



**REPORT ON 2007
FINANCES, ACTIVITIES, ACCOMPLISHMENTS
and
PLANS FOR 2008**



**NAMI- FINGER LAKES, INC.
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Ithaca, NY14850**

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**NAMI-Finger Lakes is a 501©(3) charitable organization
organized as a not-for-profit New York State Corporation.**

■ Notes from the President....

What a wonderful year NAMI-FL has experienced...our first full year as an incorporated not-for profit. We held our Annual Meeting in January of 2007, followed by our first formal Board Meeting in March 2007. The following individuals acted as our first Board Members and Officers – Carol Booth, President; Ann Carter, Vice President; Joanne Denison, Treasurer; Stacy Oster, Recording Secretary; Louise Clarke, Corresponding Secretary; and Meyer Stolov and David Zimot, as Members- at Large. We held four official Board Meetings in 2007 – March, May, September, and November. We also sponsored our 6th Family-to-Family Education class and our 1st Annual Rally to Raise Awareness about Mental Illness and Support Mental Health – a great collaborative community event.

Later in August NAMI-FL held its yearly picnic and we all enjoyed meeting up with old friends down at Stewart Park. In late September, we co-sponsored an event with Cornell Minds Matter, Family and Children's Services, and others up on the Cornell campus – a dinner and lecture with Kay Redfield Jamison, famous author and clinician. It was great to see our name out there in such a big way. NAMI-FL chartered a bus to provide easier access to consumers and others up to the campus from downtown. We also did a great deal of Outreach into the community this past year – both to human service agencies and providers and to some businesses. Our support – both individual and group – was praised by many family members and close friends in the Ithaca area.

Now that we have entered 2008, we should strive to continue to provide the high quality Support, Education, and Advocacy services to family members of individuals with serious mental illnesses, as we have always provided in the past. We are gaining more of a substantial reputation and receiving many referrals from other human services agencies in Ithaca and other individuals who know of our group – and its compassion and competence in the area of mental illness. We are collaborating with others to raise the level of awareness and help to erase the STIGMA that is connected to these devastating illnesses. Educating family members and the public is our main priority – one of the best ways to fight Stigma and demand the highest quality treatments and services for individuals struggling with mental illness is to help all individuals understand that these illnesses are –largely **biological, no-fault, have warning signs, have treatments, and people do have opportunities to RECOVER to varying degrees**. My work with Breaking the Silence in the schools (8th year!) of Tompkins County is part of the campaign. NAMI-FL will continue to raise awareness and erase stigma in every way possible.

I am also proud of two other initiatives – our Cayuga Medical Center collaboration and our first Annual Appeal to Members and Friends. The Behavioral Services Unit is passing out our Family Packets to those who need them and is requesting that we come up and speak to both consumers and family members about our organization on a regular basis – we plan to certainly continue these efforts in the new year. By sending out our 1st Appeal Letter, we are able to say thank you to our supporters and remind people that

contributing financially to NAMI-FL is certainly one very important way to keep these extremely important services to the community viable. We also truly know that individuals contribute to our group in many different ways and we are very, very appreciative of this always.

Thank you all for your wonderful support,

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, and other co-occurring Addictive Illnesses. Our affiliate was founded in 1987 by Jean 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 them and the community about serious mental illnesses
- Advocate for the families as well as their family members coping with mental illness

Our 2007 Board of Directors consisted of:

Carol Booth, President
Ann Carter, Vice President
Joanne Denison, Treasurer
Stacy Oster, Recording Secretary
Louise Clarke, Corresponding Secretary
Meyer Stolov
David Zimot

Our Goals are:

- Provide a SELF-HELP GROUP for parents, spouses, siblings, children, and friends of people with mental illness
- 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 2007:

Support:

- Received approximately **390** telephone calls – including those received by Carol Booth at home
- Ran a monthly Support Group on Tuesday evenings (Jean's house) with a total attendance of **83** and another Support Group on Wednesday evenings (Wegman's --began in June, 2007) with a total attendance of **30** people.
- Individually met with approximately **40** individuals or families, meeting in the Office and out in the Community
- Met with Cayuga Medical Center, Behavioral Services personnel, regarding future Family Packets and Support Groups for families visiting loved ones in the hospital

