

**REPORT ON 2008
FINANCES, ACTIVITIES, ACCOMPLISHMENTS
and
PLANS FOR 2009**



**NAMI-FINGER LAKES, INC.
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**NAMI-Finger Lakes is a 501c(3) charitable organization,
organized as a not-for-profit New York State corporation**

Notes from the President....

Again, what a wonderful year NAMI-FL has experienced in 2008...our second full year as an incorporated not-for-profit. We elected 4 new Board Members – Linda Duttweiler, Deb Grantham, Rebecca Schwed, and Sherry Scott. We also elected Officers for this new year – President -- Carol Booth, Vice President – Ann Carter, Recording Secretary – Sherry Scott, Corresponding Secretary – Rebecca Schwed, and Treasurer – Joanne Denison and set several important Committees to help carry out our very important work. We held four official Board Meetings – March, May, September, and November. In the spring of 2008 we sponsored our 7th F2F Education Class and our 2nd Annual Rally to Raise Awareness of Mental Illness and Support Mental Health – a great Community Event. Tom O’Clair, spearhead for Timothy’s law and now working as an Office of Mental Health Recipient Services Assistant, came to speak -- his words were extremely powerful, along with those from families, teachers, mental health providers, and recipients.

Later in August NAMI-FL held its yearly picnic at Stewart Park – on one of the windiest evenings of the summer! Those of us in attendance challenged the elements and had a wonderful time. “Trish and Friends” entertained us with enthusiasm!! In October, NAMI-FL sponsored a very successful Wellness Event—Mind and Body: Integrated Physical and Mental Health. John Allen, Director of Recipient Services at the OMH gave the Key Note address and then we convened a local panel to address some issues from their perspective. – experts on diabetes, nutrition, exercise, holistic approaches, and our local metabolic clinic. We also did a great deal of Outreach in 2008 – particularly with NYSEG, the hospital, and Ithaca College. Andrea Staffeld and Susan Larkin spoke in a Psychology Seminar and Carol Booth taught an entire class in the “Culture of Disability.” Honoraria in both cases were donated to NAMI-FL. Our Support – both individual and group – was praised by family members, close friends, and providers, and recipients in the Ithaca area.

Now that we have entered 2009 and rather difficult economic times, we must take time to prioritize our most important needs – as well as providing Support, Education, and Advocacy along the way. We continue to gain the reputation of providing quality services to family members and recipients and being a necessary partner to other service providers. This year we did

not receive the typically large donation from our Cornell Fraternity Fund Raiser that we have been the appreciative beneficiary of for many years, so one of our priorities in 2009 is to find other reliable sources of income. I was able to find money (Transitional Living Services in Syracuse) to purchase a new computer monitor and some new software – so our second priority will be to upgrade our use of this new technology. We will transfer our finances to Quicken and update all of our mailing lists – Members, Friends, and entire Mailing list. Jean, Joanne, David Zimet and others will all learn how to use this new software effectively. We will certainly continue to fight STIGMA at all levels – through our Family to Family Education Course, through our regular outreach attempts in the Community, and through our connections to other advocacy groups. This is a BIG JOB and a continuous one. I also continue to teach school children throughout the TST BOCES District – Trumansburg and Dryden have been long-time partners in this effort.

My work as Secretary of NAMI-NYS for the last three years has been challenging, but at the same time – satisfying. I am able to network with other individuals from all over the state and keep up with the most important issues facing those heroic individuals struggling with these devastating illnesses and their courageous families and close friends. I have been involved with Children and Adolescents, Wellness, and Educational Programs. One thing I know for sure – the Treatment and Services that we have here in the Ithaca Community and Tompkins County are of very high quality. We do have housing available and case management for those who need it – we also have a very short waiting list for County Mental Health Services – this is not so in many other parts of New York State. We have much work ahead of us, but we have excellent partners with whom to collaborate to help our loved ones have the best quality of life that is possible in such difficult circumstances.

