



nami | **Maine**

National Alliance on Mental Illness

FISCAL YEAR 2019 ANNUAL REPORT



ANNUAL REPORT

Fiscal Year 2019

The Board of Directors and the Staff of NAMI Maine are pleased to share an update from our community. The number of Mainers our community impacts has grown over the past decade and we now have over a dozen programs or services across the state.

Most individuals who experience a training or program believe that it is the only one that NAMI Maine provides. The reality is that NAMI Maine provides educational courses, trainings, support groups, post-vention support, protocol development, peer support, and advocacy directly impacting the lives of thousands of Mainers every year creating a ripple that indirectly impacts thousand more.



Chief Executive Officer Jenna Mehnert and
Board President Bob Reed

Whether you are a parent who calls the Family-to-Family education course “lifesaving”, a teacher who notices a student is struggling after attending a suicide prevention gatekeeper, a police officer who de-escalates a person experiencing psychosis after completing CIT, a family receiving respite services, or a young person empowered to change your school culture through participating in Sources of Strength— you are part of the NAMI Maine Community.



Our greatest challenge is not in supporting the families that reach out to us; it is in finding the families that are alone, isolated, and struggling without connection. We hope that this report will help to educate Mainers about the vastness of our work. It is our goal that every Mainer impacted by mental illness and suicide—peer or family member—knows that we stand ready to walk a few steps of their journey to hold the hope with them when the world feels too heavy. Our hundreds of volunteers and dedicated staff know first hand that there is nothing more powerful than hope.

We are all affected; we are all connected.



— Jenna Mehnert
Chief Executive Officer
NAMI Maine



— Bob Reed
President
NAMI Maine Board of Directors



Welcome home, NAMI Maine!

In November 2018, NAMI Maine moved to a new space in Hallowell, allowing us to expand our on-site trainings and programming. We are thrilled to be in a larger and more convenient location, giving NAMI Maine room to grow as our programming expands. Stop by and see us at:

52 Water Street
Hallowell, ME 04347





NAMI Maine

National Alliance on Mental Illness

AFFILIATES

NAMI Western Mountains at the 2018 Walk



Volunteers are the heart of NAMI Maine and our community's foundation lies in our local affiliates. The NAMI Maine community is supported by seven active volunteer affiliates: Bangor, Bath/Brunswick, Mid-Maine, Piscataquis, Portland, Western Mountains, and York County.

SUPPORT GROUPS

Since 1984, NAMI Maine has offered support groups throughout the state. These are free, confidential opportunities for people to find support and information.

As safe places to share stories about struggles and successes with mental health, support groups offer the chance to connect with others who truly understand the same daily challenges.



For family members of people living with a mental health diagnosis



For people living with a mental health diagnosis



27

Support Groups met across Maine

2,000

Participants

14

Counties with support groups

11

New facilitator trainers

FAMILY-TO-FAMILY COURSES

Family-to-Family is a free, evidence-based, 8-week educational course taught by trained family members of individuals living with mental illness. This curriculum is for family members and friends of people living with mental illness to understand how best to support their loved one living with a mental illness.

Perhaps most importantly, as a participant, you discover you are not alone. Recovery is a journey and there is hope for all families and individuals living with a mental illness. The in-person group experience of NAMI Family-to-Family provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences.



2019 Gorham graduates



*“HOPE...this class has restored mine.
I'm very grateful to have been offered this wonderful free class.”*

— Family-to-Family graduate



10

Courses offered across the state

112

Family members participated



2019 Rumford graduates

HELPLINE

Community Support Manager Fred Bean



NAMI Maine’s HelpLine offers resources, referrals, and a compassionate ear to anyone impacted by mental health struggles. Callers seek assistance from a variety of people including peers, family members, community members, and professionals by connecting them to available mental health resources across the state. We work hard to help those in need find the means to improve their situation and give them hope for the future.



Mental Health Programs Coordinator Carly Allen and Director of Community Programs Hannah Longley present at the Hall of Flags

PUBLIC EDUCATION

NAMI Maine is viewed as a trusted information source on mental illness and mental wellness promotion. While NAMI Maine is limited in our ability to respond to all requests, staff presented at more than 15 public education events across the state reaching over 500 people, 95% reported a better understanding of mental health and substance abuse.

“Thank you so much! I’ve made an appointment for my son and I’m waiting for a call back for me. I think your organization is amazing. Thank you again!!”

— HelpLine Inquiry



Calls, walk-ins, and requests though our HelpLine.



