In 2009, there were an estimated 45.1 million adults in the United States aged 18 or older with any mental illness in the past year. This represents 19.9 percent of all adults in this country.

Source: Results from the 2009 National Survey on Drug Use and Health: Mental Health Findings, published by Substance Abuse and Mental Health Services Administration
Dear NAMI Texas members and friends,

For over 26 years, NAMI Texas has served individuals with serious mental illness and their family members. Each year, thousands of consumers and family members in our state are assisted by NAMI volunteers who, through our Affiliates, lead peer support groups, teach peer provided education programs and empower grass roots advocacy.

The biggest surprise from a study released by the Substance Abuse and Mental Health Services Administration or SAMHSA in November 2010 was that there was no surprise to those of us working with, living along side, and living with mental illness. It confirmed what we already knew: one in five Americans suffer from some form of mental illness. Nevertheless, even after the government essentially confirmed a public health crisis, the funding for programs to treat and support people with mental illness is not forthcoming.

As this annual report goes to press, the State is considering cutting funding for community mental health services by $162 million, cutting $34 million from state and community mental health hospital funding and zeroing out $6.7 million from a program that provides services to children with autism. The staggering number of 45 million Americans does not take into account the collateral damage that is wreaked upon the family, friends, and coworkers of a person with mental illness. Those numbers are not tracked. But at NAMI Texas we have a good idea.

It is why we can say that the major highlight of 2010, and every year is the profound difference that NAMI makes in the lives of individuals with serious mental illness and their family members. We are among those organizations leading the dialogue in our state on changing the mental health paradigm in Texas to one of empowerment and recovery for consumers.

In 2010, the NAMI Texas Board proposed a change to our mission statement reflecting a clear message which recognizes that supporting our Affiliates is one of our primary roles, if not our primary one. This change was overwhelmingly approved by our members. Our work providing support and education for consumers and family members is accomplished by our Affiliates, operating on the front lines, in communities across the State. Our new mission statement clearly articulates our commitment and responsibility to provide support, training and technical assistance to our Affiliates to help them in the work that they do and our 2010-2013 Strategic Plan reflects these priorities. As you peruse this annual report, you’ll note that we’ve described what NAMI Texas did in 2010, and strived to answer the question “What does NAMI Texas do for us, the Affiliates?”

2010 was also an exciting year because the quality of our work as a leader in providing peer trainings was recognized as we became the state’s coordinator of Operation Resilient Families (ORF). NAMI Texas was selected to contract with the Department of State Health Services to deliver training to peer teams, each consisting of a veteran and a family member with war zone post-deployment experience. We also helped bring two new NAMIWalk sites to Texas, one to our affiliate in El Paso and the other to our Gulf Coast affiliate. You know the old adage, “Money talks when people walk!”

However, NAMI Texas recognizes that there is much, much more to do, especially in light of the current economic environment and the proposed severe reductions in the Texas mental health budget. Your support helps NAMI remain the State’s Voice on Mental Illness, providing strong advocacy for our members, and everyone who experiences the impact of serious mental illness.

The work NAMI Texas does is needed now more than ever, and the need will increase over the next year. We rely on your assistance so that we can meet these growing needs. Please join with us in providing support in 2011.

Eric Willard, Board President
Robin Peyson, Executive Director
Officers

Eric Willard
Board President
REGION 3 Director

Karen M. Garber
Vice President
At Large Director

Basil Casteleyn, Jr.
Treasurer
REGION 7 Director

Andrea Hazlitt
Secretary
REGION 8 Director

Board Members

David Gibson
REGION 1 Director

Vacant
REGION 2 Director

Jody Schulz
REGION 4 Director

Jane Harmon
REGION 5 Director

Paula Hendrix
REGION 6 Director

Elvia Ruelas
REGION 9 Director

Sharon DeBlanc
At Large Director

John A. Tatum
At Large Director

Marsha Phillips
At Large Director

Joe Powell
At Large Director

Andy Gibson
NAMI Texas Consumer Representative to the NAMI National Consumer Council

Jeanine Hayes
NAMI Texas State Consumer Council Representative

Maurice Dutton
TCOOMMI (Texas Correctional Office on Offenders with Medical or Mental Impairments Representative)

Cliff McGlotten ACSW/LCSW
NAMI Texas Veterans Council Representative to the NAMI National Veterans Council

Jackie Shannon
Parliamentarian

Ex-Officio Past President
Patti Haynes
Mission Statement

NAMI Texas, in partnership with our Affiliates, is dedicated to eradicating the stigma, myths, and misconceptions of mental illnesses, to improving the quality of life for all who are affected by these illnesses, and to supporting recovery.

