

## 2010 ANNUAL REPORT

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## CONTACT US!

**NAMI SFV**  
National Alliance on  
Mental Illness  
San Fernando Valley

14545 Sherman Circle  
Van Nuys, CA 91405  
818-994-6747

**NAMI SFV is an  
all-volunteer  
organization dedicated  
to improving the lives of  
those affected by  
mental illness.**

**We provide hope and  
help through education,  
support and advocacy.**

[www.namisfv.org](http://www.namisfv.org)

Dear NAMI SFV friends,

As new President of NAMI San Fernando Valley, I want to thank you for your continued commitment to NAMI and for the opportunity to serve our affiliate, our families, and our community. It is my great pleasure to bring you up to date on all our affiliate has accomplished in the past year under the leadership of our outgoing President Suzanne Schmidtke. It is my hope and my goal to maintain the momentum of service Suzanne has set in motion during her tenure as President.

I am honored to have your support and the service of our

### **2011 NAMI SFV Board of Directors:**

|                        |                    |                        |
|------------------------|--------------------|------------------------|
| <b>Board Officers:</b> | President          | Joe Conrad             |
|                        | Secretary          | Dave Stairs            |
|                        | Treasurer          | Barbara Gauthier       |
|                        | 1st Vice President | Beth Arnold            |
|                        | 2nd Vice President | Julia Robinson Shimizu |
|                        | 3rd Vice President | Milton Decker          |
| <b>Board Members:</b>  | Zee Dankworth      | Jim Randall            |
|                        | Mary Harpel        | Suzanne Schmidtke      |
|                        | Daniel Mahoney     | Tom Walsh              |

**Committees:** Advocacy, Communications, Education, Finance, Fundraising, Membership, Outreach, Special Projects, Support Groups, Volunteers, NAMI WALKS. All NAMI SFV members in good standing are eligible to serve on any of these vital committees.

I also welcome you to contribute your story to our **Wisdom Legacy** web based book project. Your experience can help many families and loved ones now and into the future. **Ron Artest** of the World Champion **LA Lakers** will write the forward to our book. Ron champions efforts to reduce the stigma of mental health issues and encouraging those who are suffering to get help. Contact us at 818-994-6747 to sign on.



I thank each of you for the important role you play in NAMI SFV. I look forward to sharing another spectacular year with you and to seeing you at an upcoming event or NAMI WALKS!

Sincerely,

Joe Conrad  
President, NAMI SFV

### *NAMI SFV Educates, Inspires and Informs*

Our robust schedule of educational programs and resources continued to grow in 2010. These include our monthly **Expert Speaker Meetings**; weekly **Support Groups, Family-to-Family** and **BASICS** classes; **In Our Own Voice** presentations; advocacy, outreach and awareness to overcome stigma; and online and printed resource guides to help families and individuals living with severe mental illness.

- We trained **In Our Own Voice** presenters to share personal stories of living with mental illness.
- We trained **Peer to Peer** mentors and **BASICS** and **Family-to-Family** Teachers to conduct more of our free classes serving individuals and families in the community.
- We expanded our service area to include the Santa Clarita Valley and now offer 10 ongoing support groups each month in Van Nuys, Reseda, West Hills, and Santa Clarita to ensure those who need us can gather in their community of choice.
- We hosted 11 **Expert Speaker** sessions on topics ranging from Social Security Benefits to consumers in recovery to our popular **Ask The Psychiatrist** evening.
- We offered 4 of our signature **Family-to-Family** classes in the San Fernando and Santa Clarita Valleys and offered **Spanish Language Family-to-Family** class in Pacoima.
- We educated 76 **Family-to-Family** graduates and 10 **NAMI BASICS** caregiver graduates.
- We informed and inspired our community with 8 **In Our Own Voice** presentations, providing a close up look at the challenges of living with mental illness, and the triumph of recovery.
- We mobilized a growing list of NAMI – SFV members to effectively advocate for mental health services through our e-news outreach.
- We provided information and comfort by responding to 604 calls and 50 Spanish language calls to our NAMI SFV phone line with information on classes, housing and board and care options, crisis guidance, doctor referrals, jails information, NAMI WALKS and volunteer info and more.
- We distributed 269 information packets requested by phone and provided materials, speakers, and information to our community through health fairs, radio and TV news and special events.

### *NAMI SFV Inclusion and Expansion*

- We published NAMI SFV **brochures in Spanish** and distributed to the community.
- We held 4 **Ask the Psychiatrist** Nights in Spanish.
- We provided 1 **Spanish language Family-to-Family** class in Pacoima.
- We co-hosted an **Armenian language** mental health event that was taped and played on Armenian television in partnership with the **Armenian Relief Society of Western USA, Inc.**
- We welcomed consumers to our board and our membership roster.
- We participated in 2 **Interfaith Clergy Breakfasts** in partnership with Los Angeles County **Department of Mental Health (DMH)**.

