

2020 Annual Report



THE NAMI MAINE BOARD OF DIRECTORS

Providing support, education and advocacy to the 1 in 4 Mainers impacted by mental illness.

The 2020 Annual Report captures NAMI Maine's efforts between July 2019 – June 2020.



Amy Hodgdon
President
Advocate

Michael Pooler
Vice President
COL (ret) USARNG

Robert Reed
Former President
Residential General Contractor

Teresa Price
Treasurer
Price Structural Engineers

Lisa Shaw
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Advocate

Karen-Ann Hagar
Central Lincoln County YMCA

Dr. Bobby Kysela
Maine Medical Partners

Walter McCulley
Marine Corps, and Air Force Veteran, Case Manager for Health Equity Alliance, and a Hannaford To-Go Shopper

Dr. Joseph Fitzpatrick
Licensed Psychologist, Private Practice

Jonathon Sahrbeck
District Attorney for the Cumberland County DA office

A Message from the Board

The Board of Directors is delighted to present the accomplishments and amazing work of our dedicated volunteers, staff and NAMI members for the 2020 fiscal year. We are so grateful for our community of supporters, whose commitment to this critical cause has only been further reinforced with the onset of the COVID-19 pandemic. With our community's support, NAMI Maine has remained responsive to the new hardships and increased stressors our fellow Mainers are facing.

In many ways this pandemic has caused a mental health crisis in our community, elevating the need for hope, resources, and connection. This crisis has also shed a new light for many individuals on how crucial it is to take action to tend to one's own mental wellbeing and the mental wellbeing of others. We have experienced a spike in calls to our Helpline and use of our many services. Our trainings offered to peers, professionals, and families have been virtually adapted so individuals can continue to arm themselves with knowledge and tools to identify and respond to suicidal behavior, to better care for their own mental health challenges, and more. Now more than ever we must stay united as a community.

With the onset of the pandemic, teens were pulled out of their typical social and support circles. To combat the increased isolation and hopelessness teens were struggling with, the Teen Text Line was developed. Within a few short months over a hundred teens were connected with resources and strategies to support their mental health. To help families raising a child with a mental health diagnosis, the Family Respite Program created an expedited application process. This met the increased need for respite resulting from children now attending school remotely and parents working from home. To safely accommodate folks facing new schedules and constraints NAMI Maine delivered live and on-demand community conversations. These free, public educational events discussed resiliency, how to cope with COVID, identifying ways to thrive, and how to safely maintain a connection with loved ones.

To many, NAMI Maine is not just an agency; it is a community made stronger by our shared connections and commitment to mental health. We thank you for standing with us as a mental health supporter. Together, we stand by our hundreds of volunteers and dedicated community as we recognize there is nothing more powerful than hope.

After all, we are all affected; we are all connected.

Amy Hodgdon

President of the Board of Directors at NAMI Maine

NAMI Maine's Board of Directors are leaders elected from across the state who provide strategic guidance in the fulfillment of the agency's mission to provide support, education and advocacy to build better lives for the 1 in 4 Mainers who are affected by mental illness.



Public Education

NAMI Maine serves as a trusted source for information on mental illness and mental wellness promotion in Maine. This past year staff presented at **8** in-person public education events across the state and provided **44** online educational presentations.

8 In-person public education events across the state

44 Online educational presentations

Coping with COVID - Virtual Community Conversations

In response to the COVID-19 pandemic, NAMI Maine launched a series of virtual community conversations called Coping with Covid. This series addressed personal and professional stresses of coping with COVID-19 and explored opportunities for growth and resilience.

A selection of topics covered:

- Assessing and Managing Suicide and Other Difficult Conversations Online for School Clinicians
- Parenting During COVID-19
- Coping with COVID - for the First Responder & Health Care Community
- Reconnecting In-Person: Balancing Social Connection and Safety
- Suicide Prevention Awareness during COVID-19
- Addressing Concerns of Self Injury during COVID-19

2020 NAMI Maine Hospital Guide

This resource was developed to help families and individuals navigate the mental health journey of treatment and recovery. This guide reviews:

- The Decision to Hospitalize
- Paying for Hospitalization
- The Mental Health Treatment Team
- Family Member Rights at Hospital Treatment Facilities
- Mental Illness and the Family
- Helpful Tips for Your Family
- Medications
- Mental Illness from a Patient's Perspective
- Helping a Family Member with a Mental Illness
- Relapse and Recovery

Policy & Advocacy

NAMI Maine engages in efforts to initiate a comprehensive reform of Maine's mental health system that prioritizes every individual's access to quality, evidence-based services.

During the legislative session, **127** members receive advocacy alerts with exclusive calls to action. The NAMI Maine Community is committed to creating effective policy change to support the mental health of our fellow Mainers.

In 2021, NAMI Maine's policy agenda for the 130th Maine State Legislature is to reduce stigma, enhance mental health in the workforce, and develop a mental health specialty certification to support criminal justice system reform.

Helpline

The NAMI Maine Helpline is a mental health resource and referral line for peers, family members, friends and professionals.

The Helpline offers a compassionate ear to anyone impacted by mental health struggles. The team works with callers to help find the means to improve their situation and give hope for the future.

How NAMI Maine's Helpline Supports Mainers:

- Navigate the mental health and/or criminal justice system
- Help Mainers understand their rights as a peer or family member and how they can best advocate for themselves
- Find a service or provider based on need, location and income
- Offer resources and materials about mental health and recovery
- Engage in collaborative problem solving around mental health concerns
- Find information on educational opportunities and alternative avenues for support

1,455 Calls with a **99%** satisfaction rate

35% Increase in calls

Teen Text Line

With the onset of the COVID-19 pandemic, NAMI Maine developed and launched the Teen Text Line in April 2020 to combat the increased isolation, anxiety, stress, and uncertainty teens are experiencing.

