

# Your Voice for Mental Health



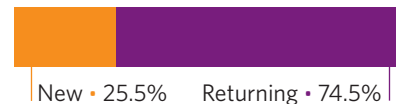
**OUR MISSION** Improving the quality of life for people with mental illness and their families

**VISION** We seek to extend the education, support, and advocacy programs of NAMI Massachusetts so that we will reach out to all Massachusetts peers and their families; improve the public's awareness and understanding of mental illnesses; and advocate at all levels to ensure that all people affected by mental illnesses receive, in a timely fashion, the services that they need and deserve.

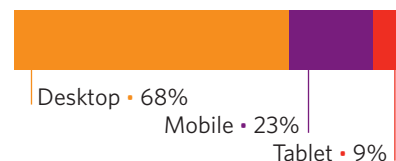
**VALUES** Central to NAMI Massachusetts is a commitment to programs that are both peer-driven and family-driven; to the key concepts of recovery, resiliency, and support that are essential to wellness and quality of life; and to full and meaningful lives for all people.

## NAMI BY THE NUMBERS

WEBSITE VISITS: 135,284



DEVICES *both new and returning visitors*



BOARD MEMBERS LEFT TO RIGHT: President, Steve Rosenfeld, Constantine Souris, Howard Trachtman, Ron Holmes, Debra Pacheco, Michael Fetcho, Kathleen Considine, Vice President, Anne Whitman, Marylou Sudders.

BOARD MEMBERS NOT PICTURED: Robert Antonioni, Jane Martin, Mathieu Bermingham, Bernice Drumheller, Kitty Dukakis, Mary Jean Guidette, Hannah Martinez, Tom Scurfield.

ON THE COVER Large photo: Balloon Arch at start of NAMIWalks Mass on Saturday, May 10, 2014, smaller images L. to R. are Senator Elizabeth Warren at March 2014 fundraiser, Dr. David Henderson, Director Schizophrenia Clinical and Research Program and Associate Professor of Psychiatry at Harvard Medical School at NAMI Mass State Convention held on October 19, 2013 and *In Our Own Voice* presenter Eliza Williamson one of the speakers at Advocacy Day on April 7, 2014.

CREDITS: All photos except Advocacy Day by Carolle Photography. Design by Deb Beck, BeckDesigns.

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Dear Friends:

FY 2014 was a productive year! We hope you agree that our education and support programs, and our strong advocacy, make us your voice for mental health. Please review this Annual Report to find out how we do it.

**We're excited to report on two new projects that began in 2014:**

- Our Resource/Helpline is expanding dramatically to connect family members and peers to services available statewide. We hear a constant refrain that services are limited and inadequate, which is a fact. But it is also a fact that many services in Massachusetts, public and private, exist and are working well. Typically, when a mental health crisis occurs, a family has no idea where to go for help. In too many cases, the information offered is too general, outdated, and poorly thought through. NAMI Mass is addressing these shortfalls by creating a state-of-the-art, accessible database, and a trained corps of staff and volunteers, including peers and their families. Our launch is scheduled for early 2015.
- Our veterans' program offers NAMI *Connection*, a free weekly recovery support group for vets living with mental illness. People learn from one another's experiences, share coping strategies and offer mutual encouragement and support. The groups provide an ongoing opportunity to discuss the challenges of living with mental illness and techniques for maintaining wellness. Thanks to a generous grant from Attorney General Martha Coakley, we were able to hire our own Veterans' Outreach Coordinator. Now, we offer NAMI *Connection* weekly support groups for vets in Somerville and Haverhill, with more to come.

**In addition, the NAMI Massachusetts Criminal Justice Diversion Project continues to train police officers all over the state to better handle mental health crises.** During 2014 as well, an anonymous donor gave NAMI Mass \$50,000 to fund a new diversity outreach program, which is just underway. On the education and support fronts, we presented more *In Our Own Voice* programs, more *Family-to-Family* programs, and more *Connection* support groups than ever before.

Finally, your voice is being heard on Beacon Hill. **Thanks to all the advocacy conducted by NAMI Mass members across the Commonwealth, the final DMH budget for FY 2015 is \$32.5 million more than it was in FY 2014.** But the total DMH budget of \$736 million is still not enough! Community mental health services and supports, and an adequate number of psychiatric beds are still lacking. Many NAMI members know first-hand how hard it is to find these services, and many don't exist. This is an area where NAMI members need to remain fully engaged.