Of our callers reported satisfaction



Public education events attended



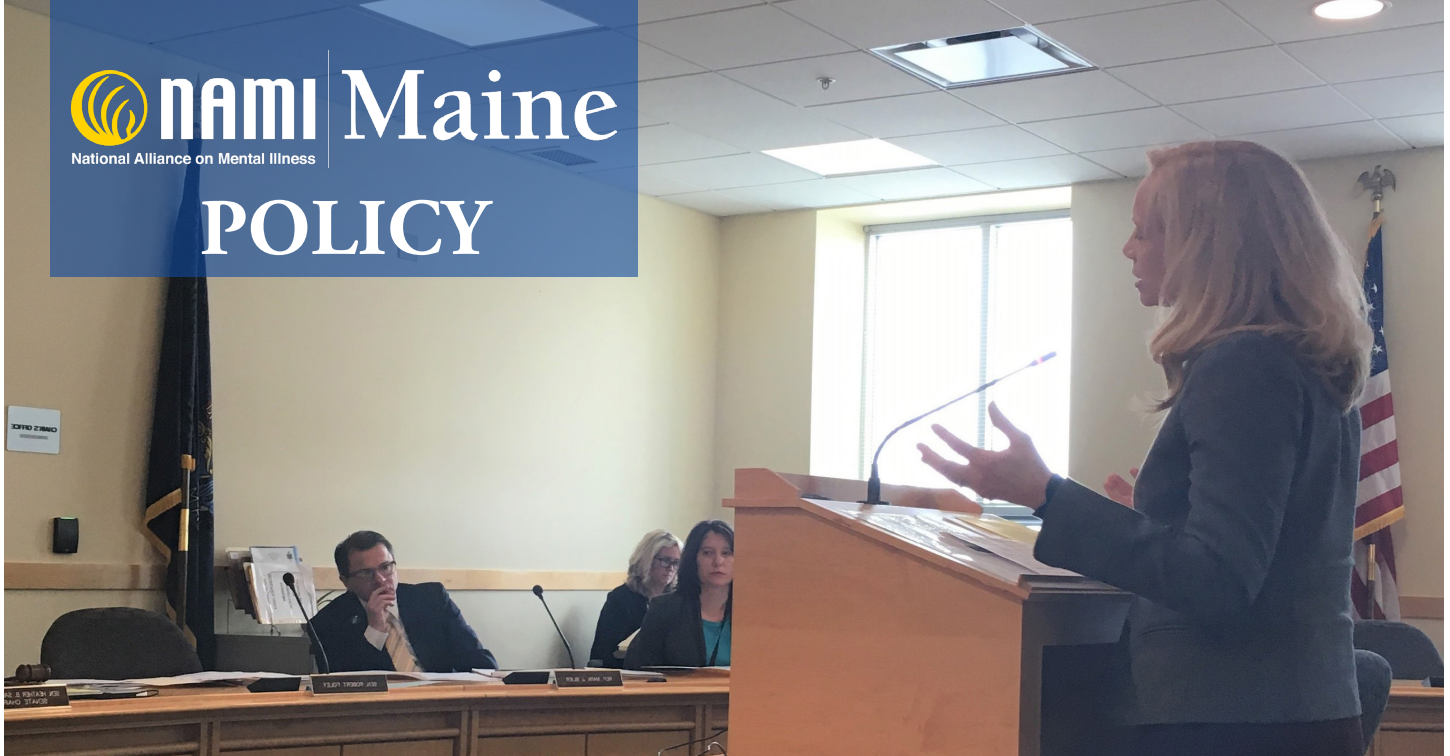
People reached



Reported a better understanding of mental health and substance abuse

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POLICY

Chief Executive Officer Jenna Mehnert testifies in support of LD 1025



The First Session of the 129th Legislature was quite busy! NAMI Maine worked with legislators to introduce 5 bills. *LD 1092: An Act to Amend the Laws Governing Critical Incident Stress Management Teams* was introduced by Senator Shenna Bellows and became law on May 8th, 2019 with the Governor's signature. As an organization, NAMI Maine strongly endorses peer support. With first responders more likely to die by suicide than in the line of duty, it is imperative that the mental health needs of our first responders are addressed. This legislation created confidentiality for first responders peer support.



Maine State House in Augusta

NAMI Maine worked with Representative Drew Gattine to introduce *LD 1512: An Act Regarding Persons Who Are Found Not Criminally Responsible and Are Sent Out of State for Treatment*. The purpose of this piece of legislation was to ensure adequate oversight and comprehensive treatment plans for cases in which individuals have been sent to private facilities in other jurisdictions by the State of Maine for psychiatric treatment. An amended version of LD 1512 became chaptered law on June 20th, 2019.



