# NAMI
## National Alliance on Mental Illness
## Massachusetts

# IMPACT REPORT 2022

The National Alliance on Mental Illness of Massachusetts (NAMI Massachusetts) is a nonprofit grassroots organization founded in 1982.

**OUR MISSION:** We seek to improve the quality of life for people living with mental health conditions, their families, and their caregivers. We work to ensure that all people impacted by a mental health condition receive the support they need when they need it. We use our voices as people and families with lived experience to challenge discrimination and advocate for a more equitable and just world.

# COMMUNITY EDUCATION & OUTREACH

**141,276**
INDIVIDUALS & FAMILIES
**IMPACTED IN 2022**

## ACTIVE SPEAKERS
# 83

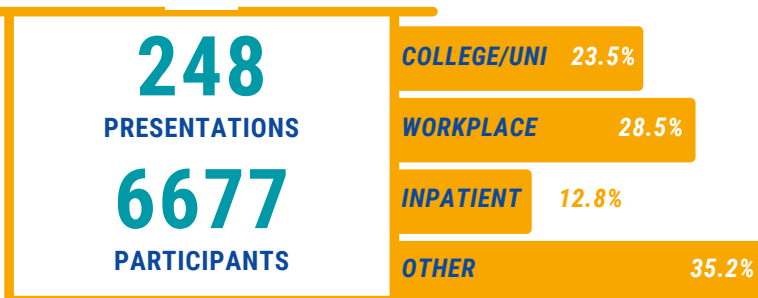| NEW TRAININGS | NEW SPEAKERS |
|---|---|
| 5 | 35 |

## SHARING OUR STORIES
NAMI Mass developed & launched the Sharing Our Stories speaking program in 2022, with the first speaker training on July 9, 2022 and the first presentations occurring in August 2022.

**20** SOS PRESENTATIONS

**477** AUDIENCE MEMBERS

## IN OUR OWN VOICE (IOOV)

**248** PRESENTATIONS

**6677** PARTICIPANTS

- COLLEGE/UNI 23.5%
- WORKPLACE 28.5%
- INPATIENT 12.8%
- OTHER 35.2%

*"These 2 impressive people sharing their stories is a gift to everyone who hears them. I'm grateful."*
-IOOV ATTENDEE

## K-12 SCHOOLS PROGRAMMING
NAMI Mass provided Allies for Student Mental Health (ASMH), Ending the Silence (ETS), & In Our Own Voice (IOOV) presentations for school-based audiences, including students, teachers, & families.

**1089*** MIDDLE & HIGH SCHOOL STUDENTS WHO ATTENDED PRESENTATIONS

**90** K-12 EDUCATORS WHO ATTENDED PRESENTATIONS

## PROGRAMMING FOR LAW ENFORCEMENT

In 2022, NAMI Mass provided a variety of mental health educational presentations to police officers, corrections officers, and dispatchers as part of Crisis Intervention Team (CIT) trainings, including In Our Own Voice (IOOV), Sharing Our Stories (SOS), and Sharing Your Story with Law Enforcement (SYSLE).

**36** CRISIS INTERVENTION TEAM (CIT) TRAININGS

*"Thank you for sharing such painful and emotional events in your loved one's life. Sharing your experience helps us do our jobs better."*
-POLICE OFFICER

**991** PUBLIC SAFETY OFFICERS WHO ATTENDED PRESENTATIONS

**88%** POLICE OFFICERS

*A * icon signifies the highest number NAMI Mass has ever achieved!*

# EDUCATION & SUPPORT

Free classes and support groups for those impacted by mental health conditions and their families, based on a peer-to-peer model, and offered through the 17 local affiliates across the state.

## CONNECTION RECOVERY SUPPORT GROUPS
**728** GROUPS RUN ✳
**1499** PARTICIPANTS

## FAMILY SUPPORT GROUPS
**584** GROUPS RUN
**4652** PARTICIPANTS

*"The [F2F] program gave us knowledge, unconditional support, friendship, and, most of all, hope."*
-PARENT PARTICIPANT

## PEER-TO-PEER (P2P) 8-WEEK COURSE
**7** COURSES RUN
**44** GRADUATES

## FAMILY-TO-FAMILY (F2F) 8-WEEK COURSE
**19** COURSES RUN
**293** PARTICIPANTS

# NAMIWALKS MASSACHUSETTS

**NAMIWalks** is our biggest fundraiser and supports our education classes, support groups, resources helpline, community education and outreach programs, and our grassroots advocacy efforts.
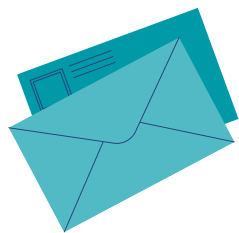
**1,500+** PARTICIPANTS

**$589,000+** RAISED

# POLICY & ADVOCACY

NAMI Massachusetts created a dedicated **Policy, Advocacy, & Communications** Department in 2022. We share information on and opportunities for involvement in the legislative process, advocacy initiatives, & mental health services in MA through listening sessions, advocacy trainings, briefs, public statements, & campaigns.

## LETTERS WRITTEN TO LEGISLATORS
**3183** ✳

**734** PEOPLE REACHED VIA ADVOCACY ALERTS

## ADVOCACY DAY

Advocacy Day is an annual event where we host panels & trainings so anyone can effectively tell their story, then connect attendees with their legislators to discuss priority bills.

VIEWS ON FACEBOOK LIVE
**1594+**

MEETINGS SCHEDULED WITH LEGISLATORS
**124**

*A ✳ icon signifies the highest number NAMI Mass has ever achieved!*

# SOCIALS

WEBSITE VISITORS
**74,318**

FOLLOWERS
- 🐦 **21.4**K+
- 📷 **3.6**K+
- 📘 **3.4**K+
- 💼 **7.1**K+
- ✉️ **6.6**K+

# COMPASS HELPLINE
**4948** ✳ INQUIRIES

**TOP TOPICS**
- finding mental health treatment
- finding peer support
- navigating mental health crises
- dealing with a legal system
- finding housing
- finding family support