



# NAMI

# North Carolina

National Alliance on Mental Illness



## 2010-2011

# Annual Report

## Who We Are

NAMI North Carolina is a grassroots non-profit 501 (C) 3 organization founded 26 years ago serving the needs of those living with mental illness in North Carolina by providing education, family and consumer support and information and referral services. Most importantly, we provide advocacy at individual, community, state and federal levels to motivate policy change and increase funding and services for those with the greatest need. There are over 1,700 members in 36 affiliates across the state that share the mission of NAMI North Carolina.

## Mission Statement

*The mission of NAMI North Carolina is to promote recovery and optimize the quality of life for those affected by mental illness.*

## NAMI North Carolina Board of Directors

- David Bullins, President
- Vickie Carpenter, President Elect
- Bonnie Currie, Secretary
- Marc Jacques\*, Treasurer and Consumer Council Chair
- Jim Pitts, Ph.D., Immediate Past President
- Vickie Carpenter
- Becky Faucette
- Samuel Hargrove
- Lena Klumper, PhD
- Julie McCormick
- Mike Mayer, PhD
- Greg Roche\*
- Art Springer
- Barbara diCiero\*
- Larry Hagler, PhD\*
- Ernst Hayman
- Mary T. Mandell, MD\*
- Suzanne Martin, PhD\*
- Tim Nordgren, JD
- Mike Weaver, MEd
- Ted Thomas

\*served partial terms during FY 2011

## NAMI North Carolina Staff

- Deby Dihoff, M.A., Executive Director
- Jai Harris, Membership Specialist
- Gloria Harrison, Helpline Manager
- Susan King Cope, Development/Special Events Director
- Claudia Krueck, Office Manager/Bookkeeper
- Brenda Piper, Family-to-Family Program Director
- Jennifer Rothman, Young Families Program Director



David Bullins (NAMI NC President), Kevin Sullivan (NAMI President), Deby Dihoff (NAMI NC Executive Director) and Mike Fitzpatrick (NAMI Executive Director) at NAMI Charter Signing Ceremony



NAMI North Carolina staff at 2011 NAMI Walks

## Letter from the President and Executive Director

Dear NAMI Membership:

It's time to reflect back upon 2010-2011 and all that NAMI North Carolina has accomplished in this period of time. In talking about it with staff, it was pretty astonishing to identify all the activities that have taken place. Here are some of the highlights for the year:

- Held a phenomenally successful statewide CIT conference in February - with the Secretary of Crime Control Reuben Young, Major Sam Cochran, Judge Steven Leifman and Tonier Cain being among the stars of the show- mingling with nearly 500 people at the McKimmon Center.
- Held a very successful Western Regional Conference, including a legislative panel with County Commissioner Ronnie Beale, Senator Martin Nesbitt and Representative Patsy Keever.
- Continued to grow NAMIWalks in participation, fund raising, and awareness - we even had TV coverage this year!
- Our first annual Mental Illness Awareness Week (MIAW) balloon launch was a success—held on the Dorothea Dix campus—staff, volunteers, lots of press coverage and participants launched over 100 balloons in honor of those affected by mental illness.
- Held a holiday Open House for providers.
- Sent more Heard in the Halls issues than ever.
- Participated in the very successful FaithNet Conference in Chapel Hill
- Launched a special outreach initiative to CABHAS for referrals and networking
- Received a *Sharing Hope* grant to reach out to African American Communities of faith
- Started the formation of a Veterans Advisory Council to reach out to veterans and their families
- Created NAMI North Central (Vance County area)
- Secured a National Institute of Mental Health (NIMH) grant to disseminate evidence based practice information
- As support from the Silber Endowment, awarded seven grants to local affiliates to help grow membership, start NAMI on Campus groups and strengthen organizational practices.

The work continues under the framework of our strategic plan - to grow membership, to increase name recognition of NAMI North Carolina, to make an impact through our advocacy, to reach more people through our programs and to have enough money to meet all of our goals. Browse through the rest of the annual report to learn more about just how we met all of these goals. The work of NAMI North Carolina could not have been accomplished without the help of our national office and our amazing local affiliates.

