barre
Bert Dyer, Burlington
Richard Fales, Rutland
Sarah Gordon, Rutland

Christopher Hamlin, Warwick, MA (newly trained)
Isaura Izquierdo Dukes, Rutland (newly trained)
Brian Livingston, Sharon (newly trained)
Dustin Spence, Waterbury Center
Stacy Thrall (newly trained)
Robert Turner, Bradford

CONNECTION RECOVERY SUPPORT GROUP FACILITATORS

Maria Grindle, Essex Junction (Trainer)
Dan Towle, Montpelier (Trainer)
Barbara Baker, Bennington
Hugh Barclay, Rutland
Sally Brewster, Rutland (mentee)
Carolyn Brusetti, Barre
Sarah Gordon, Poultney
Janeen Jarvis-Lunna, Stockbridge (newly trained)
Andrea Kolbe, Bennington
Clare Munat, Landgrove
Sara Neller, Rutland

Joseph Pomroy, North Concord
Keith Rickerby, Middlebury
Jacqueline Robertson, Burlington
Steven Saint-Onge, St. Albans
Thelma Stoudt, Sudbury
Annette Sweeney, Hinesburg
David Turner, Burlington
Robert Turner, Bradford (newly trained)
Elle Wainright, Montpelier
Jeremy York, North Concord
FAMILY SUPPORT GROUP FACILITATORS

Ann Cooper Cummins, Jamaica (Trainer)
Janice Sabet, Hinesburg (Trainer)
Marcia Bassett, No. Chittenden
Phil Blackburn, Brattleboro
Michelle Bos-Lun, Bellows Falls (newly trained)
Carolyn Brusetti, Barre (newly trained)
Katharine Crane, Belmont (newly trained)
Roberta Downey, Montpelier
Kelly Ferguson, Milton (newly trained)
Rose Hewes, So. Royalton
Isaura Izquierdo Dukes, Rutland (newly trained)
Jim Johnson, Essex Junction

Betty Keller, M.D., St. Johnsbury
Donna Laferriere, Lyndonville
Margie Lemay, Colchester (newly trained)
Fran Levine, Montpelier
Louise Lynch, Essex Junction
Clare Munat, Landgrove
Karlo Salminen, Milton
Kathleen Turnbaugh, Moretown
Chip Siler, Guilford
Judy Siler, Guilford
Sheryl Wells, Swanton (newly trained)

FAMILY-TO-FAMILY TEACHERS

Connie Stabler, So. Burlington (Trainer)
Judy Siler, Guilford (Trainer)
Marcia Bassett, No. Chittenden
Janet Cathey, Randolph (newly trained)
Erika Couture, Colchester
Katharine Crane, Belmont
Ann Cooper Cummins, Jamaica
Isaura Izquierdo Dukes, Rutland (newly trained)
Lori Kinsley, Williston (newly trained)

Donna Laferriere, Lyndonville
Annika McCann, St. Johnsbury
Sherry Osborn, Hinesburg
Chip Siler, Guilford (newly trained)
Patricia Spence, Waterbury
Jodi Stanley, Ira (newly trained)
Thelma Stoudt, Sudbury (newly trained)
Annette Sweeney, Hinesburg (resource/mentee)
Ellen Vaut, South Burlington

MENTAL ILLNESS AND RECOVERY TEACHERS

Paige Corologos, Burlington (Trainer)
Chip Siler, Guilford (Trainer)
Connie Stabler, So. Burlington (Trainer)
Michelle Bos-Lun, Bellows Falls
Ron Bos-Lun, Bellows Falls
Rose Hewes, So. Royalton

Margie Lemay, Colchester (newly trained)
Candace Neary, Belmont
Doris Sage, Shelburne
Mary Kay Sigda, Brattleboro
Judy Siler, Guilford

PROVIDER TEACHERS

Candace Neary, Belmont (Trainer)
Lori Chater, Worcester
Mary Cliver, Brandon
Jason Coplan, Brattleboro
Jean Henderson, Brattleboro

Clauettede Hollenbeck, Wilmington
Fran Levine, Montpelier
Bernie Profili, Milton
Keith Rickerby, Middlebury
Maryjoanne (Goldie) Watson, Northfield

OTHER VOLUNTEERS

Olivia Billow, Burlington
Richard Brusetti, Barre

Agnes and Ronald Bushey, Colchester
Maria Moore, So. Burlington
Helen Wang, So. Burlington
Committees

