Because of NAMI...

Because of You...

Because of
there is
Hope & Compassion

Because of
families find support, help & understanding.

Because of
I have a
Voice!

Because of
Employers get
GREAT WORKERS

Because of
my community has
a place to turn to

Because of
Kids in my community
understand Mental Illness

Because of
there is Hope
for our Youth!

Metro Suburban
National Alliance on Mental Illness

2019 Annual Report

NAMI Metro Suburban  www.namimetsub.org
Fiscal Year 19 was a record year for NAMI Metro Suburban. For the fourth consecutive year we reached new milestones in providing adult mental health recovery services and serving our community’s youth by providing mental health education and wellness practices.

That is a testament to the commitment and compassion of our partner agencies, our financial supporters, our volunteers, and our staff. It has not always been easy. We have had to adjust our processes and make hard decisions. We have asked more from our mission supporters than ever. But the result of all that effort is undeniable. As a highlight of our work this past year, we opened a second Adult Living Room in Broadview with Healthcare Alterative Systems and expanded our student services to educate over 10,000 students about mental health.

The question now is, where do we go from here? Our board and staff will spend the better part of 2020 laying out a new strategic plan in order to answer that question. And one of the answers is this: It is time to focus on our youth. Adolescence is a unique and influential time period. Multiple physical, emotional and social changes make young people a risk for mental health challenges. More and more, research is revealing the prevalence of not only mental health conditions, but also alarming rates of suicide for young people.

NAMI Metro Suburban has begun addressing our youth’s emerging mental health needs by piloting three unique school-based programs this year; including a distinctive Peer to Peer high school student model, with a school-based Zen Room. At another school, we are administering a universal mental health screening paired with our Ending The Silence program, providing an excellent opportunity for students to reflect more accurately on their own behaviors and emotions while offering a Tier 1 intervention. Lastly, we are piloting a peer support group for middle school students to create a peer network and enhanced coping skills. These pilots will help inform our strategic plan as we move forward in the new year.

2020 will be an exciting year as we implement a robust strategic plan to ensure we are meeting the needs of our community. None of this would be possible without the trust of our school partners, funding partners and you. Thank you for your continuous support and guidance: the fuel that keeps us moving forward.

With Gratitude,

Kimberly Knake
Executive Director
NAMI Metro Suburban
Sean found NAMI when he happened to walk by the Drop-in Center and the sign caught his attention. He never knew there were places other than a doctor office or hospital that offered services for people with mental health conditions. He decided to look up NAMI’s website to learn more.

Sean’s first experience at the Drop-in Center was when he was in crisis and needed help becoming sober. He had been suffering from depression and anxiety throughout his life and his mental illness symptoms had become unbearable. He believed he was “a hopeless alcoholic” because his way for self-medication was drinking.

Sean was referred to the Living Room in LaGrange for peer counseling where he was able to share his story, talk about the life changes he wanted to make and learn about resources available. Together with his Recovery Support Specialist, Sean created a Wellness Recovery Action Plan as a process to follow toward wellness. At that point Sean believed, “I still had a long way to go with my recovery but for the first time I felt like I had a plan I could believe in and the support of NAMI staff to get me started.” From that time forward, he returned often to The Living Room to share his progress and add to his recovery goals. He also stayed connected with events at the Drop-in Center where he could visit with the staff and fellow participants.

As he progressed in his recovery, Sean utilized a number of NAMI services; including attending daily groups and wellness classes at the Drop-in Center; meeting with an Employment Specialists in the IPS Jobs Placement program to update his resume and learn about job openings in the community; volunteering at the Drop-in Center; completing Wellness Recovery Action Plan (WRAP) class and Mental Health First Aid training and becoming a Recovery Support Specialist Intern. The next step of Sean’s journey took him full-circle as he became a full time NAMI employee, in the role of Recovery Support Specialist.

In sharing his thoughts on going from a NAMI participant to employee, Sean said, “I feel blessed and full of gratitude to have gone from NAMI participant to NAMI full-time employee. I feel connected and inspired by being a part of the mental health community and wish to be of service towards helping people in mental health recovery live better lives.” As a Recovery Support Specialist, Sean finds joy in meeting and being around the many people who visit NAMI to utilize their services.
Because of NAMI...  
Families Support Families

When talking about families supporting families, most people think of our monthly support groups. But what about the person who is in need of more than just support to get through their days? For many, in-depth education is just as important during a mental health crisis. They are the reason NAMI Metro Suburban also offers a 12 week Family-to-Family class twice a year.

