Enhancing the lives of those affected by mental illness.
We Are NAMI Tennessee

NAMI Tennessee is a grassroots, non-profit, self-help organization made up of people with mental illness, their families and community members. We are dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy.

NAMI Tennessee
1101 Kermit Drive, Suite 605
Nashville, TN 37217
615-361-6608
namitn.org
Every annual report will tell you that the year that just ended was amazing. In this case it is especially true with many new highlights that we are proud of and that we hope to build upon in the coming year. Below is a highlight of some of these activities.

**Criminal justice and mental health**

NAMI has identified the justice system and mental health to be a major focus going forward. NAMI Tennessee has adopted this call and we have been working extensively to expand CIT training as well as to divert persons with mental illness into treatment.

Our state organization has been successful in obtaining funding and hiring staff to focus on CIT expansion. We established a statewide CIT task force which has published a guide the communities can use to expand CIT locally. The guide is now available for free download (www.namitn.org). For those not familiar, CIT is training for law enforcement and other first responders on how to safely and effectively manage mental health crises.

NAMI Tennessee is partnering with Major Sam Cochran who is one of the founders of CIT. Our efforts received federal and state funding. We are hard at work in many communities throughout Tennessee working to expand and enhance this critical function.

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We have also been working as part of a coalition with other state and local organizations to expand pre-arrest diversion services in Tennessee. The goal in both of these approaches is to help those with mental health or addiction disorders receive treatment rather than incarceration.

**NAMI education programs**

In the past year NAMI Tennessee completed the transition from With Hope in Mind to Family to Family, a NAMI national signature program. Over 45 volunteers previously trained in With Hope in Mind were retrained along with new educators allowing us to utilize the nation’s most up to date and effective mental health caregiver education program.

Ending the Silence, a mental health awareness program for high schools, has grown throughout Tennessee. We have had presentations in East, Middle and West Tennessee and have reached over 2000 students in the past year. This program is offered in partnership with local affiliates, and is a high priority for our state organization due to the high prevalence of mental illness among young people. Research has shown that early identification and treatment for mental health conditions offers better outcomes.

New in 2019 has been the release of Basics on Demand. Basics is an education program for caregivers of minor aged children that have a mental illness. The online version of Basics will allow parents that do not have access to a nearby class to learn at their own pace. Our state organization plans to continue supporting Basics classes locally while also promoting the online opportunity.

**NAMIWALKS In Tennessee**

NAMIWALKS are both a mental health awareness program and a fundraising opportunity. The first statewide NAMIWALKS was held in Worlds Fair Park in April 2019. Over $60,000 was raised with over $21,000 shared with local affiliates. More than 500 people attended the inaugural walk. We expect to continue to grow both the number of locations and the amount of money raised through NAMIWALKS in 2020.

**Legislative advocacy**

The first NAMI Tennessee Day on the Hill took place in February, 2019. This was a day for advocates to receive training in how to share their stories and speak with legislators. NAMI Tennessee also works with the Tennessee Mental Health and Substance Abuse Coalition to develop shared legislative priorities.

Over 60 NAMI advocates participated in our Day on the Hill, including board members and members of many affiliates from throughout Tennessee. Participants spoke to their own legislator tour to ask for support for our priorities throughout the afternoon. Individual legislators appeared to be moved by the firsthand stories that they heard. Many of our priorities became law.

**Successful state convention**

This was a banner year for the state convention with a large number of attendees and exhibitors. Highlights of the convention included keynote speaker Pete Earley, a guest appearance from advocate and author Gabe Howard, a celebrity appearance by Naomi Judd and an talk and musical performance from Joseph LeMay.

Plans are already underway to build upon our work of 2019. The board and staff of NAMI Tennessee expresses its appreciation for the huge number of volunteers, donors and sponsors that made our work possible.

Jeff Fladen  
Executive Director

Sylvia Philips  
President
Share the Facts

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24

Approximately 24% of state prisoners have a recent history of a mental health condition

Approximately 26% of homeless adults staying in shelters live with serious mental illness

1 in 5 Tennesseans is affected by a mental health condition, with 411,000 Tennesseans experiencing a serious mental illness

1.3 MILLION Tennesseans will have a mental health crisis at one point in their lives

60% OF TENNESSEANS with a mental health condition do not receive treatment

Support Our Priorities

Strengthen the state’s behavioral health care and public health infrastructure

Help people living with mental illnesses obtain homes and jobs

Enforce federal and state mental health insurance parity laws

Reduce criminalization and expand Crisis Intervention Team (CIT) programs

Support mental health caregivers
What We Do

EDUCATION

Education is an essential part of understanding and coping with mental illness. We’re proud to offer a variety of programs and classes that support and empower all Tennesseans living with mental illness. Through our free programs, we also offer guidance and useful tools to affected friends, family and colleagues.