NAMI SFV is an all-volunteer grassroots organization. We welcome volunteers interested in serving on one of our many committees: Communications, Finance, Fundraising, Membership, Outreach, Special Projects, NAMI WALKS, and more. If you would like to learn more about becoming a NAMI SFV Volunteer, contact us today at 818-994-6747. A volunteer will return your call as soon as possible.

Visit us online for class schedules, community resources and information [www.namisfv.org](http://www.namisfv.org)

NAMI San Fernando Valley continues to respond to cries for help, to offer comfort and crucial information to families in crisis and meaningful support to individuals living in recovery. We engage in advocacy, research, support and education and offer resources through our website ([www.namifsv.org](http://www.namifsv.org)) our bi-monthly newsletter, and our lending library available at Expert Speaker Meetings and support groups throughout the San Fernando Valley. Members of NAMI are families, friends, and people living with severe mental illness. Our NAMI SFV phone lines connect callers to English & Spanish speaking volunteers who provide referrals, resources and reassurance.



**National Alliance on Mental Illness**

Thanks to our NAMI WALKS Coordinator Beth Arnold and her team, we expanded our NAMIWALKS program to 25 teams and raised over \$20,000 at the annual 5K fundraising walk at Santa Monica Third Street Promenade. Over 4,000 walkers stepped out to end stigma, celebrate recovery, and honor loved ones living with mental illness.

**Mark your calendars for the 2011 walk Saturday, October 1, 2011**

Teams can already register for the 2011 walk at <http://www.nami.org/namiwalks> Be sure to **select NAMI-SFV** as your affiliate. Also, watch our NAMI-SFV calendar to learn how you can become a NAMIWALKS volunteer.

2010 NAMI SFV Financial Report - Treasurer Barbara Gauthier

| INCOME                        |               | EXPENSES                    |                |
|-------------------------------|---------------|-----------------------------|----------------|
| Membership                    | 13,935        | Operations                  | 16,348         |
| NAMI WALKS 2009 – net -       | 13,366        | Outreach                    | 3,997          |
| Donations                     | 2,872         | Donations                   | 3,066          |
| Macy’s Community Shopping Day | 1,979         | Leadership Training         | 330            |
| Tributes                      | 1,066         |                             |                |
| <b>TOTAL ANNUAL INCOME</b>    | <b>33,958</b> | <b>TOTAL ANNUAL EXPENSE</b> | <b>23,741</b>  |
|                               |               | <b>NET INCOME</b>           | <b>10,217</b>  |
|                               |               | <b>TOTAL ASSETS</b>         | <b>100,856</b> |

Support **NAMI SFV** every time you shop!



Enroll in the Community Contribution program and Ralph’s Grocery will donate up to 4% of your grocery purchases to NAMI-SFV when you register your Ralph’s rewards card on-line at [www.ralphs.com](http://www.ralphs.com) and select **National Alliance on Mental Illness (NAMI) SFV**. If you prefer, you may request a letter from NAMI SFV to bring to your local Ralph’s. Call 818-994-6747 for info.



### NAMI SFV Excellence in Action

We applaud NAMI SFV members who have been singled out for praise this year.

**Jim Randall**, board member and past president of NAMI SFV, was honored by **LA Mental Health Services Area Advisory Council 2** for excellence in advocacy in local communities.

**Suzanne Schmidtke** was commended by **Los Angeles Board of Supervisors** for modernizing NAMI SFV's governing structure, adding new programs that fight stigma and promote services to families with children with mental illness, enhancing outreach to minority groups by translating and publishing the NAMI brochure into Spanish, and for having had the vision to reach out to underserved ethnic communities in the SF Valley. Suzanne was also nominated for **Excellence in Community Leadership** by The San Fernando Valley Business Journal **Women in Business Awards** and was honored by **City of Los Angeles** at Dovia-SFV.

**Glenn Cotham** was presented with the first-ever **Glenn Cotham Award for Excellence in Volunteer Service**. Glenn was our affiliate founder in the 1970's before NAMI existed and this first award was named for and presented in appreciation of Glenn's leadership and dedication. Tom Walsh accepted on Glenn's behalf.

**Nina Alikhanian** was awarded the **President's Volunteer Service Award**. Nina has completed NAMI 'In Our Own Voice' speaker training, which provides mental health consumers an opportunity to share deeply personal stories of trouble and transformation, and the triumph of recovery.



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*The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization with over 1,100 affiliates in communities across the country.*