**NAMI Mass hosted a very successful fundraiser last March, 2014.** We were honored to have Senator Elizabeth Warren join us to talk about the federal government's view of mental health issues and why it is so important for folks to speak to their elected officials when services are insufficient. It was a great event with over 200 NAMI members and friends in attendance. And we raised over \$80,000, which is a record non-Walk fundraiser for NAMI Mass.

We want to thank our membership, volunteers, our allies in health care and law enforcement for your support and compassion. And to all our donors — without you we would not be able to offer all these programs at no cost to families and peers. Thank you for helping us make positive change in people's lives.

Sincerely,

S. Stephen Rosenfeld  
NAMI Mass, Board President

Laurie Martinelli  
Executive Director



S. Stephen Rosenfeld



Laurie Martinelli

# ...with Education Comes Understanding

"The course was a big **help** in understanding what my child is going through and also helped me learn how to get the services that he needed. I will keep NAMI Mass' number in my smart phone."

•BASICS CLASS PARTICIPANT

## Basics

A free course for parents of children and adolescents who are challenged by behavioral and/or emotional health issues.

- In February 2014, we held a *Basics* teacher training. We graduated 16 new teachers.
- We also established a partnership with the Federation of Children with Special Needs who will be helping us find teachers to train and promoting classes. They will be providing additional state-specific content for the *Basics* program. In return, we will be working with them to develop programs addressing the needs of children with mental health issues.

### BASICS FALL 2013 CLASSES

Acton  
Dorchester  
Fitchburg  
Marlborough  
Nantucket  
Pittsfield

### BASICS SPRING 2014 CLASSES

Acton  
Gloucester  
Weymouth

## NAMI Peer-to-Peer

NAMI *Peer-to-Peer* (P2P) is a free 10-week recovery-focused educational program for adults who wish to establish and maintain wellness in response to mental health challenges. *Peer-to-Peer* gives participants a varied selection of tools and strategies designed to improve decision making skills, identify and overcome triggers and recognize the impact of emotions on actions. Great value is placed on the individual experiences of each person in the class and participants are empowered and invited to share their own stories, coping tools that they have used, and to comment on the information provided. This program also covers the logistics of getting services, legal issues, hospitalizations, and crisis planning. The program uses DBT techniques (Dialectical Behavior Therapy) which, for this class, provided a whole new way of looking at their illness and developing recovery techniques. The application of DBT to the

whole spectrum of brain disorders is a relatively new practice, and the class members learned a lot from it.

The *Peer-to-Peer* program was introduced to Massachusetts thanks to a grant from Framingham State University that was given to our MetroWest affiliate. We were able to train 12 Mentors (who teach P2P) and ran our first class in the MetroWest area.

"Since I have joined NAMI, my world has changed. I am helping myself with my mental health issues... and, I truly believe that..."

**EDUCATION**  
*is what is going to help erase social stigmas."*

• PEER-TO-PEER & CONNECTION GRADUATE



## In Our Own Voice

*In Our Own Voice* (IOOV) is an hour-long, free presentation given by two trained people about living with their mental illnesses. The program includes personal testimony, a video portion, and discussion with the audience. The goal of IOOV is to address stigma in the community and to enrich the audience's understanding of how people cope with serious mental illness.

- During FY 2014, we offered 220 IOOV presentations to an audience of 4,056 people, practically doubling the figures from FY 2013 of 124 presentations and an audience of 2,209 people.
- We graduated 19 new presenters from two trainings – one in April and the other in June.



"I give these two individuals from NAMI a lot of **credit** for sharing their personal experiences; this gives me a new found **respect** for them and everyone who struggles with mental illness. I will try to show more **compassion** for people who suffer from mental illness."

• POLICE OFFICER AT A CRISIS INTERVENTION TRAINING

## Family-to-Family

A free course taught by trained teachers to family members and caregivers of adults with a mental illness to help them navigate the mental health system and learn coping and communication skills.

