



**nami**

National Alliance on Mental Illness

**Lexington**

**namilex.org**

*"promoting recovery"*

# *Lifelines to our Community*



**2014 Annual Report**



*On The Inside*



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# VITAL SIGNS

&

by Kelly Gunning



# LIFELINES TO HEALING

## Saving the Safety Net



If we were clinically assessing our statewide Community Mental Health system, I am afraid we would be close to calling in Hospice and the clergy. There is a faint pulse and some of us still hold on to hope for meaningful change and work diligently and collaboratively to make that revitalization happen. We have been barely surviving on hit and miss supplemental 'life supports' to varying degrees for years now...chronically underfunded and gasping for the infusion of life sustaining funds and visionary transformation. The full frontal march to defund public mental health institutions began in earnest in the 1980s. Hospitals across this Nation have been closed at alarming rates and those that have survived are under increasing pressure to downsize and become court-ordered short term evaluation sites. Policymakers at every level must restore community mental health funding and rescue what system we have left after more than \$4.5 billion that has been cut, since 2009, from state mental health budgets. Much of community based service is now in the hands of Managed Care

Insurance Companies, many for profit, and most community service providers have been forced through policy decisions to turn to said insurance reimbursement for funding. Thus, financial pressure subverts treatment based on a patient's needs; morphing, over time instead, into doing only what an insurance company, not a psychiatrist or skilled mental health professional, would deem "medically necessary" and reimburse only for the limited time it deems coverage appropriate. In many states, scarcely a skeleton is left of the former mental health care system; indeed in many states, there is scarcely any mental health care to be had. A public good has been sacrificed for private gain. As a nation and as individual states, we should acknowledge and change the nonsensical way in which we wait for a crisis before addressing mental health concerns. We historically are REACTIVE not PROACTIVE.

The time for the de-fibrillator is now. The time for the lifesaving intervention is now. We must continue working to change the focus from crisis care to crisis prevention interventions and recovery based services before recovery becomes elusive and unlikely. That means early identification, integrated care offered by professionals and peers in community settings and emergency help provided by trained mental health personnel in clinical settings, not by sheriffs, police and wardens in our jails and prisons reacting to tragedy. These upstream crisis prevention services are the things that NAMI Lexington strives to co-create and be a part of. We are consistently partnering with other stakeholders to create and maintain a crucial safety net of vital services that the 'system at large' has been forced to critically narrow, if not altogether abandon. Many times NAMI Families and Consumers are the lone voice of individuals LIVING the results of ill-conceived policy decisions based on dollars, not impact on individuals. Things like the new Mental Health Court and the two new Community Conversation groups are working in earnest to save vital services and improve linkage and intervention availability across various community entities. More and more Community service non-profit entities are providing more and more 'safety net' services on shoestring budgets and are forced continually to try to invigorate community funders to donate at a time, when more and more worthy causes emerge. Thank you to all of our partner agencies (you know who you are)...there would be no LifeLines and perhaps no signs of life at all if we didn't collectively continue to cooperate in bringing our causes to the forefront.



# A Lifeline of Advocacy



## Taking Down the Wall

### LifeLines OUT of Recidivism and IN to Treatment Creating LifeLines to our Community Partners...

**2014 has been an exciting year for NAMI Lexington and our success in advocating, facilitating and collaboration has achieved some impressive milestones.**

The Fayette County "Take Down the Wall" decriminalization initiative has accomplished at least two of the three very important goals we established in our inaugural meeting in October 2012. We established the need for community collaboration and cross discipline conversation and problem solving around services for our Severely Mentally Ill (SMI) citizens who are caught in a cycle of recidivism.



#### Creating a Forum for Community Networking and Problem Solving

Meetings were focused on creating interdisciplinary relationships across the system of care. The goal was to collectively identify issues and co-create a community crisis response to the cycle of individuals who are falling through the cracks of the mental health, criminal justice and hospital systems. These individuals are consistently at high risk for incarceration, homelessness and victimization. We looked at current community resources and desired community resources and began directly dialoguing about specific responses to individuals in need at any given time. A reliable network is established and an informal process of "pick up the phone" and involve the partners who can directly impact the outcome of the crisis situation at hand is established until we can achieve the larger goal of having a more centralized crisis management entity...such as a psychiatric emergency services destination or a one stop approach where all appropriate services are centralized for at risk individuals.



