

"When I called the NAMI-NYC Helpline, it was the first time I heard 'this is not your fault.'"

— DENIECE

"Cuando llamé a la Línea de Ayuda de NAMI-NYC, fue la primera vez que escuché 'esto no es tu culpa'".

— DENIECE

NAMI-NYC

2022 IMPACT REPORT

The National Alliance on Mental Illness of New York City (NAMI-NYC) has redefined how we talk about mental health.

1 in 5 New Yorkers are struggling with their mental health and the other 4 are family, friends, colleagues, and neighbors. **Mental illness affects every one of us.**

With an ever-shrinking social safety net, families support, elevate, and advocate alongside their loved ones living with mental illness. NAMI-NYC — built on the pillars of education, support, and advocacy — was the first organization of its kind to provide peer support services to families.

Nearly 24 million people in the U.S. are responsible for caregiving and that includes family members who are supporting individuals living with anxiety, depression, schizophrenia, bipolar disorder, borderline personality disorder, and other mental health conditions. None of us is born knowing how to identify signs that people are struggling or navigate the mental health care system.

That's where NAMI-NYC comes in.

NAMI-NYC is a convener, connector, and community for all things mental health. Our programs are available online and in person, so that people across the country can be a part of our community. From your first call on the Helpline to feeling validated in a support group, we are here to provide resources, support, and advocate alongside you to improve the larger system. We all deserve free, affordable, culturally responsive health and mental health care — and NAMI-NYC has been on the forefront of that fight for 40 years.

Over the past 40 years, including the toughest years of the pandemic, we achieved so much. We're leading the way with new programs for family members, young people who have been struggling tremendously from social isolation, and people who are living with suicidal thoughts.

We're moving the needle on how corporations build and sustain mentally healthy work environments through our Workplace Mental Health Initiative. We also have a seat at the table in city and statewide coalitions and communities advocating for the improved treatment of New Yorkers living with mental illness in our healthcare, education, and legal systems.

We're not afraid to talk about mental health because it is a part of our collective human experience — **and we know there is no health without mental health.**

Thank you for your support. You make hope possible.

Matt Kudish, CEO

Your donation ensures that our mental health programs and support remain free to any New Yorker who needs them.



NAMI-NYC At-A-Glance:

Reaching Our Strategic Goals

EXPAND OUR REACH

- We have a \$4.2M budget and serve 23,000 families and individuals affected by mental illness online and in person.
- We developed multilingual, culturally responsive programming, including Black Minds Matter and Asian American and Pacific Islanders (AAPI) support groups for family and friends.

"I love having Black Minds Matter because I can talk freely. I can be understood and supported."

— SUPPORT GROUP PARTICIPANT

- We responded to the rising cases of suicide as well as the LGBTQ+ and youth mental health crises, including our Young Adults with Bipolar and Living with Thoughts of Suicide support groups.
- We created accessible in-person and virtual programs available to the NYC community and beyond.

IMPROVE OUR VISIBILITY

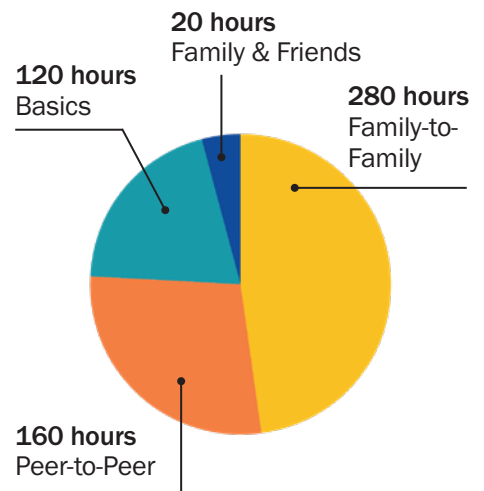
- CEO Matt Kudish was recognized as a Crain's Notable Healthcare Leader and Notable LGBTQ+ Leader.
- We earned media placements in leading New York and policy publications, including *The New York Times*, *City Limits*, *Gotham Gazette*, and *City & State*.
- We rallied, testified, and advocated for the decriminalization of mental illness, including non-police response to mental health emergencies disproportionately impacting Black and brown New Yorkers, publicized on Telemundo, Univision, and News 12 Bronx.
- We forged public and private partnerships to raise mental health awareness with Citibank, Pratt, ReelAbilities Film Festival, Shutterstock, Sound Mind Live, The William Vale, WNET, You Are Not Alone Murals, and many more.
- We launched the Wall Street Mental Health Collaborative for financial services providers, including Citi, CVC Advisors, Deutsche Bank, Mizuho, The Riverside Company, SMBC, UBS, Värde Partners, and others.

