

NAMI by the NUMBERS: 2022

Published February 2023



◀ *Advocacy is an important tool in breaking down society's stigma surrounding mental illness.*

NAMI volunteer educators

<https://youtu.be/EpLZGhUHZ8Y>

share their stories and perspectives with the hopes of encouraging others to reach out and find help and hope. Visit us at YouTube.com – NAMI Greater Mississippi Valley Channel. Please “subscribe” to our channel and “like” a video or two.

2022 PROGRAMS REPORT

Education

32 persons enrolled locally in our 20-hour education programs for family members supporting an adult.

Additional programs are available online for parents of youth and military families.

Advocacy

3,408 individuals heard our message of hope and recovery through 56 community presentations, events, and meetings.

65 individuals worked with our volunteers to access community and NAMI services through 9 Family & Friends Seminars.

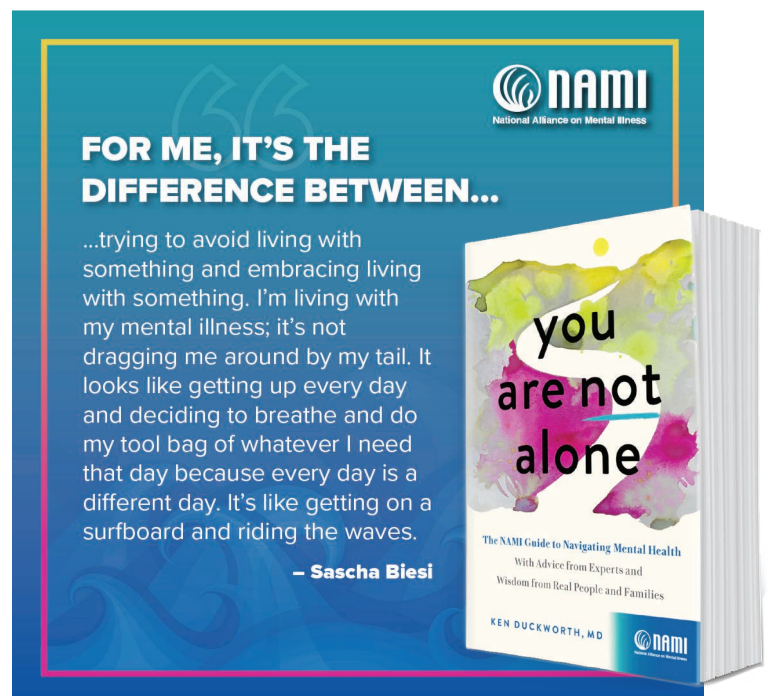
Support

82 individual support group sessions for peers and family with 27 new people joining us for the first time.

137 office inquiries taken with 63 community referrals.

▶ Why Lived Experience Matters

There is wisdom, and practical help, in the stories of real people and their families as they share their mental health journeys. NAMI volunteers offer their own stories and support to bring awareness and understanding for individuals and families as they work towards recovery. Mental illness is a deeply personal, and disruptive, health experience. By sharing, we offer compassion, empathy, and direction to those facing difficulties. nami.org/notalonebook



Family Support is Critical to Recovery

For the 500,000 Iowans and the 1.9 million Illinoisans living with mental health conditions, finding help and answers when they need it is often challenging. People experiencing mental illness and their families and friends are often unsure how to navigate the health care and social service systems, deal with financial and logistical issues and handle the emotional challenges of mental illness.

NAMI Greater Mississippi Valley offers education programs and support groups that help individuals, and their families