***But we are saving the very best for the last*** - NAMI North Carolina was the first state office in the nation to be chartered by NAMI in meeting their Standards of Excellence! This is a true honor for which we were recognized in Chicago at the NAMI National Convention with a special signing ceremony and with an announcement in the annual business meeting. We worked hard and we are very proud of this accomplishment. Yet the work is really only just beginning - to maintain excellence there will be continual growth and our focus will also be on working with our affiliates to help them become affiliated.

NAMI North Carolina could not function without the support and dedication of all of our members. You are the grassroots and you make it happen. Thank you for your hard work and dedication in making us ***North Carolina's Voice on Mental Illness!***

Sincerely,



David Bullins  
President



Deby Dihoff  
Executive Director

# Providing Support, Education and Advocacy Across North Carolina

NAMI North Carolina is dedicated to strengthening the grassroots—our affiliates. We provide updated information and support to local affiliates and offer help to organize new affiliates.

There are 37 local NAMI affiliates across the state. Each of our local affiliates has different needs based on size, location and availability of community resources. Local affiliates hold regular meetings, offer a variety of education and support programs for families and consumers and provide different types of community education.

In order to support our members, the state office provides assistance to our affiliates whenever possible to help them reach their goals. NAMI North Carolina offers a range of programs that every affiliate may elect to provide locally. Our organization is also active in seeking funding to ensure that all programs are available to every affiliate.

## NAMI North Carolina's Affiliate Partners

- NAMI Alamance Caswell Rockingham
- NAMI Appalachian South
- NAMI Charlotte
- NAMI Cumberland
- NAMI Edgecombe Nash
- NAMI Four Seasons
- NAMI Greater Hickory
- NAMI Halifax County
- NAMI High Country
- NAMI Iredell
- NAMI Lee Harnett
- NAMI N.E.W. (Nash, Edgecombe, Wilson)
- NAMI Orange
- NAMI Randolph County
- NAMI Rowan County
- NAMI Surry
- NAMI Union County
- NAMI Wayne-Lenoir
- NAMI Wilmington
- NAMI Albemarle Region
- NAMI Cabarrus
- NAMI Coastal Division
- NAMI Durham
- NAMI Forsyth
- NAMI Gaston Lincoln
- NAMI Guilford
- NAMI Haywood
- NAMI Gold Hills
- NAMI Johnston
- NAMI Moore County
- NAMI North Central (Aug. 2011)
- NAMI Pitt County
- NAMI Robeson
- NAMI Rutherford
- NAMI Transylvania Advocates
- NAMI Wake County
- NAMI Western Carolina

## NAMI Standards of Excellence

In early 2010, NAMI North Carolina started looking at ways to prepare for the new NAMI Standards of Excellence. The NAMI Standards of Excellence include practices that describe how to grow strong while operating legal, ethical and accountable organizations. And as a whole, the new chartering process will help ensure our future through a renewed spirit of cooperation and shared accountability. In July 2011, NAMI North Carolina received its charter in a signing ceremony held at the NAMI National Convention. Now the task will be to help our local affiliates as they start the process of working on affiliation. With our respective organizational houses in order, NAMI will be better equipped to meet the challenges that face families and people who live with mental illness – which is, of course, what brought us all to NAMI in the first place!

This “Better Together” collaborative initiative will ensure NAMI is the strong and vibrant presence we need it to be in order to meet the needs of individuals and families whose lives have been affected by mental illness.

## Support

NAMI North Carolina's **HelpLine** provides support, information and referrals to individuals and family members coping with serious mental illness. Typical calls include requests for information on specific illnesses, information about services and how to access services, as well as requests for a listening ear and a voice of support.

- NAMI North Carolina's HelpLine responded to over 1,500 requests and 400+ email requests
- NAMI North Carolina updated its educational brochures and distributed 16,625 brochures
- NAMI North Carolina's Consumer Council created a new **Recovery** brochure

## Staying Connected

NAMI North Carolina publishes a quarterly newsletter **Clippings** which contains program updates, educational articles and legislative advocacy efforts and local affiliate updates and **Insights**, a newsletter for parents, teachers and child serving professionals that focuses on child and adolescent mental health.

NAMI North Carolina continued to distribute the popular **Heard-in-the-Halls**, utilizing email technology. Highlights from the 2010-2011 legislative session were provided on an as-needed basis—connecting our members to advocacy opportunities in a timely manner.

Finally, NAMI North Carolina took on the huge undertaking of designing a new website with a fresh new look and updated information about our affiliates, affiliate resources, information on mental illness, how to get help and more.