#### Creating a Mental Health Court – Opening November 17, 2014:

The specialty, therapeutic court would divert individuals involved in misdemeanor offenses to a Mental Health Court which would insure that the individual was afforded access to a path of treatment and resources instead of going to jail. In Mental Health Court, the forum would exist, should we be successful in implementing court appointed specialty social workers which we advocated for with legislation during the 2014 legislative session through House Bill 221, brought by House Representative and Co-Chair of the House Health and Welfare Committee, Rep. Tom Burch. In the future as we look to some Assisted Outpatient Treatment (2014/Senate Bill 50) options for clients with recidivism issues and anosognosia, the Mental Health Court will be up and running and would be able to accommodate those cases as well, in Fayette County.







# A Lifeline to Families



## Family Services

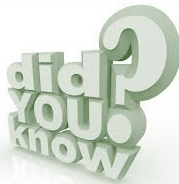


NAMI Lexington's Family Services program was very busy in 2014! In 2011, we realized that most of our cries for help come from families in immediate crisis. Many cannot wait until our next Family to Family class begins. To better respond to these individuals, we instituted NAMI

Introductions; a weekly support and NAMI orientation group. In 2014 NAMI Introductions was offered every week and to date has had 144 contacts. In addition, our Family support groups were offered three times a month and have had 125 contacts!

We had 3 Family Workshops in 2014, and each relayed information on topics requested by our members. Jean Lafky presented on Co-Occuring

mental illness and highlighted the Double Trouble in Recovery 12-step program she worked to build. Paul Glaser, MD, PhD, a professor of Psychiatry, Neurology and Anatomy at UK presented on "The Good, the Bad and the Ugly" of psychiatric medications. Dr. Glaser used his extensive experience to relay information on new medications and the variety of types of psychotropic medications available today. He also bravely fielded questions from many members in attendance. Carlton Craig, Ph.D., professor at UK's Center on Trauma and Children, presented our last workshop on Cognitive Behavioral Therapy. He explained the purpose and uses of CBT and also answered questions by those in attendance. These workshops are presented as part of our Family Services team, but are open to and attended by all. If there's a topic you'd like to learn more about, please



**NAMI Lexington has offered  
THREE 12-week  
Family to Family classes for  
the 3rd consecutive year!**

### **Mental Health Presentations provided to the community:**

- University of KY social work classroom both in the Spring and Fall semester
  - Montessori High School
  - Good Sheppard Episcopal church
  - The staff at Lord's Legacy Organization
  - University of KY rehab counseling class.
- Created recording for Dr. Feist-Price

### **Comments from Family to Family Students**

*"I feel like I am a better wife, mother, person as a result of this class. I am calmer, more understanding, more accepting and my relationships have improved considerably."*

*"Coming to this class was like comfort food for me and I don't feel like I wasted one minute!"*

*"I received a lot of clarification from the confusion and I am more at peace. I've learned how to handle episodes and*

### **Family to Family Class - Summer 2014**



**The Family-to-Family eleven week course was offered three times in 2014 with over 100 individuals participating and 75 individuals graduating.**



# A Lifeline to Consumers



## Peer Services at Eastern State Hospital



Peer Specialist Team Providing In-patient Services at Eastern State Hospital NAMI Lexington has been at the fore front of

to community levels of the continuum of care by establishing these important relationships in the hospital. We look forward to expanding these vital services to include more one to one peer counseling and utilizing peers from around the state to create “warm handoffs” back to their local service providers and resources.

Peer Operated Services in the Bluegrass Region and across Kentucky. We have advocated tirelessly for the inclusion of Ky. Peer Specialists, as a vital provider of recovery oriented services in the hospital setting. We feel that one of the most important functions the peer role serves is to offer ‘lived experience’ and hope to those individuals experiencing hospitalization AND their families and supporters. We are proud to announce that we have been able to secure a contract for providing Peer Services on the units, in the Recovery Mall and during visitation at the hospital through cooperation and collaboration with the leadership team at UK HealthCare. We are so pleased to be a part of the progressive vision for improving outcomes and advancing the probability of out-patient recovery and access

Special Thanks to the hardworking, dedicated and compassionate Kentucky Peer Specialists on NAMI Lexington’s ESH Team

Rock Blackburn, KPS

Sarah Brumfield, KPS

Arnedá Carmickle, KPS

Valerie Mudd, KPS

Kirk Reynolds, KPS

Sherry Sexton, KPS

Bonnie Tracy, KPS

### Hospital -Community Partnership Meetings

With the major transition of management of Eastern State Hospital to UK HealthCare, there were many changes. Along with many changes were many rumors, misunderstandings and outright confusion about how things worked. Initially, there was not a lot of good, reliable, factual, information out there. Through the decriminalization committee work that was going on there was a lot more conversation about the hospital’s role in the entire community equation; especially as it was related to the issue of individuals not receiving care and the misunderstanding as to why that was happening. In July, it became apparent that we needed to open up lines of communication and work with the hospital to solve these complex questions. In cooperation with NAMI, the hospital management team graciously invited the community crisis managers and agencies to the table to begin drilling down into these areas of concern to forge solutions TOGETHER. This could be a huge game changing factor in the future of mental health care for the service area of Eastern State Hospital.