Instructor, Teresa Blomquist, first heard about Family-to-Family from a neighbor when her husband became ill. After a phone call to NAMI, she felt she had found “shelter in a storm.” As she explained it, she came, she stayed and she learned a lot. Teresa described her first experience as a participant in Family to Family class as “completely eye opening” because, even as an educated person, she really did not fully grasp the biological and chemical causes and that left her feeling mental illness was something embarrassing. She did not tell friends and co-workers what her husband was sick with but, after all she learned at Family-to-Family class, she has come a long way.

Similarly, Reyna Santillian, also a Family-to-Family instructor, felt she was in denial when she first walked into the class. Her son had recently been diagnosed with a mental health condition and she was researching the illness in search of help, when she came across a flyer for Family-to-Family Class. Prior to that, Reyna felt isolated and alone. She explained how the class changed her. “I couldn’t talk to really anybody about it. To meet people who were going through the same thing I was, I felt very comfortable talking and asking questions. From the first time we introduced ourselves, I did not feel alone.”

Both Teresa and Reyna stay involved with NAMI Metro Suburban, having served on the Board of Directors, and eventually being trained and certified to become Family-to-Family instructors themselves, passing on the compassion they had received from others. While Teresa seems a logical fit, having had a teaching background, that is not why she got trained. She explained that it has to do with the satisfaction she gets in passing on such important information.

When asked, both teachers said they would recommend the class. In Teresa’s words, “If you have a better way of getting information, go for it, because this is the best way I know to get the information to manage your life and your loved one’s illness. I have truly never heard of anything better out there. This is it!”

NAMI’s Family to Family is a 12-week class which provides information and strategies to care for loved ones struggling with mental health conditions. It also provides hope and the understanding that they are not alone. The class is taught by two trained family members who have been through like situations and can relate to the class participants’ daily challenges. Learning topics include everything from how to solve problems to communicate effectively and utilizing local resources to how to handle a crisis and how mental health conditions affect the brain.
Research shows 60-70% of people with serious mental illness want to work; however, fewer than 15% of these individuals are employed. NAMI’s Individual Placement and Support (IPS) Program is working hard to change that statistic.

Speaking to “Tanya”, an IPS client who is now employed as a teacher, about her experience, she shared that her first thought when she learned about the program was, ‘Finally, there is help so I can get myself stable and back into the workforce and back to striving for independence.’

As with all IPS clients, Tanya began her journey by meeting with a NAMI Employment Specialist. Together, they discussed her strengths and interests, prepared a resume and job applications, conducted mock interviews and took the steps necessary to achieve her desired results. Tanya is just one of many success stories arising out of the IPS program. Another client, “Mark”, spoke about his experience obtaining employment in a factory setting and his recent promotion to team leader. He explained, “I just like being independent, having steady income, just being able to get the things I need. This job has given me a team leader position. It is a sense of independence.”

The IPS program does not only assist individuals in securing employment, Employment Specialists continue to offer support and guidance throughout the first year of work. That meant a lot to Mark and Tanya. Mark explained why follow up services are so important, “There were times when I needed steel toes to work in, or a ride to work, or a bus pass. Sometimes you don’t know who to ask or where to get help and she [Mark’s Employment Specialist] has been helping me deal with that.”

Our meeting ended with a final thought from Tanya, “She [her Employment Specialist] has aided and assisted me along the way and I am so grateful to the moon about that. I am a little nervous but at the same time very excited.”

Individual Placement and Support (IPS) is an evidence based model of supported employment for people with a mental illness. IPS supported employment helps people living with behavioral health conditions work at regular jobs of their choosing. Participants work with an Employment Specialist to build a resume, complete mock interviews, search for employment, and overcome identified barriers. An Employment Specialist can continue to work with a participant once employment is secured, providing support and guidance during their first year.
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Visit www.namimetsub.org to learn more.
1 in 5 people live with a mental health condition every year.

Because of NAMI...