- Mailed out approximately 3,300 **Clippings** newsletters per quarter
- Emailed approximately 4,800 emailed **Clippings** newsletter per quarter
- Mailed approximately 2,300 **Insights** newsletter to Young Families
- Disseminated 13 editions of **Heard in the Halls**
- Initiated weekly communications as part of a new series called **Monday Messages**
- Continued with our popular quarterly tool for leaders—**Nonprofit Tips and Tools**

## Support Groups

**NAMI Support Groups** are a key facet of NAMI's grassroots organization. Groups are designed to reach both consumers and their families to fill a need that complements NAMI's signature education programs. As we expand NAMI Connection (support groups for those living with a mental illness), the support groups will be for families only.

**NAMI North Carolina offered 1 support group facilitator training this year and graduated 12 new facilitators.**

The following 20 affiliates offer support groups:

- NAMI Alamance Caswell Rockingham
- NAMI Charlotte
- NAMI Coastal Division
- NAMI Forsyth
- NAMI Greater Hickory
- NAMI Haywood
- NAMI Moore County
- NAMI Rutherford-Cleveland
- NAMI Wayne-Lenoir
- NAMI Western Carolina
- NAMI Appalachian South
- NAMI Cumberland
- NAMI N.E.W.
- NAMI Four Seasons
- NAMI Guilford
- NAMI Iredell
- NAMI Orange
- NAMI Rowan County
- NAMI Wake County
- NAMI Wilmington

## NAMI Connection

NAMI Connection is a recovery support group for adults with mental illness regardless of their diagnosis. All are led by trained individuals who are also in recovery – people who understand the challenges of living with a mental illness. The groups meet weekly and are free.

**NAMI North Carolina offered 2 NAMI Connection Facilitator trainings this year and graduated 18 new facilitators for a total of 89 facilitators.**

The following 12 affiliates have 1 or more Connection groups:

- NAMI Cumberland
- NAMI Greater Hickory(2)
- NAMI High Country (2)
- NAMI Iredell (2)
- NAMI Johnston County
- NAMI Orange County
- NAMI Randolph County (1)
- NAMI Rowan County (1)
- NAMI TA–Transylvania Advocates (2)
- NAMI Wake County (2)
- NAMI Western Carolina(2)
- NAMI Wilmington (2)



NAMI Wake Connection Members with support group facilitator Richard Foy.

## Education

NAMI North Carolina and our 250+ program teachers are committed to education as the pathway to recovery, empowerment and wellness. NAMI North Carolina's signature educational programs provide relevant information, valuable insight and networking opportunities. These programs draw on the lived experiences of individuals and family members who have learned to live well with their illnesses and have been extensively trained to help others. All of our signature education programs are free to participants.

## Family-to-Family

The NAMI **Family-to-Family** psycho-educational program is a 12-week course for family members and caregivers of individuals with severe and persistent mental illness.

**Trained family members teach the course. NAMI North Carolina offered 2 teacher-trainings this year and graduated 24 new teachers.**

33 Family-to-Family classes were offered by the following 21 affiliates:

- NAMI Alamance Caswell Rockingham (2)
- NAMI Appalachian South
- NAMI Coastal Division (2)
- NAMI Durham (2)
- NAMI Four Seasons
- NAMI Halifax
- NAMI Moore County (2)
- NAMI Orange (3)
- NAMI Transylvania Advocates
- NAMI Wayne Lenoir
- NAMI Wilmington (2)
- NAMI Albemarle Region
- NAMI Charlotte (2)
- NAMI Cumberland (2)
- NAMI Forsyth
- NAMI Guilford
- NAMI Johnston County
- NAMI N.E.W.
- NAMI Rutherford-Cleveland
- NAMI Wake County (3)
- NAMI Western Carolina (2)

***Family-to-Family had 524 Graduates in 2010-2011***

## NAMI Basics

**NAMI Basics** is designed for parents and other primary caregivers of children and adolescents who are living with mental illness. The 6 week *NAMI Basics* course is taught by trained teachers who are the parent or caregiver of individuals who developed symptoms of mental illness prior to the age of 13 years.

