



ADVO
CACY

SUP
PORT

**MENTAL
HEALTH
MATTERS**

Here for you. Here for Maine.

EDUCATION

REFLECTIONS

FROM THE BOARD CHAIR

NAMI Maine staff, Board of Directors, and volunteers envisioned a community where families, across the state, affected by mental illness lead healthy, fulfilling lives. With economic and social pressures at large, it was crucial we worked to build a stronger, mental health system that provides the care, support, and services needed in our community.

An inadequate mental health system impacts individuals, families, and communities. We rallied together to create change through grassroots advocacy. Our monthly advocacy alerts shared resources and testimonies to inspire those to create change through policy reform. We built momentum at NAMIWalks Your Way Maine, where we championed better care and better lives for the thousands of Mainers struggling for mental wellness.

In response to Maine's rural communities struggling to find accessible care, NAMI Maine launched a new online mental health resource database. This includes 250 Maine-based mental health resources searchable by county and service type. Our caring community of volunteers worked to bring support close to home with support group facilitation, NAMI Family-to-Family instruction, and NAMI Basics education.

To combat the growing youth mental health crisis programs such as Teen Text Support Line, Suicide Prevention trainings, Youth Mental Health First Aid, and Sources of Strength were offered to empower individuals with resources and education.

The generosity of our community partners fueled this lifesaving work. We are a community dedicated to advancing mental health support and suicide prevention. Together, we are building bridges to hope and help.

Michael Pooler, NAMI Maine Board President

**Community leaders elected to provide strategic guidance in the fulfillment of the agency's mission.*

*BOARD OF DIRECTORS

Michael Pooler,
President

Karen-Ann Hagar-Smith
Vice President

Teresa Price,
Treasurer

Amy Hodgdon

Cheryl Ramsey

Dr. Joseph R. Fitzpatrick

Holly DeYoung

RADM Joan Hunter

Walter McCulley

Jonathan Sahrbeck

NAMI Maine continues to grow as we welcome new Board Members, Joan Hunter, Cheryl Ramsey, and Holly DeYoung!

MISSION DRIVEN

Through support, education, and advocacy NAMI Maine is dedicated to building better lives for the 1 in 4 Mainers who are affected by a mental health condition.

EXPANDING SUPPORT FOR MAINERS

IMPACT SNAPSHOT

In the Spring of 2022, NAMI Maine launched a new online mental health resource database.

Searchable by Maine county, service type, or organization name, this new database includes over **250 Maine-based mental health resources.**

The new database is partially an outgrowth of the **NAMI Maine Helpline**, which provides callers with mental health resource information and referrals.

While the Helpline is operational weekdays from 8:00 AM to 4:00 PM, the online resource database is accessible to Mainers twenty-four hours a day, seven days a week.

Two NEW Resource Guides Released:

(1) Hospital Guide, helps families navigate the journey of mental health treatment and recovery
(2) Family Guide to the Criminal Justice System, supports people in understanding the criminal justice system and how to better advocate for themselves and their loved one.

"This database makes it really easy to find relevant, local organizations. Thanks."

“**SUPPORT**
NAMI Maine has been a **lifeline of support** for our **community**. I am not sure how we would have made it through the last couple of school years without them and their **valuable** services.
ADVOCACY
- **SUICIDE PREVENTION GATEKEEPER TRAINING PARTICIPANT 2022**
EDUCATION”



Every adult
that works with
children should
take this course.

- YOUTH MENTAL HEALTH FIRST AID PARTICIPANT 2022



EMPOWERING YOUTH

AND THEIR SUPPORT NETWORKS

NAMI Maine is committed to empowering youth and building up their support networks through school and community trainings.

Supporting the mental health of youth has always been important, though with the unique challenges youth experienced during the COVID-19 pandemic, strengthening youth mental health is more important now than ever.

The [Sources of Strength](#) program model is an evidence-based program that brings mental health awareness and suicide prevention messaging campaigns to schools.

Youth in rural areas are experiencing desperately long wait times to access therapists and other support services. NAMI Maine's Youth Program aspires to engage students directly in initiatives to **build hope, health, and strength.**

“

NAMI Maine's **Youth Mental Health First Aid** Program has given me the **knowledge, skills, and resources** to recognize and appropriately respond to signs of mental health and substance use disorder in adolescents.

- YOUTH MENTAL HEALTH FIRST AID PARTICIPANT 2022

Nearly 43% of Maine high school students reported their mental health was not good "most of the time" or "always" during the COVID-19 pandemic.

2021 MAINE INTEGRATED YOUTH HEALTH SURVEY RESULTS

”
When I feel like no one can help me, the line helps ease the stress and it feels like I'm talking to a longtime friend!

TEEN TEXTER 2022



SUPPORT CLOSE TO HOME

VOLUNTEERING IS EMPATHY IN ACTION

NAMI Maine affiliates are volunteer-driven, peer-led, and locally grounded; providing mental health education, support, and advocacy in their local communities.

“

NAMI has made it possible for me to **cope** with the mental illness in my family in a way that is **healthy** for me and my loved ones.