This new statewide text line is a resource for teens (14 - 20 years old) to connect with compassionate, well-informed, trained peers (19 - 23 years old) and discover resources and coping strategies to help navigate tumultuous times. **This line is monitored by a clinician.*

The Teen Text Line data portrayed represents only the first three months of the line's operation. Since the end of the fiscal year in June 2020, there was a **360% increase in total text volume when school came back in session in between August and October.*



"If there is one thing I would want to tell a teen who is feeling alone, anxious, etc. and debating reaching out to the Teen Text Line it is that you are never alone. I hope that by providing Maine teenagers a text line to reach out to during difficult times, we are able to help end negative stereotypes surrounding mental illness and remind our communities that your mind is just like any other part of your body; if it is injured or hurting there are resources and steps to take to help care for and heal your pain." - River H., Trained Teen-Texter



"Being a teen is HARD enough, add an international pandemic and it's the perfect storm! The Teen Text Line is a safe space in which teens can connect with other young adults who have been there. If you have been thinking about texting in, please reach out to us. We are here for you without judgment or shame."- Jada C., Trained Teen-Texter



This line was originally funded to support the teenage community during the pandemic.

10,052 Outbound/ inbound texts

128 Teens equipped with positive coping skills and mental health tips to help reduce negative thoughts, manage physical & emotional reactions, problem-solve, and more!

162 Teens texted this line between April - June

43 Teens referred to professional help

SUICIDE PREVENTION PROGRAMS

Now, more than ever, as we grapple with the stresses and isolation brought on by an unprecedented pandemic, thoughtful, intentional, and comprehensive suicide prevention is needed. So many of our lives have been touched by suicide, whether in our families, our professional lives, or during a darker period of our own life. We know the pain associated with suicide and that isolation and hopelessness are such potent parts of the risk.

The work that NAMI Maine engages in seeks to lower the incidence of suicide across our state through several key efforts. We partner with the Maine Suicide Prevention Program to deliver education and consultation to people, like you, who play a vital role in identifying suicide risk and intervening to bring help and hope to someone in a crisis. We work on the firm belief that preventing the next suicide is up to ALL of US, and prevention requires a caring and knowledgeable person to connect with and bring hope to the hopeless.

 Suicide prevention trainings and support transitioned to a virtual setting to continue to safely serve community members during the COVID-19 pandemic

Consultation and Support After a Loss

- Resources for suicide loss survivors
- Ways to support a loved one experiencing a loss

Suicide Prevention for Clinicians and Providers

- Information on suicide risk assessment
- Prevention in a primary care setting
- Collaborative safety planning in a healthcare setting
- Suicide Loss Resources for Healthcare Organizations

Suicide Prevention in Schools

- School protocol & curriculum development
- Collaborative safety planning in a school environment
- Advanced Gatekeeper, Lifelines, and TOT trainings
- Suicide Loss Resources for Schools

Suicide Prevention Awareness Sessions

A tailored presentation providing general information on suicide and suicide prevention with resources available for further training.

Among all our suicide prevention trainings, **1,706** individuals have acquired knowledge and tools to support at-risk community members.

24 Awareness sessions provided

Greg
Suicide Prevention Director
Mushroom Mentor



Suicide Assessment and Management for Clinicians

The incidence of suicide in Maine and across the country has been on the rise in recent years. It is imperative that clinicians develop competence in the basic skills of assessing suicide risk and have a working understanding of how to manage the ongoing needs of someone with varying levels of risk. This training is designed to help meet the need for developing risk assessment and management skills for people working in a variety of clinical roles.

5 Assessment trainings provided

Suicide Prevention Gatekeeper Training & Advanced Gatekeeper Training

These trainings teach the fundamentals of suicide prevention, skills for intervention, and helpful resources for response. With these tools and up-to-date information, we aim to increase an individual's personal confidence and ability to effectively respond to suicidal behavior.

 "The training was very informative and gave me a lot more knowledge on suicide prevention and how to best help our students here."
- Gatekeeper Training Participant

 "Extremely informative and thought-provoking day. Although I've not yet had to call a crisis team, I certainly feel much more prepared to do that, and to intervene if I have questions or concerns about a student. I called our academic director the next day to begin to share some of what I'd learned, and I most definitely will be recommending training for our faculty and staff. Thank you for your exceptional work!"
- Advanced Gatekeeper Training Participant

 "I have a sincere respect and admiration for the work NAMI represents and does. I especially appreciate the workshops Greg Marley does as he is such a competent presenter. I respect his knowledge base that is also rooted in compassion. I always leave, even though a deep and emotion-ridden topic has been discussed, feeling more capable and confident while all the while being humbled as I seek to serve and assist young people. Thank you for offering these quality workshops."
- Advanced Gatekeeper Training Participant

416 Individuals trained in Gatekeeper & Advanced Gatekeeper trainings. Based on the 6-month follow-up survey, here is what respondents have done:

76% Intervened at least once with someone they identified as at-risk for suicide

316 People took action and provided a person at-risk for suicide with support and resources

76% Reported increased confidence in their ability to recognize & respond to suicidal behavior

91% Agreed they felt prepared to be a suicide prevention resource



AFFILIATES AND FAMILY SERVICES

Volunteers are the heart of NAMI Maine and our community's foundation lies in our seven local affiliates. Affiliates are volunteer-run and deliver free signature NAMI programming and educational opportunities to Mainers in their surrounding communities. These dedicated volunteers provide much needed localized support and the NAMI Maine Community is grateful to be connected with such passionate individuals.

NAMI Family-to-Family

NAMI Family-to-Family gives friends and family members of people living with a mental health condition proven strategies and knowledge to help them support their loved one.

