



ON OUR
JOURNEY
TOGETHER


2007 - 2008
annual report

NAMI Minnesota's mission is to champion justice, dignity, and respect for all people affected by mental illness biological brain disorders Through education, advocacy, and support, we strive to eliminate the pervasive stigma of mental illness, effect positive changes in the mental health system, and increase the public and professional understanding of mental illness.





ON OUR JOURNEY TOGETHER



Sooner or later you must move down an unknown road that leads beyond the range of the imagination, and the only certainty is that the trip has to be made.

Bruce Catton

At first, Mary didn't know how to help her son. She couldn't understand his illness and she felt alone and scared. But now she knows his illness needn't be a secret; she has tips and coping strategies in hand and she understands that she is not alone. All because she attended one of NAMI Minnesota's education classes.

Time after time people like Mary say their life has changed because they attended a NAMI class:

"Thank you for making me feel that someone cares."

"It is a wonderful place to begin to understand this life altering issue."

"It improved my insight into my own illness."

"I feel hope!"

NAMI accompanies people on their journey, providing education, support and hope. NAMI provides six free mental health education classes, taught by trained family members. This peer-to-peer support supplements mental health treatment and helps people understand and cope with mental illness. Teachers, support group leaders and volunteers understand the challenges presented by mental illness and can share their experiences of perseverance and hope with each other.

Family-to-Family is a twelve-week course for families who have a loved one living with a mental illness. The course teaches families: coping skills, current information on major mental illnesses, how to locate support and services in the community, up-to-date information on medications and side-effects, current research related to the biology of brain disorders, empathy and understanding, advocacy, problem-solving, and communication techniques. Last year, 166 family members completed the course, which was held 11 times in nine locations statewide. Ninety-six percent of the family members indicated that they now have a better understanding of the difficulties their loved one is experiencing with mental illness after completing the Family-to-Family course. The content of the Family-to-Family course had a 90 percent rating that the content met their expectations, and 96 percent of the attendees had a better understanding of mental illness.

Hope for Recovery is a one-day, interactive workshop that offers families and individuals information, hope, and practical strategies for dealing with the complexities of mental illness.

Participants learn: specific information about mental illnesses such as depression, anxiety disorders, bipolar disorder and schizophrenia; information on treatments, including medications and psychotherapies; strategies to use when people don't believe they are ill; what to do in a crisis situation; recovery; and the mental health system and local resources. Last year, 383 individuals participated in 31 workshops held throughout the state, with 99 percent of family members indicating that the presenter shared useful information that they can use, and 100 percent of the participants stated they highly recommend this workshop to other families.

Children's Challenging Behaviors workshop is for parents/caregivers of children with challenging behaviors. This one-day workshop provides information on childhood mental health disorders, along with support and strategies for home and school. Last year, six workshops were held that were attended by 69 parents. Ninety percent of the parents indicated that they now have the skills and knowledge to help their children access mental health services after attending the workshop.

"My husband and I are so grateful for the information provided by NAMI and for the instructor sharing her own experiences."

NAMI Minnesota also reaches out to professionals and the faith community. *Early Warning Signs of Mental Illness in Children and Adolescents* is a two-hour workshop for education staff, which was presented nine times to 193 teachers this past year. As a result of the workshop, 79 percent of the teachers learned new mental health information that they didn't know before.

"The Early Warning Signs workshop has given a better understanding about how to relate to a parent with a child who has a mental illness and helped me be more aware of when to make referrals to help parents."

The *FaithWays* program provides customized educational forums and training for clergy, congregational staff, parish nurses and volunteers, designed to erase the stigma of mental illness. Last year, 21 presentations and in-services were held at churches and synagogues for over 600 individuals. NAMI Minnesota also held booths at five religious mental health fairs with attendance of over 1,250 people.

