NAMI DuPage’s mission is to provide support, advocacy, and education in order to improve the quality of life of individuals with mental illness and their families.

Mental Health By The Numbers In DuPage County

138,000: 1 in 5 adults experiences a mental illness in any given year.
28,000: 1 in 25 adults lives with a serious mental illness which impacts their day to day life.
50% of all chronic mental illness begins by age 14; 75% by the age 24.
45,000: 20% of youth ages 13-18 live with a mental health condition.
58,300: 8.6% of adults stated their mental health was not good for 14 or more of the past 30 days.
125,000: 18.1% of adults live with anxiety disorders.
48,000: 6.9% of adults live with a major depression.
18,000: 2.6% of adults live with bipolar disorder.
7,500: 1.1% of adults live with schizophrenia.

Nearly 60% of adults with a mental illness did not receive mental health services in the previous year.

Nearly 50% of youth did not receive mental health services in the previous year.

Sources: Impact DuPage, SAMSHA, NIMH, NAMI (National)
Data based on 2010 census for DuPage County: Total Population: 916,924; Adults >18 yrs of age: 689,527 (75.2%); Youth < 18 yrs of age: 227,397 (24.8%); Estimated DuPage County numbers for select mental illnesses are based on the national incidence percentages.
Dear Friends,

2016 has been another year of growth for NAMI DuPage. Angela, the NAMI DuPage staff, and our dedicated volunteers have worked hard all year continuing to manage the existing and new programs offered by the 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 2016. Our ability to do this is a result of the financial support we receive from our donors. We thank you for your support.

Cora Mae (Corky) Corley
President, Board of Directors

Welcome to our 2016 Annual Report.

After the excitement of moving into the Community Center and the vision of many new programs becoming a reality this has been a very exciting, productive and fulfilling year.

Watching the building come alive with individuals living with a mental illness and their families is what we had all dreamed of when the concept of a Community Center was first discussed.

We continue to offer our signature programs such as Family to Family, Basics, Support Groups and Community Education throughout DuPage County with the grateful partnerships of hospitals, police departments, libraries, churches and many satellite locations. The Community Center has given us the opportunity to expand these programs while adding some new ones.

Our Living Room is fully established and continues to provide a valuable alternative to the hospital emergency rooms, while our social recreation program has given inclusion and for many, hope and engagement for a brighter, less lonely future. Our two social enterprises, the Rise & Shine print shop has exceeded our vision in partnering with many external organizations to provide for their printing needs. The Rise & Shine Café, which opened in January has become the central place in the Community Center, but most importantly has been the bridge for many who wanted to experience our work readiness program in an effort to find competitive employment that will ultimately lead to economic self-sufficiency. We hope that you enjoy reading some of the stories of impact that you will find in the following pages.

No part of what we do can happen without dedicated volunteers and staff, and a board that has vision. Most importantly we cannot do what we do without your generous support. So on behalf of all of us at NAMI DuPage we thank you from the bottom of our hearts and want you to know that you do make a difference by changing lives and providing hope and shining a light for those impacted by mental illness.

Angela Adkins
Executive Director
Community Education

For Families, Partners, and Friends:
Family to Family is a free 12-week class that equips family members of individuals with mental illness with the knowledge and tools that they will need to care for themselves and their loved ones during crisis.

For Parents:
NAMI Basics is a free 6-week course that empowers parents of youth under 18 years of age with mental health problems to be effective, confident guides for their child.

For Individuals:
WRAP (Wellness Recovery Action Plan) is a free 8-week course that teaches individuals a number of self-management skills and helps them build a personalized recovery plan.

“"The WRAP classes were very beneficial to me. I was in need of learning how to cope with challenging situations in my life and how to recognize what circumstances can trigger me into a downward spiral of depression. WRAP helped me in many ways. Now I am developing a Wellness Toolbox that I can use any time to help me stay well. The knowledge and support I received from attending all 8 sessions has been invaluable. I am beginning to embrace the unique person I am and learning to practice self advocacy and to love myself for who I am. WRAP has given me hope.”

- Sue

Custom Presentations cover the basics of mental health recognition and response, as well as NAMI and community resources for diverse organizations such as libraries, faith-based and businesses.

P.D. CONNECT is a 4-6 hour training program for law enforcement on the recognition and response to people and/or criminal offenders experiencing mental health issues.