In this eight-week, evidence-based course, participants learn how to support a loved one with compassion, manage their own stress, find and use local support services, and handle a crisis. They receive up-to-date information on mental health conditions, current treatments, and emerging therapies.

Grounded in peer connection, course participants experience compassion, understanding, and mutual support from their fellow participants and NAMI-trained instructors. For the people who participate, NAMI Family-to-Family is a powerful experience.

Support Groups

Support Groups offer a safe, confidential opportunity for people to:

- Share stories about successes and struggles with mental illness or co-occurring substance use
- Connect with and learn from people experiencing similar circumstances
- Learn new skills to approach daily challenges



Support groups were transitioned to a virtual setting to continue to safely serve community members during the COVID-19 pandemic

33 Support Groups



Serving 14 Maine Counties

- 16 Family Support Groups
- 10 Peer Support Groups
- 7 Combined Groups

12 Courses offered

28% Increase in participation

143 Participants

"It helped me get an awareness of how pervasive mental illness is in our society, how hard it is on people affected, as there's no magic fix. But I find comfort in now knowing new ways I can support my family member moving forward." - NAMI Family-to-Family course participant

"We gained so much insight and knowledge from this course. Our two instructors were so insightful. I now have a much better understanding of mental illness and am moving forward with greater empathy. Thank you for this." - NAMI Family-to-Family course participant

Nancy

Director of Community Engagement
Magical Mimi



River

Community Supports Manager
Go with the flow



20 Newly trained support group facilitators

379 Group Sessions

1.6k Total Attendance



FAMILY RESPITE PROGRAM

36,345

Total hours provided, with each family using an average of 16 hours per month

374

Families benefitting

500

Children served

5,698

Planned breaks for parents

202

Providers across the state

The Family Respite Program allows caregivers raising a child with a mental health diagnosis or two or more developmental delays to have a well-deserved break from caregiving.

This program offers statewide services through a contract with Maine's Department of Health and Human Services (DHHS), supporting families and per diem providers throughout the state.

Through a certified provider network, trained per diem staff are available to care for children with special needs in their communities so their parents can get a well-earned break. Qualified applicants earn extra income while providing short-term relief to families of children with disabilities and special needs.

Helping Families Cope with COVID

COVID-19 has kids at home away from friends, classrooms, summer camp, and their usual routines. NAMI Maine compiled resources, as well as educational and fun activities to help families and loved ones come together for fun and learning during this time.

Supporting Families Through a Pandemic 🦠

The Family Respite Program continued to serve families during a time many community-based programs couldn't safely provide their services and children no longer had schools to support them with staff, structure, and routine in the same capacity.

In light of COVID-19, the Family Respite Program now offers a virtual option for families. Providers and children can spend time together through video chat to talk, do art projects, share fun videos, and engage in other virtual activities. Providers have shared how this has allowed them to safely maintain connection and stability with the family they support.

When quarantine first started, the Family Respite Program created an expedited application process to allow families and providers to get connected faster. This allowed NAMI Maine to meet the increase demand for respite resulting from children attending school remotely and parents working from home. To further meet the increased need caused by the crisis and enhance the support available to Maine families, DHHS approved NAMI Maine's request to increase the hours accessible to respite families.

Between end of March to June 30, 2020, approximately **105** hours of respite support was provided to the **12** families who registered for virtual respite.

The number of families benefitting from virtual respite continues to grow as we enter our next fiscal year.



This map of Maine depicts our individual respite regions.

Claudia

Director of Family Respite Services
Jack of all Trades, Master of Two



Rebecca

Assistant Director of Family Respite Services
Purrs and Paws Parent



Haley

Respite Manager Region Three
Expert Chocolate Connoisseur



Lauren

Respite Manager Region One
Water Priestess



Chelsay

Respite Applications Specialist
Superwoman



PEER SERVICES

The Waterville Peer Recovery Center

The Waterville Peer Recovery Center is a community where peers (persons living with mental health challenges and/or substance use disorder) can feel safe, accepted, uplifted, and empowered—experiencing hope and the reality of recovery.

Here, peers experience growth because of their own strength and resiliency and the support they provide to each other. Peer support is an effective mental wellness tool that empowers individuals to connect with one another using the principles

of understanding one another's world view, finding mutuality, and moving forward together to support a healthy and happy life.



As peers learn new tools and information through educational programming and find connection and support through support groups, many come to believe more fully in their own worth, their hopes and dreams, and their ability to achieve them.

The Waterville Peer Recovery Center continues to develop into a well-known, respected, and integral resource in the broader Waterville area community of care. It exemplifies the important role and positive outcomes that an authentic peer-run, recovery-focused community plays in people's lives.



Emerge from Stigma: Voices of Hope and Recovery

Commonly referred to as our Speakers Bureau, Emerge from Stigma is a team of survivors of suicide loss, attempt survivors, individuals living with a mental illness, and those family members and friends who care about them.

Speakers share their stories with organizations, in classrooms, at events and more. Through their lived experience, their stories have the power and impact to change lives, create system change and help eliminate the stigma surrounding mental illness and suicide.

Through the NAMI Maine Speakers Bureau, the sharing of our personal stories helps:

- Increase understanding and awareness of risk factors and warning signs for mental illness and suicide
- Educate the public about mental health, mental illness and recovery
- Provide insight into suicide and suicide loss
- Create system change by sharing lived experiences of what helps, what works and what doesn't

12 New Speakers Trained at 2 Trainings

25 Community events & trainings speakers shared their stories, reaching over 100 individuals

509 Visitors

223 New Participants

871 Group Sessions

89 Participants linked with vocational, mental health, or Substance Use Disorder Treatment Services

Nicole

Director of Peer Services
Beach lover/Mermaid at heart



Emory

Peer Center Manager
World Traveler



Kelli

Peer Support Specialist
Not Superwoman but pretty close



COMMUNITY PROGRAMS

Crisis Intervention Training (CIT)

NAMI Maine develops fruitful partnerships between mental health providers and law enforcement officers in Maine communities through the Crisis Intervention Team (CIT) Program.