IMPROVE OUR ORGANIZATIONAL EFFICIENCY

- We created 7 new positions to build our Helpline, classes, support groups, fundraising, and outreach to the community.
- We tripled our office space to accommodate the rising demand for our programs and growing community.

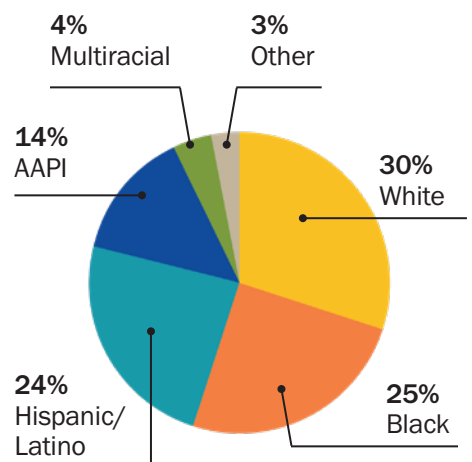
HOURS OF INSTRUCTION BY CLASS

We delivered 580 hours of instruction through our classes for family members and individuals.



OUR SUPPORT GROUP ATTENDEES

We continue to create culturally responsive, multilingual support groups to meet the needs of the New York community.



Our Programs

HELPLINE

We had 7,359 interactions and 1,899 new callers on our Helpline, providing New Yorkers with information, education, and support. This year, we launched a language line, which offers interpretation in 180 languages for our community.

"NAMI-NYC's Helpline staff went above and beyond. Their attention to detail and care made me feel valued."

— HELPLINE CALLER

CLASSES

We taught 45 evidence-based classes helping 460 family members and individuals better understand mental illness and how to navigate their unique circumstances, including Basics, Peer-to-Peer, Family-to-Family, and Family & Friends.

"NAMI-NYC is such an important community and resource in my life. It's a place that I can go, feel understood, and has so many resources. NAMI-NYC has made me feel less alone. When I first took the Basics class, it was very validating."

— AMY



"NAMI-NYC provides us with the knowledge to be successful. I share with the world that mental illness can be managed and does not define us."

— LADY CHARMAINE,
IN OUR OWN VOICE PRESENTER

"The AAPI support group has provided a lot of resources and has a certain energy that I find rare and comforting."

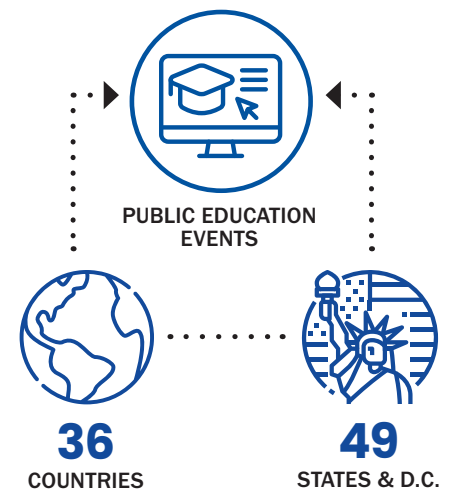
— PARTICIPANT

SUPPORT GROUPS

We had 4,136 attendees in 30 support groups for various age groups, diagnoses, and social interests. We created Black Minds Matter and AAPI Family and Friends, Living with Thoughts of Suicide, as well as new social groups, like Photography. We convened 334 total group sessions and welcomed 1,495 first-time attendees.

