

# ANNUAL REPORT 2021

*In October, NAMI Walks Colorado Springs brought more than 200 local mental health advocates together. See more under "Key initiatives," on reverse.*

## 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.

## PROGRAM HIGHLIGHTS

NAMI Colorado Springs serves people with mental health conditions through the Peer-to-Peer education program and Connection Support Group. We help family members through the Family-to-Family and Basics programs and complementary support groups. And we educate community members through a host of presentations, trainings, collaborations and initiatives.

**Here are some program numbers for 2021:**

**770** heads counted in Connection Support Group

**513** heads counted in Family Support Group

**232** first-time support group visitors

**132** students in multi-week education programs

**72** senior caregivers trained in Mental Health First Aid

**108** law enforcement officers certified in Crisis Intervention Team training

**1,645** phone calls for services, support and referrals

**3,200** volunteer hours (approx.)

## 2022-24 STRATEGIC PLAN

People with diverse mental health experiences, to include community, board and staff members, helped shape a new strategic plan for 2022-24. With our planning partner, Mission Spark, and funding from the Colorado Springs Health Foundation, we captured input, feedback and ideas via surveys, interviews and ongoing research. Five strategic goals for NAMI emerged:

- **Infrastructure to Thrive**, with appropriate and accessible facilities, and organizational capacity strengthened through staffing and use of best practices in policies, procedures and management.
- **Focused and Community-Responsive Programming**, informed by the strengths, needs, desires and continuous feedback of veterans, youth and individuals who are Black, Hispanic and/or LGBTQ+.
- **Leadership in Mental Health**, realized through strategic partnerships and community initiatives, and cutting-edge peer programs supporting more people and families.
- **Awareness in and Engagement of Community**, guided by communications that elevate peer voices and powerful storytelling for both targeted audiences and the general public.
- **Funding for the Future**, to include an annual budget that approaches \$1 million through sources of diverse, new and potentially earned revenue, and the groundwork for an endowment.

### THE NAMI CYCLE



## STAFF

**Lori Jarvis-Steinwert\***  
Executive Director

**Kirk Woundy**  
Director of Strategy & Operations

**Emily Brady**  
Director of Community  
Engagement & Initiatives

**Sarah Banta**  
Peer Programs Coordinator

**Scott Foxwell**  
Office Manager

**Lara Ostenberg**  
Administrative &  
Accounting Assistant

*\*2021 winner, Colorado Springs Leadership  
Institute's Cathy O. Robbins Award for  
Excellence in Nonprofit Leadership*

### Also served in 2021:

Kevin Harvell  
Connor Scroggins  
Lynn Shull

## 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

**Julie Papa**, Secretary  
Attorney · Papa Law, PLLC

**Tamara Cannafax**  
Marketing Project Manager · Pikes Peak Community  
College & NAMI Colorado Springs Teacher & Facilitator

**Damian McCabe**  
Director of Behavioral Health/Military Affairs ·  
UCHealth Memorial Hospital

**Imad Melhem, M.D.**  
Chief Medical Officer · Diversus Health

**Billie Ratliff**  
Director of Behavioral Health ·  
UCHealth Memorial Hospital

**Juan Recinos**  
Chief Operations Officer · Bright Futures Psychiatry

**Rhea Rollman**  
Army Community Service Social Science  
Program Specialist · Fort Carson

**Sam Stephenson**  
Executive Director · Converge & Social Worker ·  
Colorado Office of Respondent & Parent Counsel

**Michelle Talarico**  
Co-owner · Picnic Basket Catering Collective

### Also served in 2021:

Kathy Brandt  
CSFD Lt. Andrew Cooper  
Tyra Sandoval  
Michele Shade  
Laura Teachout  
Susan Wheelan

## KEY INITIATIVES



### VIRTUAL AND IN-PERSON GROUPS & CLASSES

In June, per public health COVID-19 guidance, we restarted in-person support groups at First United Methodist Church. For the rest of the year, we offered **both virtual and in-person options** for Family, Basics and Connection support groups, nearing a record for participation in Connection. We also delivered an in-person Peer-to-Peer class in tandem with Pikes Peak Suicide Prevention Partnership, which later recognized NAMI with its 2021 Community Partner Award.



### MENTAL HEALTH FIRST AID FOR SENIORS

To help build a system of wraparound care for older adults, we provided no-cost, **customized Mental Health First Aid trainings** to six dozen caregivers of local seniors. This collaboration with Silver Key Senior Services, the Colorado Springs Fire Department's CARES Team and Innovations in Aging will continue through 2022.



### COMMUNITY-FOCUSED COVID RESPONSE

Amid continuing COVID impacts, staff tailored **mental health presentations** to audiences including El Pomar Foundation staff, personnel from the Colorado School for the Deaf and the Blind, and members of the Church of Jesus Christ of Latter-Day Saints. We also connected with the public at more than 20 events in the last half of 2021, including Rocky Mountain Vibes baseball games and TheatreWorks shows.



### ENGAGEMENT & FUNDRAISING VIA NAMI WALKS

In October, 200-plus supporters turned out for our inaugural **NAMI Walks Colorado Springs** event in Monument Valley Park. The fundraiser, with GE Johnson Construction Company and UCHealth as lead sponsors, raised more than \$150,000 — the largest amount for any first-time NAMI walk nationwide last season.

## MAJOR PARTNERS & INSTITUTIONAL DONORS

The Anschutz Foundation  
Carl George Bjorkman Foundation  
Colorado Springs Health Foundation  
Diversus Health  
El Paso County Community Impact Program  
El Paso County Regional Business Relief Fund  
El Pomar Foundation

Gazette-El Pomar Empty Stocking Fund  
GE Johnson Construction Company  
Give! Campaign  
Joseph Henry Edmondson Foundation  
Peak View Behavioral Health  
UCHealth

## FINANCIAL PERFORMANCE

FY 2021 INCOME		FY 2021 EXPENSES	
General Contributions	\$84,055	Programs	\$284,321
NAMI Walks event proceeds	\$125,347 <sup>1</sup>	General & Administrative	\$102,510
Give! Campaign	\$46,335	Fundraising	\$70,069
Grant Revenue	\$135,923	Other	\$22,820
Membership Dues	\$510	<b>Total Expenses</b>	<b>\$479,720</b>
Empty Stocking Fund	\$20,480		
Program Revenue	\$10,000		
Other Income	\$126,668 <sup>2</sup>		
<b>Total Income</b>	<b>\$549,318</b>		

<sup>1</sup>An additional \$24,877 was shared with NAMI Colorado and NAMI national.

<sup>2</sup>Includes federal Paycheck Protection Program funds.



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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