Every mind is a star
and deserves the right to shine
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## OUR MISSION

Provide support, advocacy and education in order to improve the quality of life of individuals with mental illness and their families.

**SUPPORT. ADVOCACY. EDUCATION.**
Dear Friends,

2014 has been an exciting year for NAMI DuPage, with lots of planning meetings for the new building, the groundbreaking ceremony in August and now watching the new building rise from the ground. This new Private/Public partnership with the DuPage County Health Department continues as the building begins to take shape and will facilitate the implementation of the strategic plan, which focuses on outreach, education, housing and employment for those individuals with mental illness and their families. Planning for new programs has been a priority of the Board and of Angela Adkins, our Executive Director.

Angela, the NAMI DuPage staff, and our dedicated volunteers have worked hard all year, continuing to manage the many programs offered by our organization. Through all their hard work, NAMI DuPage continues to be a force of good in DuPage County for those who live with mental illness.

The Board is proud to submit to our NAMI DuPage supporters a fiscally responsible financial report for 2014. Our ability to do so is a result of your support. We thank you for your support.

Cora M. (Corky) Corley
President, Board of Directors

Welcome to our 2014 Annual Report.

What an eventful year this has been! From the excitement of seeing the future Community Center begin to take shape, to creating new programs to fully utilize the new space – which we will move into late 2015 – all the while growing our existing support groups and community outreach, it has been a busy year! As you will see in this report, our much-needed new programs will include employment assistance, housing resources, the “Living Room”, lifestyle skills coaching, and many new recreational opportunities. Many of you have told us – and we have listened – that these new programs are needed so that many more individuals living with mental illness can more fully engage with the community and become empowered to take control of their lives.

During this year we began our Community Center Campaign to raise $1.5 million dollars; the campaign will continue throughout 2015. This funding will go directly towards the NAMI DuPage space and to provide the new programs. As the building takes shape, we at NAMI DuPage become ever more excited about the long-term potential of what we will be able to offer.

We cannot do what we do without the dedication and commitment of our Board, staff, and especially you, our donors and tireless volunteers. As you read this report, I know that you will be encouraged by what your generosity has allowed us to achieve. On behalf of everyone we have been able to help this year, I thank you from the bottom of my heart and want you to know that you are changing lives and truly making a difference.

Angela Adkins
Executive Director
# Our Impact in the Last Year

<table>
<thead>
<tr>
<th>20,390 served</th>
<th>NAMI DuPage served <strong>20,390</strong> unduplicated individuals and family members living and struggling with mental illness.</th>
</tr>
</thead>
<tbody>
<tr>
<td>13,637 volunteer hours</td>
<td>With tireless dedication and devotion, <strong>457</strong> volunteers contributed an astonishing <strong>13,637</strong> total hours of time.</td>
</tr>
<tr>
<td>1,008 new donors</td>
<td>During the past fiscal year, we were able to attract <strong>1,008</strong> new, first-time donors.</td>
</tr>
<tr>
<td>17 of 26 public high schools</td>
<td>Ending the Silence, which went national last year, is now presented yearly at <strong>17 of the 26</strong> public high schools in DuPage County.</td>
</tr>
<tr>
<td>Adolescent programming</td>
<td>NAMI DuPage began offering education presentations to adolescents in the Partial Hospitalization Adolescent Program at Linden Oaks Hospital.</td>
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The past year was really a year of breaking new ground. As you heard, the building that will house NAMI’s new offices is well underway, visible for all to see. As work on the new building continues, our existing services continue to provide education and support to thousands of families in DuPage County. Some of our achievements from the past months are:

- **Adolescent programming:** for the first time in our history, NAMI DuPage has expanded our programs to serve adolescents. In January of 2014, we began presentations at Linden Oaks Adolescent Center.

- **Peer and Family Specialist:** Through a generous grant from the Community Memorial Foundation, NAMI DuPage trained a Peer Specialist and a Family Specialist who offered, for the first time, ongoing individualized aftercare peer support to individuals who were hospitalized for a mental health issue and their family members, particularly at Hinsdale Hospital. This program became the precursor to the Peer Training Program, through which we are training 15 individuals to eventually serve as Peer or Family Counselors in the Living Room and elsewhere throughout DuPage County.