EXECUTIVE COMMITTEE
Phil Blackburn, President and Chair
Mary Cox, 1st Vice President
Judy Siler, 2nd Vice President
Mary Kirkpatrick, Secretary
Ann Cummins, Treasurer

FINANCE COMMITTEE
Mary Cox, Chair
Phil Blackburn
Ann Cooper Cummins
Laurie Emerson, Staff
Patti Spence
Savi Van Sluytman
Julie Wolfe

GOVERNANCE COMMITTEE
Mary Kirkpatrick, Chair
Phil Blackburn
Ann Cooper Cummins
Mary Cox
Laurie Emerson, Staff
Chip Siler

EVENTS COMMITTEE
Patti Bauerle, Chair
Diane Bugbee
Laurie Emerson, Staff
Margie Lemay, Staff
Sara Moran
Candace Neary
Amy Perry, Staff
Judy Siler
Savi Van Sluytman

ADVOCACY COMMITTEE
Phil Blackburn, Chair
Mary Cox
Katharine Crane
Jude Demers
Laurie Emerson, Staff
Andrea Kolbe
Candace Neary
Ward Nial
Cathy Rickerby
Connie Stabler
Ann Cooper Cummins (non-voting)
Bernie Profili (non-voting)

PEER LEADERSHIP COUNCIL - ADVISORY COMMITTEE
Bernie Profili, Emeritus
Andrea Kolbe, Chair
Sara Neller, Secretary
Keith Rickerby
Carolyn Brusetti
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, 2018 at Champlain College, Burlington, Vermont
- Nearly 200 individuals attended the conference.
- Special thanks to our Conference Sponsors: Brattleboro Retreat, NorthCountry Federal Credit Union, Rutland Regional Medical Center, and University of Vermont Medical Center
- Special thanks to our Conference Exhibitors: Another Way, Clara Martin Center, Community Health Centers of Burlington, Department of Veteran Affairs, Enhanced Life Options Group, Howard Center, Lamoille County Mental Health Services, Pathways Vermont, SASH (Support and Services at Home), SNHU MS in Clinical Mental Health Counseling, Vermont 2-1-1, Vermont Care Partners, Vermont Collaborative Care, Vermont Cooperative for Practice Improvement and Innovation (VCPI), Vermont Suicide Prevention Center, Washington County Mental Health Services, Inc.
KEYNOTE PRESENTATIONS

- Ron Powers, Pulitzer Prize-Winning American Journalist, Novelist, Non-Fiction Writer
- Ronald Braunstein, Music Director and Co-Founder of the Me2/Orchestras

WORKSHOP PRESENTERS

- Chittenden County Community Outreach Initiative — Panel Discussion (Kevin Dorn, South Burlington City Manager, Trevor Whipple, South Burlington Chief of Police, Ann Janda, Town of Shelburne Director of Administration, and Brandi Littlefield, Assistant Director of First Call for Chittenden County and Howard Center Community Outreach Lead)
- Intentional Peer Support — Working to Build Relationships that Include Rather than Coerce (Chris Hansen, Intentional Peer Support Director)
- Lessons From the Field: An Eldercare Clinician’s Perspective Working With Some of the State’s Most Vulnerable Adults (Cinda Donton, Rutland Mental Health Services)
- Housing Retention Panel: Helping Those at Risk for Homelessness (Jessica Radbord, Vermont Legal Aid, David O’Leary, Burlington Housing Authority, Mike Ohler, Burlington Housing Authority, and Lindsay Casale, Pathways Vermont Director of Housing First Program)
- Finding Hope Through Support — Panel Discussion, NAMI Vermont (Mary Cliver, NAMI Vermont Family-to-Family Teacher, MIR Teacher, Provider Teacher, Andrea Kolbe, Connection Support Group Facilitator and Peer Leadership Council Chair, and Jim Johnson, Family Support Group Facilitator)
- Creating a Healing Environment: Moving Towards the Elimination of Restraint & Seclusion at CVMC by Redefining its Meaning and Transforming our Culture and Ourselves (Paul Capcara, MPH, BSN/RN, Director of Nursing Resources, Emergency Department and Inpatient Psychiatry at UVM Health Network Central Vermont Medical Center)