50

NAMI Maine engaged in advocacy efforts for over 50 pieces of legislation this session ranging from mental health education in schools (LD 1024) to the establishment of a mental health workgroup (LD 1602)

Youth Mental Health Programs Coordinator Libby Wright (left), MHFA trainer Tonya Bailey-Curry (center) and Youth Mental Health Programs Manager Mae L'Heureux (right)



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YOUTH PROGRAMS



SOURCES OF STRENGTH

NAMI Maine is honored to be the entity to bring Sources of Strength to Maine, an evidence-based, youth peer-led school culture change program that enhances mental wellness, prevents suicide, and empowers students with the ability to impact their environment. After attending numerous trainings, NAMI Maine now has a trainer ready to support schools. We trained Brunswick High School, Maine's first Sources of Strength school, in June 2019.



Maine's first peers trained in Sources of Strength



SOURCES OF STRENGTH

NAMI Ending the Silence
National Alliance on Mental Illness

ENDING THE SILENCE

A NAMI national 50-minute presentation created by students for students, Ending the Silence (ETS) enables youth to learn symptoms of mental health challenges and how to be supportive to those in need through storytelling and a presentation.

"[What I liked best was] learning that you are not alone when it comes to mental illness."

— Ending the Silence student attendee



Students trained in Sources of Strength



Teachers trained in Sources of Strength



ETS presentations made



Maine high school students attended

YOUTH MENTAL HEALTH FIRST AID

An 8-hour, evidence-based course that reduces stigma and increases attendees comfort talking about mental health. Youth Mental Health First Aid (YMHFA) empowers attendees with the skills to notice when a young person is developing a mental health condition and teaches adults to positively engage when concerns are present.

What participants are saying about Youth Mental Health First Aid:

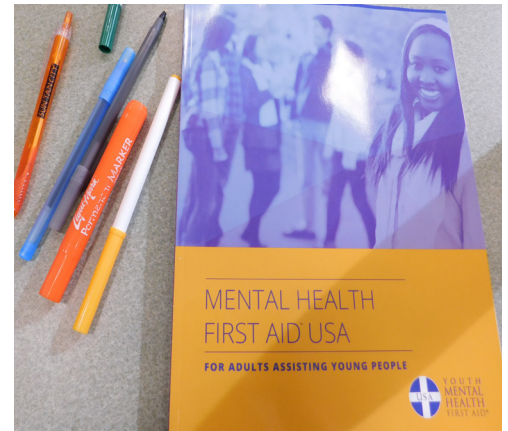
“Should be required for all staff in schools.”

“The lens [NAMI] brought to the material was very helpful and enlightening.”

“[I] really appreciated the insights and reinforcement of what I already do and what I can do differently.”

“Very helpful info for someone who doesn’t have a lot of experience first-hand with mental health.”

“Well done! A lot of great info – very helpful! Thanks for all your great knowledge.”



YMHFA training manuals



YOUTH
MENTAL
HEALTH
FIRST AID®



NAMI HORIZONS

A group for adolescents who would like to learn more about mental health wellness and self-empowerment through interactive activities, discussion, and community building.

40

YMHFA trainings

750

People trained in YMHFA this year

4

New YMHFA facilitators trained

3,500

People trained in YMHFA since 2003





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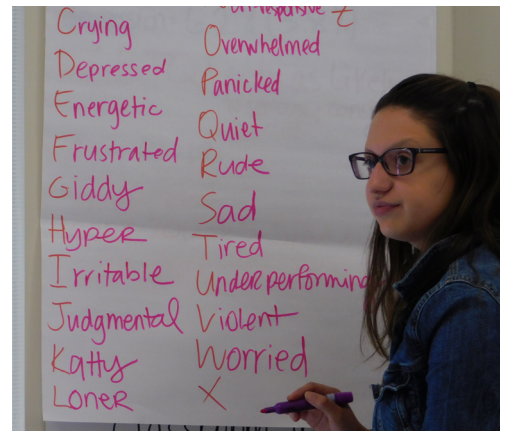
National Alliance on Mental Illness

ADULT MENTAL HEALTH FIRST AID



NAMI Maine training Mental Health First Aid

Mental Health First Aid (MHFA) originated in Australia, where an emergency room nurse witnessed all the lives in her community that were being saved over the years by people acting to assist others when they noticed the signs and symptoms of someone experiencing a medical emergency. As someone living with Major Depressive Disorder, she also witnessed all the lives being lost to suicide and wished there was a program that would allow for life saving observations and interventions to be developed and translated for someone who was experiencing a mental health crisis. She then translated the ABCs of Basic First Aid and CPR to the ALGEE model of Mental Health First Aid.



Youth Mental Health Programs Manager Mae L'Heureux facilitates Mental Health First Aid

"I learned new skills that will benefit me in and outside the workplace."

