




**nami**  
National Alliance on Mental Illness

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# Vermont



# FY2024 Annual Report

July 1, 2023- June 30, 2024



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# 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.

# Board of Directors

- Chip Siler (President and Chair), Guilford
- Judy Siler (Vice President), Guilford
- Ann Cooper (Secretary), Cavendish
- Phil Blackburn (Treasurer), Brattleboro
- Lois Beardwood, Manchester Center
- Kathleen Kilbourne, Vergennes
- Andrea Kolbe, Plymouth (MA)
- Maria McClellan, Shelburne
- Reba Porter, Burlington
- Claudia Pringles, Montpelier
- Thelma Stoudt, Sudbury

# Connection & Family Support Groups



A free support group for individuals living with a mental health condition to share experiences, learn coping strategies and find encouragement. Meetings are led by trained peers in recovery and last 90 minutes, meeting weekly or bi-monthly.

Connection Support Groups are available in these areas: Barre, Burlington, Richmond, Rutland, Saint Albans, St. Johnsbury, and Southern Vermont. Please note that not all groups may still be running. For the most up-to-date information, visit [namivt.org/csg](http://namivt.org/csg).

In FY2024, Connection Recovery Support Group facilitators collectively contributed **372 volunteer hours**

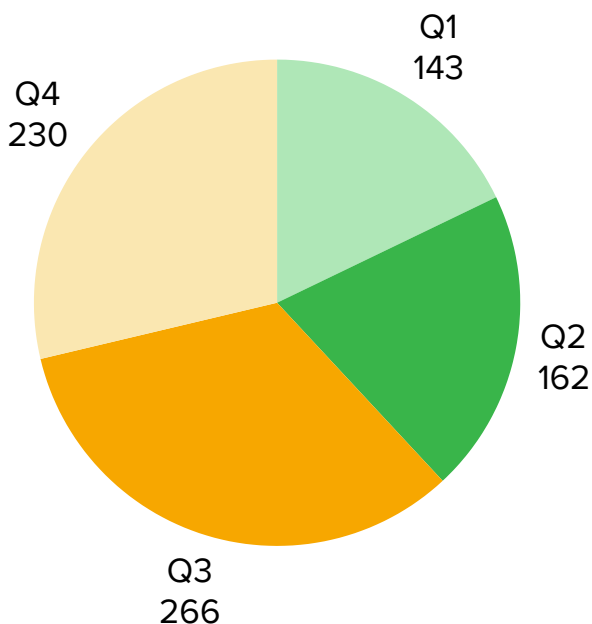


A free support group for family and friends supporting loved ones with a mental health condition. Participants share experiences, exchange coping tips, and offer mutual support. Led by trained facilitators, meetings last 90 minutes and occur monthly or bi-monthly.

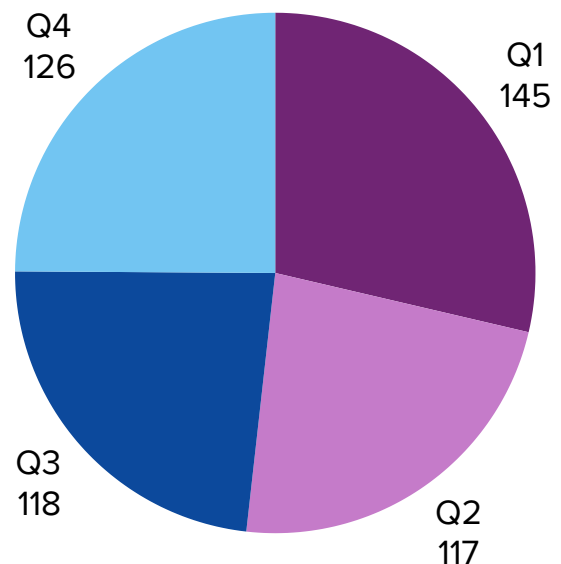
Family Support Groups are available in these areas: Bennington, Berlin, Brattleboro, Burlington, Georgia, Manchester, St. Johnsbury, and Williston. Please note that not all groups may still be running. For the most up-to-date information, visit [namivt.org/fsg](http://namivt.org/fsg).

