Annual Meeting 2015-2016

- I want to make a difference.
- NAMI helped my son recover.
- I want to eliminate stigma.
- No one should ever have to suffer alone.
- A journey of a thousand miles begins with a single step.
Welcome and Opening Remarks

Mark Perrin, President

Sylvia Axelrod, Executive Director
**CURRENT BOARD OF TRUSTEES**

<table>
<thead>
<tr>
<th>President</th>
<th>1st Vice President</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Perrin, M.D.</td>
<td>Ellen Grassman</td>
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<tr>
<td></td>
<td>2nd Vice President</td>
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<tr>
<td>Michael J. Jones</td>
<td>Anju Makhijani</td>
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<tr>
<td></td>
<td>Treasurer</td>
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<td></td>
<td>Joyce McKee</td>
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<td></td>
<td>Francine Bates</td>
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<td></td>
<td>Sherman Brewer, Jr., Esq.</td>
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<td></td>
<td>Laura Bryant, Esq.</td>
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<td>Rosemary J. Canuso</td>
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<td>Suresh Chugh</td>
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<td></td>
<td>Robin Cunningham</td>
</tr>
<tr>
<td></td>
<td>Rajiv Malhotra</td>
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<td></td>
<td>Dale L. Ofei-Ayisi, MA, LCSW</td>
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<td></td>
<td>Melissa Rivera-Marano, Psy.D, LLC</td>
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<td></td>
<td>Robert Stern, M.D.</td>
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<td></td>
<td>Grace Travinskey</td>
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<td>Stephen W. Williams</td>
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</table>
RETIRING AFFILIATE PRESIDENTS

• Margaret Evers, NAMI Camden
• Jerilyn Doherty, NAMI Sussex, Inc
NEW AFFILIATE PRESIDENTS

• Gail Dembin, NAMI Atlantic/Cape May County
• Annie Glynn, NAMI Sussex
• Beatriz Cruz, NAMI Hudson
• Ann Marie Lazarus, NAMI Bergen, NJ
Northern Region Affiliate Presidents

• Ann Marie Lazarus, President, NAMI Bergen, NJ
• April Wilson, President, NAMI Essex New Jersey
• Beatriz Cruz, President, NAMI Hudson County
• Sudhir Jain, President, NAMI Morris County
• Annie Glynn, President, NAMI Sussex, Inc.
• Elaine Fehrenbach, President, NAMI Warren County
CENTRAL REGION
AFFILIATE PRESIDENTS

- Larry Cartwright, President, NAMI Hunterdon County
- Janet Haag, Executive Director, NAMI Mercer NJ
- Karen Marquis, Ph.D., President, NAMI Mercer NJ
- Sam Hartman, President, NAMI Middlesex County
- Susan Reese, President, NAMI Greater Monmouth
- J. Michael Jones, President, NAMI-Ocean County, NJ
- Sue Ferranti, President, NAMI-Somerset NJ, Inc.
- Geri Muller, President, NAMI Union County
Southern Region Affiliate Presidents

- Gail Dembin, President, NAMI Atlantic/Cape May County
- Ruth M. Stotsenburg, President, NAMI FACE Burlington
- Rosemary Canuso, Acting President, NAMI Camden County
- Samuel Levy, Interim President, NAMI Cumberland County
- Anna Guida, President, NAMI Gloucester County
- Maureen Donais, President, NAMI of Salem County
NEW AFFILIATE

NAMI Bergen County
AFFILIATES ENDORSED FOR RE-AFFILIATION

NAMI Mercer NJ
NAMI Hunterdon
RECOGNITION OF NJSFWC
NJSFWC Special State Project

Vivien Finn, Project Chairman
“Forget Me Not”
Seed Packet Sales

Number Sold: 2,737
Money Raised: $2,968

May 3, 2016
NJSFWC 122nd Convention
Special State Project Pin

Number Sold: 1,433

Money Raised: $4,538
Backpacks for NAMI NJ

Number Collected: 382

In-Kind Donation: $25,122

May 2016

NJSFWC 122nd Convention
<table>
<thead>
<tr>
<th>Total</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walkers: 170</td>
<td>Donated: $19,447</td>
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<tr>
<td>Volunteers: 35</td>
<td></td>
</tr>
</tbody>
</table>

NAMIWalks New Jersey
“Step Forward For Our Heroes”
Saturday, May 16, 2015 • Boardwalk at Seaside Park in Ocean County
Special State Project
NAMI NJ LUNCHEON

Attended: 210
In-Kind Donations: $4,293
Amount Raised: $7,630

May 3, 2016
NJSFWC 122nd Convention
Special State Project
Quilt Raffle

AMOUNT RAISED!!!!