Thank you for all you wonderful support throughout these years,

Carol Booth, President, NAMI-FL

1) INTRODUCTION

NAMI-FL, Inc. is an organization founded by families who have loved ones struggling with a major mental illness – Major Depression, Bipolar Disorder or Manic-Depression, Schizophrenia, Anxiety Disorders, Borderline Personality Disorder, PTSD, and other co-occurring Addictive Illnesses. Our Affiliate was founded in 1987 by Jean and Verle Walters and has been operating out of her residence at 104 East Lewis Street, Ithaca, NY since that time.

Our organization serves to:

- Provide Support for families, relatives, and close friends of those individuals struggling with major mental illness
- Educate families, recipients, and the community about serious mental illnesses
- Advocate for the families as well as family members coping with serious mental illness

Our 2008 Board of Directors consisted of:

Carol Booth, President
Ann Carter, Vice President
Joanne Denison, Treasurer
Sherry Scott, Recording Secretary
Rebecca Schwed, Corresponding Secretary
Linda Duttweiler
Deb Grantham
Meyer Stolov
David Zimet

Our Goals are:

- Provide a SELF-HELP GROUP for parents, spouses, siblings, children, and friends of individuals with mental illnesses
- Educate ourselves and the public about the truth concerning the major mental illnesses and seek to change Stereotypes and overcome STIGMA and DISCRIMINATION

- Advocate for the best possible delivery of TREATMENT and SERVICES for individuals with serious mental illness
- Support RESEARCH for improved medications and treatments for individuals with mental illnesses today and to find the cure for mental illnesses in the future.

2) SUMMARY OF ACCOMPLISHMENTS IN 2008:

Support:

- Ran a monthly Support Group on Tuesday evenings (Jean's house) and for about 6 months on Wednesday evenings (Wegman's) with a total cumulative attendance of about 111 individual visits
- Individually met with or spoke with on the telephone approximately 52 individuals or families, meeting in the Office and out in the Community.
- Received approximately 358 telephone calls – including those received by Carol Booth at home
- Assisted others in starting a Support Group – Active Minds at IC and friends from Cortland County

Education:

- Engaged in Outreach at the Tompkins County Public Library, NYSEG, our Rally in May, two Classes at Ithaca College, and our Wellness Event in October.
- Organized our 2nd Annual Rally to Raise Awareness about Mental Illness and Support for Mental Health. Tom O'Clair spoke to a good-sized group down at DeWitt Park – along with an array of other interesting, informative, and inspirational speakers.
- Sponsored an important Community Event downtown at the Library – Mind and Body: Integrated Physical and Mental Health. John Allen gave an excellent Key Note address on the importance of treating the

whole person, not just the mental illness. We invited a wonderful local panel to emphasize the need for physical/mental health treatment.

- Sponsored our 7th Family to Family Education Course, taught by Jean Poland and Janet Lynch and assisted by Joanne Denison. 16 people graduated from this course.
- Presented Breaking the Silence to approximately 600 school students in the TST BOCES District
- Hosted Kevin Nickerson from Challenge to speak to members and friends about all types of Benefits – including Ticket to Work and Medicaid By-In.
- Donated more Family Packets to Cayuga Medical Center, Behavioral Health Unit
- Published two Newsletters – January/February and July/August

Advocacy:

- Participated in Tompkins County Mental Health Services Board and Chaired MR/DD Subcommittee
- Participated in NYS- NAMI Board – advocated for Child and Adolescent issues and Integrated Health issues
- Advised family members in advocating for themselves and loved ones in the mental health and criminal justice systems

More Details:

- Breaking the Silence Lessons for school-age children

Breaking the Silence is in its 9th year – bringing lessons about mental illnesses to students and staff in the TST BOCES District. Carol Booth consults with teachers and administrators and presents to students in 5th, middle school, and high school classrooms.