ADVOCACY

With help from our passionate membership-based Advocacy Network, we continue to urge Tennessee’s lawmakers to improve mental health policy and the systems of care for those affected by mental illness.

BUILDING COMMUNITY

There is strength in numbers. We maintain strong partnerships with several organizations throughout Tennessee and host a variety of fun annual events including the NAMI Walks 5K, the Vision of Hope Gala and the NAMI Tennessee State Convention.

JOIN US

We can’t do this without you. Visit namitn.org to donate, volunteer and learn more about our upcoming events and programs.
Education

One in 5 Tennesseans is affected by a mental health condition and 60% of those who experience mental health issues do not receive treatment. But help is out there. We’re proud to offer several programs and classes that support and educate everyone affected by mental illness, and our classes and presentations are always free for participants thanks to your generous donations.

NAMI Family-to-Family

Our 12-session Family-to-Family course focuses on family, friends and loved ones of those who are living with a mental health condition. Over the past year more than 150 Tennesseans participated in the course, and 88% of participants say the program positively impacted their coping skills.

What people are saying:

“Instead of focusing on getting back to how it was before our son’s bout of depression and mania, I’m learning that we now just have to take it one day at a time and accept that this is our new normal.”

“I now approach my loved one in a more loving way—I listen more, and don’t try to fix.”

“I had been advised a couple of times in the past that I needed to set boundaries and stick to them. I did not follow the advice. Finally in this class, I tried it! It made sense to me, and it worked!”

NAMI Basics

It can feel overwhelming, at times impossible, to give proper care to a young person who is struggling with mental illness. Our six-session course NAMI Basics class educates and connects parents and caregivers of children and teens who have been diagnosed with mental illness or are experiencing similar symptoms.

What people are saying:

“I am learning how to effectively communicate with my child and understand why they are so frustrated.”

“I have learned to use the ‘I’ statement when communicating with my daughter and this allows me not to be so angry, and my blood pressure is not up anymore. I now know more to advocate.”

“I am able to articulate and handle my unplanned situations—learning experiences become more calm than chaotic.”
In Our Own Voice

In Our Own Voice is one of our most powerful programs, featuring presentations from people living with mental illnesses. By speaking openly about their experiences, our speakers help alleviate stereotypes and give people insight and understanding as to what it’s like to live with mental illness.

What people are saying:

“Participating in the IOOV program is the single most effective thing I am doing to maintain my mental health. Time after time I see the audience respond with curiosity and interest. I know I am changing the face of mental illness and that I have transformed my pain into the power to make a difference.”

“Amazing presentation with amazing presenters! You 100% erased any stigma I used to associate with mental illness.”

Ending the Silence

One-half of all chronic mental illness begins by age 14; three-quarters by the age of 24.

Our Ending the Silence campaign is designed to teach middle and high school students about the impacts of mental illness and show them what a positive influence supportive, understanding friends can have on someone who’s struggling. We were able to connect with over 1,000 students last year in Tennessee High Schools.

What people are saying:

“What I liked best about the program is knowing that I am not alone.”

“ETS was really helpful. It makes me realize you can help even if you don’t think you can.”

“The program gave us a real life example so we can see that reaching out really works. Please keep reaching out. There are so many people that have mental illness.”
Leave a Legacy

NAMI Tennessee Agency Endowment

NAMI’s use of grassroots teachers and presenters means that those with experience as a caregiver or living with a mental health diagnosis share what they have learned with others. The new agency endowment allows those who value the work of NAMI to share in a different way, by leaving a legacy gift of caring and support.

The NAMI Tennessee Agency Fund is an endowment fund which has been established at the Community Foundation of Middle Tennessee. Endowment funds are set up by non-profits to insure that the mission, programs, and services of the organization continue over time. This decreases dependence upon grants and government funding by providing an additional source of income. Because the fund will grow wealth over time and its principal is never spent, The NAMI Tennessee Agency Fund helps us to work to improve life for those impacted by mental illness in perpetuity.

The Founders Circle
When establishing the NAMI Tennessee Agency Fund it also established the Founder’s Circle. While gifts of any amount can be added to the NAMI Tennessee Agency Fund at the Community Foundation of Middle Tennessee, endowment commitments of $5000 or more received in 2018 will be a permanent member of the Founder’s Circle, with our gratitude for leaving a legacy of caring and support.

NAMI Tennessee
The NAMI Tennessee Agency Fund Founders Circle
Gilal and Leslie El-Sayad
Jane and Dick Baxter
Frank and Ann Zigheim
Jack and Kitty Stewart

For additional information
Belinda Dinwiddie Havron

Community Foundation of Middle Tennessee
Nashville, TN 37215
(615) 321-4939
BDinwiddie@cfmt.org

IMPORTANT DATES

Day on the Hill
February 18
NASHVILLE

NAMIWalks
2020
April 14
KNOXVILLE

VISION OF Hope
AWARD GALA
MAY 12
NASHVILLE

STATE CONVENTION
SEPTEMBER 24 & 25
NASHVILLE
NAMI Walks

NAMI Tennessee was proud to be one of over one hundred NAMI chapters to participate in the national NAMI Walks campaign. Thanks to the fundraising efforts of 500 participants, we raised more than $60,000 in just one afternoon! And we were able to share approximately $20,000 of that with local affiliates who continue to support those living with mental illness.