Three years ago, NAMI Minnesota partnered with the Minnesota Department of Human Services (DHS) in its federal grant to bring *Evidence-Based Practices* (EBPs) to the state of Minnesota. DHS built on the work of the state of Hawaii to create a database of all the research on children's mental health treatment. Clinicians can use the database to find out what treatments work (or don't work) with specific problem areas or symptoms. In the course of doing this work, it also became apparent that the quality of diagnostic assessments was poor. NAMI's role in this grant was to provide parent input into the development of a uniform diagnostic assessment form and develop fact sheets on the problem areas, including listing the treatments that work for each problem area. Sixteen workshops, two hours in length, were held throughout the 16 regions of Minnesota.

A parent's remark about the EBPs class, *"The course was very informative about the diagnosis of mental illness, effective treatments, and what resources are available."*

NAMI Minnesota was recently awarded another grant—*Keeping Families Together*— to educate parents about the fact that it is not necessary to surrender the custody of their children to obtain essential residential mental health services for them.

Crisis Awareness educational program is for front-line hospital emergency department staff, emergency medical technicians (EMTs), hospital security staff, and family members about mental illness and crisis situations. NAMI is currently being funded on its second year of a three-year project grant to improve the delivery of mental health crisis service. Workshops for families are currently being offered. The collaboration with a community college to create an online crisis awareness course is underway. A pocket-pal crisis tool in a three-fold pocket-size pamphlet is being distributed.

Building Bridges is a project designed to promote discharge planning, and benefits restoration for people with mental illness when they leave jail. NAMI will create and evaluate a model for bringing together systems in a county to create discharge planning through resource mapping and stakeholder education.

NAMI's *African American Outreach* program addresses the disparities and stigma of mental illness, and provides mental illness education and support in Minneapolis and St. Paul. Racial and ethnic minorities are less likely to have access to mental health services and often receive poorer quality of care¹. A new advisory board was formed with 20 people representing African American organizations in the Twin Cities, such as the Minnesota Department of Health-Office of Minority and Multicultural Health, StairStep Foundation, Turning Point and Shiloh Temple to name a few, has been formed. A seminar has been developed, *Myths & Stigmas in the African American Community*, to assist in reaching out to faith-based and community organizations. So far, 41 participants have attended. Requests for support groups in the African American communities have resulted from this education seminar on mental illness.

"Empathy is part of the NAMI culture. I have witnessed this in the NAMI office, in committee meetings, at NAMI events and in NAMI classes. It is just one of the many reasons for NAMI's success. – Cindy, family member"

Currently, NAMI has a project with the Dakota County Children's Mental Health Collaborative to support parents with children who have a mental illness by providing classes, support groups, education and public awareness. This includes providing every clinic in Dakota County with fact sheets on mental illness in children and a list of resources. More than 376 parents participated in the different educational classes, workshops, and support groups last year.

NAMI Minnesota also provides education and information through multiple forums. Our 2008 annual state conference was held November 3, 2007, entitled *On Our Journey Together*. Over 280 participants attended with 15-breakout sessions offered, addressing issues on borderline personality disorders, diagnostic assessments, families and mental illness, anxiety and depression. An annual research dinner was held in February 2008, in collaboration with the University of Minnesota's Department of Psychiatry at which results of research projects and new projects are discussed. NAMI Minnesota sponsored the third annual Women's Mental Health Conference, *Motherhood, Mood Disorders and Anxiety: Before and After Pregnancy*; addressing post-partum depression (in collaboration with the University of Minnesota's School of Social Work) in June 2008. Over 200 health professionals and family members attended.





support for people affected by mental illness

NAMI Minnesota provides 35 support groups for people with mental illness and their family members throughout the state. The Open Door support groups provide opportunities for persons with anxiety and panic disorders to learn more about the disorder and how to deal effectively with its symptoms. *Family-to-Family Groups* provide ongoing support for families and friends of persons with mental illness. Meetings are facilitated by trained family members who offer hope and support. *CARE* (Consumers Advocating Recovery through Empowerment) support groups are open to anyone with a diagnosis of mental illness. These groups provide opportunities to learn and practice coping skills, along with receiving emotional support and practical help for recovery. *Parent Groups* provides an opportunity for parents and caregivers of children with mental illness to share similar experiences, discover resources, and learn coping skills. All of the support groups are peer-to-peer.