FY19 COMMUNITY SERVICES
- 13,220 Students and Educators Attended a School Based Ending the Silence Program
- 605 Ending the Silence Classes Were Conducted Throughout the Area
- 886 Were Trained in Mental Health First Aid

FY19 FAMILY SERVICES
- 49 Family Support Groups Were Held Throughout the Area
- 112 Hours of Family Education Were Conducted
- 450 Family Members Attended Classes at the Community Wellness Center

FY19 RECOVERY SERVICES
- 995 Peer Support Service Hours Were Provided at The Living Rooms
- 11,075 Direct Service Hours Were Provided at the Drop In Center
- 124 Connection Support Groups Were Held Throughout the Area
- 48 Peer Education Classes Were Conducted

1 in 5 people live with a mental health condition every year.

Because of NAMI...
Financial Overview
Fiscal Year 2019

FY 19 Program Expenses

- D.I.C.: 25%
- LIVING ROOMS: 30%
- EDUCATION: 38%
- FUNDRAISING (misc.): 2%
- MANAGEMENT & GENERAL: 5%

FY 19 Revenues

- LOCAL GOVERNMENT: 18% ($235,662.00)
- FEDERAL/STATE: 26% ($337,113.00)
- FOUNDATIONS: 13% ($164,561.00)
- CONTRIBUTIONS/DONORS: 43% ($554,365.00)

Total Revenues: $1,291,701
Because of Members and Volunteers... NAMI Creates Change

Join Us as We Make an Impact in Our Community

Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger. Raising awareness on your own, as part of a small group or part of our community can make a difference.

Taking action and raising awareness of mental health conditions can break down obstacles and improve the chance of recovery. Learn how you can make a difference in our community and for millions of Americans across the U.S.

Mental health matters to everyone. Individuals, companies, organizations and others can all get involved to learn more about mental illness, to see a person for who they are and take action on mental health issues.

Support NAMI’s Mission By Getting Involved

Become a Member
Add your voice to the mental health movement by becoming a member of NAMI Metro Suburban

All members are entitled to the following benefits:

• Membership to NAMI Metro Suburban, NAMI Illinois and NAMI National
• Discounts on event and convention tickets
• Quarterly NAMI National Advocate Magazine

Membership information can be found at www.namimetsub.org/membership

Become a Volunteer
NAMI Metro Suburban was built on volunteerism and continues to remain true to its grassroots connection by offering a number of volunteer opportunities for people with varying backgrounds and skill sets. Volunteers give as much or as little time as they are able, working in a variety of capacities throughout the organization.

Find out more about NAMI’s volunteer needs by visiting https://www.volunteermatch.org/search/ org1127585 or calling (708) 582-6434, x. 107.
Because of You... 
NAMI is Grateful

Fundholders

Community Memorial Foundation
Community Mental Health Board of Oak Park Township
Lyons Township Mental Health Commission
Westlake Health Foundation
Illinois Children’s Healthcare Foundation
Riverside Township
Proviso Township Mental Health Commission
hcf Healthy Communities Foundation
Berwyn Township 708 Community Mental Health Board
Oak Park