- **Mental Health First Aid:** Two NAMI DuPage staff members conducted five Mental Health First Aid trainings in the community. With the support of Community Memorial Foundation and Linden Oaks, NAMI DuPage has been on the forefront of the movement to offer Mental Health First Aid trainings in DuPage County.

- **Groundbreaking partnership:** This unprecedented Public/Private partnership between NAMI DuPage and the DuPage County Health Department, of which NAMI’s new offices is the culmination, is a result of over 20 years of collaborating to provide complementary services to address the mental health needs of DuPage County residents. This historic partnership both recognizes and cements NAMI DuPage’s integral role in the mental health community of DuPage County. While bringing our services under one roof, the two organizations remain separate entities, with NAMI DuPage continuing all existing services at current levels.

- **Print Shop:** NAMI DuPage began an in-house Print Shop, which has been handling all of our internal printing needs as well some external orders. Among the external clients were DuPage Medical Group, Linden Oaks Hospital, and other NAMI affiliates. A Print Shop Manager was hired to manage in-house print jobs and pursue additional external clients. Eventually, the print shop will serve as an employment track in our Employment Support Program, training participants in the program to find employment in commercial and corporate print shops.

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**Statistics:**

- 1,577 Individuals and family members served through our Supportive Services
- 132 Graduates from our Education courses
- 1,242 Community members educated about mental illness
- 2,108 Individuals and family members served through Recovery Connections Hospital Program
- 15,331 Middle and high school students presented with Ending the Silence
- 20,390 Total number of individuals served
A Groundbreaking Public/Private Partnership

In what is possibly the most significant moment in the history of NAMI DuPage, the DuPage County Health Department announced their intention to offer a Public/Private partnership to NAMI DuPage through which NAMI DuPage would be housed in their brand new state-of-the-art building. The building, a 33,000 square-foot, state-of-the-art facility, is scheduled to be complete in the fall of 2015.

This partnership both recognizes and cements NAMI DuPage’s integral role in the mental health community of DuPage County. NAMI DuPage’s expanded offices will allow us to fulfill key components of our strategic plan by offering several new programs, effectively doubling the services available for individuals and families living the mental illness. This expansion means a much more robust set of services that will aid those living with mental illness in a more comprehensive way; it also means offering hope and recovery to many more individuals and families living with mental illness each year.

NAMI DuPage kicked off the capital campaign for the Mental Health Community Center in June 2014. With a goal of $1.5 million, the Community Center Campaign will provide funds for the new programs NAMI DuPage will offer in the new building, as well as our buy-in into the new facility being constructed by the DuPage County Health Department.
New Programs for 2015

**Employment Support**
Our pilot Employment Program will prepare individuals with a mental illness for employment. An Employment Specialist will determine their background in terms of education, skill sets, and other capabilities. The Employment Specialist, working with DuPage County employers, will then match individual participants to the employment area most suited to the participants’ goals, skills and preferences and continue to provide support to program participants after placement.

**Social/Recreational**
NAMI DuPage will significantly expand the recreational and social opportunities available for individuals and families with mental illness in the new facility. Through this new program, we hope to have recreation options available for individuals with mental illness on most weeknights and some weekend days. NAMI DuPage will offer activities such as Yoga Night, Bingo Night, and art, music and cooking classes; some activities will include family members as well. A new drop-in center will provide another venue for individuals and families living with mental illness to socialize and participate in social and recreational activities.

“*It is essential to recovery to have people to communicate with.*”
- Ray is a veteran of the U.S. Navy who volunteers at the NAMI office

**Housing Support/Referral**
NAMI DuPage will provide linkage to community supports and life skills training to individuals with mental illness who live alone or with aging parents so that they have the ability to gain or maintain their independence. The ultimate goal of the program is provide further affordable housing options for those with mental illness.

**Living Room**
The Living Room is a peer-led alternative to the traditional ER for those with mental illness crises. The Living Room is a comfortable, non-clinical setting that provides the guest a safe and calming atmosphere where he or she can talk with a peer counselor. The guest is first assessed to ensure that his/her situation is appropriate for the Living Room to handle. The guest is then paired up with a peer counselor, who can talk the guest through the immediate crisis, offering empathic listening, practical solutions, and additional resources.
Support Groups
NAMI’s eight support groups continue to provide weekly venues for promoting hope and recovery, with one new support group added during the past year for family members with a family member who has recently experienced a mental illness for the first time.