NAMI VERMONT MINDWALK

NAMI Vermont MINDWalk is the biggest fundraising and outreach program for NAMI Vermont each year. Annually, more than 80 NAMI Walks are held around the country. This event brings together thousands of individuals and supporters nationwide 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 11th anniversary for our MINDWalk fundraising event.
- NAMI Vermont MINDWalk was held on Sunday, September 24, 2017, at City Hall Park, Burlington, VT. Local drumming group Sambatucada led the walkers up Church Street at the beginning of the Walk.
- There were 41 registered teams with 131 walkers gathered the day of the event.
- A total of 418 donations were made during this event, both offline and through our online fundraising platform. NAMI Vermont raised a total of $38,093 to support the free programs and services offered in our state.
- Sponsorships equaled $12,250 and individual donations equaled $25,843.
- The top two teams were Families Together with a total of $2,951 and Music for Mental Health with a total of $2,025 raised.
- Our top two individual fundraisers were Ann Moore with $1,775 and Suzanne Brown with $1,773.
SPONSORS FOR NAMI VERMONT MINDWalk

We are proud to recognize our 21 sponsors for the NAMI Vermont MINDWalk that was held on September 24, 2017. Their contributions help to build better lives for families and individuals in Vermont affected by mental illness.

- General Dynamics Employees Community Action Council
- NorthCountry Federal Credit Union
- Kinney Drugs Foundation
- Brattleboro Retreat
- Chevron Matching Gifts
- UVM Medical Center
- Lamoille County Mental Health Services
- Northwestern Counseling & Support Services
- BioTek Instruments
- Dartmouth-Hitchcock
- BlueCross BlueShield of Vermont
- Merry Meadows Farm (now Averte)
- Howard Center
- Northeast Kingdom Human Services
- Rutland Regional Medical Center
- Chroma Technology Corp.
- Patients Like Me
- Northeastern Vermont Regional Hospital
- Washington County Mental Health Services
- Vermont Co-Operative Insurance
- Clara Martin Center
Donors

SPECIAL THANKS TO OUR INDIVIDUAL AND FAMILY/HOUSEHOLD DONORS:

Donated $10,000+
Dorothy Hines

Donated $5,000+
Wendy Scully

Donated $1,500+
Anna Taylor Caleb

Donated $1,000+
Phillip Blackburn
Thomas Gudman
Jeffrey Lamoureux
Laura Slade

Donated $500+
Ann Cooper and Dan Cummins
Cathy Daloes
Connie, Paul, and Trent Stabler
Mr and Mrs David K Weber

Donated $250+
Mary Stewart Baird
Sarah Bassett Chamberlain
Carole and Jay Furr
Meghan Williamson
Brian and Julie Wolfe

Donated $100+
Karen and Ronald Cogniano
Jackie Concle
Nancy Couch
Joan Gamble and James Paison
John Gersbach
Edwin R and Ruth Kennedy Grant
Claudette Hollenbeck
Mihae Hooper
Leslie Kaigle
Erin Kilpatrick
Joanna M Kinsley and Rita & Martin Dessau
Meredith J and David Liben
Joyce W and Howard H Loughlin
Ann Moore
Sara, Michael, and Bradley Moran
Mary O'Brien
Janice Sabet and Anthony Parent
Charles and Judy Siler
Wendy Simpers
Mary and Daniel Swainbank
Robert and Claire C Trask
Ellen D Vaut
Philip A Wagner
G Scott Waterman, MD and Sandra Steingard, MD
Jerrold and Donna Wood

Additional Donations
ANONYMOUS
Elizabeth Bassett and John Pane
Charles Biss
Paul and Eileen Blake
Suzanne and Gordon Brown
Jacqueline P Carroll
Steven and Nancy Ciardelli
Carol and Robert Clawson
Linda S Cooper
Dr Paul G and Dr Nancy Cotton
Allyson J and James B Crawford
Susan Deppe
Karen and John Dillingham
Helen Douglas
Paul and Mary Dupre
Elizabeth Edson
Laurie Emerson
Simone Fitzgerald
Joanne Flynn
Cynthia Forehand
George Fortier
Beverly Frost and Harold Frost III
Gerald M Goessel
Sarah A Gordon
Maria and Steven Grindle
Patty and David Hallam
Rose Clark Hewes
Arabella Holzapfel
Hector and Marilyn Isabelle
Karen A and Paul G Kelley
William Kelly
David and Barbara Lamonda
Marie Luhr
Lucian E and Lucille I Major
Felicia Messuri
Joan Parish
Bonnie Pepin
Katharine Powell
Terri Price
Bernard Profili
Todd Rawlings
Jeannine Reed
Mini Sharma
Karlo Salminen
Carmyn Stanko
Janet and Kenneth Sterling
Andrea Fortier Stitzel
Thelma Stoudt
David Turner
Misbah (Unknown)
Rick Wackernagel
Martin and Donna Waldron
Susan Zoesch
NAMI VERMONT RECEIVED A TOTAL OF 42 DONATIONS IN HONOR AND/OR MEMORY OF THE FOLLOWING INDIVIDUALS:

Sarah Chamberlain
Jonathan Fortier
Jason Michael Lapisko
Jean Matray

Clare Munat
Robert Grant Purvee
Alan Lee Rankin

SPECIAL THANKS TO OUR CORPORATE AND ORGANIZATION DONORS

**Donated $2,000+**
Fountain Fund c/o Vermont Community Foundation

**Donated $250+**
Unnamed Fund c/o Vermont Community Foundation

**Donated $1,000+**
Heritage Automotive Group, Inc.

**Donated $100+**
The Mission Committee

**Donated $500+**
South Burlington High School Drama Program
St John’s in the Mountains Episcopal Church
Williston Federated Church

**Additional Donations**
Winooski United Methodist Women of Winooski UMC

OUR VALUABLE PROGRAMS AND SERVICES IN THE PAST 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 NAMI volunteers who are living in recovery.

- Each support group is led by two trained, volunteer facilitators, regularly scheduled for 90 minutes.
- The Psychiatric Units at Vermont Psychiatric Care Hospital and Rutland Regional Medical Center 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 625 hours of their time.
- Annual attendance at support groups reached +/- 1,350 (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.

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 volunteer 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 11 locations: Brattleboro, Burlington (2), Berlin, Georgia, Manchester, Rutland, Springfield, St. Johnsbury, White River Junction, and Williston.
- Since March 2018, the Springfield Family Support Group has been discontinued.
- Family Support Group Facilitators collectively contribute approximately 200 hours of their time.
- Annual attendance at support groups reached +/- 725 (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.
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:

- Rutland where 6 individuals attended
- Brattleboro where 16 individuals attended
- Waterbury where 11 individuals attended
- Williston where 24 individuals attended
- Total: 57 Initial Attendees

Testimonials from class participants:

- “The teacher did an excellent job engaging the class in the materials & exercises”
- “I greatly appreciate the time, effort and expertise the teachers shared”
- “I thought the leaders were skilled and thoughtful. They made the written word come alive for us”
- “I will continue to work on being more patient & understanding, yet work harder on setting boundaries”

Family to Family Teacher Training
Rutland Mental Health, Rutland, Vermont
(June 30, 2018)
NAMI Vermont re-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 three workshops in different communities:

- **Bradford** at Clara Martin Center Farmhouse with **12** participants
- **Randolph** at Clara Martin Center with **12** participants
- **Bennington** at Southwestern VT Medical Center with **12** participants
- **Total:** **36** Participants

Testimonials from class participants:

- “This has been so new for me. You have given me hope and direction.”
- “Have more! Loved it!”
- “It gave me perspective as well as tools. Presenters were great—very approachable, honest, & committed.”
- “Great information in a great atmosphere.”

The NAMI Provider Program is either a 15-hour course, or a 4-hour seminar (the agency’s preference) that presents a subjective view of family and peer experiences to professionals who work directly with individuals affected by mental illness. The program helps providers realize the hardships that families and peers face. The 4-hour NAMI Provider sessions were presented at the following locations:

- **Burlington** at Howard Center with **11** staff participants
- **Morrisville** at Lamoille County Mental Health Services with **23** staff participants

Testimonials from seminar participants:

- “Thank you for your dedication”
- “The team seemed very knowledgeable and interested in getting the info out to the group”
- “I believe the team did well to communicate the teachings in this course. I got a strong sense of personal connection to the material”
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:

- Bennington: Bennington VNA with an audience of 15
- Mendon: VT Search & Rescue with an audience of 64
- So. Burlington: United Way with an audience of 16
- So. Burlington: DCF Workers with an audience of 19
- Burlington: UVM Psychology Club with an audience of 37
- Waterbury: DCF Workers with an audience of 17
- (3) Hartford: Hartford Public Schools with an audience of 28 (total)
- Berlin: Vermont Psychiatric Care Hospital with an audience of 23
- Burlington: Champlain College staff with an audience of 12
- Burlington: UVM Psychology Club with an audience of 23
- Londonderry: Neighborhood Connections with an audience of 6
- Montpelier: WCMH with an audience of 20
- Bellows Falls: Windham Center with an audience of 12
- White River Jct: Hartford High School with an audience of 7
- Cuttingsville: Spring Lake Ranch with an audience of 30
- Burlington: Heineberg Community Center with an audience of 14
- Waterbury: DCF Workers with an audience of 7
- Essex: Essex Memorial Theater with an audience of 2
- Rutland: Rutland Mental Health with an audience of 6

Grand Total of 358 participants!!!
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 FY18, we responded to over 372 contacts through calls, emails, and walk-ins.