Recovery Connections is a multi-tiered program designed to extend the message of hope and recovery to individuals, who are currently undergoing inpatient or partial hospitalization treatment, and their family members, by providing extensive informational materials, sharing stories of hope and recovery, and providing access to one-on-one Peer and Family Specialists. The program is offered at all 6 participating DuPage County hospitals.

Mental Health First Aid is a national 8-hour program that equips community groups and individuals with the knowledge they need to help someone experiencing a mental health situation.

“When I was taking the WRAP class I was going through one of the most difficult times in my life! With the help of the facilitator and my fellow classmates I was given the right direction and helped me improve my circumstances. WRAP was a great class with an awesome instructor!”

- Gary
Spotlight on Family to Family

Family Peer Specialist - Rhonda

When a family member is in crisis, often times you can’t comprehend all that is thrown at you. I first heard the word “NAMI” when my daughter was hospitalized after a suicide attempt.

I called the NAMI office to sign up for the Family to Family Education classes. It was there that I began understanding her illness and feeling the support of the NAMI instructors and the fellow parents. I gained insight into the fact that my daughter’s behavior was not a result of our relationship or that of others— but of her illness! The information presented was better than any information I had received over the years— either professionally or through my own research.

In this 12 week program I was able to improve my coping skills as well as help my daughter on her journey to recovery. I took this class to help my daughter, but soon learned it was something that helped me! It kept me centered and balanced in many ways—in communicating with others at home, work, and in public. Family to Family increased my awareness and listening skills and taught me how to respond and not react to the toughest of situations.

I always had good friends and family that I could talk to—but you can’t talk the talk unless you have walked in someone’s shoes living with mental illness. At NAMI I found evidence-based insight, people who understood enough to help me develop a wellness recovery plan for my daughter and other family members.

From all the people I have met over my years with NAMI—I hear one common statement: “I wish I would have found NAMI sooner—it would have made our journey quicker and more successful! “NAMI provides the education you need to understand mental illness, the support to get you through to recovery, and helps you to advocate for yourself and your loved ones so you in turn can advocate for others which is why I became a trained Family Peer Specialist.

Participant - Kathy

I learned a lot from the Family to Family program and it was very helpful during a rough time. However, I think the thing I will remember most is looking around the room and seeing a look of hope appear on someone’s face. It wasn’t all the time, and it wasn’t always the same person, but it was there. And it was beautiful.
Resource Support

**Resource Line** is a free non-crisis information and referral help phone service providing a sympathetic and informed “listening ear” for individuals and families living with mental illness.

**“NAMI Connection”** is a free, confidential, weekly drop in recovery support group for adults living with mental illness.

In 2012, I decided I would go to a NAMI meeting. I felt in order to see if this would be something to help me, I had to give it a fair chance. So I made a commitment to go to NAMI meetings weekly for at least a 3 month period. In 2013, I became trained to be a Connection Facilitator. I have been a facilitator since then. The training for this position, and the time and effort I have put into it have been very worthwhile. I have learned a great deal about myself, and my illness. I no longer feel so alone. For the first time in a long time, I am part of something bigger than myself. NAMI has taught me Recovery is a lifetime process. In conclusion, I recognize my life is more behind me than in front of me, due to pure numbers. I am ok with that. But since the time I have left is undefined, I want to make sure that I make the most of it, by living my life to the fullest.

- Scotty, NAMI Connection Facilitator

**“Family Support Group”** is a free, confidential, drop in support group for people who have a family member or friend living with mental illness.

Good Samaritan Hospital and NAMI of DuPage have partnered for over 10 years. Our relationship began with a shared belief in the Recovery Model. Good Samaritan Hospital realizes that the person with a Mental Illness needs support and education outside the hospital system. NAMI of DuPage has been instrumental in linking the patient and their families to the community. NAMI of DuPage provides services on the Inpatient, Partial Hospital Program, and community level of care. NAMI Connections is held weekly on the inpatient unit. NAMI Peer Support Group is held every other week on the inpatient unit as well as in the Partial Hospital Program. NAMI Connections has a weekly community meeting on the campus of Advocate Good Samaritan Hospital. Our NAMI partnership does not stop with structured programs. NAMI of DuPage is always available by phone or email to the staff at Advocate Good Samaritan Hospital. Advocate Good Samaritan Hospital plans to continue to work with NAMI of DuPage to reduce stigma, promote early diagnosis and treatment, and encourage recovery for patients with a Mental Illness and their families.