**NAMI North Carolina offered 2 teacher-trainings this year and graduated 16 new teachers.**

8 NAMI Basics classes were offered by the following 7 affiliates:

- NAMI Alamance Caswell Rockingham
- NAMI Durham (2)
- NAMI N.E.W.
- NAMI Wake County
- NAMI Coastal Division
- NAMI Guilford
- NAMI Orange County

***NAMI Basics had 40 Graduates in 2010-2011***

## Peer-to-Peer

**Peer-to-Peer** is a unique, practical learning program for people with serious mental illness who are interested in establishing and maintaining their wellness and recovery. The course consists of 10 two-hour units and is taught by a team of two trained “mentors” and a support person who are personally experienced at living well with mental illness.

**NAMI North Carolina offered a mentor training class, and now has 16 new mentors.**

2 Peer-to-Peer classes were offered by the following 4 affiliates:

- NAMI Durham
- NAMI Rowan
- NAMI Iredell
- Class held in Goldsboro for LME in partnership with local affiliates

***Peer-to-Peer had 10 Graduates in 2010-2011***

## In Our Own Voice

2010-2011 brought tremendous growth to our In Our Own Voice program. We broke all records and reached close to 3,000 people!! **In Our Own Voice (IOOV)** is a premiere education program for individuals living with mental illness to learn to speak to community audiences about their experiences with brain disorders, treatment and recovery. *In Our Own Voice* is a practical tool to educate and increase awareness about the true nature of brain disorders. Presenters cover issues they frequently face while living with mental illness.

**NAMI North Carolina offered 2 training class for *In Our Own Voice* and graduated 29 new presenters.**

***2,942 people were reached by our 130 IOOV presentations in 2010-2011***

## Sharing Hope

Targeted toward African American communities of faith, **Sharing Hope** is an interactive educational presentation that aims to decrease mental health stigma in this community, increase awareness of mental health recovery, and to introduce NAMI education and support programs. Two affiliates launched the Sharing Hope initiative in 2010-2011.

- NAMI Cumberland
- NAMI North Central

## NAMI on Campus

NAMI on Campus (NoC) clubs are student-run and led organizations that provide mental health support, education, and advocacy in a university or college setting with the goal of improving the lives of students who are directly or indirectly affected by mental illness. They work to improve acceptance and services on campus by eliminating the stigma students with mental illness face.

These clubs have held many educational events that include personal stories being shared with students and faculty, movie viewings with panel discussions and regular meetings for any interested students to attend where they talk about ways to help fight stigma. As part of our grant with the National Institute of Mental Health (NIMH), NAMI North Carolina contracted with a recent graduate to help us reach out to Historically Black Colleges and Universities (HBCUs) to start more clubs.

NAMI North Carolina also offered 2 mini grants to NAMI Charlotte and NAMI Pitt County to develop NoC clubs at UNC Charlotte and Eastern Carolina University (ECU).

Currently there are 6 NAMI on Campus clubs; with more under development:

- Appalachian State University (ASU)
- Greensboro Technical Community College (GTCC)
- North Carolina State University (NCSU)
- North Carolina Central University (NCCU)
- University of North Carolina— Chapel Hill
- University of North Carolina— Wilmington

## Conferences

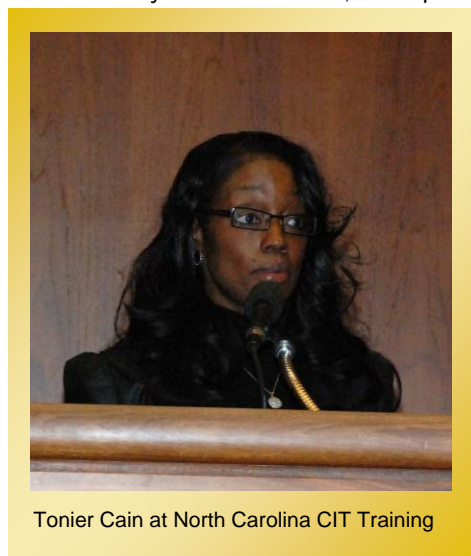
### *Annual Conference*

Our 26th Annual Conference, *Our Voices, Our Lives* was held on September 10-11, 2010 at the McKimmon Center in Raleigh. We expanded workshops on recovery in hopes to attract more consumers to our conference—and we learned that these workshops were a great inspiration for both individuals living with mental illness and their family members! From learning how to take an active role in recovery to learning how to reach into our communities to grow and expand CIT programs to hearing stories of hope and recovery—we learned that it is our life and our voice that makes a difference in our personal recovery and the recovery of a loved one! Dr. Michael Fuller, University of Texas Medical Branch spoke from the heart about his own recovery—and helped us all better understand that while recovery can be difficult, it is up to us to make the choice to recover.