We support our affiliates by providing leadership, training, and technical assistance. We are dedicated to serving communities by empowering consumers and families and promoting meaningful systems change.

Financial Report

Revenue $1,296,013

- Foundations 46%
- Government 38%
- Businesses 4%
- NAMI Walks and Special Events 4%
- Individuals, Campaigns and CHC 3%
- Affiliate, NN Support, Fee for Service 3%
- Membership 2%

Expenses $742,229

- Via Hope 47%
- Education 15%
- Advocacy 15%
- Administration 8%
- Outreach 6%
- Conference 5%
- Membership 2%
- Fundraising 2%
Via Hope is a collaborative partnership between Mental Health America of Texas and NAMI Texas, funded by the Department of State Health Services, as well as the Hogg Foundation, whose focus is on workforce development. It is a training and technical assistance center for individuals with mental illness, their family members, youth interested in mental health, and professionals. Since its inception in 2009, Via Hope has made great strides in transforming the system through a variety of activities that empower both consumers and family members and support moving the system to a paradigm of recovery.

The name Via Hope is derived from the concept that “through hope,” growth, rebirth, renewal, strength, and wellness can be achieved. The name was created by a group of consumers, family members, youth consumers, and professionals who spent valuable hours working diligently to come up with the name that personifies the organization’s goals.

Via Hope 2010 initiatives included developing and implementing peer specialist training and developing a statewide certification program, establishing a statewide consumer network, developing a youth network and providing youth and young adults engagement opportunities. Via-Hope also established an on-line resource/information and referral system. In addition,

2010 Peer Specialist Centers
Andrews Center
Austin Area Mental Health Consumers (COSP)
Bluebonnet Trails Community MHMR Center
Burke Center
Center for Life Resources
Central Counties Center for MHMR Services

Via-Hope worked with 11 local mental health authorities and one consumer operated service provider (COSP) during 2010, in partnership with the Center for Social Work Research at the University of Texas at Austin. These LMHAs and COSP participated in a Peer Specialist Learning Community whose focus was on supporting the successful employment of certified peer specialists.

Dallas Metrocare Services
Hill Country Community MHMR Center
Heart of Texas Region MHMR Center
MHMR of Tarrant County
Tri County Services
Tropical Texas Behavioral Health
Supporting the Public - 2064 contacts
NAMI Texas fields an average of 172 phone calls and emails a month. Questions range from simple inquiries about services like “Where can I get help so I can support my wife who’s being treated for mental illness?” to “What resources are there for a child?” On occasion we receive walk-in visitors asking for assistance.

NAMI Connection
These free weekly support groups offer a casual and related approach to sharing the challenges and successes of coping with mental illness.

Total Participation - 913
- Returning: 804
- First Timers: 109

Gender
- Males: 48%
- Females: 52%

Race
- White: 81%
- African Amer.: 7%
- Latino: 5%
- Native Amer.: 6%
- Asian: 2%

Age
- 18-25 years: 27%
- 30-50: 38%
- 50+: 33%

Diagnosis
- Bipolar 1 or 2: 38%
- Major Depression: 18%
- Other: 16%
- Schizophrenia: 9%
- Schizoaffective: 9%
- PTSD: 7%
- OCD: 3%
**Education**
Education is an essential part of understanding and coping with mental illness. NAMI Texas continues to provide numerous educational curricula and workshops addressing the many needs of different constituencies.

**In Our Own Voice: Living with Mental Illness (IOOV)**
Two trained In Our Own Voice speakers share compelling personal testimony of living with, and overcoming the challenges posed by mental illness.

**Family-to-Family (F2F)**
The NAMI Family-to-Family Education Program is a free 12-week course for family caregivers of individuals with severe mental illness. The series is structured to help caregivers maintain their own well-being while they care and support someone with serious mental illness.