Oak Park-River Forest Community Foundation
VNA Foundation

Community Partners

Loyola Medicine
MacNeal Hospital
Riveredge Hospital
AMITA Health

Robert H & Janet S Fleisher Foundation

@properties
Currie Motors
Community Bank

ALPA Construction
Synergy Behavioral Healthcare

Wednesdays Journal
Unity Temple

Because of You
We are reducing stigma and building community

Because of You
I have resources for my family

Because of You
We are 8 people to turn to

Because of You
Kids in my community
Understand Mental Illness

Because of You
There is Hope for our Youth!
Diana Alejandro
Anthony Ambrose
Peg Arnold
Brian & Sandra Bakalich
Barb & Paul Baldassarre
Julie & Paul Bauer/Greenberg
Allison Baxter
Barbara Biegaj
Jack Bierig
Bryan Biesterfeld
Robert & Teresa Blomquist
Jara & Jens Bogehegn
Andrew, Ellie & Susan Borgstrom
Tara Bradbury
Maureen Brennan
Peggy Bremner
Buona Companies, LLC
Carey Carlock
Mike Carmody
Nicole Cavaliere
Julie Anne Cedillo
Patrick Chambers
Peter Chapman
Peter Chien
Michele & Steve Chudik
Jennifer Connor
Terrance & Elizabeth Coughlin/
Kennedy
Amy Cox
Andrea & Dan Crowe
Lia Daniels
Colleen Davis
Elizabeth L. Davis
Lisa Decker
Michelle Decola
Margaret DeLong
Ted & Joanna Despotes
District No. 84
Vincent Donlon
Gary & Mary Doten
Jeanette Earlandson
Erik the Red, Inc.
Elizabeth Ester
Readith L. Ester
Shanan Essick
Mary & Edward Faron
Carol Joy Farrell
Fidelity Charitable
Fifth Third Bank
First Congregational Church of
Western Springs
Benjamin Frank
Tinsley A. Galyean
John & Kimberly Garnett
Liz Glaser
Virginia Goldrick
Kasia Gore
Mike and Mary Lee Gosz
Joan Greene
Greenplan Management
Sheila Haennicke
Jennifer Hamilton
Adam Hellebrand
Jack Henry
Daniel and Cheryl Hooper/Potts
Forrester L. Howard
John Wiley & Sons, Inc.
Diana Johnson
Bonnie Jordan
Chandee Kaur
Marsha Kalra
Kristen Keith
Connie & Paul Kendall/Nutting
Dan & Joy Kill
Charles & Mary Louise Knibbs
David Kodama
KPMG
Ellen & John Kunkle
Louis LaRocco
Charlotte M. Larson
David & Marcy Larson
Jean & Tom Larson
Mark & Martha Laubacher
Christine Laughlin
Frances E. Lynch, DDS
Patricia Madai
Laura Majerowski
Patricia Marino
Barbara Mayes
David McCarty
Bess McGeorge
McGillicuddy
Dan & Elise McLaughlin/Rehn
Dan & Jen McNulty
Robert Metzen
Kris & Scott Meyr
James F. & Kathleen A. Miller
Moriarity Foundation
Motorola Solutions
Rocio Munoz
Christopher Murphy
Tim & Sarah Murphy
Marie Murrell
Emma Muzzall
Kathlyn Myers
Paul Niemira
James & Maureen Olund
Meredith Onion
Diana-Marie Pagan
Colathur Palani
Robert Parker
Rob Paul
Donna Peel
Rebecca Lee Peterson
Gurinder Rana
Laura Reardon
Cynthia Reif
Michael Reimer
David Robbins
Kathleen Roberts
Schwab Charitable
Vanessa Scott
Laurel Seidelman
Shaker Family Foundation
Leah Shapiro
Mary Shapiro
Robyn Sherlock
Ali Shoiaat
Nanette Silva
Lisa Simiono
Danuta Skowera
Carla Sloan
Carol Stewart
Joseph Stimming
Mary Stimming
Maureen A. Stimming
Rev. Alan Taylor
Kathleen Thometz
Thrivent Life Insurance Company
Erik Treese
United Way
Gregory Vichick
Andrew Vidikan
Edward Wackrow
Jacqueline & Cameron Walker
Peter Welles
YMCA of Greater Chicago
Save the Date
CELEBRATION OF HOPE
Friday, April 3, 2020

Nineteenth Century Club
178 Forest Avenue, Oak Park, IL

Please mark your calendar to attend NAMI Metro Suburban’s Spring Benefit, where we will celebrate mental health recovery through inspiration.

NAMI Metro Suburban
namimetsub.org, info@namimetsub.org

The NAMI Drop In Center
814 Harrison St.
Oak Park, IL 60304
708-524-2582 x102
M/W/F 1pm - 7pm
Tu/Thu 3pm - 7pm
Sat/Sun 2pm - 6pm

The Living Room in LaGrange
4731 Willow Springs Rd.
LaGrange, IL 60525
708-582-6434
1pm - 9pm, 7 days a week

The Living Room in Broadview
1917 W. Roosevelt Rd.
Broadview, IL 60155
708-498-0200
1pm - 9pm, 7 days a week

The Community Wellness Center
4731 Willow Springs Rd.
LaGrange, IL 60525
708-582-6434
Hours vary - see website for class times

Education Offices
818 Harrison St., 2nd floor
Oak Park, IL 60304
708-524-2582 x101
9am - 5pm, Monday - Friday