- NAMI SUPPORT GROUP PARTICIPANT 2022

“

I've found greater **understanding** and **compassion** within myself toward my loved one with a mental illness. It has helped me to **better support** him and reduce the conflict and misunderstandings in our household.

- SIGNED A GRATEFUL MOM; NAMI FAMILY-TO-FAMILY PARTICIPANT 2022

“

NAMI Maine has **empowered**, **encouraged**, and given me the **resources** I need to better **advocate** for myself and my family as we navigate living with mental health conditions.

- NAMI BASICS PARTICIPANT 2022



**During 2022,
NAMI Maine worked
alongside volunteers
to launch affiliate,
NAMI Androscoggin!**

VOLUNTEER-DRIVEN, PEER-LED, LOCALLY GROUNDED

- Host NAMI support groups
- Offer NAMI education programs
- Share their lived experience to help reduce stigma
- Connect community members to local mental health resources

CREATING CHANGE AT THE LOCAL LEVEL

In Deconstructing Stigma: Changing Attitudes About Mental Health

Launched in partnership with McLean Hospital, Northern Light Health, and Bangor International Airport - an inspirational installation that shines a light on mental health.

The Bangor exhibit is part of McLean's international mental health awareness campaign, featuring compelling portraits of courageous people who volunteer to share their stories, with the hope of changing how people living with mental illness are viewed.

This exhibit increases awareness and breaks down the stigma that is too often associated with depression, anxiety, substance use, and other mental illnesses.



This display reminds us that it's okay to "not be okay" and help is available. During a time when mental health needs are high, this storytelling installation is really a story of hope.

NICOLE VERA, NAMI MAINE COO



IMPROVING CRISIS RESPONSE IN MAINE COMMUNITIES

Did you know?



NAMI Maine Senior Clinical Director of Community Programs, Hannah Longley, LCSW, received the Maine Chiefs of Police Award - for outstanding contribution to law enforcement!

NAMI Maine is grateful to be part of celebrating the citizens and law enforcement who were honored for their selflessness, heroic acts, community development efforts, and officer support!

Learn more about how we are working together to transform the community's response to people facing a mental health crisis at www.namimaine.org/cit

“

We all - each one of us - go through times that are hard. Times that we struggle and wonder if it is worth it. From that place of recognition, you can reach out to someone you are concerned about. Show that you care.

You can be the warm handoff to support, and perhaps save someone's life.

**- GREG MARLEY, LCSW
SENIOR CLINICAL DIRECTOR OF SUICIDE PREVENTION**

IMPACT-ful Conversations with NAMI Maine





HOPE BLOSSOMS WHEN WE RALLY TOGETHER FOR MENTAL HEALTH

MAINE'S MENTAL HEALTH MOVEMENT GROWS WITH YOU

Hope blossoms as mental health become increasingly prioritized across Maine communities. During May, NAMI Maine recognized Mental Health Awareness Month as a time to **raise awareness, destigmatize the conversation, advocate for care**, and provide **hope** to the 1 in 4 Mainers impacted by mental health challenges.

Healing communities through grassroots advocacy

NAMI Maine is dedicated to healing our communities through grassroots advocacy. Policy change is an impactful way we can make a difference.

Introducing Advocacy Alerts: an advocacy tool that teaches Mainers how they can advocate for change alongside NAMI Maine. This monthly newsletter celebrates the refresh of our policy platform.

IMPACT-ful Conversations with NAMI Maine

NAMI Maine released a YouTube series to foster honest, caring conversations about mental health. This powerful campaign exists to educate, empower, and inspire Mainers to join the mental health movement.

Conversations with friends

The support of our community is made stronger by every voice that stands with NAMI Maine. To help people talk openly about mental health and to reach out for support early, our online community shared what HOPE means to them.



**When times are
tough tomorrow is a
chance for things to
get better**

[PARTNER IN HOPE 2022](#)

**It's my motivation to
keep rising up by
putting one foot in
front of the other**

[PARTNER IN HOPE 2022](#)

**Recovery is
always possible**

[PARTNER IN HOPE 2022](#)



Why do we walk today? . . .
To support those out there like us,
who have experienced the tragic
loss of a family member or friend to
mental illness. . . **We understand
and empathize with you.**

- TONY EVERDELL AT NAMIWALKS MAINE 2021
NAMI MAINE ADVOCATE, SUPPORTER, AND FRIEND

NAMIWALKS MAINE

BUILDING BRIDGES TO SUPPORT AND HOPE

Every year, NAMI Maine brings Mainers together to raise mental health awareness, build community, foster hope, and open doors to support.

Our Walk Stars are the foundation of Maine's largest mental health awareness and suicide prevention event.



“

This day is all about raising mental health awareness, building community, and reminding people they are not alone. **Hope has a way of catching on.**

- LINDA SCHREIBER, NAMI MAINE INTERIM EXECUTIVE DIRECTOR

AT NAMIWALKS MAINE 2021

Team Keegan

Team Keegan celebrated their 6th Annual Walk for NAMI Maine in honor of Keegan Eldridge. Despite the rain, over **70 walkers** came together to advance suicide prevention and raise mental health awareness!