- We conducted three teacher trainings — one more than last year — graduating a total of 41 new *Family-to-Family* teachers.
- We graduated over 450 individuals from the 30 classes.

"My **aha moment** occurred after a few *Family-to-Family* classes when I realized I was **not alone** in my struggle. The education allowed me to examine each moment and understand rather than react."

• CLASS PARTICIPANT



*Family-to-Family* teacher training.

### F2F FALL 2013 CLASSES

Barnstable  
Bedford (Vets)  
Boxborough  
Cambridge  
Dartmouth  
Gloucester  
Lexington  
Marlborough  
Methuen  
Newton  
Northampton  
Norwell  
Plymouth  
Revere (Spanish)  
Weymouth  
Whitman

### F2F SPRING 2014 CLASSES

The Berkshires  
Boxborough  
Cambridge  
Dorchester  
East Harwich  
Groton  
Holyoke  
Jamaica Plain  
Kingston  
Lexington  
Martha's Vineyard  
Middleton  
Wareham  
Weymouth

# Person to Person... NAMI Support Groups

## Connection

Free support groups for peers in recovery — whatever their diagnosis — facilitated by trained peers.

For the first time, we held a special training for Veterans to run *Connection* groups. We have two groups running: Somerville and Haverhill. There are plans to expand the program to Brockton and Bedford. We also plan to run a *Connection* training for female Veterans so that we can help this specific group have a forum for support and sharing group wisdom.



Connections Veterans training, May 2014.

### CONNECTION GROUPS

Agawam	Haverhill
Boston	Hyannis
Brockton	Littleton
Concord	Marlborough
Easthampton	Martha's Vineyard
Fall River	Orleans
Fitchburg	Somerville
Gloucester (2)	Taunton

"You feel good **coming together** with people who are **experiencing the same types** of things that you are."

• CONNECTION GROUP PARTICIPANT

## Family Support Groups

Free support groups designed to help caregivers and family members cope with the mental illness of their loved one.

In FY2014, there were two *Family Support Group* facilitator trainings in which we graduated a total of 22 new facilitators. NAMI Mass runs more than 40 groups.

"The **sharing and caring** that goes on during the group is a great comfort, **gives me hope**, and **helps me** get along better with my loved one."

• FAMILY SUPPORT GROUP PARTICIPANT

### NAMI FAMILY SUPPORT GROUPS

Agawam	Gloucester (2)	Northampton
Barnstable	Haverhill	Orange
Bedford	Lexington	Pittsfield
Beverly	Littleton	Plymouth (2)
Boston (Spanish)	Lowell	Revere (2, one in Spanish)
Brockton	Marlborough (2)	Springfield
Cambridge (2)	Martha's Vineyard, Vineyard Haven	Stow
Chatham	Martha's Vineyard, Tisbury	Uxbridge
Clinton	Middleton	Wakefield
Dorchester	Newburyport	Wellesley
Fall River	Newton	Weymouth
Falmouth		Worcester
Fitchburg		
Florence		

"The Crisis Intervention Team (CIT) training helps put into perspective what an officer is dealing with on a mental health call. I think it can be easy to get caught up in the moment and take the wrong approach."

• A POLICE OFFER WHO PARTICIPATED IN A RECENT CRISIS INTERVENTION TEAM TRAINING ORGANIZED BY THE CJD

"[Police officers] are often the **first responders**, so let's give our officers the skills they need. After the **CIT trainings**, our department now takes a systems-level approach so we can connect people in our community to the resources they need, like NAMI. This helps to get to the bottom of an issue instead of putting a band-aid on it."

• SOMERVILLE POLICE DEPARTMENT CHIEF DAVE FALLON

## Criminal Justice Diversion Project

The *Criminal Justice Diversion Project* (CJDP) focuses on preventing the unnecessary arrest, detention, and incarceration of persons living with mental illness.

