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.
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 In too many cases, the information offered is too general, outdated, and poorly thought through.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
“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.

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

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.

“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.

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

•FAMILY SUPPORT GROUP PARTICIPANT
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.

“[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

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.
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

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.

**HELINE SOURCE OF INQUIRES**

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<th>Mental Health</th>
<th>Legal</th>
<th>Support Groups</th>
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N=1,832

**SOURCE OF HELPLINE INQUIRES**

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<th>Emails</th>
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<td>32%</td>
<td>2%</td>
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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.

“**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

“**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

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.
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!

“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

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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Boston Duck Tours
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The Cheesecake Factory
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The Discovery Museums
Huntington Theatre Company
KHC Audio
Improv Asylum
The Institute of Contemporary Art/Boston
Isabella Stewart Gardner Museum
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Mount Sunapee
New England Aquarium
New England Revolution
Old Sturbridge Village
Six Flags New England
Sky Zone
Starbucks
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:**

<table>
<thead>
<tr>
<th>Team</th>
<th>Team Captain</th>
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<tbody>
<tr>
<td>imPACT2014</td>
<td>Heidi LeBlanc</td>
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<tr>
<td>Joshua Messier...In Memory Of</td>
<td>Lisa Brown</td>
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<tr>
<td>Katelyn’s Klan</td>
<td>Maureen Riley</td>
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<tr>
<td>Live Your Life</td>
<td>Araxi Krafian</td>
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<td>Lowell Stigma Stompers</td>
<td>Shamir Rivera</td>
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<tr>
<td>MBHP</td>
<td>Kaitlyn Sudol</td>
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<td>Mental Health for Everyone!</td>
<td>Margot Birke</td>
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<td>MetroNorth Beautiful Minds</td>
<td>David Crumby</td>
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<td>MindBenders</td>
<td>Paul Lee</td>
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<td>Mindy’s Team</td>
<td>Peter Keenan</td>
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<td>MSPP</td>
<td>Nicole Theron Parkes</td>
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<td>NAMI Boston</td>
<td>Stephen Rosenfeld</td>
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<tr>
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<td>John Sharp</td>
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<tr>
<td>NAMI Cape Cod &amp; the Islands</td>
<td>Ron Holmes</td>
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<td>Tom Scuffield</td>
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<td>NAMI Dorchester/Mattapan/Roxbury</td>
<td>Hannah Martinez</td>
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<td>NAMI GB CAN</td>
<td>Howard Trachtman</td>
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<td>Frank DeAngelo</td>
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<td>Norma Mora</td>
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<td>NAMI Newton-Wellesley</td>
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<td>NAMI Northeast Essex</td>
<td>Bernie Gallant</td>
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<tr>
<td>NAMI Plymouth Rocks</td>
<td>Jean Childers</td>
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<td>NAMI South Shore</td>
<td>Kathy Castagna</td>
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<tr>
<td>North Suffolk Striders</td>
<td>Jennie Reis</td>
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<td>NUTS for Counseling Psych</td>
<td>Meghan Lovering</td>
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<td>Pembroke Lists</td>
<td>Thomas Hickey</td>
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<td>Pleasant Street Gang</td>
<td>Marina Whall</td>
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<td>Recovery is Real: Metro Boston DMH Area</td>
<td>Robert Foster</td>
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<td>Renaissance Club</td>
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<td>ROC</td>
<td>Victoria Morales</td>
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<td>south coast more</td>
<td>Pamela Fonseca</td>
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<td>Southeast Recovery Learning Community</td>
<td>Frances Sokoll</td>
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<td>SSMH Building Hope, Changing Lives</td>
<td>Susan Baker</td>
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<td>Alyssa Ciavarra</td>
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<td>Michael Stier</td>
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<td>Tamara Page</td>
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<td>asha Zbitnoff</td>
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<td>Corey Cote</td>
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<td>Team Diane &amp; Guy</td>
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<td>Team Ericson</td>
<td>Deidre Ericson</td>
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<td>Team Genesis</td>
<td>Ingyu Moon</td>
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<tr>
<td>Team Hope</td>
<td>Sheila Girard</td>
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<tr>
<td>Team Laurie</td>
<td>Laurie Martinelli</td>
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<tr>
<td>Team Lowell NAMI (Neat Feat)</td>
<td>Alicia Page</td>
</tr>
<tr>
<td>Team Mary/Moe</td>
<td>Mary Iglesias</td>
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NAMIWalks Massachusetts on Saturday May 10, 2014.