$3,285

May 3, 2016

NJSFWC 122nd Convention
### Clubs That Donated $1,000 or more

<table>
<thead>
<tr>
<th>Club Name</th>
<th>Donation Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Porch Club of Riverton</td>
<td>$1,000</td>
</tr>
<tr>
<td>Thursday Morning Club</td>
<td>$1,000</td>
</tr>
<tr>
<td>Colony Club of Ocean City</td>
<td>$1,000</td>
</tr>
<tr>
<td>Woman’s Club of Morristown</td>
<td>$1,000</td>
</tr>
<tr>
<td>Past President Club 8th District</td>
<td>$1,000</td>
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<tr>
<td>Woman’s Club of Pitman</td>
<td>$1,040</td>
</tr>
<tr>
<td>Millville Woman’s Club</td>
<td>$1,047</td>
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<tr>
<td>Long Beach Island Woman’s Club</td>
<td>$1,068</td>
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<tr>
<td>Woman’s Community Club of Cape May</td>
<td>$1,100</td>
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<tr>
<td>Sussex Woman’s Club</td>
<td>$1,132</td>
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<tr>
<td>Woman’s Club of Brielle</td>
<td>$1,200</td>
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<tr>
<td>Greater Pascack Valley Woman’s Club</td>
<td>$1,200</td>
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<tr>
<td>Lyndhurst Woman’s Club</td>
<td>$1,200</td>
</tr>
<tr>
<td>Woman’s Club of Parsippany-Troy Hills</td>
<td>$1,252</td>
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<tr>
<td>The Woman’s Club of Haworth</td>
<td>$1,337</td>
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<tr>
<td>The Woman’s Club of Westwood, Inc.</td>
<td>$1,400</td>
</tr>
<tr>
<td>Brick Township Woman’s Club</td>
<td>$1,500</td>
</tr>
<tr>
<td>Woman’s Literary Club of Bound Brook</td>
<td>$1,600</td>
</tr>
<tr>
<td>Woman’s Club of West Deptford</td>
<td>$1,614</td>
</tr>
</tbody>
</table>

May 3, 2016
<table>
<thead>
<tr>
<th>Club</th>
<th>Donation Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Woman’s Club of Westfield, Inc.</td>
<td>$1,624</td>
</tr>
<tr>
<td>Woman’s Club of Belleville</td>
<td>$1,642</td>
</tr>
<tr>
<td>Woman’s Club of Spring Lake</td>
<td>$1,691</td>
</tr>
<tr>
<td>Woman’s Club of Rutherford</td>
<td>$1,700</td>
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<tr>
<td>Woman’s Club of Emerson</td>
<td>$1,738</td>
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<tr>
<td>The Woman’s Club of Vineland</td>
<td>$1,755</td>
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<tr>
<td>Cresskill Woman’s Club</td>
<td>$1,758</td>
</tr>
<tr>
<td>Marlton Woman’s Club</td>
<td>$2,000</td>
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<tr>
<td>Junior Woman’s Club of Sparta</td>
<td>$2,000</td>
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<tr>
<td>Woman’s Club of Lacey</td>
<td>$2,185</td>
</tr>
<tr>
<td>Princeton Area Junior Woman’s Club</td>
<td>$2,462</td>
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<tr>
<td>Woman’s Club of Upper Montclair</td>
<td>$2,641</td>
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<tr>
<td>The Woman’s League of Mount Holly</td>
<td>$3,000</td>
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<tr>
<td>Sparta Woman’s Club</td>
<td>$3,000</td>
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May 3, 2016
Special State Project
GRAND TOTALS