Drop In Centers
In partnership with WDSRA and SEASPAR, NAMI’s three drop-in centers – in Glen Ellyn, Westmont, and Naperville – provided social and recreational opportunities for hundreds of individuals.

Individual Assistance Program
Thanks to the generosity of individual donors, NAMI DuPage was able to provide an average donation of $537 to many individuals seeking rental assistance or financial assistance with obtaining medication. Due in part to the Affordable Care Act, we received fewer requests for medication assistance this year.

Group Homes
NAMI DuPage continues to provide housing to sixteen individuals in our two group homes – one in Naperville, and the other in Glen Ellyn.

Resource Helpline
NAMI DuPage took approximately 1,560 calls on our Resource Helpline during the past fiscal year. Many of the callers were family members looking for help with a loved one in a mental health crisis. Many others were individuals seeking additional resources to aid their recovery.

“I can get through my mental illness and not go around thinking that I am worthless.”
- Support Group Participant
Raising Awareness and Understanding of Mental Illness through Education

Education courses
A total of 132 people graduated from our education courses: 111 family members completed the 12-week Family to Family course; 5 people completed the 6-week NAMI Basics course; and 16 individuals completed the 8-week WRAP course. The courses teach participants about mental illness, available resources, and practical tools for self-care and recovery for both individuals and family members.

Community Education
NAMI DuPage conducted 73 general education presentations, educating groups as diverse as medical students, social work/nursing students, library staff, churches, and policemen about mental illness and how to best engage and help someone with a mental illness.

School Connections Program
Ending the Silence reached 10,151 high school students in 17 different schools, while Ending the Silence 101 reached 5,180 middle school students. Parents and Teachers as Allies reached 65 parents and teachers.

Schools With a NAMI Presence
**High Schools:** Hinsdale South, Hinsdale Central, Glenbard North, Glenbard South, Glenbard East, Glenbard West, Addison Trail, West Chicago, Downers Grove North, Downers Grove South, Wheaton North, Wheaton-Warrenville South, Naperville North, Metea Valley, Waubonsie Valley, York High School, St. Francis, Naperville Central, and Willowbrook High Schools.
**Middle Schools:** All Saint’s Academy, Wood Dale, Glenn Westlake, Jackson, O’Neil, Edison, Franklin, Hubble, Monroe, Lisle, Kennedy, Madison, Jefferson, Lincoln, Crone, Fischer, Granger, Gregory, Still, Bryan, Churchville, St. Petronille, St. Isidore, Jefferson Jr. High, Glenside, and Spring Wood Middle Schools.
*Schools in green are new this year.*

Recovery Connections Hospital Program
NAMI’s partnership with all six area hospitals continues to deepen and grow; together, we work to meet new needs that arise. In January 2014, at the request of Linden Oaks, we began offering educational presentations to adolescents on the inpatient and outpatient units in the Partial Hospitalization Adolescent Program. This program marks our first foray into offering this service to adolescents.

“It gave me hope to hear that the speakers are able to function very well with mental illnesses.”
- Hospital Presentation Participant
### Revenue

- In Kind: $219,451 (27%)
- Grants and United Way: $211,579 (26%)
- Special Event: $134,073 (17%)
- Individual: $87,052 (11%)
- Residential & Program Income: $86,910 (11%)
- Investments: $67,263 (8%)

**Total:** $806,328

### Expenses

- Residential & Supportive Services: $248,479 (31%)
- Family/Consumer Ed & Advocacy: $248,137 (31%)
- Development: $118,112 (15%)
- Youth Education: $111,126 (14%)
- M&G: $76,474 (9%)

**Total:** $802,329
NAMI DuPage celebrates all of our volunteers doing extraordinary things through service!

Total NAMI Volunteers: 457

Total Volunteer Hours: 13,637

School Speakers
Chrissy Tobias
Shelbi Vidmar
Tammy Timm
John Wilkerson
Sue Cahalan
Kim Hakim
Lisa Leamy
Dave Lambie
Cathy Cohen
Pooja Nagpal
Kevin Conlin
Geri Thayer
David Reveles
Lauren Pinto
John Clucas
Sharon Stolarz
Mary Boylan

