

2023 ANNUAL REPORT

PROGRAM HIGHLIGHTS

Mental health is a community issue. NAMI's programs reflect as much, with options for people living with mental health conditions; family members of those people; and the wider community. **2023 numbers included:**

8,781

people reached via programs, presentations & events

110

gatherings of eight different types of support groups

"Hearing your stories made me feel so seen."

— In Our Own Voice presentation attendee who lives with a mental health condition

458

first-time support group signups

74

students in multi-week education programs

93

Crisis Intervention Team-trained law enforcement officers

54

patient presentations at Peak View Behavioral Health & Cedar Springs Hospital

1,663

calls for support, resources & referrals

3,299

volunteer hours

In 2023, NAMI Colorado Springs marked 40 years of providing peer support for local people and families navigating mental health conditions. Fueled by the collective efforts of 92 volunteers, more than 900 donors, and dozens of community partners, our work was more dynamic and far-reaching than ever.

PARTNERSHIP HIGHLIGHTS

When NAMI walks alongside people struggling with mental health challenges, other organizations help forge the path. Here's a sample of collaborations in 2023.

- » As the partners behind a youth program called **"What's On Your Mind?"**, NAMI, Pikes Peak Suicide Prevention Partnership & Diversus Health delivered **32 presentations to 1,346 students** in eight school districts.
- » Working closely with Inside Out Youth Services, NAMI launched its **Q Connect support group** for LGBTQIA2+ community members navigating mental health conditions. Attendance reached **141 heads counted** over its first eight months.
- » NAMI also collaborated with Community Health Partnership to develop plans for the **PRISM Community Collective**, a gathering space and resource center for the queer community, funded primarily by the federal Office for Victims of Crime.
- » With training support from Serenity Recovery Connection, NAMI hired its first-ever state-certified **peer support specialist**, John Mullin, in March.
- » As part of its Next Chapter veterans suicide prevention initiative, UCHealth funded a part-time **military community liaison** position at NAMI. Air Force veteran Jacob Dockery started in August.
- » In partnership with property owner Silver Key Senior Services, NAMI upgraded and **doubled the size of its space** on the Silver Key campus. ▶



"I learned to separate who I love from the symptoms of the disorder."

—Homefront graduate



NAMI with UCHealth at Fiestas Patrias 2023

STAFF

Lori Jarvis
Executive Director

Kirk Woundy
Director of Strategy & Operations

Emily Brady
Director of Community Engagement & Initiatives

Emma Skelton
Program Operations & Evaluation Manager

Kat Lilley
Peer Programs & Volunteer Manager

Angela Sweeten
Family Programs Coordinator

Jacob Dockery
Military Community Liaison

Scott Foxwell
Office Manager

John Mullin
Certified Peer Support Specialist

Liz Rife
Family Support Groups Lead

Lizbeth Lucero-Chavez
Youth Programs Outreach Specialist

Ashlynn Garcia
MSW Intern

Victoria Lopez
MSW Intern

BOARD OF DIRECTORS

Leon Kelly, M.D., President
Coroner/Chief Medical Examiner & Co-Founder,
Child Fatality Review Team • El Paso County

Taline “Ty” Meredith, Vice President
CEO • Peak View Behavioral Health

Rob Levis, Treasurer
CPA & Proprietor • Levis Grosdider & Associates, LLC

Damian McCabe, Secretary
Director of Behavioral Health &
Director of Behavioral Health/Military Affairs •
UCHealth Memorial Hospital

Ray Cameron
Mental Health Advocate &
NAMI Colorado Springs Facilitator & Presenter

Monica Furey, Ph.D.
Clinical Assistant Professor, College of
Public Service • UCCS

Alison King
Special Projects & Events Manager •
Colorado Springs Chamber of Commerce &
Economic Development Corporation

Bill Mahaffey
Partner • Lewis & Roca

Emily Ptaszek, Psy.D.
President & CEO • Peak Vista Community
Health Centers

Juan Recinos
Chief Operations Officer • Bright Futures Psychiatry

Laura Ridenour
Detention Behavioral Health Manager •
El Paso County Sheriff's Office

Sam Stephenson
Managing Case Coordinator • El Paso County
Guardian ad Litem

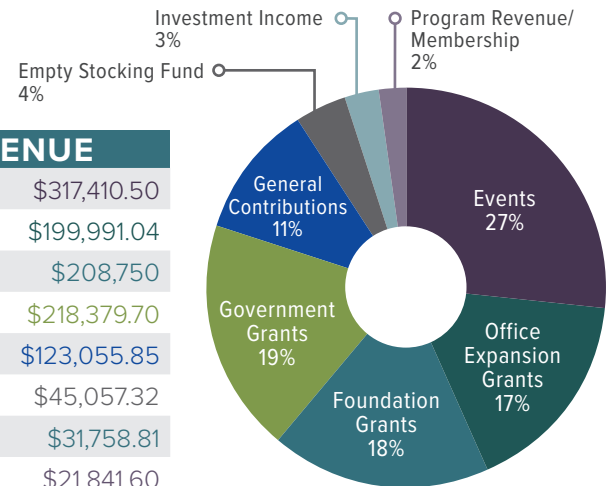
Michelle Talarico
Co-owner • Picnic Basket Catering Collective;
Colorado Springs City Councilor

Dan Zarecky
CEO • Cedar Springs Hospital

FINANCIAL PERFORMANCE

REVENUE

FISCAL YEAR 2023 REVENUE	
Events	\$317,410.50
Office Expansion Grants+	\$199,991.04
Foundation Grants*	\$208,750
Government Grants*	\$218,379.70
General Contributions	\$123,055.85
Empty Stocking Fund	\$45,057.32
Investment Income	\$31,758.81
Program Revenue/Membership	\$21,841.60
TOTAL REVENUE	\$1,166,244.82



*Leading operational supporters: Anschutz Foundation, Carl George Bjorkman Foundation, Cedar Springs Hospital, Colorado Springs Health Foundation, Colorado Springs Osteopathic Foundation, Diversus Health, El Paso County, Peak View Behavioral Health, UCHealth/Next Chapter

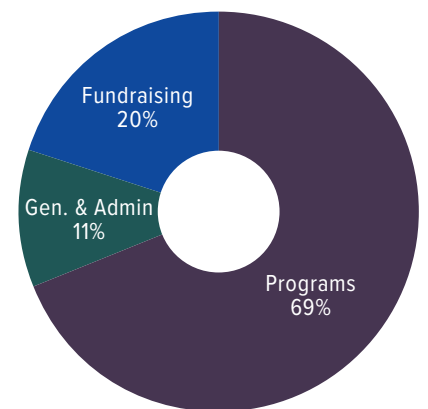
+Leading capital supporters: City of Colorado Springs, Colorado Health Foundation, Diversus Health, Pikes Peak Area Agency on Aging

**“This class is just what I needed ...
I already see an improvement in
my relationship with my daughter.”**

– Family-to-Family graduate

EXPENSES

FISCAL YEAR 2023 EXPENSES	
Programs	\$700,279.20
General & Administrative	\$113,944.69
Fundraising	\$201,334.76
TOTAL EXPENSES	\$1,015,558.65



MISSION

NAMI Colorado Springs creates and cultivates a welcoming community of peers who educate, support and advocate for people and families living with mental health conditions.

VISION

Anyone who struggles with a mental health condition can find support, treatment, healing and greater well-being in a community that's free from stigma.



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

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