Number of Projects: 1,137

Number of Hours Donated: 31,605

In-Kind Donations: $81,478

Monetary Donations: $130,989

GRAND TOTAL: $212,467
New Jersey State Federation of Women’s Clubs of GFWC

“A Golden Evening”
One Hundred Twenty-second Convention

JILL L. PASSARETTI, PRESIDENT
“VOLUNTEER…WORK FROM THE HEART”

May 3, 2016
DARA AXELROD EXPRESSIVE ARTS POETRY CONTEST AWARD WINNERS
"THE UPSIDE OF MENTAL HEALTH CHALLENGES"

THIRD PLACE

BY

ANNIE GLYNN
"THANKS"
SECOND PLACE
BY
SNEHA BOLISETTY
“A BRIGHTER DAY”
FIRST PLACE
BY
NORA WEISS
DARA AXELROD EXPRESSIVE ARTS
2016 POETRY CONTEST WINNERS

4th Place: “Never Did I Think” by Stephen R. Garvey
5th Place: “Seed“ by Mercedes P. Kobrin
6th Place: “Joy Division“ by Laurie Goldman
7th Place: “Untitled (you are not alone)“
           by Patricia Korsak
8th Place: “Manic Depression (Bipolar Disorder) The Good Stuff“ by Valerie Ryan
9th Place: “Untitled (a gentle touch)“
           by Melanie Aaron Pappas
10th Place: “The Never-Fading“ by Melissa Seymour
NAMI NJ Programs & Resources

Aruna Rao, Associate Director
Phil Lubitz, Associate Director
2016 WALK AWARDS PRESENTATION
NAMIWALKS NJ 2016 AWARDS

WALK MVP AWARD

Mike Roche
Elise Petronzio
NAMI Walks NJ 2016 Awards

Walk Volunteer Awards

Emma Thompson
Shawnee Choudhary
NAMIWalks NJ 2016 Awards

Sponsor Appreciation

MyHealios
Barnabas Health Behavioral Center
Center for Wellness
East Orange General Hospital
Saint Clare’s Health System
NAMIWALKS NJ 2016 AWARDS

Thank you for 5 years of support!

Winifred Chain
Brenda Hahn
Grace Travinsky
Jasmin Zamora-Soto
NAMI Walks NJ 2016 Awards

Best Newcomer!

Barnabas Health Behavioral Center
Ted Brewer
Carol McGough
NAMI Walks NJ 2016 Awards

Top Teams

3. NJ Federation of Women’s Clubs of GFWC
2. Coldwell Bankers Spring Lake
1. NAMI Sussex
NAMI WALKS NJ 2016 AWARDS

TOP TEAMS

4. NAMI Gloucester
5. NAMI Greater Monmouth
6. NAMI FACE Burlington County
7. Team Warren County
8. Barnabas Health Behavioral Center
9. Hu Cares
10. CAMHOP
NAMIWALKS NJ 2016 AWARDS

TEAM T-SHIRT AWARDS

Third Place

NAMI Union County
NAMI Walks NJ 2016 Awards

Team T-Shirt Awards

Second Place

Meadowview Hospital
NAMIWALKS NJ 2016 AWARDS

TEAM T-SHIRT AWARDS

First Place
Team Cumberland
NAMIWalks NJ 2016 Awards

Top Fundraisers

Jessica Robbins – Mental Momentum
Susan Jonkoski Reino – Coldwell Banker Spring Lake
Michele Turley – NAMI Gloucester County
Sharon Giaccio – NAMI Gloucester County
Robert Chain Jr. – Young Adult Society
Martha Silva – Latinos for NAMI NJ en Espanol
Theodore Howell – TEAM WARREN COUNTY
Eileen Danielenko – NAMI FACE BURLINGTON
Robert Farina
NAMIWalks NJ 2016 Awards

Top Fundraisers

Brenda Pauwels – NAMI Greater Monmouth
Carol McGough – BASICS Empowers Families
Winifred Chain – South Jersey AACT-NOW
Ted Brewer – Ted’s Strollers for NAMI
Maggie Luo - CAMHOP
NAMI Walks NJ 2016 Awards

Top Fundraisers

3. Grace Travinsky – HU CARES
2. Linda Romano - Nicholas Romano – Coldwell Banker Spring Lake
PROMOTING DIVERSITY
Central Jersey

- **Monthly Support Group** at First Baptist Church Of Lincoln Gardens.
- **Regular Speakers** on topics such as the importance of support, mental health and incarceration, leaving a legacy for your loved one, stress management and self care. Resources to families when needed by text, email or phone.