Team MBRLC ............................................ Robyn Hand
Team McLean ........................................... Jenna Brown
Team Nahant ............................................. Leah Towe
Team Otsuka ............................................ Lisa Barnes
Team P. J. .................................................. Reenie O’Brien King
Team Riverside ........................................ Danielle Zdenek
Team Sunovion ......................................... Wendy Scoppa
Team Tim .................................................. Karen McGravey-Gajera
Team Victor .............................................. Daniel McNeil
Team Vinlen .............................................. Will Buckley
Team Westwood Lodge & Lowell Treatment Center ........................................ Carol Skehill
TeamNSCC ................................................ Constantine Souris
TeamSteveShea .......................................... Steve Shea
The CAMsters ............................................ Alex Laffer
The Duck Flock .......................................... Lee-Ann Johnson
The Head Inspectors .................................... Wendy Martinez
The Stark Avengers ..................................... Shannon Ailton
The Wolf PACT .......................................... Jon Dunklee
Tufts Medical Center ................................... George Sigel
UMass Psychiatry ........................................ Robin Caron
Uncle Mike’s Team ....................................... Kristin Batty
VCP ............................................................... Brian O’Connell
Walking Warriors ........................................ Darla Casey-Smith
waverleyplace ............................................ Jason Scolnick
Waymark Wealth Management ....................... Michael Scott
We are Family ............................................. Sid Gelb
Weymouth High School ................................. Jason Galusha
NAMI Walkers Raise Funds

Thanks to Those Walkers Who Raised $250 or More

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Shannon Aiton
Regina Aldhurst
Rachel Aldridge
Susan Allen
Pam Andrews
Anonymous
Diane Aronson
Nancy Bacher
Joyce Bailey
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Richard Bergeron
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Elaine Farash
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Michael Fetcho
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Jeremy Hastings
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Linda Hutton
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Kim Irving
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Laurie Kahn
Steffi Aronson Karp
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Sara Kelley
Michael Kennedy
Patricia Kenny
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Bevery Klick
Holly Knapp
Jim Kobler
Russell Kopp
Lindsey Kotowicz
Charleen Kress
Sam Kronish
Ruth Lambert
Nancy Lane
Meryl Langbort
Hannah Larsen
Bob Larsted
Jaeok Lee
Rachel Lee
Kristin Leonard
Nancy Leonard
Mike Levoshko
Margie & Walter Linehan
Julie Lundin
Heather MacDonald
Pamm MacEachern
Betty MacIntyre
Peter MacIntyre
Timothy Mahoney
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Michael McGreal
Micaela McGuane
Nancy McIntyre
Judy McKendry
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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.”

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<table>
<thead>
<tr>
<th>Donors continued</th>
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<tr>
<td>Janet and Henry Murphy</td>
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<td>Susan Murray</td>
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<td>Ann Muschett</td>
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<tr>
<td>Mary and Sherif Nada</td>
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<td>David Nalven</td>
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|iati on of Social Workers |
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|tic Shoe |
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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

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Grant Income</td>
<td>$269,738</td>
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<tr>
<td>Special Event - NAMIWalks</td>
<td>570,878</td>
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<tr>
<td>Special Event - Other</td>
<td>81,992</td>
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<tr>
<td>Contributions</td>
<td>180,907</td>
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<tr>
<td>Membership and Convention</td>
<td>39,873</td>
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<tr>
<td>Interest Income</td>
<td>2,584</td>
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<tr>
<td>Net Assets Released from Restrictions Used for Operations</td>
<td>142,083</td>
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<tr>
<td><strong>Total Revenue and Support</strong></td>
<td><strong>$1,288,055</strong></td>
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OPERATING EXPENSES

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<tr>
<th>Description</th>
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<tr>
<td>Salaries and Benefits</td>
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<tr>
<td>Professional Fees</td>
<td>204,511</td>
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<tr>
<td>Occupancy Costs</td>
<td>77,231</td>
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<td>Direct Program Expenses</td>
<td>207,667</td>
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<tr>
<td>G&amp;A and Fundraising Expenses</td>
<td>56,513</td>
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<tr>
<td>Walk Payments to NAMI National and Affiliates</td>
<td>153,483</td>
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<tr>
<td><strong>Total Operating Expenses</strong></td>
<td><strong>$1,244,048</strong></td>
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FUNCTIONAL EXPENSES FY 2013

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<th>Description</th>
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<tr>
<td>Fund Raising</td>
<td>10%</td>
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<tr>
<td>General &amp; Administrative</td>
<td>7%</td>
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<tr>
<td>Income from Operations</td>
<td>44,007</td>
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<tr>
<td>Loss on Disposal of Asset</td>
<td>(4,080)</td>
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<tr>
<td>Unrealized Gain on Investments</td>
<td>9,819</td>
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<tr>
<td><strong>Increase in Unrestricted Net Assets</strong></td>
<td><strong>$49,746</strong></td>
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</tbody>
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**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.

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