The *Silver Ribbon Campaign* is a school supported, student-directed program, aimed at erasing stigma and raising awareness of mental health issues at the high school level. This program is active in South High School, with 450 students participating. Kidshops is a four-hour Saturday session where children learn about their family member's mental illness, and share their feelings in a safe and supporting environment. Kidshops provides children with opportunities for peer support and education. Kidshops are facilitated by volunteers who have a sibling with a mental illness. Last year's programs were held in six locations in the counties of Anoka, Dakota, Ramsey Hennepin, Itasca and St. Louis, with 62 children participating.

A youth response, "It has really helped me with understanding more about my dad's illness." A parents response, "This is the best thing that has happened for our daughter, she loves coming here."

To ensure statewide access to information and help, NAMI Minnesota has a toll-free telephone helpline (1-888-NAMI-HELPS) and offers an extensive list of free and low-cost information sheets (65 fact sheets). Last year, NAMI's staff and volunteers responded to over 3,500 telephone and e-mails requesting information about mental illness or help in dealing with a problem. NAMI Minnesota's redesigned website, www.namihelps.org, offers support and information. The website received over 46,505 visits and more than 946,505 hits last year from people turning to NAMI for educational classes, mental illness resources, referral, and legislative updates during the legislative session. This represents a 70 percent increase in visits and a 57 percent increase in hits, compared to a year ago before website re-construction.

NAMI has written and published three resource booklets: *Advocating for People with Mental Illness in the Minnesota Criminal Justice System*, *Hope for Recovery-A Guide to the Adult Mental Health System* and *Involving Families: Understanding Data Practices Laws*. The *Advocate* newsletter is produced four-times a year with a circulation of 8,000 people, providing information on NAMI Minnesota's programs, research and policies.

Available to members, professionals and others, NAMI's lending library contains over 125 books and 50 videos/DVDs dealing with mental illness and mental health information. NAMI Minnesota also developed the fact sheets that accompanied the recent public television show *Out of the Shadows*.

NAMI makes the journey easier by advocating for a better mental health system and by providing help to those who contact us. This year NAMI staff and volunteers helped over 3,000 people who contacted us for information and help.

NAMI works to change our community's understanding of mental illness so that the stigma surrounding mental illness is reduced and the accompanying discrimination is eliminated. Nearly every month you see a letter to the editor or a quote in an article that is from NAMI. We respond quickly to issues that arise whether it's the need for mental health courts or an incorrect use of the word schizophrenia. Our press releases provided information on mental illness, and NAMI programs appeared 600 times in 150 publications. NAMI is the "go to" organization for the media looking for information on mental illness.

NAMI and Twin Cities Public Television worked together to create a new video on returning soldiers and their mental health needs. Anti-stigma efforts through radios PSAs, creating programs for public TV, outreach to churches, libraries and schools, and supporting events such as the play *Shipside*, the movie *Canvas*, and a book reading of *Swallow the Ocean* all promoted better public awareness.

"Mental illness is a hidden illness; people often see the stigma not the person. Fighting the stigma makes us stronger." – Jeff Bugenstein, NAMI volunteer and support group member

A terrific sign of the increased awareness of the importance of our journey together came on Sept. 29, 2007 when more than 1,300 people joined in the first NAMIWalks Minnesota, making it the largest anti-stigma event Minnesota history! This groundswell of community support also raised over \$200,000 for NAMI's programs.