**Visions for Tomorrow (VFT)**
*Visions for Tomorrow* is a 12-week course that addresses many of the needs our families have when raising children and adolescents with mental illness. Taught by primary caregivers, VFT classes offer families a safe and supportive place to share experiences and learn from other adults who care for children and adolescents with mental illness.

**Partnerships**
The Partnerships program is a four-week curriculum that allows teams comprised of family members and professionals to provide collaborative educational workshops. Partnerships is an education program that consumers and family members can attend together.

"My mom is bipolar and I think this is a great message because a lot of people don’t understand mental illness."

3,165 total audience for 147 presentations, an 86% increase from 2009.

611 participants in 49 classes (3 classes in Spanish)

101 participants in 14 classes
1 teacher training with 10 graduates (1 class in Spanish)

39 participants in 3 classes
Great Minds Think Alike (GMTA)
*Great Minds Think Alike* is a curriculum for youth, ages 12-17, diagnosed with mental illness. GMTA is designed to provide youth with the skills necessary to take a leadership role in their own recovery.

**31 participants in 4 classes**

Peer-to-Peer (P2P)
*Peer-to-Peer* is a **free** nine-week experiential education course for any person with serious mental illness who is interested in establishing and maintaining wellness.

**36 participants in 5 classes**

Advocacy
*Smarts and Hearts™: A Framework for Learning and Applying Effective Advocacy Skills* Smarts and Hearts™ helps teach advocacy skills to consumers and family members, providing training on the most effective way to communicate with legislators and community leaders.

Smarts and Hearts™ is a series of skill-building modules that help individuals harness the power of their stories to drive home their organization’s advocacy agenda – and to communicate with and inspire members, funders, coalition partners, and more.

Support
NAMI Texas Affiliates provide regular support groups for consumers, family members and others affected by mental illness.

**NAMI Connection Recovery Support Group**
NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others’ experiences, share coping strategies, and offer each other encouragement and understanding.

**NAMI Support Group**
Formerly called the “Family to Family Support Group”, this support group meets on a monthly basis. Family members and friends receive support from each other by sharing their experience, strength and hope while living with a loved one who has mental illness.

---

“I learned a lot about my mental illness as well as others. The peer to peer course made me feel like part of a group.”

“Family to Family helped me communicate better with my mother. The tools I learned have helped me understand what my mom is going through to help understand how to communicate.”
We would not be able to do the work we do without the support of our wonderful donors. Thank you!

$15,000 +
AstraZeneca Pharmaceuticals LP
Community Health Charities
Lilly USA, LLC

$10,000 - 15,999
Global Impact
Green Oaks Hospital
NAMI West Houston
Jacqueline L. Shannon
UMC Health Systems

$1,000 - 4,999
Austin Travis County Integral Care
Lawrence and Mary Brzozowski
Cellular One
Family Support Foundation for Mental Illness
Dorothy W. Fanoni
Jeff Fraley
Carolyn and Tom Hamilton
HCA Caring for the Community
IBM Employee Services Center
Magellan Health Services
NAMI Collin County
Sharon Taylor
Kindra L. Allen
Value Options, Inc.

$1,000 - 4,999
Robin Peyson
Ronald and Ione Reder
S. and P. Reder
William C. Reuter
Clive and Nancy Runnells
Jody Schulz
Stephen Smith
J. S. Thornton
TWG Investments
Robb Wasielewski
Eric Willard

Up to $99
Rosie Aelvoet
John and Sheila Anderson
Martha Aufricht
Helen Bailey
Brock and Joyce Barton
Ann Baker Beaudette
Gene and Jane Bering
Faith L. Bryan
Madge Cady
Hazel and Yvonne Campbell
Jeri Ann Cerwinske
Joseph A. Cleary
Joanna Lea Cordry
Connie Cox
Mary Crawford
Maria E. Leal De Batte
Betty Dimiterchik
Barbara Sue Dinges
Eva Powers Donalson
Helen Dowling
Susan and Phillip Downs
Angela Ellis
Gary Ferguson
Kim Flynn
Betty Frazier
Frazier Benefit Services, LLC
Joy Gray
Ronda D. Hall
Helen M. Hammond
Jackie and Steven Harker
Patti Haynes
John and Ann Therese Henry
Mary Hernandez
Orville and Joyce Hess
Karen Hill
IBM Employee Services Center
Frank F. Johnson
Philip Jones
Paul E. Junius
Eddie and Carolyn Karbowski
Michael and Norma Katz
Nancy E. Kerutis
Ruth F. Klinger
Bonnie Kluborg
Catherine C. Kruppa
Mike Lee
Patricia and Frank Loesch
Lyle Moel
Mary and Melody Main
McGregor Rotary Club
Connie McKaskle
Betty P. Miller
Arlis A. Moore
Rebecca Newcomb
Carolyn and Robert Philo
Dick and Jane Reece
Lee Roark
Patricia and Bob Rogers
“72% of the Community Health Charities Funds received in 2010 were redistributed to NAMI Texas Affiliate.”