— Mental Health First Aid Participant



36

MHFA trainings were completed

8

Trainings were specifically for law enforcement and first responders

669

Individuals were trained throughout Maine

PEER RECOVERY CENTER

Peer Center Members and Staff on a field trip to the Apple Farm

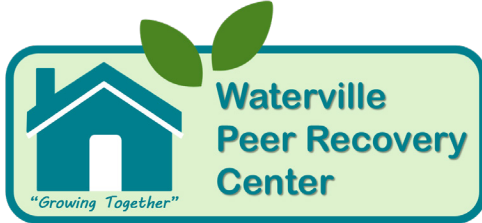


The Waterville Peer Recovery Center is a community where members can feel accepted, uplifted, and empowered—experiencing hope and the reality of recovery. The Peer Center is a consumer-operated service program which means the members guide the decisions about programming offered at the center. Through educational programming and peer support anyone living with a mental illness can find help.

Peer support is an effective mental wellness tool that empowers individuals to connect with one another using the principals of understanding one another’s world view, finding mutuality, and moving forward together to support a healthy and happy life.



Members of the Peer Center



273

Visitors

104

New participants

252

Group sessions offered

55

Participants linked with vocational, mental health or SUD services



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SUICIDE PREVENTION DIVISION



Beyond the Basics in Suicide Prevention 2019 Keynote Speaker Dr. Sally Spencer-Thomas presents to a full house

Since 2010, NAMI Maine has delivered the training and technical assistance contract for the Maine Suicide Prevention Program (MSPP). Our suicide prevention efforts are built upon the understanding that suicide prevention is everyone’s responsibility. We also stand in the belief that for most people, a suicide crisis is both short term and treatable; with intervention and support, most people survive the crisis and go on to live their lives without suicide.

Our training efforts target professionals and non-professionals alike; anyone who is likely to come into contact with individuals at heightened risk for suicide. In addition, we support a range of programs and services in their efforts to tailor protocols, tools and processes to support effective suicide prevention and response.

NAMI Maine’s suicide prevention efforts have continued to expand with additional efforts delivered through smaller grants with Maine Department of Transportation, Maine Department of Education, and contracted paid trainings. Beginning in 2019, NAMI is partnering with the MSPP to provide training and TA to a significant 5-year grant addressing youth suicide prevention.



Caring About Lives in Maine Suicide Prevention Awards presented at Beyond the Basics 2019

“I currently work in schools as a contracted outpatient therapist and this is going to be very beneficial for me to bring back to my schools and share this information with them.”

— Beyond the Basics 2019 attendee



185

Attendees at Beyond the Basics 2019

2,900

People trained in suicide prevention throughout the state

POST-VENTION SUPPORT

NAMI Maine staff also provide resources and support to people, programs and communities in the aftermath of a suicide loss or significant suicide threat or attempt. There has been significant demand for this “post-vention” resource as the number of losses has increased and the knowledge of the service supplied under the MSPP program has spread. Effective post-vention supports the complex grieving needs of people and also reduces the very real risk of suicide contagion, especially among youth.



Clinical Director Greg Marley presents at Beyond the Basics 2019

“I experienced my first suicide at a school I worked at in 2016, and began to immerse myself into the trainings that Greg has put on. . . . It has really helped me become more comfortable, as well as passionate, about suicide prevention in my work as a clinician.”

— Beyond the Basics 2019 attendee



EMERGE FROM STIGMA: VOICES OF HOPE AND RECOVERY

Commonly referred to as our Speakers Bureau, Emerge from Stigma is a team of survivors of suicide loss, attempt survivors, individuals living with a mental illness, and those family members and friends who care about them. Our lived experience is where the power and impact lies to change lives, create system change and help eliminate the stigma surrounding mental illness and suicide. Through the NAMI Maine Speakers Bureau, the sharing of our personal stories helps to increase understanding and awareness of risk factors and warning signs for mental illness, and suicide; educate the public about mental health, mental illness and recovery; provide insight to suicide and suicide loss; and, create system change by sharing lived experiences of what helps, what works, and what doesn't.

“I was moved by the courage of the presenters in NAMI Maine Speaker’s Bureau. Their willingness to share their stories was powerful.”

— Beyond the Basics 2019 attendee

4

Speakers Bureau trainings

14

New speakers trained

5

Speaking events held

100

Attendees throughout Maine



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CRISIS INTERVENTION TEAM



Major Sam Cochran (retired), founder of CIT, addresses law enforcement and mental health providers at the Mental Health and Law Enforcement Recognition Banquet

Crisis Intervention Team (CIT) training is an international program designed to create partnerships between mental health providers and law enforcement officers in local communities. NAMI Maine serves as the lead coordination entity for CIT across the state.