The 2008 legislative session was short and intense with the state of Minnesota facing a budget shortfall of \$968 million. In the end, few of the mental health dollars were reduced. Several initiatives advocated by NAMI did pass. A new law makes it clear that if a child needs treatment out of the home, based on an assessment, a voluntary placement agreement will be used and parents retain their rights as the child's legal guardian. A bill that restricts the use of seclusion and restraint in children's community mental health programs was also passed.

New affiliate groups in Bemidji, Ortonville, Austin and Duluth took steps to form over the past year, and newer programs such as African American Outreach and Building Bridges helped stretch awareness of NAMI even further around the state.

Our volunteer base began to grow tremendously with the addition of a volunteer coordinator. A steady force of nearly 200 volunteers helped with NAMI's efforts year-round.

Importantly, NAMI developed an ambitious 5-year strategic plan to make NAMI "the driving force that will change the way Minnesotans think about and respond to mental illness." NAMI Minnesota will focus on three broad strategies to carry out its work:

Ensure that people throughout the state of Minnesota have the opportunity to learn about mental illness and have support on their journey.

Engage elected officials and policy makers to create a better mental health system where children and adults receive treatment that works, and when and where they need it.

Reduce the stigma of mental illness and advocate for children and adults with mental illness and their families.

"The friends that I have made through NAMI are there with us every step of the way-- and always ready to listen or lend a hand. The Family-to-Family program helped us early on to understand this illness and offered friendship and support. The many programs available through NAMI for consumers, family members, friends are invaluable. And NAMI's Mission Statement which says "we strive to eliminate the pervasive stigma of mental illness" gives me hope! Yes, we have "hope for recovery." Sue

New Freedom Commission on Mental Health, *Achieving the Promise: Transforming Mental Health Care in America*, 2003



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 Ordway
 O'Shaughnessy Auditorium
 Pamela Searles
 Pat & Jerome Rice
 Patricia Mack
 Pearsons
 Peter Zelle
 Premier Banks
 Ramada Hotel
 Red Lobster
 Reg Nelson
 Richard Goodwin
 Richard Graves
 Rick Kelly
 Rick Schaffhausen- Maplewood Toyota
 Rita McDonald
 Roasted Pear
 Ron and Jenneane Anderson

Ron Burg
 Ruben J Hair Studio
 Sally Helsman
 Sandra Overland
 Sandy Menge and Gail Gisalsen
 Santorini's
 Sharon O'Phaeley
 Slumberland Furniture
 Southern Theater
 Sue Winterstein
 Susanna Bertelsen
 Suzette Scheele
 Terri Cich
 The Jungle Theater
 The Refinery Spa
 Theater in the Round
 Theatre de la Jeune Lune
 Therese Blaine
 Thomas Liquor
 Tinucci's Restraunt and Deli
 Todd Edholm
 Tom and Heidi Johnson
 Tony's Hair Fashions
 Treasure Island Resort and Casino
 Tucci Bennucch
 Twin City Grill
 Underwater Adventures
 Vic Childs
 Victoria Gregg
 Vincent Wyckoff
 Walgreens
 Walker Art
 Will Hale and the Tadpole Parade Band
 You've Got It Made

IN MEMORIUM

BENJAMIN ALDEN
 Alice Difilippe & Louise Hunkins
 Alison & Andrew Mellin
 Amanda Heyman
 Ann & Jerome Walsh
 Anne Bishop & John Crist
 Antonio Mendez & Anet Kuzmin
 Arleen & James Knutson
 Carol & Nolan Buck
 Cathy & Thomas Bloss
 Charlene & James Scott
 Cheryl Salo
 Craig Leibbrand
 Cynthia Gross & Peter Bitterman
 Daniel & Lilyan Kelley
 Debaran & Richard Adair, Jr.
 Deborah Ebert & Kerin Bloss
 Dee Ann Millard
 Diane Ingersoll