Education:

- Presented Breaking the Silence to approximately **900** school students in the TST BOCES District
- Met with Heather Wyncoop from Day Care Council of Tompkins County and then presented information on mental illness to **6** case managers
- Met with social worker from McGraw House and then presented information on NAMI-FL and mental illness to approximately **20** residents
- Sponsored our **6th** Family to Family Education Course, taught by Jean Walters, Susan Larkin, and assisted by Janet Lynch. **20** people graduated from this course – individual meetings were held with each participant before the Course started.
- Engaged in Outreach at the Library, the Suicide and Crisis Fair, the Cornell Minds Matter event with Ross Szabo, our Rally in May, and our co-sponsored Kay Redfield Jamison event in late September.
- Organized our first Rally to Raise Awareness for Mental Illness and Support Mental Health – collaborated with many agencies in town that deal with these issues
- Co-sponsored the Kay Redfield Jamison Event, along with Family and Children's, Minds Matter, and several other groups on the Cornell Campus – sponsored a bus from downtown.
- Presented a workshop on NAMI at two Cooperative Events on the Cornell Campus
- Presented info on mental illness and NAMI to **10+** direct line workers at NYSEG
- Hosted Dr. Howard Feinstein for a presentation on Compos Mentis

- Suggested NAMI brochures and posters for the Behavioral Services Unit Lobby
- Maintained both a Library and a Website to help educate our community
- Published 2 Newsletters – January/February and July/August

Advocacy:

- Participated in Tompkins County Mental Health Services Board and MR/DD Subcommittee
- Participated in NYS NAMI Board – advocated for Child and Adolescent Issues
- Advised family members in advocating in the mental health and criminal justices systems for there loved ones.

MORE DETAILS...

- Breaking the Silence Lessons for school-age children

Breaking the Silence is in its 8th 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.

- 6th Family-to-Family Education Course

Six 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, and co-occurring Addictive illnesses.

- 1st Annual Rally to Raise Awareness for Mental Illness and Support Mental Health

Last May, NAMI-FL collaborated with numerous other like Agencies in Ithaca to sponsor this 1st Annual Rally at Cass Park. The Rally Committee invited 12 speakers to talk from their own perspectives about Mental Health/Mental Illness – we had healthy food, lots of information, and wonderful music.

- Kay Redfield Jamison Event at Cornell University

We had talked for quite a long time about hosting Kay Redfield Jamison here in Ithaca. In late September, Cornell Minds Matter and other groups on the Cornell Campus, along

with NAMI-FL and Family and Children's made this happen. It was a great event – 5 of our members were able to attend the dinner prior to the lecture, giving us much opportunity to talk about NAMI. We sponsored a bus from downtown to assist recipients and others to access this event more easily and offered information at a table afterward.

- **Cornell Fraternity Donation**

Again this past fall, the Lambda Chi Alpha Fraternity at Cornell University hosted a fund-raiser up on the campus on behalf of NAMI-FL. We are extremely appreciative of this continuing effort on their part – this fund raiser has been going on for many years. The donation was \$5000 this year.

- **Hospital Collaboration**

The Behavioral Services Unit at Cayuga Medical Center has continued to request help from NAMI-FL – family packets and family support. Personnel from the Unit were very excited about our Rally in May – Dr. Dean spoke and many nurses attended and brought food.

- **Veterans Concerns**

The Mental Health Association of Tompkins County hosted a day conference about Veteran's Issues, including the great need for mental health services. Two of our members – Joanne Denison and Jean Walters attended and brought back information. We must keep alert to the needs of these veterans and their families, particularly as more men and women return from Iraq.

- **State Advocacy Issues**

Carol Booth has continued to keep abreast of local and state-wide issues that impact the lives of individuals and their families. Housing, Medicaid, Parity, Dual Diagnosis, SHU Bill, and generally the Quality of Treatment and other Services that are afforded our loved ones – these are all important local, state, and national challenges. Please contact her with questions concerning any of these issues.