47 Officers Certified

The CIT Program is an international best practice recommended by the Department of Justice. NAMI Maine serves as the lead coordination entity for this community-based program across the state. Reach out to your sheriff to find out if your local department is participating.

In 2019, the program's de-escalation training was expanded with the addition of a Bureau of Justice approved de-escalation curriculum and a nationally certified instructor. The revamped curriculum permits trainers to work with first responders in developing new skills in de-escalating situations. With this program enhancement, NAMI Maine provided three, 40-hour trainings, certifying 47 officers in CIT this past year.

Here is what officers reported in their survey responses 3 months following the training:

93% Effectively utilized de-escalation skills

This resulted in a decrease in physical contact with individuals experiencing a mental health crisis

100% Have identified mental health symptoms in individuals

Meaning that **47** Officers can better identify a mental health crisis



"As a police officer, a large percentage of the calls for service that we respond to in one way or another revolve around mental health. I feel that mental health first aid and CIT training are very important classes to attend."
- CIT Trained Officer

The Moral Injury Training for Veterans

Many veterans experience a psychological injury during their service time called Moral Injury. Participants explore this emerging concept and discuss the conflict between an individual's deeply held belief systems and values and the experiences they may encounter during their service.

Suicide Safety Planning for Veterans

Family members and loved ones learn how to develop and implement a safety plan for the veterans and service members in their lives to support them when they are struggling.

Adult Mental Health First Aid

In this skills-based training, participants learn how to identify, understand, and respond to someone who is experiencing a mental health or substance use problem.

Here is what survey respondents are reporting 3 months following this training:

35% Helped someone experiencing a suicidal crisis

138 Individuals were helped through life's hardest moments

82% Conversated with an individual about their mental health

323 Supportive and destigmatizing conversations about mental health were sparked

331 Trained individuals took action to support their own mental wellbeing

48 Trained in Moral Injury Trainings (LE) and Veteran Suicide Awareness Trainings

394 Community Members Certified

Critical Incident Stress Management (CISM)

This training is designed to reduce the impact of the chronic stress of traumatic events on both communities and those directly exposed. School violence, community incidents and major accidents are just a few examples of stressful events this training can help with.

CISM is an international model recognized as best practice by agencies such as the United Nations, the US Department of Defense, and the International Association of Chiefs of Police.

73 Individuals Certified in 3 trainings

Mental Health First Aid for Veterans & Law Enforcement

The Mental Health First Aid Veterans model & Law Enforcement model teaches members of these communities, as well as their loved ones how to notice and respond to signs of mental health and addiction challenges. Each model has a specific focus on the cultural factors related to military life and law enforcement life.

The individuals trained make a significant impact in the Law Enforcement & Veteran Community.

Here is what survey respondents are reporting 3 months following this training:

79% Recommended professional resources to someone

120 Individuals are now closer to receiving professional help

95% Conversated with an individual about their mental health

144 Supportive & destigmatizing conversations about mental health were sparked

37% Helped someone experiencing a suicidal crisis

56 Individuals were helped during life's hardest moments

103 Individuals Certified in Veterans Module

49 Individuals Certified in Law Enforcement Module



"I loved that the class was specific for public safety. Very well done. The instructors worked well together and brought two very important perspectives to the material. I wish it was a mandated class for all first responders!"
- Training Participant

Hannah

Community Program Director
Mother of Dragons



"This class definitely gave me more tools to deal with my brothers and sisters in the fire service as well as to be able to help them in their time of need. I think there needs to be more classes like this I am definitely going to attend more when they're made available."
- Training Participant

Riley

Mental Health Programs
Coordinator
Subpar Ceramicist



YOUTH PROGRAMS

NAMI Maine empowers youth and their support networks through school and community trainings for professionals serving youth and young people themselves. When people see how they have the capacity for change, resilience to grow, and skills to help their peers, this fosters the positive culture change needed to improve long-term mental health outcomes for youth.

Sources of Strength

NAMI Maine partnered with Sources of Strength in 2019 to bring the evidence-based program to Maine. This peer-led program brings mental health awareness and suicide prevention messaging campaigns to schools to foster an environment that nurtures mental wellness.

NAMI Maine intends for Sources of Strength to continue evolving into a statewide program, having participating schools in each public health district - with a focus on supporting underserved schools serving economically disadvantaged populations.



2 Schools Trained

- "This was so fun, thank you" - Peer Leader
- "I think it empowers students to talk about this issue" - Adult Advisor
- "We are very excited to kick this off!" - Adult Advisor

Ending the Silence

This is a presentation created by students for students. Through storytelling and presentation, teens learn about the symptoms of mental health conditions and how to be supportive to those in need.

22 Schools Presented to this Past Year

- "Thank you. I feel better prepared as a mom of a child that has a mental health illness and as a teacher that might encounter a student in the future" -Teacher
- "I think it's really powerful and it makes me feel like I'm not alone and I know I am not the only one" -Student
- "Learning that you are not alone when it comes to mental illness" -Student

Youth Mental Health First Aid

An 8-hour evidence-based course that introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

- "Very helpful info for someone who doesn't have a lot of experience firsthand with mental health" -Participant
- "(I) really appreciated the insights and reinforcement of what I already do and what I can do differently" -Participant
- "Well done! A lot of great info - very helpful! Thanks for all your great knowledge" -Participant

You Mental Health First Aid and Sources of Strength transitioned to a virtual setting to continue to safely serve community members during the COVID-19 pandemic.