This year NAMI Maine expanded the de-escalation section of the training by adding a Bureau of Justice approved de-escalation curriculum to our program with a nationally certified instructor. The nationally recognized curriculum permits trainers to work with first responders in developing new skills in de-escalating situations.



2019 CIT graduates

“After taking CIT I now take that extra time to help people in crisis understand why we are there to help them. Most importantly I now ask how I can help them. I am now not trying to tell them what I need, I am trying to understand their needs to get them into a safer and better mental state.”

— Detective Jordan Norton, Old Town Police Department



CIT trainings across the state



First responders trained in CIT



Training hours completed

VETERANS PROGRAMS



Of the veterans we are losing to suicide, roughly 30% are connected with the Veterans Administration and are currently under care of a provider, however, the most recent data revealed that the veterans that we lose to suicide are connected to their communities and loved ones. It was reported that 47% of the veterans who have been lost to suicide disclosed that they are depressed and having thoughts of suicide to their significant others, and 43% disclosed to a friend or a co-worker. Often suicide comes with signs, and it is imperative that those who are closest with the veterans are aware of them, how best to support their service member after the information is disclosed, and resources that are available to best support them.

NAMI Maine is offering Mental Health First Aid specifically for Veterans, Service Members, and their family members/supports across Kennebec and Somerset Counties. This includes two-hour trainings for Suicide and Safety Planning training.



Sheriff Ken Mason and Colonel Michael Pooler of our Advisory Council representing at the Maine Military and Community Network 9th Annual Statewide Conference

“There is nothing more disheartening than wanting to help and not having the tools. As the people who tend to know there is something wrong, because of the Jane’s Trust grant, families and friends of veterans can now have the tools to recognize the signs and learn the tools to be the first line of defense in the veteran suicide crisis.”

— Colonel Michael Pooler (retired)

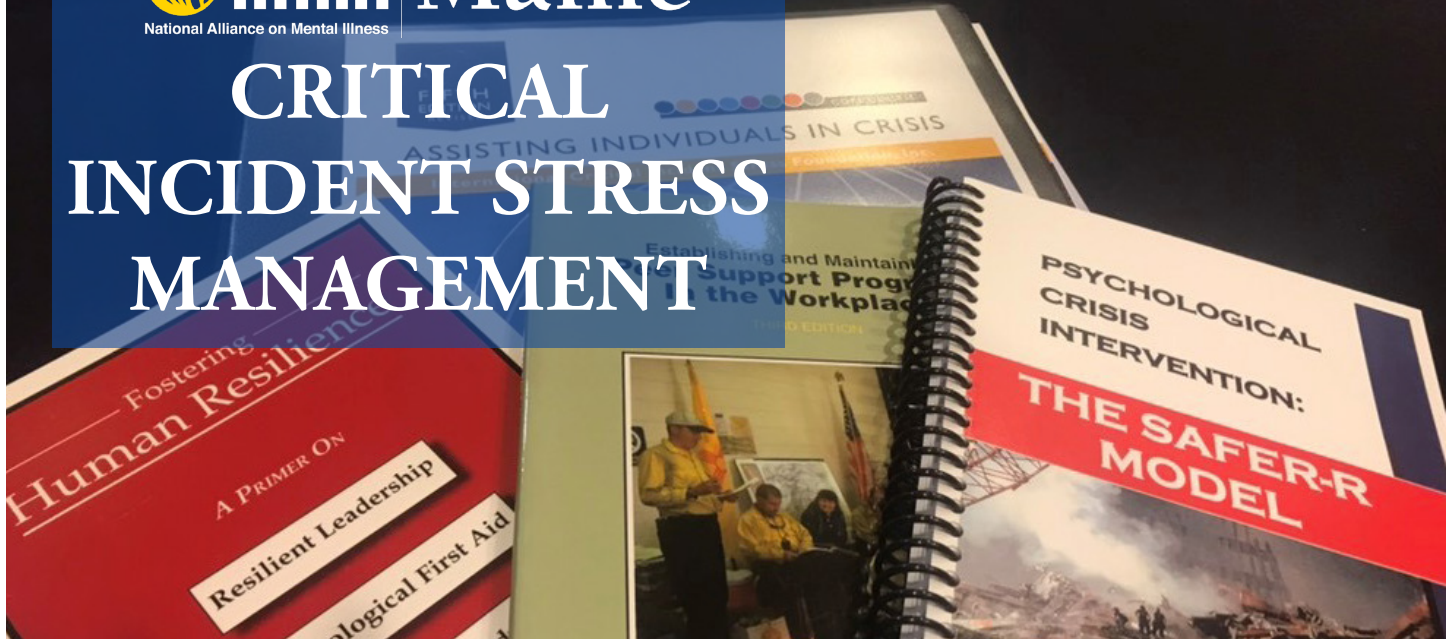


13

Family and friends of veterans became certified in Mental Health First Aid in June 2019. Additional courses are being offered in the 2019 - 2020 fiscal year, reaching more folks throughout Maine.