- Paula Moore
  Manager of Impatient Behavioral Health, Advocate Good Samaritan Hospital
“Parent Support Group” is a free program for parents of children and young adults under the age of 22 who have a mental illness.

I first experienced NAMI DuPage when I brought my adult son to the Living Room late last fall. Soon after I took the Mental Health First Aid class and Family to Family. My son participates in the individual support group while my husband and I attend the Wednesday family support group. We have attended the occasional Speaker Series presentations and many of the recreational activities. My husband and I regularly practice yoga and my son and I have bowled and played mini-golf with others from NAMI. Recently, I began to volunteer at the community center. Combined, these experiences have helped my family better understand mental health issues and how they affect our loved ones and our lives as we relate to each other. We have all learned and grown as individuals and as a family this past year. Thanks for all of you at NAMI DuPage and for all you do.

- Nancy

“The Living Room” is a program providing a peer-led, non-clinical mental health stabilization alternative to traditional hospital emergency room treatment. The Living Room is open 7 days a week from the hours of 3:00 pm - 9:00 pm and is located at the DuPage County Community Center in Wheaton, IL.

There were 110 guests in the first 8 months!
After four years of struggling to live well with my mental illness, I finally started to turn a corner. I wanted to come alongside those who are having a hard time living with their mental illness and let them know that there is hope on their road to recovery and that I wanted to be a part of that process. But where was I to begin? I didn’t know of any programs that I could do this type of volunteering. In the summer of 2014 that all changed.

I received an e-mail from NAMI about a new program that would be training individuals with a diagnosis to be Peer Specialists. This role would enable me to meet with individuals struggling with their mental illness and help them on the road to recovery by helping them set attainable goals and coming alongside and encouraging them. I was interviewed by NAMI staff and was accepted into the program. I went through five months of intensive training with my cohort of Peer Specialists and graduated in April 2015. My assignment was to work in a new program called the Living Room. Individuals that were having an especially hard time with their mental illness would be screened by professional staff and then would meet with me. My role was to first of all let each guest know that as a Peer Specialist, I live with a mental illness which I found would immediately build trust because I could empathize with them. I would then hear their story and assist them in setting goals that could help them to further their process of recovery.

As an example, I met with a guest who was very depressed, lonely and anxious. After listening to him, I started to help him think about setting goals. His first goal was the desire to build friendships and receive support but also give support. I told him about NAMI Connection support groups. His goal was to attend one of these meetings and share his struggles with other people that live with mental illness.

He also set a goal to attend that week a NAMI Drop-In Center which provided social activities that would help him build friendships and not always be thinking of his mental health but also have fun in the company of others and help build friendships.

This is just one example of coming alongside Living Room guests and having the privilege of seeing them set goals and work toward their own process of recovery.

Brian
Living Room Peer Specialist
Even though I am a wife and mom, I wasn’t feeling a real sense of purpose. Other than my family, I needed a reason to put one foot in front of the other every day. I had come to a sense of acceptance of my bipolar diagnosis, and thought there had to be a way to help others. I began as a speaker for NAMI DuPage and found sharing my story helped in my own recovery. When the opportunity to become an Individual Peer Specialist came along, I knew I had found my place. Working with others who may be feeling overwhelmed and depressed was something I could relate to. When I was struggling, I had no peer support in my corner. I wish I had had a peer to help guide me through this journey. I am now able to help others by listening to them and getting them to a point of success.

As a Peer Specialist, I have assisted people from all spectrum of recovery. One of my first clients was struggling with personal hygiene, but doing something about it was overwhelming to her. She didn’t know where to begin. We came up with a goal together for her to take one shower that week. It was a very accomplish-able goal, and she felt she could do it. When we had our meeting the next week, she was very proud of herself because she had taken two showers that week. By encouraging reasonable goals, she felt a positive sense of self-worth, and continued to progress.

Not only do I have a sense of purpose in helping others, it has helped me to focus on my own recovery and stay positive about my future.

