



National Alliance on Mental Illness

NAMI Palm Beach County

ANNUAL REPORT 2010



"Respect, Compassion & Hope ... NAMI Works!"

Co-Presidents' Address

In entering 2011, we, the NAMI/PBC Co-Presidents, remain firm in our resolve to provide quality "education, support and advocacy, thereby empowering people with mental illness and their families..." (Mission statement). We have a history of working to eradicate the stigma associated with brain disorders and aim to improve the quality of life of families. We have hope for the recovery of individuals with brain disorders attainable through appropriate treatment. We build strong partnerships with families and peers and act as a bridge for them to access cutting-edge NAMI information and knowledge. With the assistance of NAMI/PBC, they are able to establish a plan which counters the effects that brain disorders and the inadequate mental health care infrastructure bring to families. Importantly, we make a community of peers and their families. We are proud to have instituted support groups tailored for both target groups, as well as, youths and a new Spanish-speaking family support group. At the fulcrum of our free educational efforts lies the experiential process where peer teaches peer.

Our efforts to have our voice heard and to increase awareness in the arena of mental illness will continue through our community engagement and advocacy efforts. We need to foster systemic change, avoiding related government budget cuts affecting the health care system. For NAMI/PBC, this translates into the need for the creation of systems that are integrated, holistic and provide continuity of care. We need to counter the current economic strictures which have serious implications for Florida's mental health care system, bearing in mind that Florida received a "D" in NAMI's Grading the States Report. We look forward to working with our community partners on this agenda. We are aware that the challenges to our mental health system are real and immediate.

Cristina Andreoli

Curtis Russ



Board of Directors

Cristina Andreoli
Co-President

George Ottmer

Curtis Russ
Co-President

Anne Skowronek

Peter J. Skowronek
Vice President

Liz Downey
Secretary

Blake Oliver
Treasurer

Eileen Trainor
Past President

NAMI/PBC Background and Services

NAMI originated thirty years ago as a national grassroots organization and has been the voice of support, advocacy, education and research for recovery in the arena of brain disorders inter alia depression, schizophrenia and bipolar disorder. Since 1983, the Palm Beach County affiliate has been responding to community needs by "providing support, education and advocacy with the goal to empower persons with mental illness and their families"(Mission). Our office changes the perception of mental illness in the general public and in those individuals whom we educate on the existence of recovery. Our educational efforts are important because of the need to break the existing stigma associated with mental illness. Importantly, all the following programs are free of charge and have been expanding over the last two years:

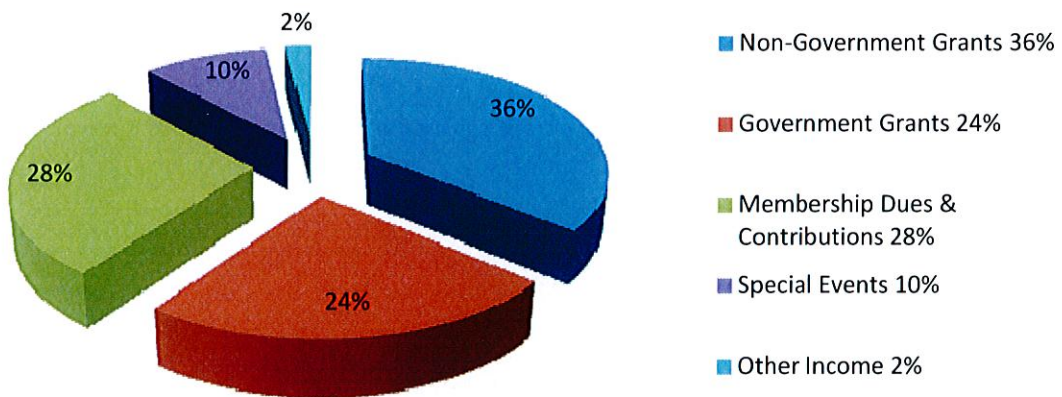
- Connection Recovery Support Group, a group run by peers and fostering strengths building;
- Young Adults' Support Group (18-28 year olds);
- two support groups for inpatients at St.Mary's Hospital;
- support groups for families offering feedback and solutions (the Spanish-speaking one starting again in March 2011);
- Peer-to-Peer (P2P), a 10-week experiential course facilitated by and for peers promoting recovery;
- Family-to-Family, a 12-week course for family caregivers teaching necessary mental health knowledge and coping strategies;
- Provider Education Program, a 10-week course for mental health clinicians and administrators;
- Parents & Teachers as Allies Course, geared for the detection of early warning signs by school professionals/families.

In 2010, our affiliate importantly produced the following:

- Resource Guide - navigating the spectrum of public resources;
- monthly newsletter-The Voice- uniting individuals under the banner of hope and recovery;
- bi-annual newsletter for peers – The White Picket Fence.

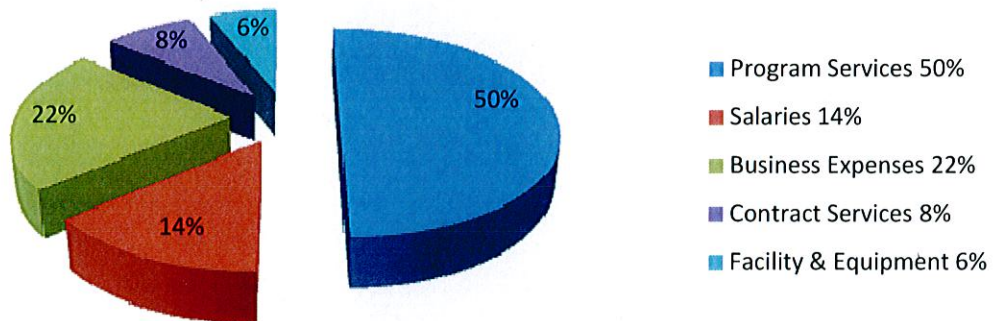
NAMI/PBC has an office which assists the community with queries; and offers monthly General Meetings for the community providing information on brain disorders, best practices/evidence-based treatment, the current mental health system, available resources and the problem of stigma; an updated and vibrant website; and Peer Council Meetings increasing initiatives for advocacy, education and peer social integration. NAMI/PBC has been a catalyst for state and federal policy concerns and an active participant of community partner meetings. We have representatives who participate in the Fact Team Advisory Board and we have special working relations with mental health centers. NAMI/PBC has entered into a community partnership to produce the Crisis Intervention Training (CIT), a 40-hour course for officers- first responders called in crisis situations. The NAMI/PBC office has been restructuring and strengthening its organization, thereby increasing its capacity to fundraise and expand and enhance its programs under its 2010-2011 Strategic Plan's Goals.

REVENUES



Revenues for FY10 total \$62,781; and net assets increased \$4,447.

EXPENSES



Expenses for FY10 total \$54,765; and total assets of \$95,264.

With Hope there can be Recovery

**National Alliance on Mental Illness of Palm Beach County
1520 10th Avenue, North, Suite D
Lake Worth, FL 33460**

**For more information, call 561.588.3477 or email
info@namipbc.org • Fax 561.588.3499**

Visit us at

www.namipbc.org