Don & Joyce Pusch
 Donn & Kathleen Kirchhoff
 Douglas Hawkins
 Duane & Nancy Schrader
 E. Leslie Gaska
 Gordon Fink
 Herbert & Cyrilla Royce
 Irene Moore
 J.P. & Lynn Mattson Little
 James & Carol Bradley
 James & Elizabeth Cogswell
 Jeffrey & Mary Jo Williams
 Jeffrey Paulson
 Jennifer Green
 Joann & Lionel Blatchley
 John & Mary Alden
 John & Rynda Carlis
 John & Susan Hartner
 John Fullmer
 Jonathan & Lisa Carver
 Kate Wallace
 Kathleen Eikens
 Kathryn Runman-Zimney
 Kathy & Zol Heyman
 Keith & Jennifer Willard
 Lisa Walsak
 Mary & Kevin Kachan
 Mary Pouliot
 Michael Burwell
 Monte Ollenburger & Tracey Noyes
 Monterey Bay Aquarium Foundation
 Nicholas & Anne Phillippi
 Nina Holiday-Lynch
 Pamela & Christopher Doepke
 Paul & Catherine Bremhorst
 Paul Schroder
 Paula & Richard Thomasgard
 Paula Pentel
 Paulette Tollefson
 Phillip & Susan Little
 Renata & Arnoldas Blumberg
 Richard Howell, Sr.
 Sridhar Shetty
 Stephanie Quinn
 Steven & Mary Kay Jansson
 Sugantha Subbiah & Murali Murugesan
 Teresa Schweitzer & Salvador Quieju
 The Care Forward Team:
 Teresa McCasky, Diane Koepping,
 Jasef Pusedu, Melissa Roberts,
 Robyn Degan, Becky Dalston,
 Catherine Welchel
 Thomas & Lorri Harrison
 Thomas & Sandra Williams

Thomasina & Leonard Kean
 Todd & Teresa Protivinsky
 Vinu Elanjickal
 EMILY ROHR BARCHAS
 Alberta Heller
 Ann & Warren Mathson
 AnnaMarie Daley & Galen Bruer
 Anne Heller
 Anne Lockner
 Anne Rosenberg
 Barbara Waggie
 Betty Goodale
 Buyer's Realty, Inc.
 Cherlyn LeVoi
 Christopher Madel
 Colette & John Canniff
 D.R. Anderson
 Dave & Jane Marcus Bland
 David Evinger
 Dennis & Deborah Bollinger
 Diane Frick
 Dolores Barington
 Donald & Judith Smith
 Donald & Nancy Berdan
 Emily Pye
 Erin Adams
 Frank & Kathleen Jewett
 Gerald & Susan Brokaw
 James & Diane Safley
 Jamie Lindahl
 Janine Maria Savina
 Jeffrey Koval
 Jennifer Samaha
 John & Barbara Garvey
 John & Janice Gray
 Joseph & Nancy Holasek
 Kathryn & George Brelje
 Kathryn Holmes
 Kathy Schoen
 Lani Jo & Peter Carlson
 Leann Lind
 Lori Buck
 M.J. Rohr & B.M. Johnson
 Marilyn Clinton
 Marlys Lang
 Marshall Hambro
 Mary Berens
 Mary Cassellius
 Mary Heller
 Mary Hirsch
 Mary Smith
 Melonee Ham
 Michael & Susan Hlavac
 Miranda & Ryan Miest

P. Trager
Patricia Moellman & Michael Gaynor
Patrick & Cynthia Sullivan
Paula & Greg Peterson
R. & L. Shinnofield
R.T. & C.H. Montague
Raymond & Kittie Alexander, Jr.
Robert & Holly McDougall
Robert & Linda Wolf
Robert & Patty Williams
Rodney & Joyce Basham
Ronald & Patricia Parker
Ruth & Gerald Erickson
Sarah Wencil
Stan Baratz & Kirt Woodhouse
Steven & Judith Schumeister
Steven & Kathleen Peterson
Steven & Linda Reinhardt Sondral
Steven Hoyt
Susan & Michael Winship
Sylvia Ahlgren
Thomas & Carol Waldack
Thomas Kelley
Thomas Reinartz, Jr. & Denise Rahne
Thomas Sinas
Ursula & Walter Couture
William & Yvonne Long
William Kim & Mary Ratz
William Manning & Ruth Michelsen