Johanna
Individual Peer Specialist
Our Impact

4,569 People served at support groups and drop in centers

18,675 Number of teachers and students receiving mental health education

2,274 Number of calls to Resource Hotline for help and/or information

24 Number of individual and family Peer Specialists trained

16 People housed in two group homes for individuals with mental illness

2,842 Number of individuals in the community educated on mental illness
Attendees to **social recreation programs** since it began in October 2015

Number of participants in the **Job Preparedness program** since it began in January

**Number of volunteers** that donated their time to help NAMI DuPage

**Total Number of People Served:** 33,069
Job Readiness

Rise & Shine Print Shop - Jim

I came to volunteer at NAMI DuPage through the College of DuPage. I was at a point in my life where anxiety was high, as I was leaving a career in retail management to return to school and study human services and addictions counseling. NAMI DuPage immediately felt like a second home, with so much caring and energy to advocate for mental health! I wasn't expecting it, but I was soon offered a position as Print Shop Manager! I knew this was a blessing, as you aren't offered the chance to do what you love as your daily job. With two years of unbelievable growth, coupled with so much help and healing for our clients, I know I will be a part of NAMI DuPage for decades to come!

- Jim

A program which provides the necessary tools, skills, confidence and support that individuals need in obtaining or sustaining competitive employment in order to build a bridge to economic self sufficiency while recovering from mental illness. The program entails job preparedness and life skills training as well as specific job skills training directly related to employment in general office administration, commercial printing and food/beverage service. The program has two social enterprise businesses that serve as a training ground for participants.

RISE and Shine Print Shop: Owned and operated by NAMI DuPage, the print shop provides training in developing commercial printing, customer service and computer related skills.

“Family Shelter Service has used NAMI’s print shop several times and we have been very pleased with their customer service, quality, pricing and turn-around time. We will continue to use their services and are pleased to assist such a great organization and cause.”

- Karen at Family Shelter Service

“We are very happy with the quality of materials, and for the ease of ordering through NAMI DuPage! Thank you so much!”

- Tara at NAMI Sauk Area
**RISE and Shine Café:** Owned and operated by NAMI DuPage, the café provides training in developing food/beverage preparation, customer service and point of sale skills for individuals living with mental illness.

**How did you get involved with NAMI of DuPage County?**
Ed: I started attending the evening NAMI Connection support groups. I also completed the WRAP classes.

**Why did you choose to volunteer?**
Ed: I wanted to not isolate and broaden my support network and circle of friends. I started as a reception volunteer and was drawn to the café for their delicious coffee. I found that as a café volunteer I was able provide structure to my day and have a more positive outlook.

**Your volunteering at the café led to an opportunity to become the Café Coordinator. How did you achieve this?**
Ed: I found that helping other people to be successful allowed me to not focus so much on myself and instead focus on them. In turn, I was gaining confidence in my own abilities as the café business was growing.

**What is your proudest accomplishment since joining the NAMI team?**
Ed: That’s easy! Helping other volunteers to gain confidence and hope in their own abilities. For example, just this week one of our volunteers interviewed and was offered full time employment. Seeing her progress from when she started to now is truly a reward to me.

“Volunteering at the Cafe has given me the confidence, hope, and job skills that will help me in the future.”
- Fabian, Work Readiness Participant
Social/Recreation

A program providing recreational and social activities in order to promote optimal physical and mental well-being and reduce stigma, alienation, and isolation. Programs are held at the DuPage County Community Center and other locations throughout DuPage County.

"Participating in the Art Nights has been very calming and relaxing for me during recent stressful and anxious times in my life. I have learned a new coping skill! I also found out that I have gifts I never knew about!"

- Thomas

"This is my fourth week as a volunteer at NAMI DuPage, helping out in the recreation programs, and it has been an unbelievable experience. I never imagined it would help me as much as the participants I came here to help, but it has. The people have been great."

- Jeffrey
Youth Programs

“Ending the Silence” and “ETS 101” is an on-site school program, created by NAMI DuPage and gifted to NAMI (National), that is designed to educate high school (Freshman and Sophomore grade levels) and middle school students (7th and 8th grade levels), respectively, on the early warning signs of mental illness, how to get help and embark on a path to recovery.

“Parents and Teachers as Allies” is an on-site program that focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services.

Students realize they are not alone:

I wanted to personally thank you. Less than a year ago I attempted suicide. I went to the hospital, diagnosed with depression, anorexia, OCD, and severe anxiety. I got help and your story really brought back memories and helped me realize that I was and am not alone. You are a beautiful person and I appreciate all you brought today. I am thankful for you and I am proud of you.