### *CIT Conference*

The 2nd North Carolina Crisis Intervention Training (CIT) Conference was held in February 2011. Center stage were our three keynote and plenary session speakers: Major Sam Cochran, the former Crisis Intervention Team Coordinator for the Memphis Police Department and currently with the University of Memphis provided the keynote; our luncheon speaker was Tonier Cain, who gave a heartrending talk about her personal experiences of being arrested 83 times, convicted 66 times, and going on to become the Team Leader for the National Center for Trauma Informed Care; and finally, Judge Steven Leifman, Miami Dade County in Florida wrapped up the day discussing a judicial perspective on Transforming Mental Health Systems.

Over 400 people attended the conference, which was sponsored in part by the Governor's Crime Commission.



Tonier Cain at North Carolina CIT Training

### *Regional Conference*

NAMI North Carolina hosted a regional conference in Asheville close to 100 people in attendance. The one-day workshop was successful at expanding general knowledge of NAMI resources and programs, providing affiliate leaders with tips for affiliate development as well as offering networking opportunities. NAMI Western Carolina helped NAMI North Carolina plan and host the event.

Our array of advocacy and outreach efforts are focused on educating North Carolinians about mental illness and insisting that mental illness become a top priority with our policy makers. NAMI North Carolina and our over 1,700 members are visible, formidable, and we put the “human face” on mental illness and recovery. Advocates continue to fight for policy changes that promote treatment and research on par with all other illnesses.

In 2011 the Public Policy Committee decided to poll our members in order to ensure that our public policy agenda reflected issues important to our members. With member feedback, the following objectives were selected and approved by the NAMI North Carolina Board of Directors:

1. Implement Peer Support statewide
2. Create the right Service Mix statewide
3. Decriminalize Mental Illness
4. Increase Housing Availability

And how did we do? Much of our work involves both trying to shape public policy, but inevitably also involves trying to protect our constituency from poor decisions—like deep cuts to mental health budgets. Here are some important actions we took this year that made a difference:

- **Crisis Intervention Team (CIT) Conference:** Effective in reaching nearly 500 people - taking CIT to new audiences and reaching areas that have never before had CIT. Other topics were covered as well, mental health courts being one. We are seeing a successful initiative in Winston Salem to start up a mental health court, with involvement from our office and the affiliate.
- **Prison Rules:** Changes to protect the rights of those with mental illness to receive treatment, to have transition plans, and to be protected from excessive seclusion and restraint were adopted by the Commission, and will go for public comment following determination of cost.
- **Basic Law Enforcement Training:** Major initiative led by NAMI North Carolina to create a collaborative committee to rewrite this curriculum that will impact every single potential officer in NC. New emphasis includes CIT, better officer responses like de-escalation, up to date information about mental illness characteristics, and information about crisis alternatives to use rather than emergency rooms.
- **Participation in numerous task forces:** Smoking Cessation, Health Benefit Exchanges, Adult Care Home issues, Meeting with Division Director on Crisis System redesign, ER Wait Time Committee, Commission for MHDDSAS and others.
- **Peer Support:** We supported the policy initiative to make this a part of the waiver, as it will be more successful with rate setting discretion by the Local Management Entities.
- **Collaboration with CABHAS (Critical Access Behavioral Health Agencies)** - for referrals, for recovery focus, for joint collaborative advocacy efforts.
- Participated in January 7, 2011 (as an invited guest) **DHHS Secretary’s press conference** on CABHAS.
- Participated in the **Governor’s press conference** to fight proposed budget cuts to mental health, education, and public safety.
- **Distributed topics for Legislative Oversight Committee consideration.**
- **Presentation to State Psychiatric Hospital Leadership** on NAMI programs and collaboration opportunities. Developed Allies in Recovery Program to use teams of family members and consumers to train staff at hospitals to understand issues important to us- confidentiality, visits, and many others.
- **Keeping our membership informed with advocacy information:** This year we distributed more *Heard in the Halls* than ever with highlights of the General Assembly and various public policy issues. Each year we are able to get more information to our members. Advocacy training was included in our annual conference, our regional conference, and our leadership training for affiliates.