### Six Things the CJDP accomplished during FY2014:

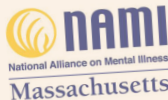
- Launched new, expanded mental health curriculum for all police recruits and mandatory in-service training for veteran police officers. By September 2015, all police officers in the Commonwealth will have received important training on responding to individuals with mental illness.
- Organized a 40-hour Crisis Intervention Team training for 30 police officers from Cambridge and Somerville in May 2014.
- Provided upcoming Crisis Intervention Team training to officers from Belmont, Everett, Medford, and Malden in November 2014.
- Helped local communities build partnerships between law enforcement, mental health providers, and other local stakeholders.
- Developed materials to clarify and facilitate the process of information-sharing between law enforcement and other systems.
- Built interdisciplinary partnerships across the Commonwealth, through the CJDP's Advisory Group and other projects.



This "Hearing Voices" exercise is part of the CIT training where police officers experience what a person with mental illness experiences when having auditory hallucinations.

# NAMI in the News...

The Boston Globe used statistics reported in our acclaimed **Way Behind** position paper.



## WAY BEHIND:

**Report on the State of Mental Health in 2014**  
 Authored by Caitly Stuhlan, Intern, Graduate Student at Harvard School of Public Health  
 Revised Edition: May 27, 2014

In 2009, the National Alliance on Mental Illness (NAMI National) analyzed information on mental health services in the nation and graded all states based on their performance. Massachusetts received a grade of C, the lowest in the nation. The funding for the Department of Mental Health (DMH) services in the state declined its funding for the Department of Mental Health (DMH) services in the state.

**\$168**

Projected 2014 Massachusetts training budget per police officer, including training on how to respond to mental health crises, the lowest in the nation as of the most recent Bureau of Justice Statistics Census

**\$667**

Average New England training budget per police officer

**40%**

Drop in state-funded continuing care psychiatric beds in Massachusetts since 2005

**\$110 million**

Drop in Massachusetts Department of Mental Health budget from FY2001-2014, adjusted for inflation

Sources: NAMI Report on the State of Mental Health in 2014, Massachusetts Budget and Policy Center

## The Boston Globe

Monday • August 25, 2014

### Days of crisis, compassion, faith, and futility

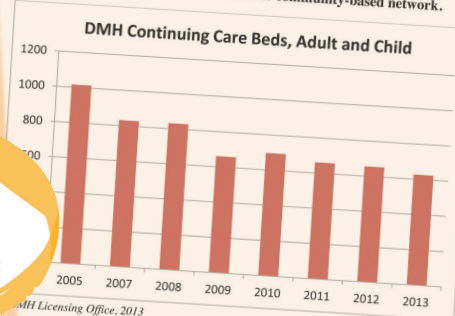
There may be a more exhausting journey than that of the mentally ill, their families, and their caregivers. But for those locked in the cycle of hopes raised and dashed, it's hard to imagine what it could be.

By Jenna Russell | Globe staff

This is part two of a three-part series chronicling a young man's struggle with the mental illness that took control of his life at age 17, pressing him, his family, and the health care system to the limit. It is a tragically-too-common story; it is Michael Bourne's story.

#### A. Public Continuing Care Beds

DMH provides continuing care inpatient psychiatric treatment at facilities such as the Worcester State Hospital, Taunton State Hospital, and Lemuel Shattuck Hospital. The average length of stay for adult patients in this type of facility is 133 days.<sup>12</sup> Since 2005, Massachusetts has closed 40%, or 400, of its continuing care beds. Many of these losses are consequences of budget cuts. Individuals have been discharged to the community without a proportional increase in funding for community-based supports. The current level of available continuing care inpatient treatment beds is inadequate because there is a lack of a reliable community-based network.



## FY2015 Budget & NAMI Mass Successes

### 1. Restore Funding to the Department of Mental Health:

Between 2009 and 2012, the Commonwealth cut over eight percent, or \$55 million, from the DMH budget. Even with modest increases since then, Massachusetts ranks last among New England states in terms of mental health funding.

The FY2015 DMH budget appropriation was increased a whopping \$32.1 million over last year to \$736 million. In an unusual move, budget negotiators responded to mental health advocates collective requests and increased the bottom line even more during their deliberations. The final numbers actually surpassed the spending originally approved by the House and Senate.

### 2. Encourage Jail Diversion for People with Mental Illness:

Too many people with mental illness wind up in jail, even though the behavior that prompted a police response is

indicative of a mental health crisis and not criminality. The practice has a significant human and economic cost.