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Barbara Angelo

SCOTT GREIMANN
Marcia Rae Findley

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Carlan & Edith Lesch
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Glen & Sally Goski
John & Kathryn Terrell
Marlee Ruane
Wanda Graves

HOWARD KAHN
AUSTIN WEHRWEIN
JUNE ROCK-KING
Joseph & Gitte Mohr

MARY KOSBERG
Mental Health Resources ACT Team:
Bryce Kolby
Jolene Peterson
John Grant
Consuelo Arredondo

Andrew Samelian
Jon O'Donnell
Ken Cramer
Gretchen Van Hauer
ANNE LAFAVE
Anne Smith
Anton Spraitz Jr. & Patricia Spraitz
B. P. Scherek
Barbara Roy
Carl Wagener
Carole Boyum
Craig Humphries & Jean Humphries
David Arnoldy & Linda Lee
Dorothy Thurn
Ellen Sell
Estelle Quinn Sell
Fred & Muriel Schlichting
Inez Gantz
J. Derek & Tracie Vandenburg
James Jernberg
Jo Ann & John Oliver
John & Elsa Selover
John Huss
John Nasseff & Helene Houle
Julie LaFave
Kurt Wagener
Leila Poullada
Malcom McDonald
Marcelle Hoffman
Margaret Kelsch
Mary Jo Connolly & Dennis Garin
Mary Lynn & Bruce Kenknight
Mary P. Williams
Michael & Laura LaFave
Michael & Nancy Anne Zoellner
Nicholas & Laura Billings Coleman
Peggy Hjermstad Rupp
Rachel Sabath
Raymond Bonnabeau Jr. &
Mary Bonnabeau
Restor & Sally Johnson
Roger & Ellen Lillemoen
Ruth Hjelmgren & J. Theriault
Samuel & Thelma Hunter
Sarah Baker Ross
Stephanie & W.L. Lundsgaard
Susan Brewster
Thomas & Susan Grande

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Dave & Jane Schostag
Dennis & Nancy Cramblit
Diane Dobitz
Jean Lovett
Lee & Valerie Cornell

GLADYS McDONOUGH
Margaret & Ronald Capocasa

WAYNE OWENS
Pamela & William Teleen

JAMES PICKETT
Carol Thunstrom
Jackie & Jeff Wilcziek
Jan Eisner
Jane Nordin
Joan Bishop
Kathleen O'Dea
Kevin & Christine Reller
Nancy Pickett
Patricia Okraska
Rebecca & Jerry Brown
Steven & Marian Wilk

MARJORIE REED
Nancy Seebeck

JASON ROHR
Friends and Co-Workers at
BlueCross BlueShield of MN
Doug & Teresa Wobbema

JOAN SCHILLING
Joseph & Linda Lipari
Chuck Krueger

JIM SMUCKLER
Bill Kelly House
Bob & Stacy Graiziger
Daisy & Thomas Haung
Dale Kleve
Glenn Eckstrom
Gregory & Marianne Kulka
Jack & Margaret Smuckler
James Pesis
Korey Bannerman
Larry Graham
Larry Reid
Leah & Paul Hoghaug
Leslie & Eric Nessbaum
Mark & Jennifer Sheffert
Martha O'Hara
Pat & Ginny Gaspard

Paul & Jane Mortell
Ron Scolman
Susan & Kevin Horner
Susan Wedemeyer
Ted Bigos
Tom & Elona Harman
Tom Kieffer

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Randy & Barbara Hemstad

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Mary Jean Goulet

JAMES SWENSON
Curt & Helen Crandall
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Mary & Thomas Landkamer
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Ann & Dan VanArsdale
Ben & Dana Thompson
Chuck Krueger
Sarah & John Polzin