- A Wheaton High School Student

Empowers student to reach out for help:

My student finally got treatment after your last visit to our school. He had reached out to his mom, and shared your resource card, but she did not do anything. After that, he came to me and expressed how he had survived a suicide attempt and wanted help. I get goose bumps thinking about it. I took him right away to the school counselor and that day he got a hospital assessment, was hospitalized for about a week, and is now back at school seeing a psychiatrist every week.

- Middle school health teacher, from a district 204 middle school

As I was handing out resource cards at Lake Park High School, a student said, “I already have one from when you visited my middle school.” I gave her another one anyway saying, “Just in case you want another one.” And the student responded, “Actually, thank you. Mine is all worn out because of how much I have used it.” Our resource cards contain NAMI info and teen resources, such as the Crisis Text Line, and list common warning signs.

- Rachel, Youth Programs Director at NAMI DuPage

We validate teen experience because we share from our personal real experience:

People who actually had experience with a mental disorder gave the presentation, instead of people who are only repeating what they’ve been told.

- A Downers Grove High School Student
NAMI DuPage Event Calendar

Board of Directors at the Community Center Grand Opening in October 2015

Uncorked & Uncapped Inaugural Wine & Craft Beer Tasting Fundraiser 2015

The beautifully decorated room for our Shine A Light Gala in May 2016

Graduation of our second class of Peer Specialists! January 2016

One of our many Speaker Series with topics concerning those impacted by mental illness

Our symbolic Bridge to the Future Walk replaced our 5K run/walk. October 2015

Angela is awarded Executive Director of the Year and Board Member Dorothy O’Reilly awarded Philanthropic Leadership Award of the Year from West Suburban Philanthropic Network May 2016

Angela speaking at our annual Shine A Light Gala May 2016

Will Kimbrough benefit concert in December 2015

Continued Paving the Path to Recovery; A wonderful way for families and community members to help reduce the stigma!
$250,000 & Above
Community Memorial Foundation
Jean Mertens
Northwestern Medicine Central DuPage Hospital

$100,000 & Above
Alfred Bersted Fdn
Anonymous
Betty Bradshaw
City of Naperville
DuPage County Dept. of Human Services
Dick & Ellie Goers
Hope & Grace Fnd
Dorothy O'Reilly
Ray & Dee Schumacher
United Way of Metropolitan Chgo

$50,000 & Above
DuPage Foundation
Fred J. Brunner Foundation
Illinois Childrens Healthcare Foundation
Mary Lou & Al Lowry
Telligen Community Initiative

$25,000 & Above
Aetna Better Health of Illinois
Argonne Natl Lab - Employee Giving
Bristol Meyers Squibb
Ron & Betty Chaggaris
James & Valerie Chaggaris
Tony & Sally Davis
George M. Eisenberg Fdn
Glen Ellyn Infant Welfare Society
Janssen Pharamceutical
Lynn A. Johnson
Martha Johnson
Lilly USA
Pfizer Inc.
Rotary Club of Naperville

$10,000 & Above
Angela & Tony Adkins
Advocate Good Samaritan Hospital
Anonymous
James & Suzanne Cahalan
Christopher & Aileen Caravelli
Jana Cronin
Dr. Scholl Foundation
DuPage Foundation- DuPage Medical Group
DuPage Foundation -LeFort-Martin Family Fund
DuPage Foundation - Sindelar Family Fund
Linden Oaks Behavioral Health- Edward-Elmhurst Health
Steve & Ann Flechter
Elaine Gerber
Paul & Jayne Giordano
Grace A Bersted Fdn
Hinsdale Bank & Trust
Hinsdale School District 86
Diane Maksay
William & Mary Mastro
Moore Addison Company
NICOR Gas -Employee Giving
Norkol, Inc
Rabin, Kodner & Brown
Ellen & Robert Rehm
Rotary Club of Wheaton
Diane Scardigno
Diana Semmelhack
Ed & Linda Squier
St. Margaret Mary Parish
Tellabs Foundation
The Robert & Patricia Kleckner Family Charitable Fund
United Way of Metropolitan Chicago - West Suburban Region
United Way of Naperville
Al & Barb Van Eekeren
Wheaton Bank & Trust
Wight & Company
Wintrust Financial Corp
FY 2016 Major Donors