Teen Mental Health First Aid

***Coming Soon**

This training teaches high school students about common mental health challenges and what they can do to support their own mental health and help a friend who is struggling. It equips young people with knowledge and skills to foster their own wellness and to support each other. **We are excited to be bringing this to the Maine community!**

Kristel

Youth Program Director
From Away & Often Still Confused



Libby

Youth Program Coordinator
Coffee Connoisseur



237 Trainings have been Provided Across the State Since 2015

4,105 Individuals Trained in Supporting Youth's Mental Health Since 2015

10 New Instructors Trained this Past Year



FINANCIAL SUMMARY

NAMI Maine contracts with an independent, certified public accounting firm to prepare audited financial statements at the end of each fiscal year. NAMI Maine adheres to all the rules and regulations regarding the financial statements including the balance sheet, statement of income, cash flows and notes to accounts. The financial statements are prepared and presented in accordance with the generally accepted accounting principles and the audit is performed in compliance with the widely accepted auditing standards.

297% NAMI Maine saw a 297% increase in unrestricted donations.

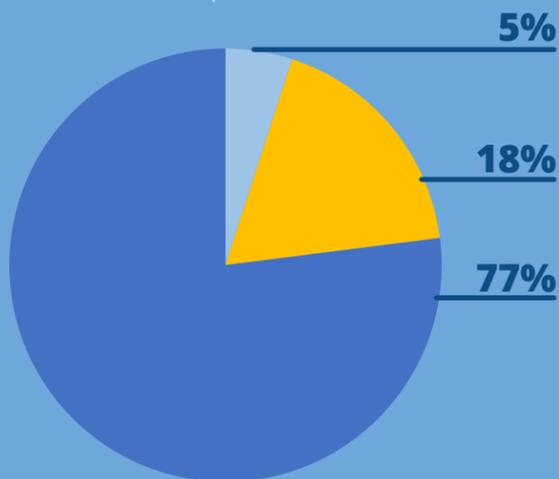
In FY2020, 0.3% of program expenses were unfunded. This includes our annual conference, Legislative advocacy, and other public education requests we received from the community. We anticipate 1% of programming will remain unfunded in FY2021 without support from additional fundraising efforts and/or private donations.



Due to COVID-19 and a digital audit process, this fiscal year's audit will not be complete till March 2021. Check back with us at namimaine.org in March for an update.

2020 PROJECTED EXPENSES \$2.2 M

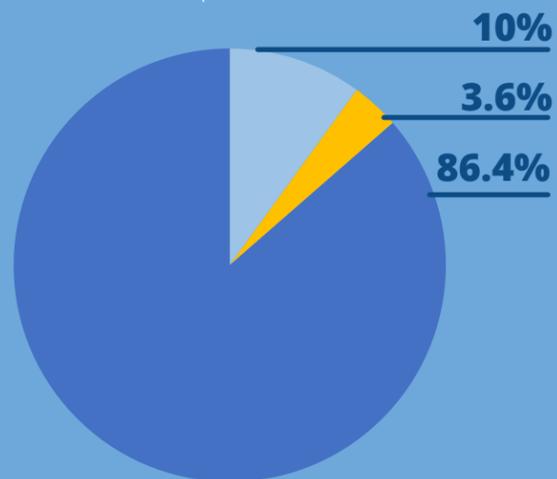
*These numbers are based on pre-audit numbers and will be updated March 2021



- Development
- Management & General
- Programs

2020 PROJECTED INCOME \$2.14 M

*These numbers are based on pre-audit numbers and will be updated March 2021



- Contributions & Fundraising
- Private Grants
- Government Contracts

Message from the Executive Team

We are so grateful to be part of such a resilient and caring community of mental health supporters. This past year has been full of new challenges for all of us, and because of your support, NAMI Maine continues to grow and adapt as a vital mental health resource Mainers can count on. We are excited to continue advancing this critical work into 2021. It is you and our fellow mental health advocates that make our efforts possible.

With great appreciation for you,
The Executive Team

Jenna

Chief Executive Officer



Nicole

Chief Operating Officer
Master Cat Herder



Ryan

Director of Finance
Undercover Jedi



Gretchen

Director of Contract
Compliance and Data Integrity
Ravenous Reader



Danielle

Executive Assistant &
Special Projects Coordinator
Vegan Eco-Minimalist



Diana

Strategic Partnerships
Manager
Curious Wanderer



Heidi

Finance Manager
Proud Grammy of 2



Cody

Communication and
Events Coordinator
Crazy Cat Lad



A COMMUNITY OF SUPPORTERS

NAMI Maine is a community of individuals working together to provide support, education, and advocacy to every Mainer impacted by mental health challenges or suicidal thoughts. The work of our community is made stronger by every voice that stands with us to ensure that individuals and their families have the education and support they need to live happy and healthy lives.

We are so grateful to each and every one of our donors. These mental health supporters allow NAMI to be responsive to evolving community needs and best serve Mainers. **Thank you for supporting our fellow community members!**

Mental Health Supporters Investing \$200+

Dorothy Adams	Doug & Posie Cowan	Stephen Hessert	Maurice Porter
Lanny & Bill Anderson	Robert Crabtree	Amy & Bruce Hodgdon	Mark & Patricia Rand
John Anderson	Benjamin Crabtree	Jennifer Jamison	Robert Reed
Jane Begert	Nicole Cullinan	Shepard Krech III	Richard Riker
Rob Breed	Teresa Dalpe	Tammie Lapointe	Judy Ringo
Diane Bullock	Constance Eldridge	Annie Levine	Madeleine Scully
Julie Carlson	Sherri Evans	M Lowry	Dennis & Marsi Stavinoha
Linda J Caughey	Preston & Sarah Everdell	Scott & Ruth Miller	Cynthia Stump
David Cole Chalfant	Melissa Gattine	Joyce Mykleby	Sharon Thompson
Sarah Chausse	Martha Greene	Jaime Newland	Lindsey Tweed
Nathaniel Coughlin	Marjorie W Hanawalt	David Patrone	Betsy Wice