- **7th Family to Family Education Course**

Seven Classes ago, Jean Walters and Carol Booth taught the first F2F Education Class here in Tompkins County - we had over 20 participants. Since that time we have continued to offer this very important Course to family members and friends of individuals struggling with one of these major mental illnesses – Major Depression, Bipolar Disorder (Manic Depression), Schizophrenia, Anxiety Disorders, Borderline Personality Disorder, PTSD, and co-occurring Addictive Illnesses.

- **2nd Rally to Raise Awareness for mental Illness and Support Mental Health**

This past May, NAMI-FL sponsored its second Rally downtown at DeWitt Park. The Rally Committee asked Tom O'Clair, father of Timothy O'Clair, and Advocate for Timothy's Law, to come and speak in Ithaca. Along with Tom, we had an array of family members, recipients, our County Mental Health Commissioner, and service providers to educate and inspire. Many Community Agencies also participated with information about important services.

- **Mind and Body: Integrated Physical and Mental Health**

In October, NAMI-FL planned and carried out an excellent program on Wellness. John Allen from Recipient Affairs at OMH offered the Keynote Address and he was followed by a local panel of experts – on diabetes, nutrition, exercise, holistic treatments, and our own metabolic clinic. This topic of making sure that individuals with serious mental illnesses are also monitored for other serious, chronic illnesses such as high blood pressure, high blood sugar, high lipid count, obesity, etc. is extremely important and we helped bring this Awareness to the Community at large.

- **NAMI-NYS Educational Conference in November, 2008**

Jean Walters, Janet Lynch, and Carol Booth represented our local Affiliate at this Conference in Albany. We found the speakers to be informative and inspiring and the networking with old and new friends to be so enjoyable.

- **December Social**

We had a ‘record’ turn-out at our December social – almost **30** people. The food was wonderful and all who attended seemed to really enjoy the great music offered by David, Meyer, and Susan and the opportunity to see old friends and meet new ones.

3) MEMBERSHIP

NAMI-FL’s membership in 2008 consists of **85** members – including both individuals and families. Membership dues are \$25/ for individuals and \$35/families.

4) PLANS FOR SUPPORT, EDUCATION, AND ADVOCACY FOR 2009

SUPPORT:

NAMI-FL will continue to host its regular, monthly Support Group on the first Tuesday of each month....contact Jean Walters with questions at 273-4263. We will also offer individual and crisis support – in person or on the telephone. This will include support for families involved with the Behavioral Health Unit at the Cayuga Medical Center. Dr. Dean and Nicelee Hollenback both have our contact information if they need us. Contact Carol Booth with questions – 272-6573

EDUCATION:

NAMI-FL will sponsor its 8th Family to Family Education Course, taught by Ann Carter and Carol Booth. This Class will begin on Thursday, March 5, 2009 and run consecutively for 12 Thursdays through May 21, 2009 at the TC Action Building at 701 Spencer Rd. Carol will continue, along with support from BOCES/SETRC to present “Breaking the Silence” to District children and teachers as requested. She will be focusing on distributing more actual Lesson Plans for teachers to carry out this Program on their own. We will continue to keep our Library up-

to-date and to replenish our Brochures both from NAMI-NYS and NAMI National; we will publish our Winter Newsletter in the next month and another in late July/August – questions, comments, articles are always welcome – contact Deb Grantham at 277-5148. We will continue to supply the hospital unit with family packets – as requested. In May, Carol Booth will help to host a Tompkins County Mental Health Services Recognition Event in the downtown area – as part of her role on the TC Mental Health Services Board. She is hoping to encourage focus on NAMI-FL at this time and help community members to understand all that we offer – Support, Education, and Advocacy regarding mental illnesses. We will celebrate Mental Illness Awareness month in October by an educational/fundraising and awareness event, still to be determined.

Hopefully, more NAMI-FL members and friends will think about attending the Educational Conference to be held on October 9, 10, and 11, 2009 at the Desmond Hotel in Albany, NY.