South Jersey

- **Monthly Speaker & Support Meetings**
- **Active Collaboration with the Alpha Kappa Alpha sorority**
- **Topics** include “Have you been affected by suicide,” Parents with Mental Health Concerns, Their Children and the Courts, Fatherhood: Mental Illness in the Family: A Dad’s Personal and Professional Perspective
  - Xmas Holiday Party and poetry reading
- **YOUNG Adult Group** for young adults 21 – 35 with mental health concerns
- **Family to Family classes** in the Spring 2016
- Participate in two **Health Fairs**, CIT presentations for Local Police Departments
AACT NOW
CAMHOP

- **Over 40** monthly support group meetings at three locations (Edison, Piscataway and Atlantic City) for family members and individuals in recovery of mental illness;
- **Phone/Email referral services** to help families navigate mental health system and related resources;
- **Updated referral list** of bilingual mental health providers;
- **E-Newsletters** with resources, community event information, and scientific updates;
- **CAMHOP Library** for support group participants with Chinese language resources.
• **Annual CAMHOP Family Picnic BBQ** at the Thompson Park with over 80 members and friends;

• **Chinese New Year Luncheon** with 100 participants celebrating Chinese New Year;

• **Handmade caring cards** were mailed out to 280 Chinese American families affected by mental illness;

• **Volunteer opportunities and facilitator training** for both family members and people in recovery;

• **NAMI Family-to-Family Education 12-week Course** - first class in Chinese on the East Coast - 28 graduates and 5 teachers trained by 2016
F-TO-F CAMHOP CLASS
САМХОР
• **6 support groups** held every month except in August: Union City, Englewood, Elizabeth, New Brunswick, Passaic and Flemington.

• A total of around **450 phone calls and 65 emails** have been received from families seeking information about mental health services, advocacy needs, and education information. Many out of the state calls are also received.

• **Special support group nights** held with presentations from mental health professionals held 4 times this year.

• **Observance of Minority Mental Health Awareness** month activities held in Hudson, Passaic and Union County.

• **Outreach at health fairs** have taken place in 9 counties.

• **775 pieces or more of informational material** has been distributed.

• **15 Workshops held** at schools, family success centers, senior centers; on topics such as depression, ADHD, overview of mental illnesses, setting limits, structures and communication, Children and Adolescents.
• Christmas celebration activity in Hudson and Middlesex
• Family outreach picnics at James Braddock County Park in Hudson and Johnson Park in Piscataway.
• 42 NAMI Family to Family in two Classes
• NAMI Basics class 12 graduates
• NAMI NJ en Español participates in: CIT trainings for Hudson County, Rutgers Screener Training, Piscataway, IOC Advisory Committee, Trinitas Hospital, Hudson County Mental Health Board and Early Childhood Advisory Council, New Brunswick
NAMI NJ EN ESPAÑOL
NAMI NJ EN ESPAÑOL
• **36 monthly SAMHAJ Support Group meetings** for family members/individuals in recovery at 2 locations in North Brunswick & Parsippany.

• **Updated referral list** of South Asian Mental Health Providers.

• **Multilingual Phone/email support** for the families to help navigate mental health and related resources.

• **E-newsletters** provides information on resources, community outreach/events, latest research/scientific updates and studies, Webinars and much more.

• **Annual SAMHAJ Family picnic** at the Bicentennial park in East Brunswick attended by more than 50 individuals.
• **SAMHAJ Annual Celebration party** was attended by 60 members & friends.

• **Volunteer opportunities/facilitator training**

• **Active Provider Advisory committee** involved with community outreach to schools, temples and mosques, professional and community groups.