In FY2024, Family Support Group facilitators collectively contributed **201 volunteer hours**

Over **1,300 community members** have been supported



**FY2024 IMPACT: 7 Support Groups that reached 801**



**FY2024 IMPACT: 8 Support Groups that reached 506**

# NAMIWalks Vermont

NAMIWalks Vermont 2024 brought together community members, engaged local artists and performers, and raised significant funds to further NAMI Vermont's mission. This event wouldn't have been possible without our dedicated participants, sponsors, and volunteers.



178 registered participants

21 participants created an online fundraising page

25 teams and 16 individual participants



Total Funds Raised: **\$54,219**

Includes: online donations, offline contributions, and sponsorships



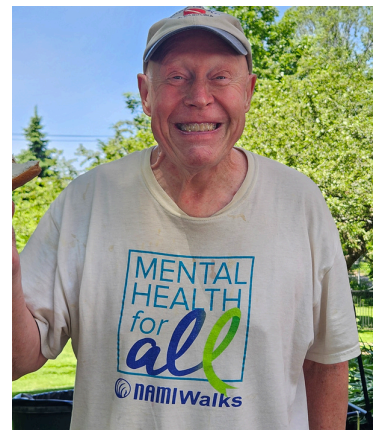
**\$5,000 Challenge Grant – “Chuck’s Challenge”**

Encouraged first-time donations



Total raised from sponsorships **\$23,250**

32 organizations sponsored



# NAMI Vermont Annual Conference

## Registration Summary

87  
Paid

29  
Scholarships

49 Complimentary

70 Group Registrations  
from 8 Organizations

207 Total Registrations



## Sponsorship and Exhibitors

24  
Sponsors

20  
Exhibitors

\$9,450  
Raised

Examples: Age Well, Howard Center, Clara Martin Center, Stetson School, Vermont Center for Responder Wellness, etc.



NAMI Vermont's Annual Conference entitled "Together for Mental Health" returned to an in-person event on November 15, 2023. It was held at the DoubleTree Hotel in South Burlington from 8:00 am until 4:00 pm. This year, we hosted our Annual Business Meeting following the conference.

# Program Highlights

## **NAMI Family-to-Family** Our most in-demand program! National Alliance on Mental Illness

NAMI Family-to-Family is an 8-week, evidence-based NAMI signature program that is structured to help families and friends of individuals living with a mental health condition gain information, insight, understanding, and empowerment. The course provides knowledge and skills family members need to cope more effectively and maintain their own well-being. This course is taught by trained NAMI family volunteers and addresses the emotional responses individuals experience when faced with the challenges of coping with a mental health condition. Classes are generally available in the fall and spring of each year. Both participants and their loved ones are affected by the eight-week course, where individuals learn to support their families as well as themselves.

**Our programs are made possible by the dedication of our volunteers, who facilitate trainings and lead programs across Vermont. Their efforts ensure that education and support are available to people wherever they are.**

## **NAMI Vermont** National Alliance on Mental Illness **Mental Illness & Recovery**

Mental Illness & Recovery is a daylong workshop that includes basic information about major mental health conditions, an overview of effective treatments, accessing services throughout Vermont, coping strategies, crisis prevention, and recovery.

## **NAMI Provider** National Alliance on Mental Illness

NAMI Provider is a 15-hour course or 4-hour seminar of in-service training taught by a team consisting of an adult with a mental health condition, a family member, and a mental health professional who is also a family member or has a mental health condition.

## **NAMISmarts** National Alliance on Mental Illness

NAMI Smarts for Advocacy is a hands-on advocacy training workshop that helps people living with mental illness, friends, and family transform their passion and lived experience into skillful grassroots advocacy.



**12 new teachers** have been certified, reaching nearly **100 participants** through these programs.

# Presentations

NAMI Vermont offers presentation-based programs led by volunteers passionate about making a difference in their communities. Programs like Ending the Silence and In Our Own Voice allow volunteers to share their personal mental health stories to reduce stigma and make these important conversations more accessible to the public.

## **NAMI In Our Own Voice** National Alliance on Mental Illness

NAMI In Our Own Voice is a 60-90-minute public education program that includes a short video, personal testimony, and Q&A that allows for honest and open dialogue. Two presenters engage audiences with their brave and gripping personal journeys with mental illness. They touch on the various phases of recovery, including "What Happened, What Helps," and "What's Next."



## **NAMI Ending the Silence** National Alliance on Mental Illness

NAMI Ending the Silence is a 50-minute presentation designed to raise mental health awareness among middle and high school students, families, and school staff. With the help of trained presenters—including young adults with lived experience—it educates audiences on identifying warning signs and taking supportive action.