ADVOCACY:

We hope that our members and friends will continue to write Guest Columns and Letters to the Editor concerning topics relating to Mental Illnesses. Carol Booth will continue to serve as Vice-Chair of the County Mental Health Services Board and Chair of the MR/DD Subcommittee – always attempting to serve the interests of our Families and Loved Ones. She will also continue to serve as Secretary of NAMI-NYS for one more year.

5) List of Donors to NAMI-Finger Lakes:

Appeal and Other:

Carol and Richard Booth
Ed Zimmerman
James Spero
Helga Arnold
Andrea and Peter Wetherbee
David Zimet

Louise Clarke
David Dresser
Helene Eberts
Barbara Anible
Joanned Denison
Dr. Ray Heringa
Bruce McKee
Cynthia bowman
Chris Henley
Deb Grantham
Hazel and Dan Lombardi
Sherry Scott
Gail Murphy
Jean Poland
Jean Walters
Robert Riter
Werner and Johanna Geohner
Peter and Mary Lou Harriot
Norman and Frances Chrismer
Dr. Robert Dean
Jay True
Linda Duttweiler
Dr. Willis Allen
David and Peggy Dunlop
Tim and Susan Larkin
Lana and George Pfann
Nancy Gabriel
John Beach
Abby Eller
Ithaca College
Sally Sievers
Ruth Lucas
Sarah and Michael Booth-Neades
George Gesslein
Jane Hammond
Rebecca Schwed

In Kind --

For Rally and Wellness:

Kinney Drugs (both)

Wegman's

Cornell Orchards

Ludgates

Ithaca Bakery

Green Star

Walmart

Tops

Hickeys Music

TC Mental Health Association

Nicelee and the Behavioral Health Unit at Cayuga Medical Center

6) List of **Volunteers** over the last year --- **THANK YOU ALL!**

Deb Grantham

Carol Booth

Richard Booth

Ann Carter

Rebecca Schwed

Meyer Stolov

Steve Little

Joanne Denison

Linda Duttweiler

Jean Walters

Susan Larkin

Janet Henry

Dorothea Lindemann

Kathy Taylor

Maureen Sullivan

David Zimet

Sherry Scott

Bill and Andrea Staffeld

Dawn Kucherak

Dr. Henry Gerson

Bob DeLuca

Tom O'Clair
John Allen
Deb Siegert
Nancy Peckenpaugh
Nikki Bonnani
Susan Spicer
Liz Grantham
Janet Lynch
Jean Poland
Barbara Anible
Trisha Englehard
Gabe McCarthy
Gail Murphy
Mary Kirkpatrick
Ginnie and MOM – from Enfield Blessing Shop

Many Local Agencies also participated in our Rally – FLIC, Family and Children's Services, Suicide and Prevention, Lakeview Housing Services, Challenge, Stone Soup, Cayuga Medical Center and Healthy Tompkins, and Breaking the Silence.

Donors to Garage Sale: Jean thanks each and every one of you for bringing in donations that were ready to sell – so much less work for those preparing the Sale.

*** Most Garage Sale Volunteers also brought Donations! Other additional people brought donations – Linda Weaver, Anna Moratz, Mary Schwartz, Deb Fox, Peggy Dunlop, and Linda Loomis.

THANK YOU ALL FOR YOUR SUPPORT!!!!!!

6) Finances

See attached 2008 Budget and Proposed 2009 Budget

NAMI-FL received a Grant from Transitional Living Services of Syracuse, NY for new, updated Computer Software, a new Computer Monitor, and fees for Janet Lynch to attend the November, 2008 Educational Conference in Albany, NY.

8) See attached flyers and photos

Gnomon was \$200 more than we had budgeted for.
Rent was more than budgeted because I paid Jean in December for
January's rent.