Funding for accounts used to train municipal police were increased by a combined \$2.3 million from current FY 2014 levels, to \$6.8 million.

### 3. Specialty Courts:

The Commonwealth has 26 Specialty Courts, designed specifically to handle cases involving people with mental illness, substance abuse and veterans' issues. Funded through grants, these courts play a crucial role in helping address the underlying problems that bring people to courts in the first place.

NAMI's call to expand specialty courts was heard and as a result, eight new specialty courts will be created and funded with an additional \$3 million in FY2015. These courts combine incarceration

# Expanding the Resource Helpline to Assist Families and Peers to Cope with Mental Illness

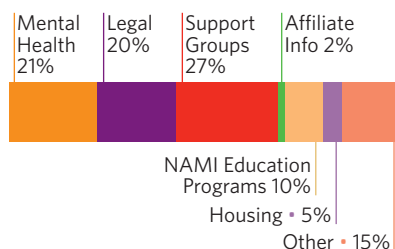
"I am **incredibly grateful** for this information. Thank you so very much. We are all in a scary and sad situation right now and your assistance and **thoughtful words** were most helpful."

• RESOURCE HELPLINE CALLER

Over the years, the staff here in the state office has done its best to provide as much information as possible to those who call or email us looking for mental health resources, spanning a wide range of needs from treatment, housing, and employment services to finding community legal help or advice on navigating the criminal justice system.

In recognition of the Commonwealth's need for a comprehensive collection of local and statewide mental health resources, NAMI Mass received an anonymous donation and a plea to expand and improve our Resource Helpline. Since March 2014, we have been researching the best practices in helplines nationwide, tracking down community-based resources for the multi-faceted needs of people with mental health diagnoses, and organizing that information into a state-of-the-art database that will make finding local resources easier than ever before.

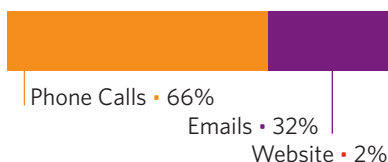
HELPLINE SOURCE OF INQUIRES



N=1,832

SOURCE OF HELPLINE INQUIRES

July 1, 2013 - June 30, 2014

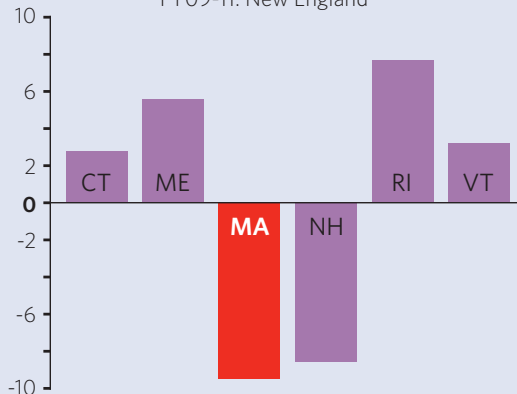


"This information **saved my life** and that of my loved one. I was able to get him the care he was entitled to instead of spending tons of time trying to deal with the difficult maze that is our mental health system.

**A thousand thank yous!"**

• RESOURCE HELPLINE CALLER

Percent Change in DMH Budget by State  
FY09-11: New England



Although this chart only covers FY09-FY11 it dramatically shows what the economic downturn has done to our mental health budget. Four New England states found a way to increase mental health spending, while Massachusetts has yet to recover to FY2009 level funding.

with other forms of sentencing including rehab and counseling for offenders. Two of the new courts will specialize in cases involving military veterans and one court will specialize in cases involving youth offenders.

## 4. Reimbursement rates for MassHealth for hospitals that are closing psych units:

Demand for acute inpatient psychiatric care is high, but reimbursement rates are too low to support hospital inpatient psychiatric units. NAMI supports a significant and sustainable increase to MassHealth's budget so hospitals can afford to provide inpatient psychiatric services within their communities. It is unfair and inhumane to force families to wait for days before they can find an inpatient bed for a loved one who is suffering. The FY 2015 \$13 Million dollar increase was an excellent start and must grow to meet demand.

"We at MBHP are **strong believers in NAMI's mission** and have **supported the Walk** since its inception. NAMI Mass is a terrific organization amazingly built on the backs of its volunteers. NAMI's

mission is to support people with mental illness and their families. That is MBHP's mission as well. This common commitment has served as the basis of **a wonderful partnership** between our two organizations for more than a decade."