3) MEMBERSHIP

NAMI-FL membership for 2007 consists of 85 members – including both individuals and families. Membership dues are \$25/yr. for individuals and \$35/yr for a family.

4) PLANS FOR SUPPORT, EDUCATION, AND ADVOCACY FOR 2008

SUPPORT:

NAMI-FL will continue to host its 2 Support Groups the 1st Tuesday and Wednesday of each month...contact Jean Walters with questions at 273-4263 We will also offer individual and crisis support, including support to families at the Behavioral Services Unit – contact Jean Walters and Carol Booth at 272-6573

EDUCATION:

NAMI-FL will sponsor its 7th Family to Family Class, taught by Jean Poland and Janet Lynch and assisted by Joanne Denison. This Class will begin on Thurs. February 14, 2008 and run for 12 weeks at the TST BOCES Community School at 214 Elmira Road in Ithaca, NY. Carol Booth will continue, along with the support from BOCES/SETRC, to present “Breaking the Silence” to District children and teachers. We have purchased many new books this year and will be purchasing a few more books and brochures to enhance our Library and Outreach Services. We will continue to publish 2 Newsletters per year and host several special programs. We hope to sponsor our 2nd Annual Rally to Raise Awareness for Mental Illness and Support Mental Health – this time at DeWitt Park in downtown Ithaca. We also hope to collaborate with the Cayuga Medical Center and OMH to host a Wellness Program in October, 2008. We welcome anyone who is interested to volunteer for any of these endeavors.

ADVOCACY:

We hope to write at least one Guest Column for the Ithaca Journal on STIGMA and the work of NAMI-FL. Any person who feels moved to do so should consider writing a Letter to the Editor about a particular issue or about our work. Carol Booth will continue on the Tompkins County Mental Health Services Board as Vice-Chair and as Chair of the MR/DD Subcommittee. She will also continue for one more year as Secretary to the NAMI-NYS Board.

5) List of Donors to NAMI- Finger Lakes:

Appeal and other:

Mary Oltz

Jim Spero

Cher Powell

Sally Seivers

Andrea and Peter Wetherbee

Anna and Herman Moratz

Carol and Dick Booth

Sue and Tim Larkin

Carol Nogle

Peter and Mary Harriott

Bruce McKee

Mike and Linda Duttweiler

Rod Howe and Mark Pederson

Cynthia Bowman and Ben Altman

Harold and Linda Seils

Sherry Scott

George and Lana Pfann

Abby Eller

Nancy Gabriel

Chris Henley

George and Carol Gesslein

Ehrhart Propane

CFCU

Rally attendees

In kind --Wegman's, Tops, Ithaca Bakery, Green Star, Walmart, Kinney Drugs, P & C,
Gnomon Copy, Hickey's Music, Behavioral Services Unit/Cayuga Medical Center

Memorial donations:

On behalf of Derek Tripp:

Diane Cohen

Bonnie Caldwell

Gerald and Mildred Messmer

The Desmond Family

Tom and Kathleen Overbaugh

On behalf of Christian Anible:

Jean Walters

Carol Booth

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

Jean Walters
Ann Carter
Joanne Denison
Stacy Oster
Deb Grantham
Liz Grantham
Sue Larkin
Abby Eller
Bruce McKee
Jean Poland
Janet Lynch
Meyer Stolov
David Zimot
Louise Clarke
Carol Booth
Anna Moratz
Trisha Engelhard
Carol Cotts
Sherry Scott
Ben Altman
Hermann Moratz
Rebecca Ramirez
Linda Weaver
Dorothea Lindemann
Steve Little

Donors to Garage Sale:

Peter Harriott
Carol booth
Marion Brand
Ray Bennet
Deb Grantham
Bob Wasserman
Helga Arnold
Sally Sievers
Danielle Adams
David Weaks
Norm Rollins

****Most Volunteers also brought Donations!*

THANK YOU ALL FOR YOUR SUPPORT!!!!