Vision of Hope Gala

Our 2019 Vision of Hope Gala was a huge success, raising another $60,000 through our banquet dinner and silent auction. The evening celebrated the work of honorees Terry Bridges, a NAMI Tennessee board member and mental health advocate, and Sheriff Daron Hall, who has worked to bring important mental health treatment to Tennessee’s incarcerated citizens.

NAMI Radio Hour

Tune into WRFN-LP on 107.1 and 103.7 every Wednesday morning for NAMI’s Radio Hour — NAMI Tennessee’s Executive Director Jeff Fladen welcomes a variety of guests to discuss mental health and wellness. You can also stream the show online at radiofreenashville.org and podomatic.com.
### NAMI TENNESSEE
#### STATEMENT OF FINANCIAL POSITION

**JUNE 30, 2019**

<table>
<thead>
<tr>
<th>ASSETS</th>
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<tbody>
<tr>
<td>Cash</td>
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<td>Grants and other receivables</td>
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<td>Investments</td>
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<td>Prepaid expenses</td>
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<td>Property and equipment, net</td>
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<td>CODE film, net</td>
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<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$ 219,384</strong></td>
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<tr>
<th>LIABILITIES AND NET ASSETS</th>
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<td>Liabilities:</td>
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<td>Accounts payable and accrued expenses</td>
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<td>Affiliate funds</td>
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<td>Board designated</td>
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<td><strong>TOTAL NET ASSETS</strong></td>
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<tr>
<td><strong>TOTAL LIABILITIES AND NET ASSETS</strong></td>
<td><strong>$ 219,384</strong></td>
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The accompanying notes to the financial statements are an integral part of this statement.

### NAMI TENNESSEE
#### STATEMENT OF ACTIVITIES

**JUNE 30, 2019**

<table>
<thead>
<tr>
<th>Change in net assets without donor restrictions:</th>
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<tbody>
<tr>
<td>Revenues and support: Government grants</td>
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<td>Contributions</td>
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<td>Vision of Hope, net of related expenses totaling $16,219</td>
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<tr>
<td>Other grants and awards</td>
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<tr>
<td>NAMI Walks, net of related expenses totaling $42,593</td>
<td>19,087</td>
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<td>Conference, net of related expenses totaling $32,578</td>
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<td><strong>TOTAL REVENUES AND SUPPORT</strong></td>
<td><strong>$ 673,185</strong></td>
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<table>
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<th>EXPENSES:</th>
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<td>Program services</td>
<td>552,560</td>
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<tr>
<td>Management and general</td>
<td>56,084</td>
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<tr>
<td>Fundraising</td>
<td>32,949</td>
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<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td><strong>641,593</strong></td>
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</table>

Change in net assets without donor restrictions | 31,592 |
Net assets without donor restrictions, beginning of year 93,182 |
Net assets without donor restrictions, end of year $ 124,774
Here are just some of the ways NAMI Tennessee continued to grow this year, thanks to your kind donations and passionate participation.

NAMI TN by the Numbers

Embracing the education and support she received after calling the West Tennessee Region helpline, and attending classes in a neighboring county, a member we’ll call Mary decided that her community needed the same hope and healing she had received.

After organizing with community stakeholders, volunteers and the West Tennessee Region Coordinator, NAMI Tennessee in Gibson County became what is known as an “Emerging Affiliate.” It will be a year this fall.

In that time, a strong steering committee of volunteers has formed and NAMI Signature Education Programs have been held. During a Mental Health Symposium, Gibson gained more support for its mission and a regular place to host events. A support group for families meets on a regular basis and, with community outreach during Mental Health and Minority Mental Health Awareness Months, they’ve received media exposure and have been invited to begin working in the schools, using the NAMI Ending the Silence presentation to teach high school students about mental health during the 2019-2020 school year.

2,250 Tennesseans attended one of our 217 support groups.

41 Ending the Silence presentations were made to more than 1,000 Tennessee middle school and high school students.

80% of students who participated in our NAMI Basics class reported that their relationship with their child with mental illness had improved.

More than 5,000 Tennesseans were served through our helpline at 1-800-467-3589.

$120,000 was raised at our annual NAMIWalks and Vision of Hope events. We trained more than 30 new Family to Family teachers in Nashville and Jackson, TN.

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NAMI continues to grow thanks to your support:

2017 2018 2019