• SCOTT TABERNER, CHIEF FINANCIAL OFFICER, MASS BEHAVIORAL HEALTH PARTNERSHIP



# The Walk

## Brings Smiles and Fun

2014 marked our 11th NAMIWalks Massachusetts on Saturday, May 10, 2014 at Artesani Park in Boston, MA. For the fifth year in a row, we were the top NAMIWalks campaign in the country out of 80+ Walks. THANK YOUs go to our Volunteers, Team Captains, Walkers, Corporate Sponsors, and Donors for their dedicated efforts which allowed us to raise a record \$570,878. We distributed \$97,328 to 18 affiliates.

Our Lead Corporate Sponsor's Walk Team raised a record \$27,735 which made their total contribution to the Walk \$57,735 – another record!



PHOTO AT TOP OF PAGE: David Frawley of Sunovion Pharmaceuticals and his son cut ribbon to mark the start of the walk.



# Thank you to all our Corporate Sponsors



We extend our sincerest thanks to all Corporate Sponsors of NAMIWalks Mass 2014 as well as those companies which graciously provided in-kind donations.

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Strategies**

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South Bay Mental Health Center  
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Zoo New England

*While we make every effort to include all the generous corporate sponsors and businesses which give in-kind donations, we may have inadvertently omitted an entity or misspelled a name. Please accept our apologies and contact our office.*

# Teams Make the Walk a Success!

*Kudos to Registered Teams and Their Team Captains of 2014 who raised funds:*



Team	Team Captain	Team	Team Captain
Abt Associates	Susan Pfefferle	Joshua Messier...In Memory Of	Lisa Brown
Advocates A Team	Markus Henrichs	Katelyn's Klan	Maureen Riley
All Minds Matter	Priscilla DiLuzio	Ky	Beng Ky
Andy's Dream Team	Edie Scott	Live Your Life	Araxi Krafian
Ann's Angels	Susan Richard	Lowell Stigma Stompers	Shamir Rivera
Ant's Team	Malinda Govoni	MBHP	Kaitlyn Sudol
Arbour Counseling Services & Senior Care	Aleta Robison	Mental Health for Everyone!	Margot Birke
BAMSI	Teresa Belsan	MetroNorth Beautiful Minds	David Crumby
Bay Cove Human Services	Amanda Gilmore	MindBenders	Paul Lee
BC Eagles for NAMI	Lauren Freise	Mindy's Team	Peter Keenan
Beacon Health Strategies	Sadie Pappas	MSPP	Nicole Theron Parkes
Beautiful Minds Think Alike	Jennifer Ogle	NAMI Boston	Stephen Rosenfeld
Bedford VA Peers	Thomas Raposa	NAMI Cambridge	John Sharp
BHCHP	Georgia Thomas	NAMI Cape Cod & the Islands	Ron Holmes
Blues Strong	Ken Duckworth	NAMI Central Middlesex	Tom Scurfield
BMC Psychiatry	Anna Terajewicz	NAMI Dorchester/Mattapan/Roxbury	Hannah Martinez
Boston University MHCMB	Tannu Singh	NAMI GB CAN	Howard Trachtman
Bridgewater State Hospital	Pamm MacEachern	NAMI Greater North Shore	Frank DeAngelo
BU Center for Psych Rehab	Leonard Mulcahy	NAMI Latino	Norma Mora
Build a Life Worth Living	Cammie Chinetti	NAMI MetroWest	Lawrence DeAngelo
C.C.B.C. 2014	Deborah Washburn	NAMI Newton-Wellesley	Janet Shapero
Cailean's Walkers	Brittany Sheeran Rubertone	NAMI Northeast Essex	Bernie Gallant
Cambridge Health Alliance	Miriam Tepper	NAMI Plymouth Rocks	Jean Childers
Camcanrun	Camille Ketsdever	NAMI South Shore	Kathy Castagna
Cape Ann Crusaders Against Stigma	Holly Knapp	North Suffolk Striders	Jennie Reis
Central Street Health Center & Center Club	Michael Jakubczyk	NUTS for Counseling Psych	Meghan Lovering
Chalice Youth	Marcie Griffith	Pembroke Listens	Thomas Hickey
ClinEdge	Erin Phares	Pleasant Street Gang	Marina Whall
Comfort Home Care	Kevin Keller	Recovery is Real: Metro Boston DMH Area	Robert Foster
Commonwealth Care Alliance	Bridgette Hunt	Renaissance Club	Elizabeth Vaughan
Cove Clubhouse	Sara Fauteaux	ROC	Victoria Morales
DBSA Boston	Deborah Mann	south coast more	Pamela Fonseca
DMH Northeast Suburban Area	Jen Navarro	Southeast Recovery Learning Community	Frances Sokoll
DMH - High St & Respite Program	Duhamel & Alves	SSMH Building Hope, Changing Lives	Susan Baker
Eliot CHS Lynn Site	Patrick Connolly	Staying Strong for Demi against bipolar disorder	Alyssa Ciavarra
Elm Brook Place	Carrie Endicott	Strides Against Stigma	Michael Stier
Employment Options	Daniel Pelland	Team Alan	Tamara Page
Fairwinders	F. Matthew Digitano	Team Alkermes	asha Zbitnoff
Family-to-Family Central Middlesex	Dee Febba	Team Corey	Corey Cote
Fearless Friends	Gene Hoffman	Team Diane & Guy	Guy Beales
Fight not Flight	Courtney Cole	Team DiStasio	Beth DiStasio
Harvard South Shore Psychiatry	Dana Wang	Team Edinburg Shining Stars	Janet Hodges
Haverhill Clubhouse/NAMI Northeast Essex	Anna Harris	Team Ericson	Deidre Ericson
Help Fight the Stigma	Sharon Mazaka	Team Genesis	Ingyu Moon
Hootie's Girls	Kaitlyn Hannen	Team Hope	Sheila Girard
Hope, Courage & Strength	Renee Heusser	Team Laurie	Laurie Martinelli
imPACT2014	Heidi LeBlanc	Team Lowell NAMI (Neat Feat)	Alicia Page
		Team Mary/Moe	Mary Iglesias