Appeal Donations \$3500 (as of 1/17/09)

Checking balance \$9,130.81 (as of 1/17/09)

Respectfully Submitted,
Joanne Denison
NAMI/FL Treasurer

Income -- 2008

Dues	\$1,700
Grants NAMI-NYS, Friends of Library	\$864
CU Fraternity	\$5,500
Garage Sale	\$700
F2F reimbursement	\$400
Donations Appeal, Memorial, etc.	\$2,000
TOTAL	\$11,164
In Checking acct.	\$11,000

Expenses -- 2008

Rent	\$4,400
Telephone	\$500
F2F	\$400
Office Paper, stamps, cartidges	\$750
Community Programs Outreach, Special	\$900
Gnomon other	\$300
Brochures	\$500
Books	\$500
Miscellaneous	\$100
NAMI-NYS	\$195
NAMI	\$650
New computer	\$600
Insurance	1369
TOTAL	\$11,164

NAMI-FINGER LAKES PROPOSED BUDGET 2009

INCOME	
DUES	\$1,700
GRANTS -- TRANSITIONAL LIVING SERVICES FRIENDS OF LIBRARY, ETC.	\$2,000
CU FRATERNITY DONATION	\$1,000
SPECIAL FUND RAISER	\$3,000
GARAGE SALE	\$600
F2F	\$400
DONATIONS -- APPEALS, MEMORIAL,ETC.	\$3,000
TOTAL	\$11,700
EXPENSES	
RENT	\$4,500
TELEPHONE	\$500

F2F	\$400
OFFICE -- PAPER, POSTAGE, CARTRIDGES, ETC.	\$1,200
COMMUNITY OUTREACH	\$300
GNOMON COPY	\$500
INSURANCE	\$1,372
FUNDRAISER COSTS	\$883
NAMI-NYS	\$195
NAMI NATIONAL	\$650
EDUCATION -- BROCHURES, BOOKS, ETC.	\$500
HOSPITAL FAMILY PACKETS	\$500
MEETINGS	\$100
MISCELLANEOUS	\$100
TOTAL	11,700

Tom O'Clair
John Allen
Deb Siegert
Nancy Peckenpaugh
Nikki Bonnani
Susan Spicer
Liz Grantham
Janet Lynch
Jean Poland
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See attached 2008 Budget and Proposed 2009 Budget



FAMILY-TO-FAMILY EDUCATION PROGRAM

Starts February 14, 2008 in Ithaca

◇ Limited Spaces - Registration Required ◇

Family-to-Family is a 12-week course for families or loved ones of individuals with severe brain disorders (mental illnesses). Trained family members teach the course; materials are free. Classes focus on the knowledge and skills family members need to cope more effectively and the clinical treatment of major mental illnesses. Family-to-Family is for relatives of persons with disorders such as:

- *Bipolar Disorder* • *Major Depression* • *Schizophrenia*
- *Anxiety Disorders* • *Borderline Personality Disorder*

Class will meet every Thursday evening at 214 Elmira Road, Ithaca, NY from 6:30 to 9 PM for twelve weeks.

Start date: February 14, 2008

Graduation: May 1, 2008

Jean Poland and Janet Lynch, Teachers

For additional information and location, or to register, call 266-8079 or 273-2462 – please don't forget to leave your name and phone number!

NAMI's Family to Family Education Program is free.

Class size is limited and registration is required.

Call 266-8079 or 273-2462 to register.

Please pass this information to anyone you think might benefit from the program!

See <http://www.namifingerlakes.org/> for more information about NAMI-FL

one in five

families are affected by mental illness

2nd annual

RALLY

to raise awareness about mental illness
& support mental health

speakers
food
information

Dewitt Park
Saturday, May 17th
1 – 3 pm

featured speaker

Tom O'Clair

of Timothy's Law

also

Bob DeLuca, TC Mental Health Commissioner

Dr. Henry Gerson, Cayuga Medical Center

Family members, and others

Sponsored by National Alliance on Mental Illness of the Finger Lakes
For more information call 273-2462



Review of Health

SUPPORT

EDUCATION

PHARMACY

EVIDENCE



End the **STIGMA**
of
Mental Illness



HOPE...