$100,000 & Above
Hope and Grace Foundation
Northwestern Memorial HealthCare

$50,000 & Above
Community Memorial Foundation
Telligen Community Initiative

$25,000 & Above
City of Naperville
Dick and Ellie Goers

$10,000 & Above
Betty Bradshaw
DuPage Foundation
Martha Johnson
Pfizer, Inc.
Wight & Company

$5,000 & Above
Jim and Valerie Chaggaris
Glen Ellyn Infant Welfare Society
Hinsdale Bank and Trust
Janssen Pharmaceutical, Inc.
Lynn Johnson
Dorothy O'Reilly
Rotary Club of Naperville
Topfer Family Foundation
Wheaton Bank & Trust Co.

$1,000 & Above
Anthony and Angela Adkins
Advocate Good Samaritan Hospital
Aetna Better Health of Illinois
Align Technology, Inc.
AMITA Health Adventist Hinsdale Hospital
James and Karen Andrews
Anonymous
Alliance Clinical Associates
Prairie Yoga
The Law Offices of Rabin, Kodner & Brown, Ltd.
Redeemer Lutheran Church
Ellen and Bob Rehm
Rotary Club of Darien
Rotary Club of Elmhurst
Marianne Scanlon
Diane Scardigno
Mary Schram
Ed and Linda Squier
St. Margaret Mary Parish
St. Paul Evangelical Lutheran Church
Steven and Amy Strauss
Pat and Mary Lynn Sullivan
The Fermata Charitable Foundation
The Law Offices of Kevin O'Reilly
Judy Thorp
TIDES Foundation (Art 4 Moore)
Kathy Tsen
Al and Barb Van Eekeren
Wesley United Methodist Church
Wheaton Park District

$250 & Above
A Beautiful Smile
American Fidelity Mortgage Services, Inc.
Con and Judy Anderson
Dana Andrewson
Dave and Robin Azarella
Summit Clinical Services
Alaric and Mary Bailey
Marcella Bakker
Hematology Oncology Consultants Ltd
Nancy Beebe
Betsy and Taylor Bennett
John and Sue Bennington
Vicki Boone and Steve Riehs
Robert and Barbara Bostrom
Carl and Stacey Boutilier
Chuck and Barb Collins
Rob Coopman
Greg Coughlin
Joe and Tracy Cuttone
Sharon D'Alessandro
Downers Grove Junior Woman's Club
DuPage Unitarian Universalist Church
Robert Eakins and Julie Wachowski
Exelon
Faith Lutheran Church of Glen Ellyn
US House of Representatives - 11th District
Duane and MaryJo Foster
Frank Girona Salon and Spa
Fraternal Order of Police - Naperville Lodge #42
Brittany Galiardo
Olga Gerhardstein
Carl Giessel
Kelly Horan
Sara Hynes
Jeans and A Cute Top Shop
Patricia Johansen
Jack and Kay Kelly

$750 & Above
Altobello Fine Jewelers
Kevin Smith and Patty Bergh
Efren and Perlita Coronel
Jim and Nancy Covert
Michael Foley
Bea Grigo
Moore-Addison Company
Naperville Counseling Center
William and Heidie Peterson
Mike and Kathy Sedivy
Sandy Shepard
Harold and Judy Smith
Union Church of Hinsdale

19
Thank you to every donor who donated $250 or less!

Every dollar we receive makes a difference.

We greatly value every donor and go to great lengths to ensure we have not missed a single donor. If we have missed you name, please contact us.
I think it is vital for as many people as possible to go through such training to demystify and de-stigmatize mental health issues.

- MHFA Participant

I am so happy that this resource is available. The Living Room is exactly what I've needed for a long time.

- Living Room Guest

[I learned from the presentation that] Many people can be successful and happy who have diagnosed with a mental illness disorder.

- Linden Oaks Outpatient

The instructors were other parents who had been in our shoes and come out the other side. They not only shared their experiences and insights, but also they gave us hope for the future. Their children by then had reached adulthood and have found their way, managing their illnesses and working toward their goals in life. For me, that was the best news of all. There IS hope, and we WILL get through this. I heartily recommend this course to any parent whose child or teen struggles with mental illness.

- Basics Participant

NAMI DuPage is a gift to and for the community and I am proud to be a part of all that is done here.

- NAMI DuPage Volunteer

Some things I always learn that I am not alone, that I can be helpful to others, that I have a disease and I can work on/with it.