Barbara Rosen  
Dixie Ross  
Round Rock Higher Education Center Psychology Association  
Elvia Ruelas  
Nancy C. Russell  
Safeway  
Veronica Sanchez  
Sandra Shenkir  
Diana Smith  
Susan Sparrow Carson  
Sarah Spreda  
Janet Stewart  
Norma C. Terrell  
Elena Trif  
Dennis and Joyce Ullrich  
Maria Trinidad Villegas  
Mary M. Vines  
Diane and Ron Walberg  
Katherine Watson  
Marjorie L. Watson  
Judy West  
John and Vicki Westover  
Debra Winegarten  
Nell Wylie  
Patricia Youmans

### 2010 Conference Sponsors

**$5,000 - 10,000**
- Lilly USA, LLC
- Health Care Service Corp.

**$1,000- 2,499**
- Austin Travis County Integral Care
- Cellular One
- Family Support Foundation for Mental Illness
- NAMI Collin County
- Value Options, Inc.

**$500 - 999**
- Blue Bell Creameries
- Green Oaks Hospital
- NAMI West Houston

**$200 - 499**
- J. Irwin Company, Inc.
- TWG Investments

### Foundation Grants

- Hogg Foundation for Mental Health: $504,212
- Meadows Foundation: $131,085
- Texas Bar Foundation: $15,000
- Family Support Foundation for Mental Illness: $13,402
- Swalm Foundation: $9,610
- Dell Foundation: $5,000
- Stanley Family Foundation: $5,000
- Communities Foundation of Texas: $500
- Austin Community Foundation: $100

NAMI Texas is the first organization that helped me not feel frustrated and at a loss of what to do. I now understand my son and his actions... I know more about what to expect and where to go for help. And — I am not alone in this!

~ 2010 Family to Family participant

*We make every effort to ensure all supporters are included in the annual report. We have a number of donors that wish to remain anonymous, but if you wanted to be included in the report and were not, please bring it to our attention.*
NAMI Texas Consumer Council

2010 became a stellar year for self-empowerment with the NAMI Texas consumer movement becoming stronger than ever. Being one out of the five Americans that has suffered from some form of mental illness - consumer advocates are a powerful component in helping to remove stigma, advocate for change, and educate the public.

While 2009 saw the election of Andy Gibson to his first full term as the National Consumer Representative for NAMI Texas at the state conference; the 2010 annual conference saw Jeanine Hayes’ election by the membership as the first State Consumer representative on the Board. The NAMI Texas Board of Directors charged Jeanine and Andy with an important task: to put together a working Consumer Council to serve as an advisory committee to the Board and cultivate consumer leaders throughout the state.

Throughout 2010 they worked diligently, recruiting Rose McCorkle to chair a steering committee to aid in the implementation of the NAMI Texas Consumer Council With the help of the board and other interested stakeholders, talented consumers from affiliates all over the state agreed to serve on this steering committee.

That steering committee decided on the structure of both the Council and an Executive Committee. The committee further decided that the Council should have subcommittees to address advocacy and policy issues affecting consumers, increasing the number of consumer-led sessions at conferences, gearing sessions at the conferences toward consumer needs, helping affiliates establish local consumer councils, and promoting and implementing consumer education programs within NAMI Texas.