## Happenings in the North Carolina General Assembly

The biggest news of course was that for the first time since the 1800’s Republicans gained control of both the Senate and the House in NC. NAMI North Carolina sent welcome information letters to all members.

## Successes:

- Blocked threat by community colleges to deny admission to applicants with issues related to mental illness.
- Passage of statewide waiver (HB916) probably saved us from massive cuts to optional Medicaid service array.

- Capital Sentencing (S 659) – Great progress in going through all of the committees with approval, but in the end it didn't make it to a vote. We will keep on!
- Success in blocking attempt to change pretrial release to require mandatory jail stay and mandatory bail (SB 756).
- Success in passage of Health Information Technology Bills – our hope is this will impact on the health problems people have with mental illness that result in dying 25 years before the general population.

#### **Heartbreaks:**

- Loss to the system of a total of \$52M in services, including \$7M eliminated last year that was not reinstated, \$25M to be made up by LME fund balances and a one time cut of \$20M to LMEs.
- 2% cut in provider rates
- 22% cut in NC Housing Trust Fund
- Community Care North Carolina must find \$90 M in savings as they expand to manage care for the aged and disabled.

The strong voices of NAMI members across the state definitely saved us from having far deeper cuts to mental health services. Thank you for all that you do in advocacy!

## **Outreach in the Community**

Mental Illness Awareness Week, National Institute of Mental Health (NIMH) Community Outreach Partners program and NAMIWalks are designed to reach out to educate our communities and the general public.

### **MIAW Balloon Launch**

As part of Mental Illness Awareness Week (MIAW), NAMI North Carolina and affiliates across the state participated in a statewide balloon launch. NAMI North Carolina held ours on the Dorothea Dix campus—staff, volunteers and participants launched over 100 balloons in honor of those affected by mental illness.

### **7th Annual NAMI Walks**

April 30, 2011 was a beautiful spring day and over 1,170 participants helped to change minds...one step at a time on the beautiful Dorothea Dix campus. We chose a new location to accommodate the growth in the Walk—and we think the new spot was a HUGE success!! Many thanks to the 125 teams, Honorary Chair Dr. John Gilmore, Business Team Chair Dr. Rob Turner with Holly Hill Hospital, and our Master of Ceremonies, Dr. Mike Mayer.

There is an amazing bond between companies, families and individuals of all generations who join forces to support the NAMI mission. Our thanks to the dozens of volunteers who showed up early and stayed late to make the walk a successful event. The sponsors, teams, walkers and countless donors raised awareness and contributed funds to provide information, education, support and advocacy.

#### **NAMIWalk Statistics**

- Raised \$147,500
- Over 1,170 individuals attended the Walk
- 125 Teams
- 40 Sponsors and 20+ in-kind sponsors

### **National Institute on Mental Health (NIMH)**

NAMI North Carolina received an Outreach Partnership grant from NIMH. The Program partners with national and state organizations to help bridge the gap between research and clinical practice by disseminating the latest scientific findings, informing the public about mental disorders, alcoholism, and drug addiction, and reducing the stigma and discrimination associated with these illnesses. The Program strives to increase public awareness about the importance of basic and clinical research in improving treatments for—and ultimately curing and preventing—mental illnesses and addiction disorders through advancing knowledge about the brain and behavior.



NAMI on Campus—UNC Wilmington team members at the 2011 NAMIWalks

# 2010-2011 Financial Reports

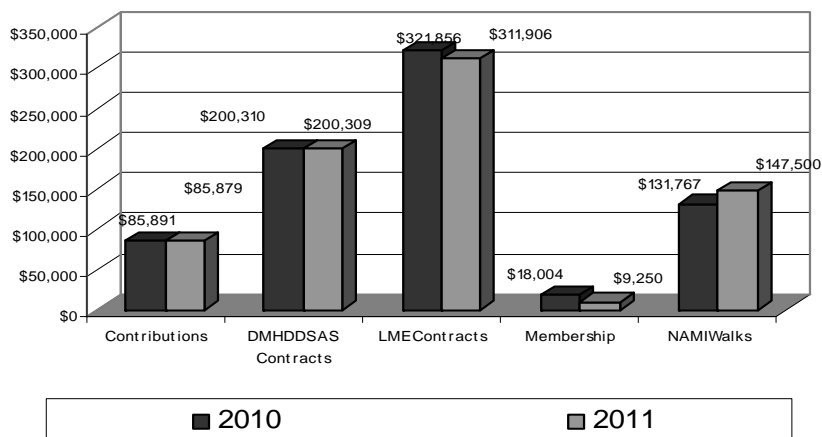
## Revenue and Expenses Statement July 1, 2010-June 30, 2011 compared to July 1, 2010-June 30, 2011