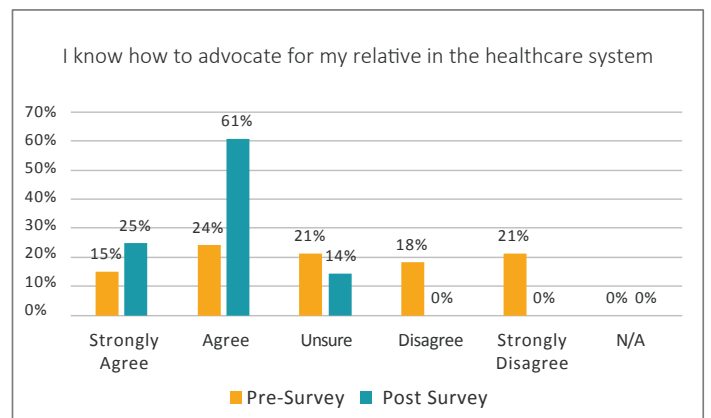
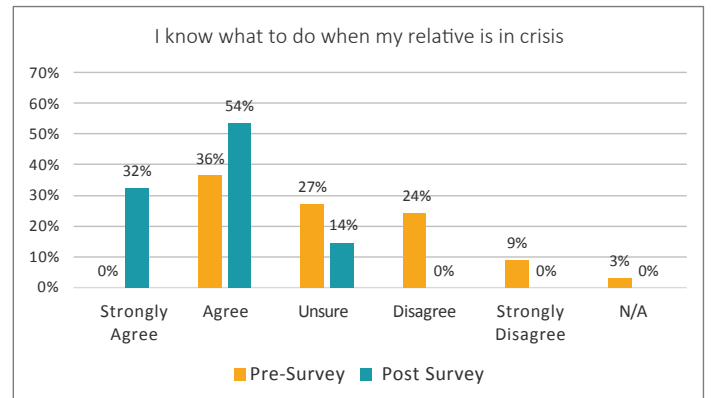
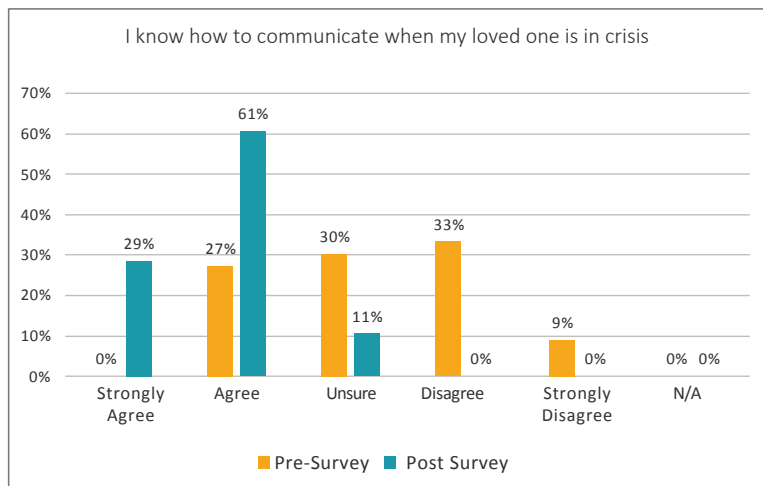
move forward – together – to work toward recovery. We believe that recovery starts at home with people who know an individual best. Because insurance typically does not pay to support anyone beyond the patient, NAMI programs fill a service gap free-of-charge. NAMI works in the community to complement the work of healthcare and social service providers.

NAMI offers a mix of in-person and online education programs and support groups.

“We get to choose how we navigate this. We get to choose what this is going to do to us. And it can either break us apart or it can make us a stronger, better family.”

NAMI Family-to-Family Education – 2022 Participant Results

This is a 20-hour education program, which teaches family members and significant others how to best support an adult loved one. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.



An Organization Driven by Volunteers

Locally, NAMI benefits from the service of more than 45 volunteers who are trained to deliver nationally-developed programs. These programs are unduplicated in our market as we use peer-to-peer models. Everyone has lived experience with mental illness.



Volunteer Bettina J.C. McWilliams

Instructor, Family to Family education program

As an Instructional Coach for the Rock Island-Milan School District, Bettina helps teachers be their best. And as a NAMI volunteer, she helps family members support their loved ones. “There’s an old adage: What happens in this house stays in this house. I used to think that was something we only said in African

American families, but through NAMI classes I’ve learned it’s said in many families,” Bettina says. “This adage speaks to stigma, and I want to be a stigma-buster.”



Volunteer Kelly Heilig

Facilitator, Family Support Group & Instructor

After Kelly’s husband, Todd, was hospitalized several times and diagnosed with bipolar depression, their family experienced a number of challenges. Kelly was introduced to NAMI and its programs in 2009. Now she gives back to NAMI. “I get so much strength from teaching because I’m able to share my experiences and still

have a smile on my face,” Kelly says. “I can show them they’re not alone.”