PUBLIC EDUCATION

People from 49 states and D.C. as well as 36 countries have participated in our public education events since March 2020.



NAMI-NYC'S IMPACT

Reducing Stigma Around Mental Illness



98% of support group participants see the symptoms of mental illness as separate from the person



98% of support group participants don't believe mental illness is anyone's fault

We convened 4,085 participants for 13 public education events and created conversation around mental health topics of special interest to our community. Recent themes included: **Racial and Intergenerational Trauma** and **Suicide Prevention for Non-Clinicians**. We also hosted our inaugural **Self-Care Fair**, bringing self-care activities and tools to our community.

IN OUR OWN VOICE

Through In Our Own Voice, members of our community delivered 124 presentations to 2,049 people, sharing personal stories of hope and recovery as well as what it's like to live with mental illness.

ENDING THE SILENCE

Through our Ending the Silence program, we made 71 presentations to 2,158 middle and high school students, their parents and caregivers, and school faculty and staff about mental health and how to access support.

"I'm really grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don't understand. Now, I'm hopeful they'll be more supportive."

- STUDENT

FAMILY MATCH PROGRAM

We facilitated 71 new Family Matches. Mentees are connected to other family members who have had similar experiences as caregivers and can provide emotional support and resources.

"Mentoring is a way to manage my own trauma, while helping others do the same. The feeling that you are not alone makes all the difference."

- MENTOR

RAPID REFERRAL PROGRAM

Through our Rapid Referral program, we received 412 referrals from healthcare providers and connected 335 new participants to resources and information.

"Your clients are already under so much pressure and they don't need the additional burden of following up with another organization. It's empowering to tell someone on the spot that NAMI-NYC will be calling soon and ready to listen."

- WILLIE, NYC WELL

WORKPLACE MENTAL HEALTH INITIATIVE

Through our Workplace Mental Health Initiative, we reached 2,873 people with practices on how to create supportive, healthy work environments and reduce stigma in the workplace.

We launched the Wall Street Mental Health Collaborative, designed exclusively for financial service providers. We hosted one-of-a-kind training sessions for the Collaborative from steps to prevent suicide to how to manage an "always-on" workplace culture.

Learn more at www.naminyc.org/workplace.

ADVOCACY AMBASSADORS

We have over 180 Advocacy Ambassadors, representing almost every NYC Council, NYS Senate and Assembly District, advocating for accessible, higher quality mental health care for all New Yorkers.

NAMI-NYC'S IMPACT Programs Changing Lives



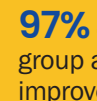
100% of Family-to-Family attendees agree that the class was helpful and improved family functioning



100% of participants agree their Mentor Match understands their life and can help them cope with their loved ones' mental illness



99% of virtual support group participants feel connected to and supported by other participants



97% of peer support group attendees report improved decision-making around their mental health

We also testified for the rights of people with mental illness and their families, including non-police response to mental health emergencies, more mental health professionals in schools, and an end to solitary confinement.

To become an Advocacy Ambassador, visit www.naminyc.org/advocacy.



#TogetherAgain

During our 40th anniversary year, we were so grateful to be together in person for several celebratory occasions.



We hosted a candid conversation about mental health with actress and activist Busy Philipps at our Seeds of Hope Gala.

We hosted our 16th Annual Walk and first ever Mental Health Street Fest at the South Street Seaport.



We cheered on our extraordinary Half-Marathon and TCS NYC Marathon teams!



We resumed select programs in person and hosted our inaugural Self-Care Fair at our new office.

Take a deep dive into our 40-year history of families helping families.