	Year Ended June 30,2011	Year Ended June 30,2010
<b>PUBLIC SUPPORT:</b>		
	Unrestricted	Unrestricted
Contributions	\$ 75,957	\$ 74,823
Membership	9,250	18,004
DMHDDSAS Contracts	200,309	200,310
LME Contracts	311,906	321,856
Grants	23,182	27,770
Special Events	146,215	134,610
Workplace Giving	9,922	11,068
	<u>\$ 776,741</u>	<u>\$ 788,441</u>
<b>OTHER REVENUE:</b>		
Conference Fees	\$ 62,825	\$ 30,648
Sales of Education Materials	30	419
Investment Income (net of investment expenses of \$250)	3,667	4,922
Net realized and unrealized gain(loss) on investments	20,298	12,993
Other Income	42,386	11,070
	<u>\$ 129,206</u>	<u>\$ 60,052</u>
<b>Total Public Support and Other Revenue</b>	<b>\$ 905,947</b>	<b>\$ 848,493</b>
Net assets released from restrictions: Satisfaction of program restrictions	0	0
<b>Total Revenues, Gains, and Other Supports</b>	<b>\$ 905,947</b>	<b>\$ 848,493</b>
<b>EXPENSES:</b>		
Program	\$ 771,112	\$ 686,633
General and Administrative	50,310	55,647
Fundraising	43,095	42,993
<b>Total Expenses</b>	<b>\$ 864,517</b>	<b>\$ 785,273</b>

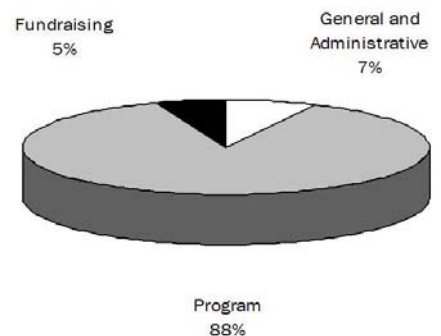
The audit firm of Heroux & Company, LLP issued an unqualified opinion to NAMI North Carolina at the conclusion of their audit on September 27, 2011:

"In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of NAMI North Carolina as of June 30, 2011."

### Income



### Expenses



Overhead expenses continue to decrease:

- 20% in FY 2008
- 14% in FY 2009
- 12.5% in 2010
- 12% in 2011.

NAMI North Carolina needs your help to advance its mission: *to promote recovery and optimize the quality of life for those affected by mental illness.*

Call our NAMI HelpLine at 1.800.451.9682 or visit us online at [www.naminc.org](http://www.naminc.org) for more ideas on how you can support this important work.

### Membership

NAMI is dedicated to improving the lives of people living with mental illness. Your membership helps support our efforts to provide support, education, and advocacy. As a member, you become a part of NAMI at the national, state, and local levels. Member benefits include two newsletters: *The Advocate* and *Clippings*, member discounts, access to our online member community, and more. Please join NAMI today and help us continue to bring help and hope to all who have been touched by mental illness.

### Volunteer

Without volunteers, NAMI North Carolina could not be North Carolina's voice of mental illness. Volunteers provide family and consumer peer education and support, they advocate on our behalf and represent NAMI North Carolina at health fairs and to community groups. They serve on boards and they help plan our conferences and special events. They even provide much needed assistance around the NAMI North Carolina office.

Opportunities and time commitments vary, but there is always something to be done. Become part of the solution—become a volunteer today!

### Donate

NAMI is the largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. Our success is a direct result of contributions from our generous donors.

From a memorial honoring a loved one to a donation, or from a bequest to participating in NAMI Walks, NAMI North Carolina makes it easy for you to give to a good cause. Send your check to our office—or donate online at [www.naminc.org](http://www.naminc.org)

**Be part of North Carolina's voice for change —join NAMI today!!**