NAMIWalks Massachusetts on Saturday May 10, 2014.

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## Advocacy Day

Over 200 NAMI Mass stakeholders came to the State House on Monday, April 7, 2014 to attend our speaker program to hear State Attorney General Martha Coakley among others, obtain our latest position paper *Way Behind: Report on the State of Mental Health in 2014*, and visit their legislators to voice NAMI Mass mental health priorities.



"NAMI's Advocacy Day has been an inspiration and an education, giving me just the **tools I need** to work with my legislators not only that day, but also throughout the year. The fact sheets are invaluable, as is the sense of community, working together for this profoundly important cause."

• RAE SIMPSON, NAMI CAMBRIDGE-MIDDLESEX AFFILIATE MEMBER



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Barrett Paul	Robert Restuccia	Stephen Scully	Jim Spink	Susan Tracy	Dr. Andrew Winneg
Maryanne Peabody	Joe and Nancy Restuccia	Thomas Scurfield	Anne St. Goar	Shirley Traite	Mike and Cindy Woods
Josephine Peltier	Catherine Reuben	Paul Seeley	Henry and Lorraine St. Laurent	Joseph Treff	Work Inc.
Penguin Group	Mark Reynolds	Michael Segal	St. Luke's Alumni Association	Erica Tritta	Peter and Patricia Wright
Roy Perlis	Joseph Ricca	Richard Segan	Joy St. John	Carol Trust	Bernice and Eliot Wyzanski
Joseph Peters	Bradley Richardson	Matthew Selig	Richard and Anne Steadman	John and Judy Tully	Anton and Joanne Yereniuk
Robert Petitti	Jane Richardson	Christina Severin	Valerie and John Stelling	Alice Tuomivaara	Sam Younes
Paul Pezzella	Maurice Richardson	Philip and Barbara Shambaugh	Margaret Stephens-North	Nancy Turnbull	Kenneth Young
Mary Phelan	Dean and Pamela Richlin	Bunny Shapero	Judy Stephenson	Jayne Tyrell	Wayne Ysaguirre
Ralph Piantedosi	John Rikala	Dorothy Shapero	Donald and Erica Stern	Lisa Uyehara	Rorry Zahoure
Doris and Joseph Pienta	Melinda Rios	Jonathan Shapiro	Max Stern	Rick Valachovic	Gary Zalkin
	Deborah Robbins	John and Sara Sharp	David Sternburg	Joseph Valley	Shari Zalkind
	Gene and Catherine Robillard	Merri Lea Shaw	Danielle Stevens	Value Options, Inc	Veronica Zhang
		Susan Shaw	Patricia Stewart	Karen Vanderborgh	Marcia Zuckerman
		Stephen Shea		John VanScoyoc	
		George Shea		Phil and Kate Villers	
				Vinfin	
				Harry Voorhees	
				Dr. Alexander Vuckovic	