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 850 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.

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.
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, 2018.
- We collaborated with 40 mental health advocacy co-sponsors for the event.
- Highlights included:
  - Governor Scott signed a proclamation naming January 31, 2018 as Mental Health Advocacy Day in Vermont
  - State leaders Welcome Address: Governor Phil Scott, Lt. 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 Representative Mitzi Johnson
  - Testimonies scheduled - House Committees: Human Services, Corrections & Institutions, Education, Health Care, and Judiciary. Senate Committees: Health & Welfare and Education
  - Attendees met one-on-one with their legislator(s) to advocate for an improved system of care
  - The House Health Care Committee sponsored a Mental Health Advocacy Day Resolution that was read by Representative Brian Cina.
  - Attendees participated in an Advocacy training with Peter Mallary, VAMHAR and Ed Paquin, Disability Rights Vermont
Mary Moulton, Executive Director of Washington County Mental Health presented the “Legislative Champion Awards” for leadership on Act 82 and 85 to strengthen the mental health system of care to: Senator Tim Ashe, Senator Claire Ayer, Senator Jane Kitchel, Representative Catherine Toll, Representative William Lippert, Representative Anne Donahue. Over 100 people were in attendance.

Kristin Chandler, Coordinator of Team Two presented the “Frank Silfies, Sr. Awards” to: Sergeant Jason Weatherby, St. Albans Police, Office Kevin LaPlante, Morristown Police, Alecia Armstrong, Rutland Mental Health Services. The award is presented to law enforcement officers and mental health crisis clinicians who exemplify collaborative response to mental health crises.

Attendees shared their stories, poems and insights.

A group of leaders from Advocacy organizations met one-on-one with Speaker of the House Mitzi Johnson to discuss priorities.

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:

- DMH Emergency Involuntary Procedures Workgroup
- ER Crisis - Workgroup with DMH and VCP
- ER Crisis - Data Needs Subcommittee
- Mental Health Advocacy Day Committee
- Mental Health Block Grant Advisory Committee
- Mental Health Crisis Response Commissioner Meetings
- NAMI Vermont Advocacy Committee Meetings
- NAMI Peer Leadership Council - The Peer Leadership Council advises the NAMI Vermont Board of Directors. They educate, support, and advocate for people with mental health challenges.
- 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 and Governance Committee (VCPII)
- Vermont Psychiatric Care Hospital (VPCH) Advisory Committee Meeting
- Vermont Suicide Prevention Coalition
- Wellness Workforce Coalition
NAMI VERMONT’S FY2018 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. Build Community Awareness and Reduce Stigma and Discrimination
   a. Explore how best to build community awareness and opportunities
      i. Establish events throughout the state through NAMI Vermont and affiliates
      ii. Schedule IOOV presentations to reduce stigma and discrimination
      iii. Educate organizations about mental illness through presentations and workshops
      iv. Exhibit at conferences and other events to promote our mission

2. 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, Medicare and private insurance parity that ensures access to a full array of effective services, continuity of care and eligibility for youth and adults to address mental health.
   c. Provide competitive compensation for mental health professionals and providers.

3. 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 and treatment 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 and early awareness of changes in personal mental health; Open Dialogue; therapeutic residences/crisis beds; and other alternative holistic treatments.
   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 and provide adequate number of inpatient beds for all patients, both voluntary and involuntary.
      iv. Promote and inform effective data collection to monitor and evaluate the wait times for treatment of involuntarily and voluntarily hospitalized psychiatric patients.
   c. Ensure inclusion of supportive family members in the evaluation and treatment of individuals with mental illness or mental health conditions.
   d. Encourage the creation of Advance Directives to make medical decisions.
   e. Ensure cultural and linguistic competencies are available.

4. Provide access to appropriate, affordable housing and transportation for people with mental illness or a mental health condition
   a. Provide a variety of affordable, safe, and permanent, housing and transportation options.
   b. Provide supported housing as needed.

