



IMPACT STATEMENT 2020-2021

NAMI Mobile's mission is to provide support, education, advocacy and hope for individuals living with mental illness and their families. Due to COVID-19, mental health needs have risen sharply. NAMI is needed even more now as the demand for mental health services and support is great.

After COVID restrictions were put in place, NAMI Mobile acted quickly to adjust their outreach, education and support services by moving to virtual events, classes, and support groups and our telephone committee implemented monthly wellness checks by phone.

NAMI Mobile **programs are offered at no cost and are led by specially trained NAMI volunteers:**

-Our eight-week NAMI **Family-to Family Class** is offered twice a year - this year through **Zoom**. The class is open to families and friends of individuals living with a serious mental illness. It provides information about the different mental illnesses, treatment options and gives family members practical tools in problem solving, communication and good coping skills. It also provides a wealth of information and resources. The course and materials are provided at no cost to participants. Many family members describe the NAMI Family-to-Family Class as "life changing", and many of the graduates have become dedicated NAMI teachers and volunteers.

-Our **Family Support Group** is led by two trained NAMI facilitators and meets twice a month. The group is structured and is open for family members and caregivers of individuals living with a mental illness. The group strives to create a safe environment providing understanding, encouragement, and hope.

-Our **NAMI Connections Group** is led by two trained NAMI facilitators and meets several times per month. The meetings are structured as a recovery support group and are open to individuals living with a mental illness.

-The **NAMI Ending the Silence** Presentation is specially designed for high school age students. This is an engaging presentation that helps students learn the warning signs of a mental health condition and teaches them how and when to seek help for themselves or someone they know. This presentation is currently held virtually in the classrooms.

-Our **Probate Court Support** volunteers normally attend weekly probable cause hearings to offer support and resources to family members dealing with the crisis of having a loved one involved in the commitment process. This program has not been active during the pandemic due to COVID restrictions at the courthouse, but NAMI brochures and resources are made available at the courthouse. Our Probate Court program will be available again when the court allows.

NAMI Mobile sponsors numerous community outreach events:

-Our **NAMI Walk** brings together hundreds of individuals in our community to raise awareness and open conversations about mental illness. In 2020 our Walk was held virtually and will be again in 2021 due to COVID-19 restrictions. Our NAMI Walks provides the primary funding for our community outreach programs, including our NAMI Care Fund.

-NAMI volunteers attend the trainings held at **Mobile County Metro Jail** for new corrections officers providing information about mental illness and NAMI Mobile programs and resources.

-NAMI Mobile sponsors a **Monthly General Education Meeting** with a special guest speaker that shares information on a topic associated with mental health. These meetings are offered at no cost and are open to anyone.

-Due to restrictions from COVID-19, our annual **Consumer Christmas Party** for hundreds of adult consumers at a local community center will not be held this year. Instead, NAMI Mobile provided Christmas decorations, refreshments and gift cards for over 250 local individuals that live in group and foster homes. These individuals were unable to spend Christmas with their families this year due to COVID-19.

-We host an annual **Kids Christmas Party** for children living in residential treatment facilities and provide refreshments and small gifts for these children.

-We sponsor a **Pizza Party for children** receiving care at BayPointe Children's Hospital during **Mental Health Month** in May.

-We host **Family Movie Day** to promote Mental Health Awareness Month and invite the public to attend at no cost. This year due to COVID-19, we hosted a Drive-In movie at Medal of Honor Park - showing the movie "Ugly Dolls."

-We facilitate the offering of **Mental Health First Aid Classes** for both adults and children. These classes are open to the public, and the instructors teach individuals how to help someone who is experiencing a mental health crisis.

NAMI Mobile established the NAMI Care Fund in 2015 to address critical needs of local individuals living with a serious mental illness. In the last fiscal year, our Care Fund awarded nearly \$35,000 in assistance. Examples of individuals served by the fund are:

-A woman who was in need of dental work and cataract surgery did not have the funds for both. Thanks to the NAMI Care Fund her dental work was paid for by NAMI and partial payment for her cataract surgery was also paid by NAMI.

-A young woman was admitted to the emergency room with an abscessed tooth and a severely swollen face. She left the emergency room with antibiotics and went to a dentist. The dentist immediately referred her to an oral surgeon. The oral surgeon was able to get her in for emergency surgery due to NAMI Mobile making immediate arrangements for payment from the NAMI Care Fund. The oral surgeon said she could have died had it not been for the swift action of NAMI. This woman wrote to us saying, *"I would like to thank the NAMI Board of Directors and the NAMI Care Fund for helping me with emergency surgery on an infected tooth. I would have died if it had not been performed that day. Thanks to the quick actions of everyone. I am so grateful for the NAMI Care Fund."*

-A woman who was in severe pain from infected teeth received dental assistance thanks to the NAMI Care fund. She wrote to us saying, *"I went from being in pain all the time to being pain free. It would not have been possible without this program. Thank you!"*

-A young man living in an intermediate care facility needed assistance to pay for the removal of his braces. He had been unable to maintain them because after his father passed away, he and his mother became homeless. If the braces were not removed, there would be severe dental problems. The NAMI Care Fund paid for an orthodontist to remove them.

-A man who had worked hard to get a job and secure his own apartment was unable to pay a \$340 deposit to get the electricity turned on in his name. The NAMI Care Fund paid the deposit to Alabama Power and the man was able to move into the apartment.