Education Program Speakers
Amy Cahn
Bill Hood
Cathy Cohen
Chrissy Tobias
Dave Cumming
Debbie Homan
Grant Bell
Jan Maloney
John Wilkerson
Ken Schumacher
Kevin Conlin
Kimberly Comer
Linda Terp
Liz Huck
Marilyn Kornau
Meghan Condon
Michelle Spranger
Shelbi Vidmar
Tammy Timm
Taylor Hill
Tom Mitchell
Christine Ciccone
Tom Kennedy
Dirk Landis
Judy O'Brien
Maureen Garro
Julie Clucas
Kimberly Hakim
Debbi Gischler
Sue Pinto
Alan Carlile
Caitlin Atkinson
Dan Porter
David Lambie
Sheri Carlson
Susie Piasecki
Tonya Harbert
John Zurn
Sharon Stolarz

Office Volunteers
Sandy Remer
Nathaniel Goon
Carolyn Burton
Judy Beem
Carole Bodenstab
Karen Wennersten
Bob Bendorf
Joyce Ventura
Kaila Mitchell
Ray Schwen
Mark Hosek
Cathy Hosek
Barb Mulliner
Jason Mulline
Jan Maloney

Drop-In Center Coordinator
Mary Borland

Family to Family
Aileen Caravelli
Sue Hedlund
Annette Zoleke
Tom Zoleke
Lisa Leamy
Calvin McGinn
Dick Goers
Ellie Goers
Patty Johnstone
Gail Vescovi
Kathleen Smat
Sheila Cavanagh

Recovery Connections Facilitators
Jack Whelton
Tom Mitchell
Kimberly Comer
Scotty Sossner
Ana Landa
Chrissy Tobias
Lia Guerra
Randy Hanssen
Susie Piasecki

NAMI Basics
Sue Pinto
Sue Cahalan

W.R.A.P.
Jack Whelton

Family Support Group Facilitators
Patty Johnstone
Sue Orsini
Mary Potter
Julie Baier
Sue and Jim Cahalan
Sue Pinto
Kiera Benidettino
Fran Brand
Sue Balsamo

Resource Helpline Assistants
Sandy Resner
Dirk Landis
Cathy Wuerth
David Haugen
People We Cannot Do Without
Cumulative Donors Since 2004

Diamonds
$100,000 and Above
Anonymous
Betty Bradshaw
City of Naperville
Community Memorial Fnd
DuPage County Dept of Human Services
Jean Mertens
Dorothy O'Reilly
Ray and Dee Schumacher

Emeralds
$75,000 and Above
Dick and Ellie Goers

Rubies
$25,000 and Above
Aetna Foundation
Argonne National Lab
Bristol-Myers Squibb
Cadence Health

Sapphires
$50,000 and Above
Alfred Bersted Foundation
Fred J. Brunner Foundation

Jades
$10,000 and Above
Anonymous
Jim and Sue Cahalan
Chris and Aileen Caravelli
Ron and Betty Chaggaris
Jim and Valerie Chaggaris
Jana Cronin
Beatrice Demos

FY2014 Major Donors

$20,000 and Above
City of Naperville
Community Memorial Fnd.
Tellabs Foundation

$15,000 and Above
Cadence Health
DuPage County Dept of Human Services
DuPage Medical Group
J. Robert Martens and Michael Martens
Endowment Fund
Wheaton Rotary Club

$10,000 and Above
Betty Bradshaw
Fred J. Brunner Foundation
Illinois Children's Healthcare Foundation

FY2014 Sustaining Donors

$750 and Above
Adventist Glen Oaks Hosp.
Adventist Hinsdale Hospital
John and Sue Bennington
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Rick and Christine Ciccone
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$500 and Above
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Don and Corky Corley
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Samuel and Sharon Delisi
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Carl B. Fausey
First Community Financial Bank

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Kim Hakim
Hillshire Brands
Hinsdale Hospital Fnd
Illinois Tool Works Fnd
Intermodal Container Logistics
Bruce and Ann Johnson
Ray and Marilyn Jones
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Lifetime Behavioral Health

Matt and Stacey Lundgren
Michael and Mary Maloy
Bob and Karen McNichols
Medieval Times
Bill and Deb Meister
Mark & Carol Mestemacher
Thomas and Sandra Moran
Mark and Barb Mulliner
William and Colleen Nelson
We greatly value every donor and go to great lengths to ensure we have not missed a single donor.

If we have missed your name, please contact us.
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