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Chris Marsh
Dennis Deloye
Diane Kammerer
Dustin Rothwell
Keith & Joan Zierke
Kim McDevitt
Marilyn Zochert
Securian Financial Group
Theo Sosu

NICHOLAS LOUIS WIEMANN
Donna Wiemann

PAUL & SUZAN WOLTER
Wayne & Susan Wolter

CHRISTOPHER WRIGHT
Living History Farms Race

CHRISTOPHER JAMES WRIGHT
Nellie Bobenhouse
Nicholas & Avis Braschayko
Regina Zedell
Robert Burnham
Wayne Schmidt

LILLIAN YOUNG
Al & Pat Rousseau
Bob & Patty Holycross
Cynthia Downing
Eleanor Downing
Holly & Pat Downing
Judith & J.G. Christenson
Kathryn & David Clusiau, Jr.
Laverne Trick
Linda Lewis
Sam & Nancy Johnson

HECTOR ZELLER
Judy Solomonson

IN HONOR OF

Bob & Donna Swanson's 60th Birthday
David Swanson
Gary & Paulette Peterson
Garold & Sandra Plummer
Betty Swanson-Grothe
Robert & Donna Swanson
Lynda Powell
Peter & Sarah Zacher
Bruce & Susan Lyn Johnson
O. Rueben & Donna M. Johnson

Kathie Doerr
The Windibrow Foundation

Jessie Waldeer-Beisans' bat mitzvah
Barbara Ann & John Erickson

Dallas Betz's birthday
Charles Betz & Suzanne Magdalene

Friberg's Marriage
Patricia Ewer

Lou Burdick's Birthday
Rebecca Elj

Sandy Menge's Birthday
Darrell & Mary Foss

Gifts listed were received between July 1, 2007 - June 30, 2008. Please accept our apology if your name is misspelled or missing in any of the lists of this report. Please call Michelle Greene at 651-645-2948 to correct our records.





nami minnesota 2007 awards



Provider of the Year Award Itasca County Crisis Team	Lifetime Achievement Award Pat Rousseau
Professional of the Year Award Don Janes Willie B. Garrett	Volunteer Couple of the Year Award Maggie and Rog Nolte
Faith Community of the Year Award Disability Task Force of the Presbytery of the Twin Ciities	Volunteer Group of the Year Award HealthPartners
Media Award Rick Kupchella, KARE 11	Volunteer of the Year Award Rob Rafferty
Legislator of the Year Award Senator John Marty Representative Neva Walker	Special Events Volunteer of the Year Robby Anderson
Leadership Award Dawn Eigenberg	Program Volunteer of the Year Award Kris Djupedal
	Office Volunteer of the Year Award Heidi Nordin



statement of financial position

June 30, 2008 (With Comparative Totals for 2007)

assets	2008	2007
Cash and cash equivalents	\$202,699	\$152,790
Promises to give	205,000	207,949
Accounts receivable	45,627	79,850
Inventory	10,019	8,847
Prepays and other assets	19,736	8,879
Furniture and equipment, less accumulated depreciation of \$22,214 in 2008 and \$17,920 in 2007	18,930	11,715
Beneficial interest in funds held by others	167,377	182,139
total assets	\$669,388	\$652,169
liabilities and net assets		
Accounts payable	\$28,963	\$25,887
Accrued expenses	16,364	4,135
total liabilities	45,327	30,022
Unrestricted net assets:		
Beneficial interest in funds held by others	167,377	182,139
Other	91,448	69,095
total unrestricted net assets	258,825	251,234
Temporarily restricted net assets	310,329	316,006
Permanently restricted net assets - endowment	54,907	54,907
total net assets	624,061	622,147
total liabilities and net assets	\$669,388	\$652,169

statement of activities and changes in net assets

For the Year Ended June 30, 2008 (With Comparative Totals for 2007)