# A Lifeline to Consumers



## Participation Station and KYSTARS

### Celebrating 5 Years of Participation Station this December!

An average of 410 participants every month (that is NOT unique visitors) in the first half of 2014 (we're still compiling for second half, of course).

An average of 107 unique participants in the first half of 2014.

There is at least one support group offered 5 days of the week. Support groups averaged 7 members in the first half of 2014, and have grown to at least 10 in the second half of 2014.

Added Double Trouble in Recovery 2 years ago this month, a 12-step program for co-occurring mental illness and substance abuse, where they can talk about psychiatric medications and how mental illness affects their sobriety in an open, anonymous, supportive environment.

Added Emotions Anonymous this summer which is a 12-step program for individuals dealing with emotion regulation difficulties. It's average attendance has been 10 since the beginning and is increasing.

Participation Station has a "magic" quality about it because it is an open environment with no clinical expectations or clinical setting features. We ask your name, not your diagnosis, and help with whatever you want help with. If you're just looking for a safe place to make friends and hang out, we're that as well.



## KYSTARS at Work

In May 2014, we were proud to present the Bluegrass.org/ KYSTARS Kentucky Consumer Conference. The conference was a huge success and was attended by over 300 individuals from throughout the state. There were specific tracts for Kentucky Peer Specialists and for individual that work in a peer operated center.

The evening before the conference, we hosted the first annual Kentucky Peer Excellence awards. This event was generously sponsored by Humana CareSource and UK Healthcare. It was a wonderful evening and awards were given to peer support pioneers from all 14 regions in the state. Molly Clouse, KPS received a statewide award for her long history of Consumer Leadership. This award will now be named the Molly Clouse Consumer Excellence Award.







# A Lifeline to Our Community



## NAMIWalks 2014



**Special Thanks to bluegrass.org -**

10 years as our Presenting Sponsor!

**And Thank You everyone -**

**YOU helped us raise 69.2% of our total goal!**

### AWARD WINNERS:



Corporate Team Fundraiser:

**Eastern State Hospital**



Top Fundraiser Team - Business:

**bluegrass.org**

Top Fundraiser Team - Non-business:

**NAMI Winchester**

### **Teams Raising over \$500**

Eastern State Hospital Corporate

Team \$ 4,771.56

Bluegrass.org - \$3,285

NAMI Winchester - \$1,585

Stoner Creek - \$1,485

Russell - \$1,375

Versailles UMC Faith Team - \$1,105

Participation Station- \$1,053.95

Ayden's Angels - \$1,050

**"..Awesome positive energy! Everyone was friendly, full of energy even though it was a chilly rainy day,"** reported one participant.

As one of our family members put it, **"NAMIWalks does an**

**awe-some job re-duc-ing the stig-ma around men-tal ill-ness!"**







# A Lifeline to Our Community



## MAC & Social Media



### You are not alone in this Fight.....

The mission of the Multicultural Action Committee (MAC) is to reach out to the diverse populations in and around Lexington. The MAC Team advocates, educates and supports by partnering with community organizations and at faith-based events.

### 2014 MAC Highlights:

The MAC Team welcomes Evelyn Morton as the new MAC program coordinator this year. Evelyn’s lived experience and her passion to network in her community have fueled a very successful outreach resulting in many new subscribers to the MAC Team listserv and volunteers to the team!

NAMI Lexington’s MAC Team sponsored **“Battle of the Choirs”** at the **Lyric Theatre** in April. Numerous excellent Choirs competed for the favor of the Judges and the 350 people in attendance. Each and every performance was memorable and no one envied the job of the judges to pick any one choir over another! The event benefited [Open Door House Ministries](#) whose ministry is feeding the homeless and reaching out to families in the community

The MAC Team hosted the first Annual **Community Fun Day** event to celebrate Minority Mental Health Awareness month in July. The event, held at the **Charles Young Community Center**, was sponsored by **UK Health Care** and **Humana CareSource**. Over 300 in attendance enjoyed a free picnic lunch, music, team basketball, games, activities, and on-site vendors. Response was overwhelmingly positive with numerous comments that more “:family-friendly” events were needed in the community and to please consider hosting a Community Fun Day again next year. Done - The NAMI Lexington MAC team is already planning next year’s event!