CRITICAL INCIDENT STRESS MANAGEMENT

CISM training materials



Critical Incident Stress Management (CISM) is an international model recognized as best practice by agencies such as the United Nations, the Department of Defense, and the International Association of Chiefs of Police in supporting individuals following traumatic or stressful events. This includes both individual and group debriefings and has been found to reduce the impact of chronic stress or critical incidents on both communities and those directly exposed. This includes those exposed to school violence, community incidents, accident, and other stressful events.

There was a lack of CISM certified instructors through the International Critical Incident Stress Foundation, so NAMI Maine secured funding to certify an additional trainer in Group Crisis Intervention and the only certified instructor in the State of Maine in Assisting Individuals in Crisis.



Director of Community Programs Hannah Longley became certified in CISM this year



A \$99,000 grant from Jane's Trust made certifying Hannah Longley, Director of Community Programs, in CISM possible in addition to funding our Veterans Mental Health First Aid and Suicide Safety Planning programs



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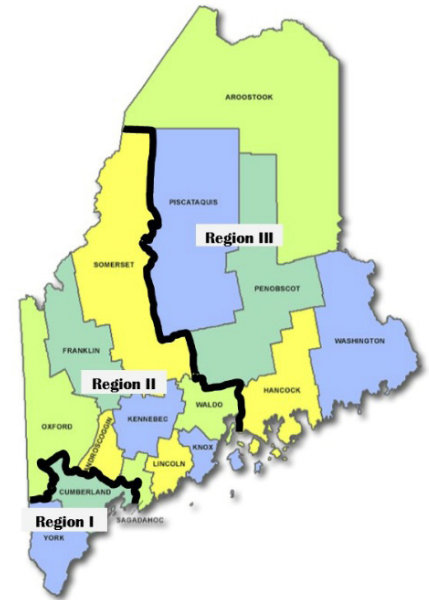
RESPITE



NAMI Maine Respite Director Rob Ellis (right) presents with Respite Managers Claudia Watson (center) and Haley Gauvin (left) at the Annual Conference

The Family Respite Program offers statewide services through a contract with Maine’s Department of Health and Human Services, supporting families and per diem providers in all three regions of the state. NAMI Maine Family Respite exists to assist families by providing a much needed break in the responsibility of caring for a child with significant developmental delays and behavioral or emotional disorders.

Through a certified provider network, trained per diem staff are available to care for children with special needs in their communities so that their parents can get a break. Qualified applicants can earn extra income while providing short-term relief to families of children with disabilities and special needs.



Respite regions throughout the state of Maine

“[Our provider] has made a transformative, positive difference on my family’s life. . . . Believe me when I say, these respite breaks have been an extremely important life-ring in allowing us to try to find some balance in our lives.”

— Respite Family



Providers across the state



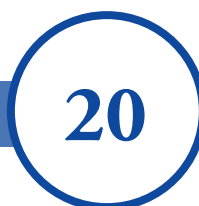
Families served



Children served



Planned breaks for parents



Hours used on average per month



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EVENTS

2018 walk participants share walk along the sings of hope an healing



16TH ANNUAL WALK

September 23rd, 2018 at Spring Point Ledge

At our annual awareness and stigma busting event, more than 1,000 Mainer's joined together in a day of celebrating what a stigma free community means to them. Along with being the state's largest mental health awareness event, the annual walk is NAMI Maine's biggest fundraising event. All the funds raised during the walk support the delivery of our programs and services at little or no cost to our communities. In our 16th year of hosting the walk, \$78,134 was brought in through sponsorships and donations raised by the walk teams.



Participants share a smile



5TH ANNUAL CONFERENCE

November 3rd, 2018 at the Augusta Civic Center

NAMI Maine's 5th Annual Conference highlighted the effects of isolation on both physical and mental wellness and provided attendees with a wide-range of breakout sessions including community resources, legal concerns, workplace wellness, mandated reporting, trauma and the brain, mental health crises, civil rights, and mindfulness. Keynote speakers include Dr. Jeremy Nobel of the UnLonely Project and Kate Braestrup of the Maine Warden Service. Award recipients included:



Dr. Jeremy Nobel delivers his keynote presentation

NAMI Maine Lifetime Excellence Award

Katie Braestrup

Hector Bolduc Award

Patricia McKenzie

Outstanding Partner Agency

Spring Harbor Family Navigator program

Mal Wilson Award

Cheryl Ramsey

Heidi Whitehouse Award

Elaine Ecker



Augusta Sheriff Jared Mills with Director of Community Programs Hannah Longley and Chief Executive Officer Jenna Mehnert

4TH ANNUAL MENTAL HEALTH & LAW ENFORCEMENT RECOGNITION BANQUET

Crisis Intervention Team (CIT) is a community-policing model that requires greater collaboration and partnership. Law Enforcement, mental health professionals, family members, and peers come together to plan local CIT weeks. To honor the commitment of these diverse individuals, NAMI Maine holds an annual award celebration to express our appreciation. The 2019 keynote speaker was Major Sam Cochran (retired). In 1988, Memphis PD introduced the first Crisis Intervention Team (CIT) training, developed by a partnership that included Sam Cochran, as a result of community outcries from local NAMI members.

Recognition is given each year to individuals who have demonstrated leadership and a significant contribution to the community through CIT practice. Award recipients included:

Lanee Barnes Law Enforcement Leadership Award

Chief Jared Mills

Lifetime Law Enforcement Partner Award:

Chief Ed Googins

CIT Corrections Officer of the Year

Lt. Bryan Slaney

Law Enforcement Innovative Partner Agency Award

Kennebunk Police Department

Mental Health Leadership Award

Danielle Parent, LCSW

Mental Health Innovation Award

Community Health and Counseling Services

Officer Wellness Award

Brian MacMaster

Citizen Partner Awards

Colonel Pooler, Liv Doucette, Anne Doucette

CIT in Action Awards

Officer Jamie Beals, Officer Kim Theriault

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BOARD

National Alliance on Mental Illness



Board President Robert Reed presents NAMI Maine with the proceeds from the Nubble Light Challenge

MEMBER	LOCATION
Melissa Gattine	Cumberland Center
Matt Graham, PhD	Lewiston
Meg Greene	Lewiston
Stephen Hessert	Portland
Amy Hodgdon, Vice President	Dennysville
Walter McCulley	Bangor
Teresa Price	North Yarmouth
Robert Reed, President	Cape Neddick
Betsy Rose	Orono
Rich St. Pierre, Treasurer	Winslow
Lindsey Tweed	Vassalboro

Boats preparing to launch to help swimmers through the Nubble Light Challenge



2019 ANNUAL APPEAL DONORS

Dorothy Adams
Elana Anderson
Peggy Astarita
Lisa Avery
William Baker
Shannon Banks
Mary Barnes
Sandra Basquez
Fred Bean
Leila Bisharat
Dana Bourgeois
Gregory Bowman
Diane Bullock
David Cole Chalfant
Ann Chase
Annamarie Cioffari
Shayne D. Cobb
Katey & Richard Coffin
May Coffin
Shannon Coray
Helen Coxe
Jasmine Curtis
Clare Davitt
Florence deGozzaldi
Richard Dojny
Paul Driscoll
Preston Everdell
Coburn Everdell
John and Jeanie Eysenbach
Michael Fitzpatrick
Maria Fuentes
Gail Gang
Melissa Gattine
Jeanette Goyetche
Susan Graves

Martha Greene
Ann Halkett
Lillian Harris
Marilee & Val Harris
Barbara Hartwell
Peter & Michelle Hayes
Kathleen Hayward
Stephen Hessert
Amy Hodgdon
Alicia Hynes
Charles & Nancy Kaelber
Ara & Susan Kaloustian
Susan Christine Kelley
Donna Kennison
Prescott Keyes
Carol Lambdin
Mae L'Heureux
Jennifer Libby
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Halina Luszczynska
Laura MacNaughton
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Deirdre Ocallaghan
Susan Peixotto
Joseph Pickering
Teresa Price
Martha Proietto
Andrea Quinlan
Barbara Rachel

Edward and Catherine
Raymaker
Bob Reed
Fredrick & Gaye Rhodes
Patricia Riley
Nancy & Wallace Roby
Betsy Rose
Sarah Ross
Tammy Routhier
George & Madeleine Ryan
St. Francis by the Sea
Episcopal Church
Eric Sass
Sara Schmalz
James Schneid
Dianna Scontras
Arwyn Sherman
Donna Soper
Dorrine Steele
Susan Stover
The Stubbs Family
Charitable Fund
Lindsey Tweed
Barbara Ultsch
Nicole Vera
Ellen & A. Stanton Wells
Rhonda Weston
Wendy Wickman
Deborah Williams

Individual gifts provide invaluable operational support that allows NAMI Maine to keep our statewide programming accessible to all.