The Council will support the implementation of the NAMI Texas strategic plan. The Council is and will continue to support local affiliates in electing or appointing consumer delegates and alternates to serve on the Council. The Council’s Executive Committee will help implement strategies for interested Affiliates to adopt bylaw amendments that would allow the addition of a consumer delegate on each of their local board of directors. The hope is that, one day, this delegate will be elected or appointed like any other member of their local board.

The future for the Council looks bright and busy. At the 2011 annual state conference they will convene their first annual business meeting. During this meeting, the membership of the Council will elect a vice-chair, and one at-large position. Also during the conference, NAMI Texas members will cast their votes for the National Consumer Representative position.

Among other events or workshops, the Council plans to host some form of a roundtable event. Interested members of NAMI Texas will be invited to ask questions regarding the role of the Council and to gather information, issues or concerns that the membership feels the Council should examine in the future. Items being discussed by the Council for future implementation are supporting the development of local Consumer Councils in all NAMI Texas affiliates and helping affiliates grow and provide consumer education programs like NAMI Connection, Peer-to-Peer and In Our Own Voice.

If you have any questions regarding the NAMI Texas Consumer Council or would like to obtain a copy of our operating procedures, please contact our council chair, Rose McCorkle, via e-mail at rosiemac4@yahoo.com.

Now I feel the wholeness of recovery. I have come full circle to fully accept who I am as a wonderful person. What more can an organization (NAMI) do than that?

Rose McCorkle
Operation Resilient Families (ORF)

Operation Resilient Families (ORF) is a state funded peer-to-peer education and support designed for veterans and family members to deal with issues that include, but not limited to, the after effects of traumatic brain injuries (TBI), post-traumatic stress disorder (PTSD) and major depression.

At present, there are 65 trained ORF peer facilitators across the state (35 veterans and 30 family members). To date, four ORF groups have been fully completed at the Andrews Center in Tyler, another at a community-based location in Tyler, a church in Houston, and a community center in Killeen.

In June 2010, 12 veterans and 15 family members received ORF training in Austin, TX

"Thank you for the opportunity to attend the Operation Resilient Families Facilitator Training in Austin. The generosity of your department allowed my husband, a Vietnam Veteran, and me, as a family member, to attend. This class is a dream come true for us."

Other ORF groups are just getting stated. In total, 64 individuals have been reached and participated in ORF group sessions.

2011 NAMIWalks

Changing Minds... One Step at a Time is a nation-wide fundraising event being held in communities around the country in 2011. It is the largest anti-stigma effort in America. One out of five Americans experience some form of mental illness, let’s make the other four understand that stigma cannot be tolerated. Join us at one of these upcoming NAMIWalks and be part of the change.

SAVE THESE DATES!

Dallas – May 7
Metro Houston – May 14
El Paso – June 4

Austin – Oct 1
Fort Worth – Oct 15
San Antonio – Oct 8

For more information about these events go to namitexas.org and click on NAMIWALKS.
NAMI TEXAS DEPENDS UPON YOUR CONTRIBUTIONS

Please select one of the following or fill in your own amount:

- $1,000
- $500
- $250
- $100
- $50
- $25
- Other ___________________

I would like my contribution to be in
honor of ___________________________
or in memory of _______________________

Please notify the following individual of the gift:*  
Name ____________________________________
Address __________________________________
City ______________________________________ 
State _______ Zip __________________________

Daytime Phone: ____________________________
Email: ____________________________________

Send your Contribution/Membership to:

NAMI Texas
2800 South IH 35, Suite 140
Austin, TX 78704

- Please keep my gift anonymous.

*Please note: amount of gift will not be revealed.

MEMBERSHIPS

- Professional $75
- Corporate $1,000

Please include your contact information:
Name _________________________________
Address ______________________________
City ______________________________________
State _______ Zip __________________________

Daytime Phone: ____________________________
Email: ____________________________________

To join NAMI as a consumer/family member; please visit the NAMI Texas website at www.namitexas.org or contact your local Affiliate. A listing of our local affiliates can also be found on our website - please check to see which Affiliate is closest to you. You may also make a donation at www.namitexas.org.
See www.namitexas.org for contact information.
Save the Date

Saving Minds, Saving Lives

NAMI-Texas 2011 Annual Conference

Friday, October 21 and 22
Sheraton Austin Hotel
701 East 11th Street
Austin, TX 78701
Hotel Reservations: (512) 478-1111