NAMI Lexington members have rarely had issues being social with one another. Dealing with mental illness together has been the driving force for all we do. We’re translating some of that comradery and information sharing to the digital world via multiple social media platforms – Facebook, Twitter, Instagram, and Pinterest. Tune in on “What is it Wednesdays” to learn key terminology we use. “Throwback Thursday” holds some jewels of photos of NAMI events past. Other features shared include event notifications, facts, studies, and even profiles of your favorite staff and volunteers.





# A Lifeline to All



## 2014 NAMI Lexington Events

***NAMI Lexington hosted, sponsored and participated in over 90 events in 2014! Take a look at the many ways NAMI Lexington has worked to provide advocacy, education and support promoting recovery in Mental Health.***

Annual New Year's Eve Party PS  
 F2F Class Start  
 Martin Luther King Day - MAC  
 Mental Health First Aid Training  
 874K Rally  
 February Black History Month - MAC  
 Valentines Day Party - PS  
 NAMI Smarts  
 NAMIKY Advocacy Day  
 UK Social Work Class Presentation  
 Presentation on ADD/ADHD  
 CKRITT Transition Fair  
 NAMI Workshop Dual Diagnosis and Treatment  
 KY State Univ. presentation on Suicide in the Elderly  
 Connections Support Group Facilitator Training  
 KY Gives Day  
 UK Alumni Association Virtual Networking  
 NAMI UK Screening "Call Me Crazy"  
 Battle of the Choirs - The Lyric - MAC  
 Mental Health First Aid Training  
 WAGS Autism Awareness NAMI UK  
 May is Mental Health Awareness Month  
 Mental Health Awareness Walk UK Campus  
 Derby Party - PS  
 Rebekah Cotton Presentation  
 ADHD Overview with Dr. Swope NAMI UK  
 NAMIWalks Information Meeting Natasha's  
 Suicide Bereavement Discussion  
 Recovery Across KY Panel  
 Peer Awards Ceremony  
 KYSTARS Consumer Conference  
 MAC Bracktown Church Mental Health Event  
 F2F Class Start  
 UK Appreciation Day Vendor Booth  
 Mental Health and Aging Training  
 KET MH Court Interview Kelly w/ Renee Shaw  
 Art in Unlikely Places Event  
 NAMI Workshop Dr. Glaser Medications  
 July is Minority Mental Health Month  
 MAC Community Event Charles Young Center  
 PS Car Wash  
 NAMIKY Annual Conference

NAMIKY Conference  
 Back to School Event  
 Prof. Women Forum NAMIWalk Promotion  
 Woodland Arts Festival  
 International Overdose Awareness Day  
 NAMIWalk Kick Off Event  
 Faithway Church Event MAC  
 UK Fusion  
 Community Health Improvement Plan  
 September is Recovery Month  
 WRFL Radio Discussion on Suicidality MH Stigma  
 NAMI National Convention  
 Roots and Heritage Festival  
 Suicide Prevention Walk  
 National Suicide Prevention Week  
 International Suicide Prevention Day  
 F2F Class Start  
 ScareFest  
 Autism Walk  
 KEMI Health Fair  
 IOOV Presenter Training  
 NAMIWalk Volunteer Meeting  
 Mental Health Coalition  
 Recovery Festival  
 NAMI Workshop Dr. Craig on CBT  
 Nuns on a Bus  
 Mental Illness Awareness Week  
 Candlelight Vigil  
 Mental Health Court Ribbon Cutting Ceremony  
 UK Depression Screening  
 NAMI Walk  
 Mental Health First Aid Training  
 Family to Family Teacher Training  
 UK Social Work Class Presentation  
 Halloween Party at PS  
 GoodGiving Guide Challenge  
 NAMI Basic Teacher Training  
 Compassion Fatigue Presentation  
 KY Psych Rehab Association Strategic Planning  
 PS Yard Sale for PS Walk Team  
 NAMIFest @ BCTC for NASA Walk Team  
 Mental Health Ministry - VUMC



*from the desk of  
our executive director*



**Thanks to YOU**, NAMI Lexington continues to expand Advocacy, Education, Support and Outreach – the cornerstones of our mission - **“Promoting Recovery”**. Embracing LifeLines to Wellness in our community requires a solution oriented focus. Our staff and programs continue to grow and develop. Interns, volunteers, and program participants continue to provide invaluable resources and “lived-experience” insight. Our Partners continue to Partner and we continue to increase the number of people we serve.