• **Regular presentations for support group members in community settings** to bring about awareness, to educate and empower families.
EDUCATION & AWARENESS
**BASICS**

- **Basics classes** in Mercer, Morris, Sussex and Gloucester.
- **Classes** in development in Bergen and Essex.
- Quarterly E-newsletter
- Annual Seminar
- **Basics support groups** and Parents Helping Parents monthly forum.
- Participation in workshops/forums to educate about children’s mental health.
- Ongoing communication with **NAMI child advocates** around the country
- **Resource** for parents/professionals regarding children with special needs
225 family members took a 12 week course at 16 locations around the state through NAMI NJ Family-to-Family Education, learning how to cope and support their loved ones diagnosed with a mental illness.

Upcoming Plans
Family To Family Educator Training
Friday, July 8, 8 & 10, 2016

Family To Family classes starting in Fall 2016
Morris County - Wednesday, September 7, 2016
Monmouth County - Monday, September 12, 2016
Middlesex County - Tuesday, September 13, 2016
Camden county - Monday September 19, 2016
RECOVERY PROGRAMS

• Made 170 In Our Own Voice presentations, reaching nearly 5000 people

• This now includes more than two presentations per month on VA inpatient psychiatric facilities, using a new Veteran’s Resource Handout

• In Our Own Voice presentations to High Schools are increasing

• In Our Own Voice Facebook page has been picking up increasing numbers of followers and hits

• Conducted one In Our Own Voice facilitator training
RECOVERY PROGRAMS

• Made 42 Hearts & Minds presentations, reaching nearly 1500 people
NAMI Connection and related support groups for peers now run in 22 places in NJ

With an annual unduplicated attendance over 1000 peers

Conducted six support group facilitator trainings

Continued to support phone contacts/email inquiries, volunteer opportunities, collaborate with local affiliates and multicultural programs and the NJ recovery community, and present widely about NAMI Recovery Programs

In collaboration with Pat Deegan Associates and NJDMHAS, provided access to Recovery Library for NAMI NJ members statewide.
NAMI New Jersey is proud to be the National Institute of Mental Health (NIMH) Outreach Partner for New Jersey. This program is a nationwide initiative with only one NIMH Partner in each state.

The Outreach Partnership is designed to bridge the gap between research and clinical practice by disseminating the latest scientific findings and reducing the stigma and discrimination associated with these illnesses.

NAMI NJ distributes thousands of brochures, pamphlets and other printed material across the state at fairs, festivals and community events.

We disseminate science based information on mental health by email while promoting awareness of the latest research on mental illness and clinical trials.
NAMI NJ Website

The NAMI NJ website is a primary source of information for consumers, families and providers around the state. From July 2015 - May 2016, the NAMI NJ website had **34,784** unique visitors, **49,389** visits and **132,382** page views.
Our email subscriber base has **7,978 subscribers** and we sent out **264 emails**. We use this effective e-mail marketing service to distribute the latest information on advocacy, science and treatment, local and statewide events and other news. Subscriber lists grow as new subscribers sign up through our website at, when new memberships come in through the NAMI National website, and when people sign up at our various outreach events.
Social Media

Data on social media for the past year

**Facebook:**
- # of current likes: 805
- # of posts in the past year: 453

**Twitter**
- # of current followers: 1,469
- # of tweets in the past year: 281

**YouTube**
- # of videos posted in the past year: 10
- Channel views in the past year: 1,437
Educating the Educators (ETE), a 2-3 hour professional development program for all educators including a 14 page handout with strategies and resources.

Every Mind Matters (EMM), a mental health education resource for health educators, counselors, school social workers and psychologists to teach students about the brain and mental health.
SCHOOL EDUCATION PROGRAMS
AFFILIATE LEADERSHIP PANEL DISCUSSION
PANEL DISCUSSION

Moderator: Sylvia Axelrod, Executive Director

- **Celina Sanchez**, Affiliate Leadership Information and Records
- **Sharon Marshall**, Financial and Resource Information
- **Lisa Powell**, Information and Referral Calls, Event Registration
- **Lynne Malloy**, Affiliate Liaison
- **Debbie Aidelman**, Affiliate Liaison
- **Jeri Doherty**, Sussex Media Outreach
- **Marjorie Strohsahl**, Women's Club Volunteers
• **AUDIENCE PARTICIPATION**

• **QUESTIONS, ANSWERS AND SHARING**

• **PLANNING FOR THE FUTURE**
THANK YOU!