Board Of Directors

President – Paul Phares, MS,
UnityPoint Health Robert Young
Center

Treasurer – Amy Wilson, Deere &
Company

Secretary – Aaron Van Lauwe, MSHR,
The Quad Cities Rehabilitation
Institute

Matthew Dargene, US Bank

Tawny R. Eley, JD, Deere & Company

Nikki Hayes, LCPC, LMHC, NCC,
Robert Young Center CMHC & Be
Well Therapy + Consultation

William Iavarone, DBA, MS.Ed,
Augustana College

Brandon Kutmas, LCPC, LMHC, Quad
City Behavioral Health Associates
PLLC

Ross Teemant, MSW, Woodland
Springs Hospital

Kristina Voyna, PsyD, MBA, Deere &
Company

Board service completed in 2022

Rev. Peter Bredlau, Trinity Lutheran
Church, Moline

Melanie Weires, GrowthPath Software

2022 Key Funding Sources & Work

Unrestricted Donations & Bequests
\$75,893

NAMIWalks Event Net Revenue
\$92,713

In-Kind Donations \$82,472

Grant Awards & Contracts
\$161,400

- *Muscatine County classes & seminars – Focus on youth awareness and family-of-adult education:* Muscatine Health Support Granting Fund
- *Family-to-Family education programs – Focus on family-of-adult education:* Rock Island County Mental Health 708 Board, Henry County 708 Board, Henry County Mental Health Alliance, Eastern Iowa Mental Health Region
- *Family support seminars:* Vera French-SAMHSA partnership
- *Community education & outreach – Focus on youth awareness & supports:* North Scott and Bettendorf Rotary Clubs
- *Community education & outreach – Focus on at-risk groups:* Dorothy Jane Folwell Education and Health Care Fund, United Way of the Quad Cities
- *Community education & outreach – In Our Own Voice peer presentations for community groups:* Dick Fallow Fund for Social Justice – Progressive Action for Common Good
- *Capacity-building – Launch of NAMI Development Department to create sustainable funding for the organization:* Hubbell-Waterman Foundation, Regional Development Authority, and Quad Cities Community Foundation



NAMI Greater Mississippi Valley

563-386-7477 Ext. 266

www.namigmv.org

a 501c3 organization #42-1188963

Published February 2023

1035 W. Kimberly Road, Suite 4
Davenport, IA 52806

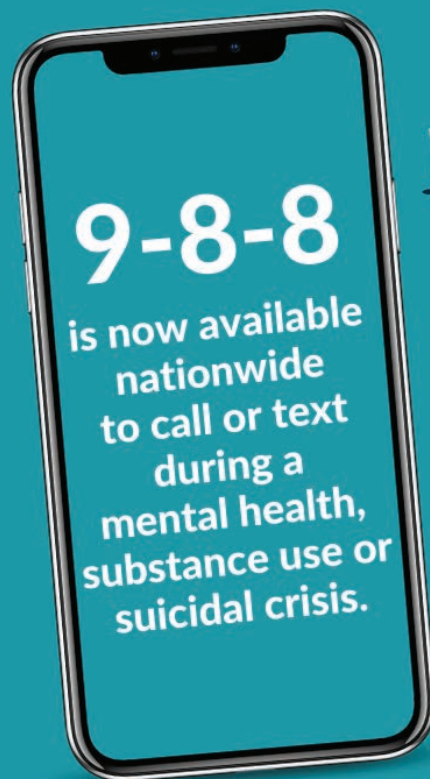
NON PROFIT ORG
US POSTAGE
PAID
ROCK ISLAND, IL
PERMIT NO. 95

About Us

NAMI Greater Mississippi Valley is a 43-year-old affiliate of the National Alliance on Mental Illness, the nation's largest grassroots organization dedicated to building better lives for individuals living with a mental health condition and their families.

NAMI offers nationally-developed evidence-based education programs proven to help families move through trauma. These programs are delivered by trained volunteers with lived mental illness experience. NAMI does not offer counseling or social services. Rather, it focuses on education, advocacy, and support. We serve residents of eastern Iowa and western Illinois. Funds raised here – stay here – for local programs. IRS ID #42-1188963

A MENTAL
HEALTH
RESPONSE
WHEN
EXPERIENCING
A MENTAL
HEALTH CRISIS.



*What does this mean
for you and your
family?*

*Learn more at
nami.org/988*