Working with groups of knowledgeable and compassionate individuals devoted to problem solving is inspirational. Identifying gaps, bottlenecks, and pockets of misunderstanding leads to creating solutions. Implementing solutions through collaboration provides hope and synergy that is invaluable. **We want to thank each and every one of you** for your individual contributions that together provide hope and inspiration for so many. Please enjoy our annual report - an illustration (not all-inclusive!) of NAMI Lexington’s current endeavors and a glimpse of the future.

## 2014 NAMI-Lexington

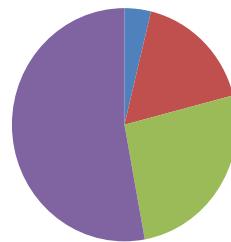
### **SUPPORT and REVENUE**

Contributions, membership	\$19,100
Fundraising and In-Kind services	\$86,166
Grants	\$131,475
Program Service Reimbursements	\$265,891
	<b><u>\$502,632</u></b>

### **EXPENSES**

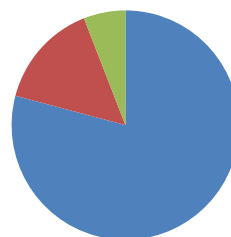
Program Services	\$390,232
General and Administrative	\$73,707
Fundraising	\$29,288
	<b><u>\$493,227</u></b>

### **SUPPORT and REVENUE**



- Contributions, membership
- Fundraising and In-Kind services
- Grants

### **EXPENSES**



- Program Services
- General and Administrative
- Fundraising

Detailed Financial Reports are available at [www.namilex.org](http://www.namilex.org)





## **2014 Paid NAMI Memberships**



Cheryl Anness	Susan Frank	Jackie Lesperance	Helmut Schumacher
Richard Arnold	Kelly Fyffe	Madeleine Loeffler	Dale Segress
Julie Ash-Beach	Linda Garth	Nathan Maldonado	Sherry Sexton
April Bach	Christen Gatton-Stinnett	Tondelayo Maldonado	Arthur Shechet
Kathryn Bailey	Dana Gilliland	Olivia McCoy	Larry Souder
Calvin Banks	Daniel Gray	Tamara McNabb	Donald Soule
Susan Bean	Phillip & Kelly Gunning	Lisa Miller	John Soule
Michael Beard	James Haggie	Shanta Mitchell	Kaitlyn S Stephens
Shanta Brooks	Ty Hall	Betty Morton	Kimberly Stevens
Gina Burns	David Hanna	Bonita Morton	Steve Stone
Kathy Burrell	Lawrence and Jeanne Harris	Evelyn Morton	Terrie Tate
Dan Cahalan	Barbara Harvey	Faye Morton	Carol Teague
Armeda Carmickle	Terri Hazelwood	Julie Neace	Marcie Timmerman
Julie Caudill	Connie Hendricks	Mary Neill	Vanessa Tirabassi
Tom Colceri	Marion Hitt	Iona Noger	Jolinda Todd
Bonnie Collins	Alma Holliday	Richard and Sherry Owen	Virginia Trueblood
Carolyn Colliver	Adrain Holloway	Kelly Patierno	Audrey Tusie
Mary Craycraft	Timothy Houchin	Maurice Pickett	Theresa Walton
Patricia Creighton	Vickie House	Ryan Quarels	Linda Wardle
Jennifer Curtis	Dietrich Hubbard	Barbara Rainey	Priscilla Wells
Steven Dieterich	Bonnie Huddleston	Leslie Reed	Roberta White
Lula Drewes	Ella Hunter	Sean Reilley	Martha Wiedemann
Terri Edwards	Tracy Jacobson	Brenda Rice	Carolyn Wilkinson
Deborah Eggum	Brandi Johnson	John Richards	Melinda Wirkus
Reg Elliott	Waltr Lane	Sandy Richards	Jeanie Wolfson
Judy Erdman	Greg Lavy	Douglas Rigsby	Mary Woolley
Robert Faesy	Armeda Lawson	Lucille Risner	Steve Zessin

### ***Donations were received in Honor of:***

Debra Jean Robinson  
 Lois Wortman  
 Franklin Thompson  
 Katherine Wilder  
 Tony Noger

### ***Donations were received in Memory of:***

J. Logan Backer  
 Jackie Frazier  
 Esther Jacobson  
 Colleen O'Reilly  
 Michael Copley  
 Virginia Gift  
 Terry Miles  
 Matthew Taylor  
 David Webb