Since 2016, Team Keegan raised over **\$36,000** for Maine families.



DIP DOWN TO RISE UP

What started as a fun distraction from the pandemic stressors, has turned into a healing ritual for locals in York, Maine. Winter cold-water immersion has provided Mainers with connection, excitement and a sense of adventure. Together, they have raised over \$3,192 to support Mainers who are impacted by mental health challenges.

TEGHAN HALSEY, LET'S TALK ABOUT IT

Teghan - Miss Maine's Collegiate America - is a proud mental health advocate. Teghan joined us at NAMI Walks Maine 2021 to share her story of recovery and resilience. She continues to raise awareness and funds for NAMI Maine with her social media campaign #letstalkaboutit!

WIN WIN THRIFT STORE

Donate, shop, and repeat - is the motto for this local shop that is committed to being the change. During 2022, shoppers got to donate/shop clothes sustainably, while 10% of sales went to supporting Maine families.

NIKANOS

This locally owned and operated family restaurant is dedicated to giving back. Since 2020, Nikanos has collaborated with NAMI Maine to support the mental health of Mainers. Together, they've raised funds and awareness to strengthen Maine families.

YOU NEVER WALK ALONE INC.

You Never Walk Alone Inc. is dedicated to advancing suicide prevention. Since 2019, the foundation has raised over \$88,000 through its Annual Andrew M. Casey Memorial Golf Tournament.

WE ARE UNITED IN OUR COMMITMENT TO ADVANCE MENTAL HEALTH SUPPORT AND SUICIDE PREVENTION. TOGETHER, WE ARE PARTNERS IN HOPE.

Together we are  making a difference in fighting suicide and the stigma behind it!

SHERRI KENTON, CO-FOUNDER OF YOU NEVER WALK ALONE INC.



ADVANCING MENTAL HEALTH

THIS LIST REPRESENTS SPONSORS OF NAMIWALKS YOUR WAY MAINE 2021

Silver Level

Maine Behavioral Healthcare
Pharma
Sunovion
Norman Hanson Detroy

Supporter

Cross Insurnace
Martin's Point Healthcare
Mid Coast Hospital
Catholic Charities

Kilometer

First National Bank
Healy & Associates
HomeLight
MaineGeneral Health

National

Alkermes
Humana
Takeda
Lundbeck

Start/Finish Line

Johnson & Johnson

I'm glad we are all **working together** to talk about suicide and being a **support** for those in need of being **heard** and **helped**. 

- NAMI MAINE SUPPORT GROUP MEMBER 2022

IN MEMORIAM

HERE WE HONOR THE LIVES OF THOSE OUR COMMUNITY HAS LOST

Families who have experienced a loss often ask their community to make a donation in their loved one's memory to support suicide prevention in lieu of sending flowers. These memorial donations allow NAMI Maine to educate individuals on mental health challenges and work to decrease the suicide rate across the state.

Dealing with the loss of a loved one is never easy. In times of loss, NAMI Maine provides support, hope and resources.

(Flo) Florence Steffy deGozzaldi
Adam Michael Archer
Alice E. Hunt
Amanda Downes Kimball
Anthony Sebastian Ascanio
Betsy Rose
Brett Hayward
Brook Hayden
Dr. Jonathan Shenkin
Elaine Pellerin
Eliana Malka Finberg

Eric Edward Coyne
Evan McCoy
Ian Fournier
Jameson R. Leighton
Jonathan E. Stavis
Jordan W. Blais
Keegan Eldridge
Kevin Morton
Mariah Bailey
Michael Arenstam
Michael Bowden

Michael Tremble
Mimi Clegg
Molly Everdell
Nicholas Peter Davies
Nicole Marie Constant
Richard Strobel
Rylie Cutter Wareham
Spencer William Liepmann
Staci Lynn Guerette
Trent Gibson

“

Because of this training several young people in my circle are still here today.

- NAMI SUICIDE PREVENTION GATEKEEPER PARTICIPANT 2022



INCOME REPORT

\$335,357

..... FY 2022 Donations

\$2,170,144

..... FY 2022 State and Federal Grants

\$70,000

..... FY 2022 Foundational Grants

NAMI Maine's reach is strengthened by the hearts of caring individuals. Your support brings hope, education, resources, and advocacy to the families, across the state, who are impacted by mental health challenges. Thank you for supporting this lifesaving work and helping more of our fellow community members.

We couldn't do it without you!

Gold
Transparency
2022

Candid.

“

My experience with NAMI Maine has been **life-altering** by giving me **information**, training, forums to share, and the ongoing **support** I use daily for mental health **advocacy**.

- **AMY HODGDON, NAMI IN YOUR OWN VOICE PARTICIPANT 2022**



SCAN TO GIVE

We are a community
dedicated to advancing
mental health support and
suicide prevention.

- MICHAEL POOLER, NAMI MAINE BOARD PRESIDENT 2022



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