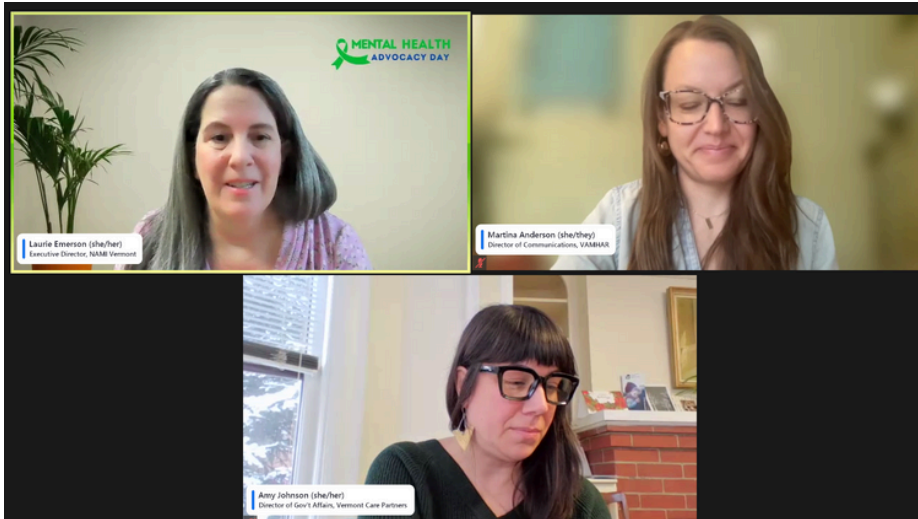
**In addition, NAMI Vermont offers a program that focuses on bringing the conversation of mental health in faith communities.**

## **NAMI FaithNet** National Alliance on Mental Illness

NAMI FaithNet is a network of NAMI members, friends, clergy, and congregations of many faiths who inspire faith communities to be supportive, encouraging, and welcoming of individuals and family members living with a mental health condition. This presentation is 60-90 minutes and is led by two trained presenters.

**12 new presenters** have been certified, reaching **778 community members** through these presentations.

# Mental Health Advocacy Day



NAMI Vermont, Vermont Association for Mental Health and Addiction Recovery, and Vermont Care Partners organized the 9th Annual Mental Health Advocacy Day on January 29, 2024, from 10:00 am to 2:00 pm via Zoom. Co-sponsors and advocates also met at the Statehouse Card Room on January 31, 2024, from 8:00 am to 4:00 pm to connect with legislators.

**Co-Sponsors: 51 organizations**

**Actual Attendance: 294 (including 6 statewide watch parties)**

**Registered Attendees: 347**



## Welcome to Mental Health Advocacy Day

January 29, 2024 - 10:00 am-2:00 pm  
*Welcoming and Caring Communities  
Belonging for All*

We will begin shortly



## Statehouse Engagement (January 31, 2024)

**Committee Testimonies:** Advocates presented testimonies on mental health needs to key legislative committees, amplifying community voices and needs.

**Resolution Reading:** A Mental Health Advocacy Day Resolution was read in the House Chamber, reinforcing state support for mental health.

The event encouraged dialogue, promoted legislative awareness, and emphasized the importance of belonging in mental health. With high engagement from registrants and statewide watch parties, this advocacy effort strengthened connections between communities and policymakers.



# Information and Referral

NAMI Vermont provides one-on-one support, information, and referral services to individuals living with mental health conditions, family members, friends, and providers through our toll-free number, (800) 639-6480 and e-mail address, info@namivt.org. The following is a breakdown of the types, categories, and content of our interactions:

## FY2024 Contacts:

Emails, phone calls, social media, and walk-ins totaled to...

### 214 Total Contacts



## Publications:

### Resource

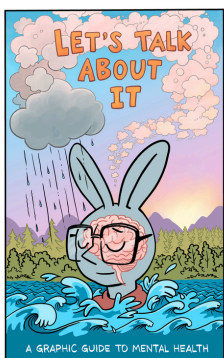
**Guidebook:** A comprehensive guide on mental health resources in Vermont.