Mental Health Supporters Investing \$1-\$199

Jane & Todd Adams	Matthew Bennett	Aimee Brown	Brian Collins
Joyce Allen	Leanne Bennett	Chris Burbank	Leanne Condon
Amy & John Anderson	Michele Bertolini	Jennifer & Aaron Buzza	Duane Cote
Janice & Mark Andrews	Paula Bertrand	Rena Caron	Richard Couture
Sarah Angatia	Danni Best	Robert & Catherine Carter	Samuel Crabtree
Donna Angell	Shelly Bitetti	Anne Cassatt	Jessica Crosby
Julia Bachelder	Marissa Bohlman	Jean Cavanaugh	Rebecca & Mark Curtis
Charles Backus	Kim Boldenow	Olivia Chayer	Karen Curtis
Suzanne Bakula Deschenes	Chelsea Bonollo	Sarah Christopher	Rodger Cuthbert
Linda Barr	Logan Botbyl	Vivian Chute	Clare Davitt
Jaimie Barth	Patricia Bourget	Ida & Gary Clarke	Elizabeth Deans
Shellie & David Batuski	Donna Bowe	Sheila Clark-Edmands	Steve Dearborn
Todd & Lili Belanger	Hillary Breen	GHS FH Class 2015	Florence DeGozzaldi
Diane Bennett	Sharon & Richard Brobst	Jed Cobb	Frederick Demers

Adonlie & Thomas Deroche	Kathleen Hayward	Stephanie Lesko	Karyn & Erin Palmer
Amy Deschaines	James Heedles	Brian & Faye Levasseur	Thomas & Arlene Palmieri
Steff Deschenes	Kathy Herbert	Mae L'Heureux	Marci Parizo
Cathy & Gary Dodge	Patricia Hessler	Elizabeth Libby	Michael & Grace Parker
Aaron Dries	Ruth Holliday	Paul Ligon	Alice Paxson
Paul Driscoll	Donald & Lee Holmes	Lila Littlefield	Susan Peixotto
Leslie Dupuis	Greg Howard	Bruce Livingston	Douglas & Joann Pelkey
Ashley Dyer	Brenda Howe	Leslie & Meri Lowry III	Colleen Penkala
Kari Eldridge	Vanessa Hudson	Carol Luckenbach	Mary Petersen
Kiersten Eldridge	Alicia Hynes	Maggie Lynn	Joseph & Theresa Pickering
Joan Elizabeth	Kim Ilsley	Kristin Macey	Jane & Carl Piela
Maureen Elliot	Randy & Anne Jackson	Chris Mack	Steven Piela
Jason Ennis	Linda Jackson-Washburn	Aashley Malsbury	Brianna Place
Kelle Farris	Marybeth James-O'Connor	Sally Manninen	Robert Pohorenc
Rick Finberg	Jennifer Jancovic	Gigi McAllister	Melissa Poree
Michael Fitzpatrick	Stacey Jenkins	Jenny McCarthy	Deborah & Jerome Poulin
Sydney Fogg	Kathy Johnson	Michael McCluskey	Melanie Premo
Corinne Foreman-Doherty	Krista Johnson	Walter McCulley III	Teresa Price
Mary Freeman	Scott, Terri, Courtney, Isabelle Johnston	Sarah McEachin	Andrea Quinlan
Cynthia Freese	Theresa Jolley	Peter Mendall	Cheryl Ramsay
Daniel Friedland	Joanne Jordan	Jeffrey & Beth Merrill	Edward & Catherine Raymaker
Sue Frost	Laura Juraska	Margaret Milkint	Pamela Reynolds
Pegi Frostholm	Karen Kautz	Susan Milkowich	Luanne Rhoades
Nina Gagnon	Sally Keck	Barbara Mirick	Marlene Richmond
Phyllis Gansz-Greene	Thomas & Lucinda Kelley	Margaret Morehouse	Donna Ritchie
Leslie Gatcombe-Hynes	Scott & Katie Kenny	Tracie J Morgan	Brian Robinson
Joanne Gates	Megan Ko	Diana Morin	David & Patricia Robison
Haley Gauvin	Karl Kornchuk	Christine Munroe	Austin Robison
Argilla George	Sue Korycansky	Nancy Murphy	Nancy & Wallace Roby
Hugh Goulding	Johnathan Kosnow	Melissa & Richard Murphy	Arnold Rosario
Pamela Griffin	Sue LaCerde	Janet & Howard Nannen	Betsy Rose
Karen-Ann Hagar	Basil & Gail Ladd	Michelle Nappi	Sarah Ross
Adria Hahnel	Amy Lalime	Arlene Nason	Susan Rowe
Katie Hames	Milissa Lalonde	Kristin Nason	Tim Ruhlin
Emily Hanson	Nancy & Jim Lamson	Virginia Nelson	Donna & George Ruopp
Philip Hanson	Wendy Langelier	Nannette Nero	Jim & Bridget Saltonstall
Sandra Hardy	John & Nancy Lauler	Susan Noyes	Harriet Sanclemente
Keri Harrod	Rachel Lavigne	Shelley O'Brian	Sophia Santamaria
Michael & Sheryl Hartney	Louis & Nancy Leavitt	Molly O'Connell	Mindi Santini
Scott & Monique Hayes	Bette Lee	Melissa O'Donnell	Carla & Karl Savino
Avis Hayward		Bonnie Oliver	