6) Finances

See attached 2007 Budget and Proposed 2008 Budget.

NAMI-NYS received a Mini-Grant from NAMI-NYS for \$800 (office supplies, including stamps, computer and Xerox supplies, etc.) and a Grant from the Friends of the Library (books and brochures) for \$500.

We thank both of these groups for their Support.

7) See attached flyers and photos

2007 Budget

Rent	\$4,240
Phone	\$500
F2F	\$1,424.35
Office	\$622.30 stamps \$432.80 Arnold printing \$174 laminating \$15.50
Outreach	\$525
Gnomon	\$254.29 other than F2F
Brochures	\$482.50
Books	\$348.25
Misc	\$39.66
NAMI/NYS	\$177
NAMI	\$590
total	\$9,203.35

Deposits

\$673 Garage Sale

\$800 F2F

\$100 Memorial donations Christain Anible

\$375 Memorial donations Derek Tripp

\$500 Friends of the Library

\$5,000.53 CU Fraternity

\$50 CFCU

\$1,342 Appeal letter donations

\$1,585 Dues

total \$10,425.53

EXPENSE Category	2007
Rent	\$6,000 \$500/mo through May, 2007 -- possibly \$500/mo. Through Dec., 2007
Telephone	\$480
Office supplies	\$50
Brochures	\$500
Outreach Programs	\$1,000
Books	\$100
NAMI-NYS Dues	\$200
NAMI Dues	\$600
Family to Family	\$1,000
Total	\$9,930

INCOME Category

Dues	\$1,600
Donations	\$2,700
Grants	\$1,000
Checking Acct. Bal.	\$9,209.94
Family to Family Reimbursement	\$1,000.00
Total	\$15,509.94

Expenses -- 2008

Rent	\$4,400
Telephone	\$500
F2F	\$400
Office Paper, stamps, cartridges	\$750
Community Programs Outreach, Special	\$1,000 \$900 ⁰⁰
Gnomon other	\$300
Brochures	\$500
Books	\$500
Miscellaneous	\$200 \$100 ⁰⁰
NAMI-NYS	\$195
NAMI	\$650
New computer	\$1,000 600 ⁰⁰
TOTAL	\$9,300