- Support Group Attendee

I found this training very beneficial as a police officer. The training brought a better understanding and empathy for those that are suffering with a mental illness. It should be mandatory training for all law enforcement officers.

- Addison Police Officer
## Financial Overview

### Income

<table>
<thead>
<tr>
<th>Income</th>
<th>Percent</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grants &amp; Donations</td>
<td>64%</td>
<td>$757,672</td>
</tr>
<tr>
<td>In-Kind</td>
<td>10%</td>
<td>$121,585</td>
</tr>
<tr>
<td>Special Events</td>
<td>10%</td>
<td>$120,341</td>
</tr>
<tr>
<td>Rental Income</td>
<td>5%</td>
<td>$62,400</td>
</tr>
<tr>
<td>Program Fees</td>
<td>9%</td>
<td>$107,209</td>
</tr>
<tr>
<td>Other</td>
<td>1%</td>
<td>$7,605</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
<td>$1,176,812</td>
</tr>
</tbody>
</table>

### Expense

<table>
<thead>
<tr>
<th>Expenses</th>
<th>Percent</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>77%</td>
<td>$894,371</td>
</tr>
<tr>
<td>Fundraising</td>
<td>12%</td>
<td>$134,822</td>
</tr>
<tr>
<td>M&amp;G</td>
<td>11%</td>
<td>$125,788</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
<td>$1,154,981</td>
</tr>
</tbody>
</table>
## Board of Directors

### OFFICERS

- **Cora Mae (Corky) Corley**  
  *President*
- **Jeffrey A. Rabin, J.D.**  
  *Vice President*
- **Robert Barger**  
  *Treasurer*
- **Judy Smith**  
  *Secretary*

### Executive Director

- **Angela Adkins**

## Staff Members

### OFFICE

- **Linda Walters**  
  *Financial Manager*
- **Krista Valleskey**  
  *Executive Assistant/Office Manager*
- **David Cumming**  
  *Technology Manager*

### DEVELOPMENT

- **William Peterson**  
  *Development Director*
- **Angie Kuhns**  
  *Special Events Coordinator*
- **Swapna Munirthnam**  
  *Grants Manager*

### RESOURCE SUPPORT

- **Andrea Scheirer**  
  *Database Manager*
- **Bonnie Wolinski**  
  *Grants Writer*

### COMMUNITY EDUCATION

- **Meredith Kober**  
  *Community Education Director*
- **Sara Hynes**  
  *Community Education Coordinator*
- **Mike Hoffman**  
  *P.D. CONNECT Coordinator*

### EXECUTIVE DIRECTOR

- **Howard A. (Tony) Davis**  
  *Immediate Past President*
- **Bill Cordes**
- **Jana Cronin**
- **Thomas Dolson**
- **Dorothy O’Reilly**
- **Diane Scardigno**
- **Diana Semmelhack, Psy.D.**

### YOUTH PROGRAM

- **Rachel Tsen**  
  *Youth Program Director*
- **Gemma Guenther**  
  *Youth Program Coordinator*
- **Aileen Caravelli**  
  *Program National/State Trainer*

### EMPLOYMENT

- **Mark Dennison**  
  *Employment Coach*
- **Jim McQuillen**  
  *Print Shop Manager*
- **Edward Coronel**  
  *Café Coordinator*
2016 Calendar of Fundraising Events

Shine A Light Gala..........................................................Saturday, May 6, 2017
Run for the Mind 5K Race.............................................Saturday, September 23, 2017
Uncorked & Uncapped.....................................................Thursday, November 9, 2017

Please refer to our website for further information.

Why You Support NAMI DuPage

As a county-level affiliate of the National Alliance on Mental Illness, NAMI DuPage is one of the largest and most innovative of the 1,200 affiliates in the country. NAMI DuPage operates as a financially independent 501(c)(3) organization and does not receive any direct financial support from the national or state NAMI organizations. Nor does it receive any federal or state funding. Rather, NAMI DuPage relies on the remarkable generosity of the community for operational and program support. Last year, NAMI DuPage provided free support, resources, and programs for over 33,000 residents of DuPage County.

We could not have accomplished this without your support. Thank You!

NAMI DuPage
National Alliance on Mental Illness
115 North County Farm Road
Wheaton, IL 60187
(630) 752-0066
www.namidupage.org