We gratefully acknowledge the following individuals, businesses and organizations for their generosity.

\$24,862

Raised

99

Donors

53

New Donors



2018 -2019
By the Numbers

JULY 1ST 2018 - JUNE 30TH 2019

IN MEMORIAM

NAMI Maine is dedicated to supporting those who have been impacted by a suicide loss. Many families who have experienced such a loss will ask their community to make a donation in their loved one's memory to NAMI Maine in lieu of sending flowers.

These memorial donations allow us to educate individuals on mental health challenges and work to decrease the suicide rate across the state.

Shane Cheetham
Marcel Doyon
Matthew & Quinten Leavitt
Purple McCabe
Evan McCoy
Andrew Minervino
Erica Webber O'Donnell
Tim Ross
Julie Williamson

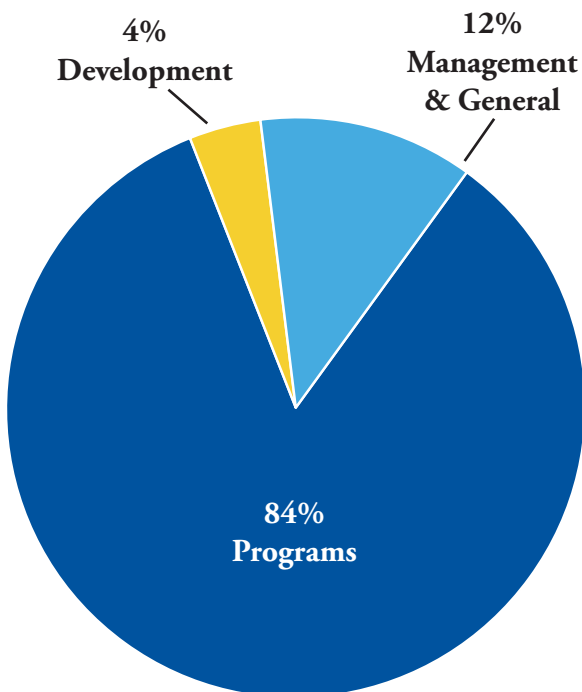


NAMI Maine contracts with an independent, certified public accounting firm to prepare audited financial statements at the end of each fiscal year. We adhere to all the rules and regulations regarding the financial statements including the balance sheet, statement of income, cash flows and notes to accounts. The financial statements are prepared and presented in accordance with the generally accepted accounting principles and the audit is performed in compliance with the widely accepted auditing standards.

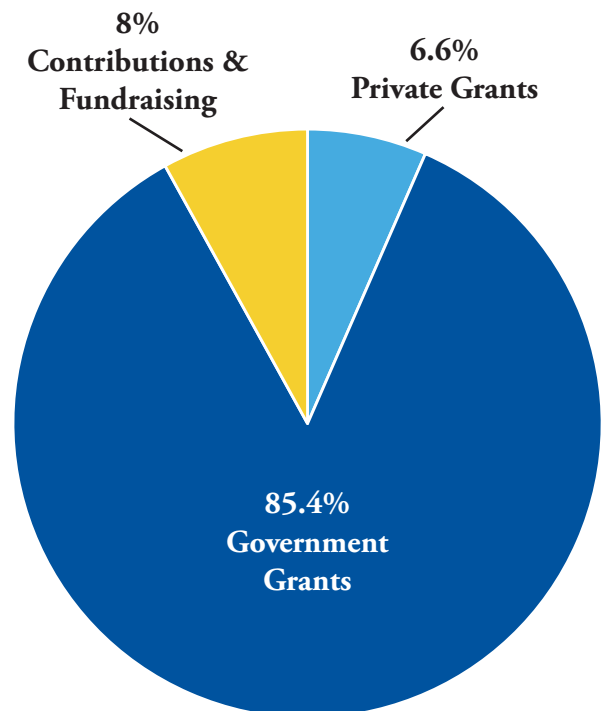
The auditor issued the following statement for FY19 close:

In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of NAMI Maine as of June 30, 2019 and 2018, and the changes in its net assets and its cash flows for the years then ended in accordance with accounting principles generally accepted in the United States of America.

2019 EXPENSES \$2.57 M



2019 INCOME \$2.56 M



In FY2019, 1.2% of program expenses were unfunded. This includes our annual conference, legislative advocacy, speakers bureau and other public education requests we receive from the community. We anticipate 2% of programming will remain unfunded in FY2020 without support from additional fundraising efforts and/or private donations.



National Alliance on Mental Illness

nami | **Maine**

(800) 464 - 5767

INFO@NAMIMAINE.ORG

WWW.NAMIMAINE.ORG

52 WATER STREET

HALLOWELL, ME 04347