# NAMI Convention – Information, Ideas and New Friendships

Almost 400 NAMI members, supporters, individuals with mental illness, family members and friends in the mental health arena attended the 31st Annual NAMI Mass State Convention in Randolph, MA at Lombardo's on Saturday, October 19, 2013. The convention featured ten informative workshops and the Peer Art Marketplace.



## Financial Results for FY 2013

### UNRESTRICTED NET ASSETS REVENUE & SUPPORT

Grant Income	\$269,738
Special Event - NAMIWalks	570,878
Special Event - Other	81,992
Contributions	180,907
Membership and Convention	39,873
Interest Income	2,584
Net Assets Released from Restrictions Used for Operations	142,083
<b>Total Revenue and Support</b>	<b>\$1,288,055</b>

### FUNCTIONAL EXPENSES FY 2013



### OPERATING EXPENSES

Salaries and Benefits	544,643
Professional Fees	204,511
Occupancy Costs	77,231
Direct Program Expenses	207,667
G&A and Fundraising Expenses	56,513
Walk Payments to NAMI National and Affiliates	153,483
<b>Total Operating Expenses</b>	<b>\$1,244,048</b>

Income from Operations	44,007
Loss on Disposal of Asset	(4,080)
Unrealized Gain on Investments	9,819
<b>Increase in Unrestricted Net Assets</b>	<b>\$ 49,746</b>

\*\*unaudited

# Elizabeth Warren Shows Support for NAMI

Over 200 NAMI Mass supporters came to Jamaica Plain



to meet Senator Elizabeth Warren on Sunday, March 9, 2014. Her remarks complemented our grassroots advocacy when it comes to parity, employment and breaking down the walls of stigma to effect sociopolitical change.

"Thank you NAMI Mass for your **dedication** to improving the **quality of life** of those with mental illness through education, housing and employment. Your vigorous work and advocacy to make sure individuals with mental illness receive the services that they need help improve the lives of families across the Commonwealth"

• SENATOR ELIZABETH WARREN



## NAMI Massachusetts Affiliates

NAMI Mass has over 2000 members and 21 Affiliates (local chapters). Affiliates are the source of hundreds of volunteers who give thousands of hours to educate, support, and advocate on behalf of individuals with mental illness and their families.

### NAMI MASSACHUSETTS AFFILIATES AND BOARD PRESIDENTS

Berkshire County | Deborah Sadowy  
Boston | Steve Rosenfeld  
Cambridge-Middlesex | Jane Martin  
Greater Boston Consumer Advocacy/  
Affiliate Network | Howard Trachtman  
Cape Ann | George Howe  
Cape Cod & the Islands | Peter Shea  
Central Mass | Anette Mysliwiec  
Central Middlesex | Judy McKendry  
Dorchester/Mattapan/Roxbury |  
Hannah Martinez  
Greater Fall River | Brenda Venice  
MetroWest | Lawrence DeAngelo,  
Judi Maguire  
Greater Lowell | Dick Edgar  
Greater North Shore | Lisa Rose  
Latino Metro Boston | Carmen Rivera  
Newton-Wellesley | Sid Gelb  
North Central | Cindy Collins  
Northeast Essex | Joyce Cejka,  
Michail Koplove  
Plymouth | Jean Childers  
South Norfolk | Ray Breton  
South Shore | Betty MacIntyre  
Western Mass | Bernice Drumheller



Massachusetts

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