2007 Robert E. Hamlich, MD Memorial Lecture

featuring

Kay Redfield Jamison, PhD

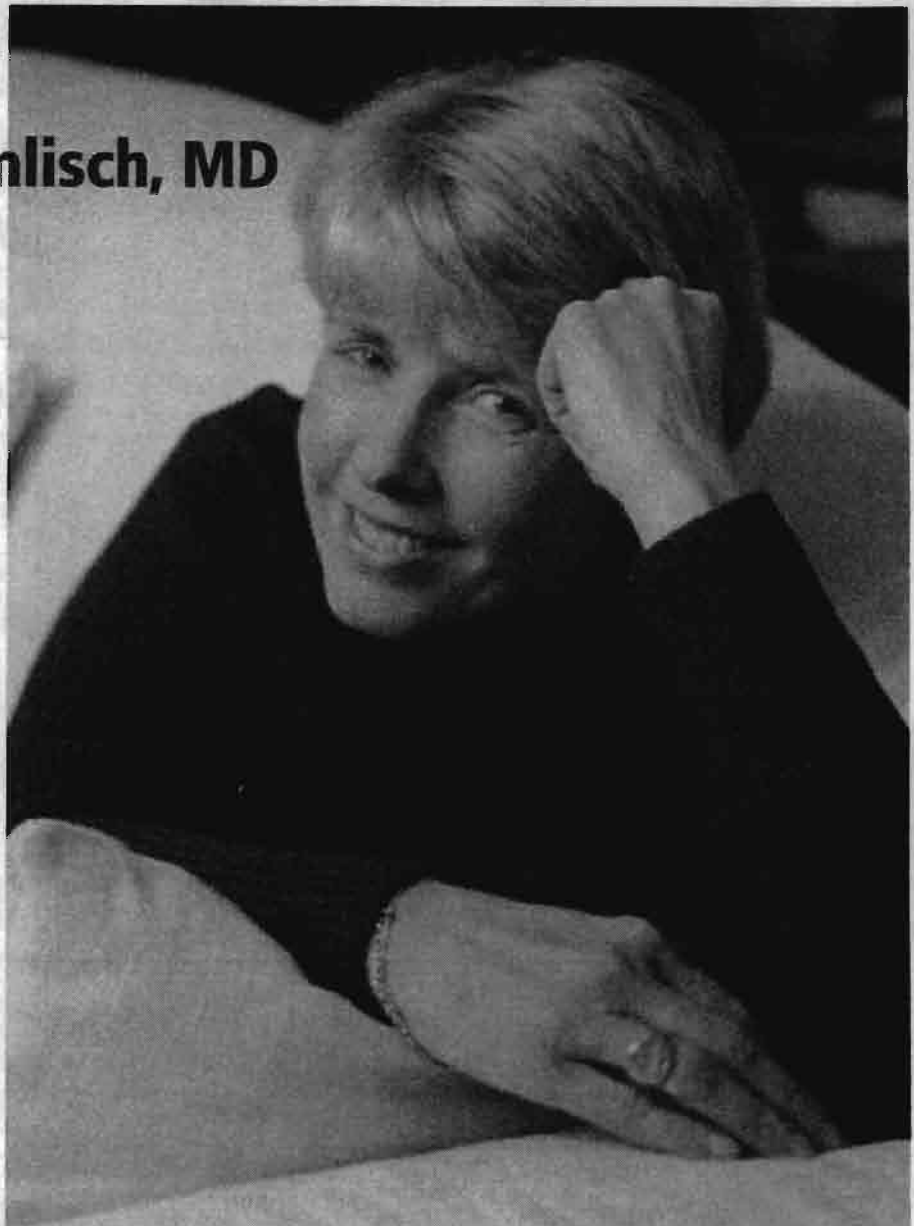
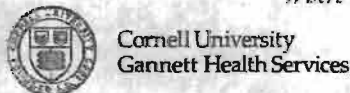
"Personal & Professional
Reflections on Mental Illness"

Author of *New York Times*
bestseller *An Unquiet Mind*

SPONSORED BY:



Family & Children's
SERVICE OF ITHACA
Where to turn...



Tuesday, September 18, 2007

7:45 p.m.

Cornell University
Bailey Hall
*Free and Open
to the Public*

BOOK SIGNING
IMMEDIATELY
FOLLOWING

KAY REDFIELD JAMISON has unique insight into the world of mental illness. She has been there herself. A Professor of Psychiatry at Johns Hopkins University, Dr. Jamison shocked her colleagues by going public with her own struggle with manic-depression in a 1995 *Washington Post* article and subsequent book, *An Unquiet Mind*, a *New York Times* bestseller. Dr. Jamison has since become a trusted spokesperson for millions of people who live with mental illness. Audiences describe her lectures as profound educational experiences. She addresses the clinical and personal realities of depression and bipolar disorder in a manner that encourages dialogue, empathy, and hope.

<http://www.hamlich07-jamison.org>



Lambda Chi Alpha - OZ
125 Edgemore Lane
Ithaca NY 14853

Date 10/17/07

Pay to the order of Finger Lakes Alliance for the Mentally Ill \$ 5000.00
Dollars

Five Thousand and 0/100

LXA Clothing Drive 2007

John Anastasio
Theta - Philanthropy Chairman

A black and white photograph showing the back of a person wearing a dark, long-sleeved garment. A white rectangular sign is pinned to the upper back area. The sign has the words "NO MORE SILENCE" written in large, bold, black, hand-drawn capital letters. The person's right arm is bent at the elbow, with the hand near the shoulder. The background is a light-colored, textured surface, possibly a wall or a backdrop. The lighting is dramatic, with strong highlights and deep shadows.

**NO
MORE
SILENCE**