Anita Schlemann
Jessica Schroeder
Reginald & Carrie Shaw
Lisa Shaw
Emma Simonds
Marion Simpson
Michelle Sinford
Leslie Smith
Donna Soper
Shelby Spencer
Christopher Spruce
Sue Stableford
Kim Stanton
Julie Sterbank

Kyle Stetson
Eleanor & Charles Stetson
Tyler Stoliker
ChrisStreifel
Amy Sundberg
Bill Swanson
Ann Marie Swenson
Caroline Sweny
Wendy & Marc Tardif
Matthew Tardiff
Michelle & Craig Tetreault
Omer &Maxine Thibodeau
Janet Thompson
Michelle Thompson

Catherine Thompson
Owen Thyng
Laurel Tinkham
Liz Tracy
Beth Trainor
Nancy Tripp
Kelly & Leon Vaillancourt
Mark Vaughan
Bob-Anne Vaughan
Janet Ver Planck
Raymond Veroneau
George Vooris
Michael Wagner
Claudia Watson

Kristin Wentworth
Rhonda Weston
Pamela Weyl
Philip Whitehouse
Scott Whittier
Wendy Wickman
Deborah Williams
Jane Williams
Chris & Alicea Williams
Page & Gail Williamson
Wendy Wren
Patricia Wright

Thank you to all of the compassionate and dedicated individuals who invest in supporting the mental health of our fellow community members. We appreciate you and all the good you help bring to this community.



In Memoriam

NAMI Maine is dedicated to supporting those who have been impacted by a suicide loss. Many families who have experienced such a loss will ask their community to make a donation in their loved one's memory to NAMI Maine in lieu of sending flowers. These memorial donations allow us to educate individuals on mental health challenges and work to decrease the suicide rate across the state.

Dealing with the loss of a loved one is never easy. In times of loss, NAMI Maine is here and ready to provide support, hope and resources. Here we honor the lives of those our community has lost.

Aaron Preston
Benjamin Joseph Thompson
Carl & Susan Chase
Emma Kimball Bolyard

Joan Marie Hadley
Mark Thibault
Steven Fleming

Businesses & Foundations

Algar Foundation
 Allagash Brewing Company
 Anthem BlueCross BlueShield
 Bagaduce Music Lending Library
 Brann & Isaacson
 Burns McDonnell
 Catholic Charities Maine
 Charities Aid Foundation
 Clynk To Give
 Cross Insurance
 Crystal Ventures
 Cyclebar
 D&D Lobster, Inc
 Disabled American Veterans
 Dom's Barbershop
 eSteam Salon
 Fidelity Charitable
 Frontstream
 Gaige McCue Memory Scholarship
 Gary's Olde Towne Tavern, Inc
 Glickman Family Foundation
 Goodwill Industries of NNE
 Gorham High School
 Gorham Ice Hockey Boosters
 Gorham Savings Bank
 Harvard Pilgrim Health Care, Inc.
 Healey & Associates
 Heidenhain Corporation
 J&J Healthcare
 Janssen
 JCA Leasing
 Kardex Remstar, LLC
 KCE Properties INC
 Keekarkie Enterprises, LLC
 Kennebec Behavioral Health

Kennebunk Savings
 Knight Generation VI, LLC
 Maine Association of Psychiatric Physicians
 Maine Tennis Foundation
 MaineGeneral Health
 Marc Motors
 Marine Corps League KV Detachment 599
 Martin's Point Healthcare
 Monmouth Congregational Society
 Natural Beauty Day Spa
 Network for Good
 New Hampshire Innovation and Creativity Connection
 Norman, Hanson & DeTroy, LLC
 North Parish Church UCC
 Northeast Bank
 Nova Partners
 Nubble Light Challenge
 Oak Park River Forest
 Otsuka America Pharmaceutical Inc
 Paul White Company
 Phoenix Unlimited, LLC
 Portland Sea Dogs
 Rx Abuse Leadership Initiative
 Sacred Tide
 St Francis by the Sea Episcopal Church
 Stoudwater Associates
 Sun Tiki Studios LLC
 Sunovion
 Sweetser
 The Benevity Community Impact Fund
 The Goodcoin Foundation
 United Way of Kennebec Valley
 United Way of Mid Coast Maine
 Vanguard Charitable
 Vignettes Artisan Crafts & Gifts

Stigma Warriors

NAMI Maine is grateful for the kind and giving hearts of our Stigma Warrior Community. Stigma Warriors are dedicated to raising awareness and fighting the stigma surrounding mental health conditions through this monthly donor program. These warriors bring a consistent source of funding, allowing NAMI Maine to engage in more projected planning and be truly responsive to the community.

Dottie Adams
 Patricia Bourget
 Richard Couture
 Preston & Sarah Everdell
 Sue Frost

Leslie Gatcombe-Hynes
 Martha Greene
 Karen-Ann Hagar
 Stephen Hessert
 Amy Hodgdon

Gregory Howard
 Mae L'Heureux
 Susan Milkowich
 Tracie Morgan
 Joyce Mykleby

Shelley O'Brian
 Steven Piela
 Robert Reed
 Betsy Rose

Live #stigmafree



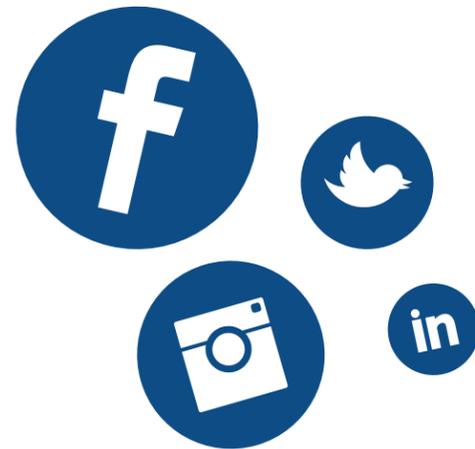
Get Involved!