5. 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. Ensure funding for mobile crisis teams
   ii. Ensure that crisis teams include professional providers and individuals with lived experience

6. Eliminate inappropriate incarceration of individuals whose acts are directly related to their mental illness or mental health condition.
   a. Ensure incarcerated individuals have the right to quality mental health care, both while incarcerated and upon release into the community.
   b. Prioritize treatment over punishment for low-level, non-violent offenders with mental illnesses or mental health conditions.
   c. Divert people living with mental illness or a mental health condition from jail to appropriate community treatment.
   d. Eliminate solitary confinement and ensure continuous and effective mental health care, substance use treatment, and medical care for inmates with mental illness or mental health conditions.
   e. Ensure connection of inmates living with mental illness or a mental health condition to housing, treatment, supports and enrollment in federal SSI/SSDI, Medicaid, Health Insurance Exchange plans and other benefits before release from custody.

7. 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 and discrimination, build empathy and raise awareness about what it means to live with mental illness or a mental health condition.
   b. Continue the Six Core Strategies (add link to six core strategies) being used in Level 1 facilities to eliminate or reduce the number of seclusion and restraints and expand to all levels of care.
   c. Meet or exceed CMS standards for certification of every mental health care facility.
   d. Assure quality and excellence in care in least-restrictive settings at all levels of mental health care.

8. 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, social media communications) 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.

9. 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 or a mental health condition.

10. Assist people with mental illness or a mental health condition 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 or a mental health condition. (e.g., “supported employment” and other employment services through VocRehab and Pathways Vermont, Ticket to Work program, etc.)
    b. Reduce discrimination by ensuring employers provide equal opportunity to qualified individuals with a mental health condition.
Outreach

Outreach to every community in Vermont is an integral part of what we do. NAMI Vermont engages and informs community members, stakeholders and the 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 can support families and individuals. Our outreach efforts include the following, and more:

- NAMI Vermont is an Outreach Partner for the National Institute of Mental Health, sharing research information with our members and other key stakeholders throughout Vermont with two news releases and calls for participation in research studies each month and sharing brochures from NIMH at our events, exhibits, and the Pathways to Wellness Conference.
- Press releases are sent to Vermont media outlets to promote Mental Health Awareness Month in May, Suicide Prevention Awareness Month in September, Mental Illness Awareness Week in October, and other newsworthy events throughout the year.
- Social media contact includes Facebook, Instagram, and Twitter.

Public Education:
- NAMI Vermont appearances on CCTV Channel 17 and Local 22 WVNY TV;
- Champlain Valley Association of Insurance Professionals and award banquet;
- “One and Only” panel discussion by NAMI Vermont volunteers;
- Suicide Prevention Coalition presentation to members;
- Bellows Free Academy high school students in St. Albans. Reached 150 students - three presentations, info on mental illness, gun violence, suicide prevention, eliminating stigma;
- Williston/Richmond Rotary members;
- Vermont Suicide Prevention Symposium – to NAMI Vermont workshops included a panel discussion and In Our Own Voice presentation.

 Orientations/Presentations:
- Dept of Children and Families Staff orientations;
- Clara Martin Center (Bradford and Randolph) CRT staff orientation;
- Rutland Mental Health Services CRT staff orientation;
- NAMI Family-to-Family class - shared info on advocacy efforts;
- Meeting w/ So. Burlington City Manager Kevin Dorn;
- Media Resource: Sharing information for articles in papers and interviews on TV;
- United Church of Christ Conference
- And many more…..

Exhibit Booths:
- Do Good Festival, July 15 in Montpelier;
- Spreading Light Music Festival, July 27 in Burlington;
- Veteran’s Affairs Summit, July 28 in White River Junction;
- National Night Out, August 1 in Rutland;
- Rutland Regional Medical Center Health Fair, March 12;
- Stepping Forward Together Conference, March 14;
- Hartford High School Health Fair, March 29;
- United Church of Christ Conference - Lake Morey, April 27-28;
- Strolling of the Heifers in Brattleboro, June 1-2
Funding

FUNDING SOURCES

VT Department of Mental Health Grant
• $230,810.00

Other Grants
• $8,500.00

Annual Walk
• $47,015.00

Corporate and Individual Donations
• $22,862.00

Annual Conference
• $16,768.00

Membership Dues
• $4,632.00

Miscellaneous Income
• $138.00

Funding Summary

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EXPENSE SUMMARY
FY2018 - By Class
Total Expenses: $314,524

INCOME SUMMARY
FY2018 - By Class
Total Income: $328,740