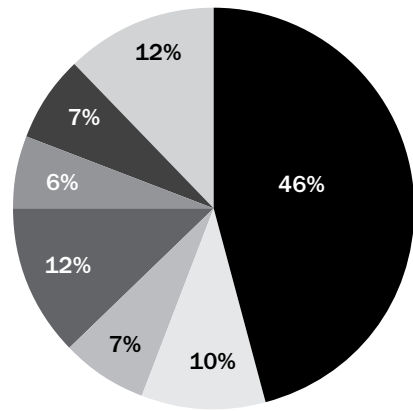
	unrestricted	temporarily restricted	permanently restricted	total	2007
Support and revenues:					
Contributions	491,969	198,568		690,537	684,316
Government grants	146,705			146,705	207,534
Membership dues	28,304			28,304	26,775
Interest income	5,635			5,635	4,372
Net investment income (loss) on funds held by others	(6,692)			(6,692)	23,296
Conference	40,119			40,119	35,496
Special events	83,737			83,737	119,119
Less: costs of direct benefits to contributors	(13,208)			(13,208)	(15,012)
Merchandise sales, net	14,355			14,355	8,030
Net assets released from restrictions satisfied by purpose and time	204,245	(204,245)			
<hr/>					
Total revenues and other support	998,309	(5,677)		992,632	1,103,114

statement of activities and changes in net assets

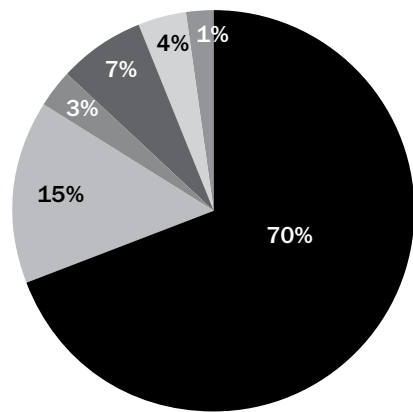
For the Year Ended June 30, 2008 (With Comparative Totals for 2007)

	unrestricted	temporarily restricted	permanently restricted	total	2007
Expenses:					
Program services:					
Education and support	455,364			455,364	454,934
Information and advocacy	96,469			96,469	64,669
Public awareness	122,568			122,568	32,712
Public policy	61,410			61,410	57,141
Membership	67,371			67,371	73,582
Total program services	803,182			803,182	683,038
Supporting services:					
Management and general	68,139			68,139	81,386
Fundraising	119,397			119,397	56,104
	187,536			187,536	137,490
<hr/>					
Total expenses	990,718			990,718	820,528
Increase in net assets	7,591	(5,677)		1,914	282,586
Net assets at beginning of year	251,234	316,006	54,907	622,147	339,561
<hr/>					
Net assets at end of year	\$258,825	\$310,329	\$54,907	\$624,061	\$622,147

2007



- expenses**
- education (46%)
 - support and information (10%)
 - membership and affiliate support (7%)
 - public awareness (12%)
 - public policy (6%)
 - management and general (7%)
 - fundraising (12%)



- revenue**
- contributions/foundations (70%)
 - government grants (15%)
 - membership dues (3%)
 - fundraising events (7%)
 - conference (4%)
 - merchandise sales (1%)
 - interest revenue & misc. (0%)
 - earnings on funds held by others (0%)

NAMI Minnesota mission is to champion justice, dignity, and respect for all people affected by mental illness (biological brain disorders). Through education, advocacy, and support, we strive to eliminate the pervasive stigma of mental illness, affect positive changes in the mental health system, and increase the public and professional understanding of mental illness.



nami
MINNESOTA
National Alliance on Mental Illness

800 Transfer Road, Suite 31
Saint Paul, MN 55114

www.namihelps.org
651-645-2948
888-NAMI-HELPS
nami-mn@nami.org