Bust Stigma & Raise Awareness through Social Media

Engage with us on social media through likes, comments and re-sharing posts you think might resonate with people you're connected with on social media.

Public education is our most important tool to reduce stigma. Opportunities to change perceptions about what it means to have mental illness in community settings are as important as the evidence-based trainings and support courses we are regularly contracted to deliver.

When you share articles or trainings we post, you are sharing stigma-busting information that could give someone hope and resources. Together, let's work to ensure all Mainers know about NAMI Maine, a family-oriented mental health support that is ready to help them and their loved ones.



Volunteer With Us!

Support one of our seven volunteer-run, affiliate sites by facilitating peer support groups or serving on an affiliate's board of directors. Contact info@namimaine.org for more information

Volunteer with our state chapter by leading a walk team for the Annual Walk, hosting an independent fundraiser, or serving on a NAMI Maine Committee (Outreach & Fundraising Committee OR the Legislative Committee). Contact development@namimaine.org for more information.



Become a Member

NAMI Maine engages in efforts to initiate a comprehensive reform of Maine's mental health system that prioritizes every individual's access to quality, evidence-based services. Your membership enlarges our influence in the legislative arena by increasing our numbers and helps to support programs that make real differences in people's lives. Members receive regular updates from NAMI Maine about events, advocacy alerts, discounts on conferences, and more! To join for a small annual fee <https://www.namimaine.org/membership>



Upcoming Annual Events

NAMI Maine's Annual Conference

Each NAMI Maine Annual Conference creates opportunities for conversation, creativity, and compassion by bringing together diverse perspectives from throughout the state.

NAMI Maine Annual Walk

This signature event brings people together from across the state of Maine for a unique celebration of our three touchstone principles of support, education, and advocacy. We are thrilled to bring our NAMI Maine community to the State Capitol! Here we will rally at the State House for mental health, walk along the Kennebec River to the NAMI offices in Hallowell, and enjoy a day of fun-filled connection and learning.

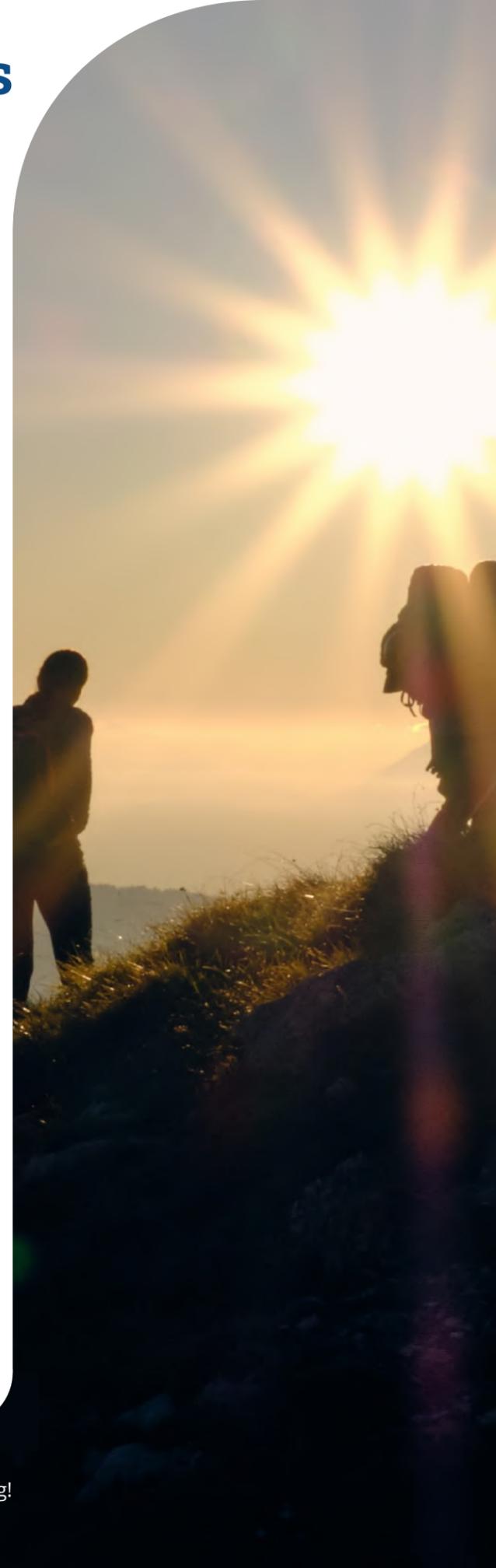
Mental Health and Law Enforcement Recognition Banquet

Law enforcement plays a special role as first responders in a mental health crisis. Since 2002, NAMI Maine has certified over 2,000 dedicated first responders in Crisis Intervention Team (CIT) Programs within 200 Maine communities. Our annual banquet honors those who serve our communities and act as a front-line resource to those experiencing a mental health need.

Beyond the Basics

NAMI Maine and the Maine CDC present this annual event that features national experts on inclusive suicide prevention strategies, as well as local community members, professionals, and clinicians who will address suicide prevention, intervention, and postvention issues.

Stay tuned for the dates! Follow our social media so you won't miss a thing!
New sponsorship benefits Check out our website for more information



Contact Us

www.namimaine.org

(800) 464 - 5767
info@namimaine.org
52 Water Street
Hallowell, ME 04347

If you have any questions or want to learn more about our upcoming events check out our website. Visit namimaine.org to see our current listing of virtual sessions, support groups, reputable resources, and so much more. Contact today to see how we could help you!



Keep yourself up to date with mental health articles and announcements about upcoming events by following us on social media!