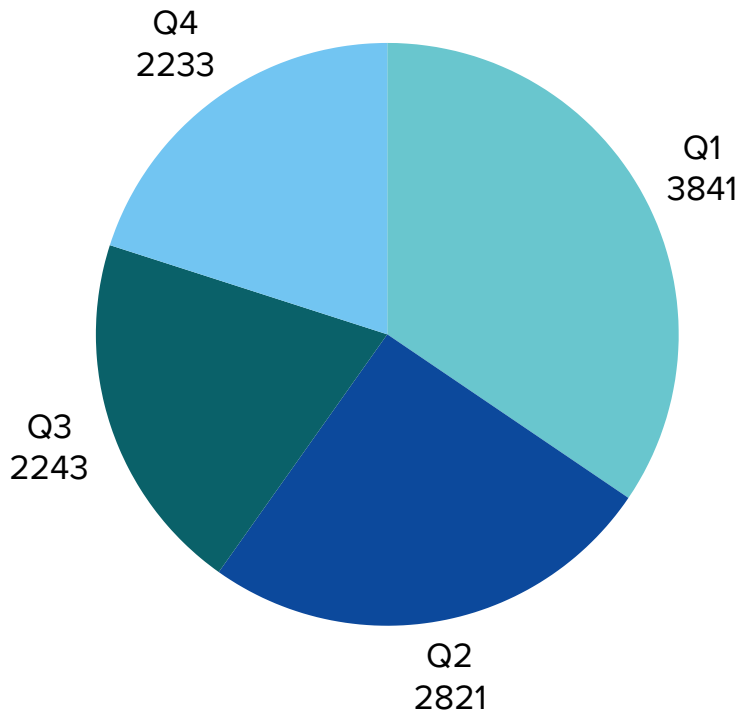
**Meet Little Monster:** 1,000 coloring books for elementary students.



**Let's Talk About It – A Graphic Guide to Mental Health:** 1,000 copies distributed statewide.



Q1 Q2 Q3 Q4



**11,138 flyers and brochures statewide**

# Development & Fundraising

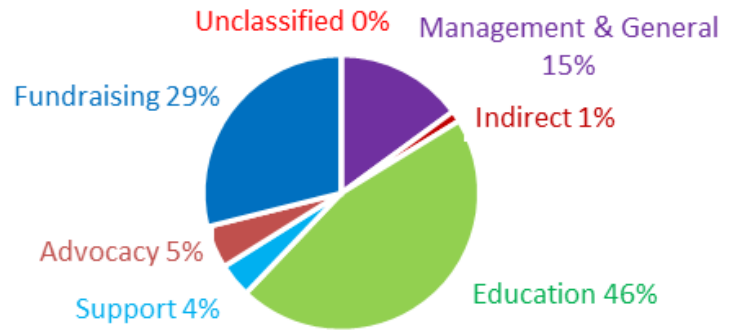
This year was marked by a steady increase in community involvement and generosity. The support of individuals, businesses, and community events underscores the collective commitment to mental health advocacy and resources in Vermont. Each donation has contributed to sustaining and expanding our programs and outreach efforts.



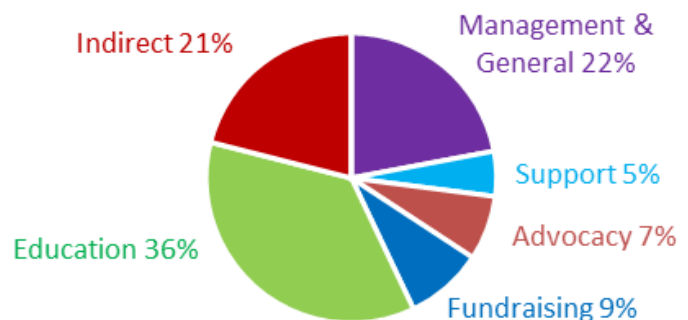
Thank you for making each donation count and helping us bring meaningful support to our community!

Channels	# of Donations
Individuals	451
Business & Organizations	26
Facebook Fundraisers	80
Event Fundraisers	11
<b>Total Donations: 568</b>	

## INCOME SUMMARY FY2024 - By Class Total Income: \$566,322



## EXPENSE SUMMARY FY2024 - By Class Total Expenses: \$563,841



# Get Involved

## Become Part of the NAMI Vermont Family

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.

Become a  
Member



Learn About Our  
Programs



Become a  
Volunteer



## Support Mental Health

Donations allow us to make an impact and further our mission of providing free mental health resources to all Vermonters. Consider donating today!

Use the QR Code  
to learn more and  
make a donation



# Let's Keep Supporting Mental Health!



## Questions? Contact us!

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