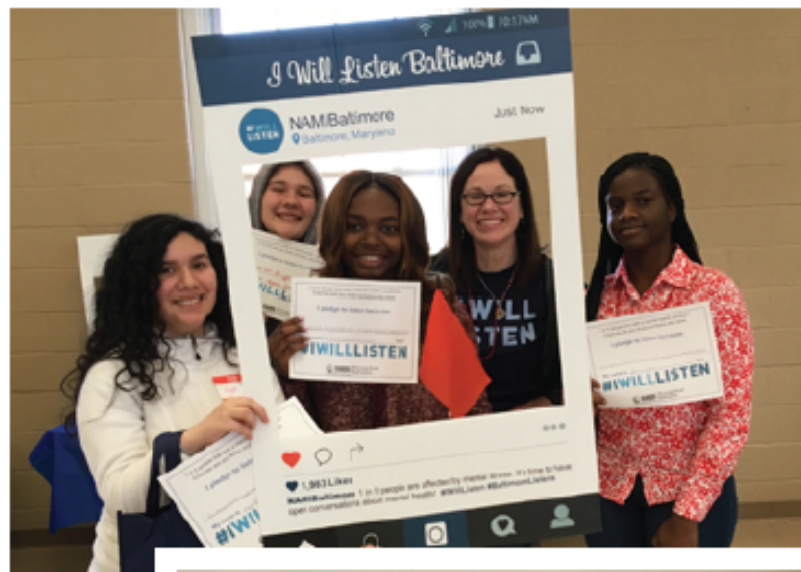




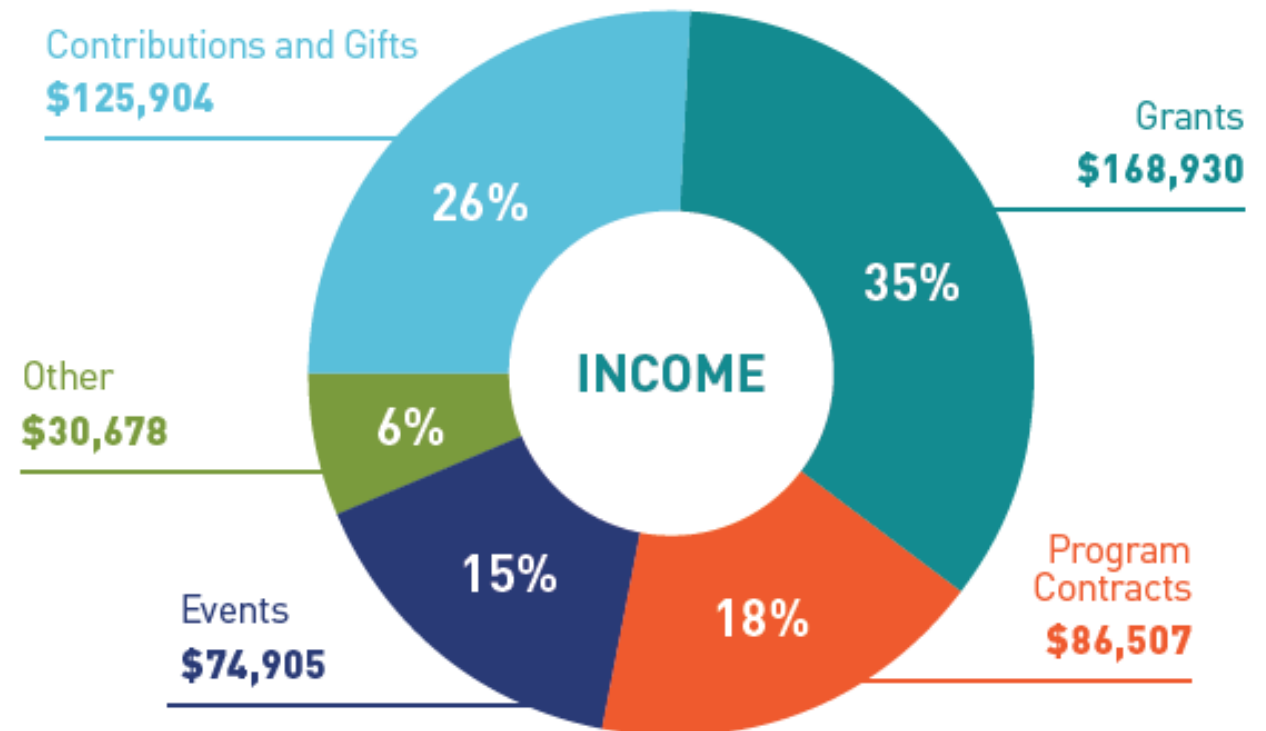
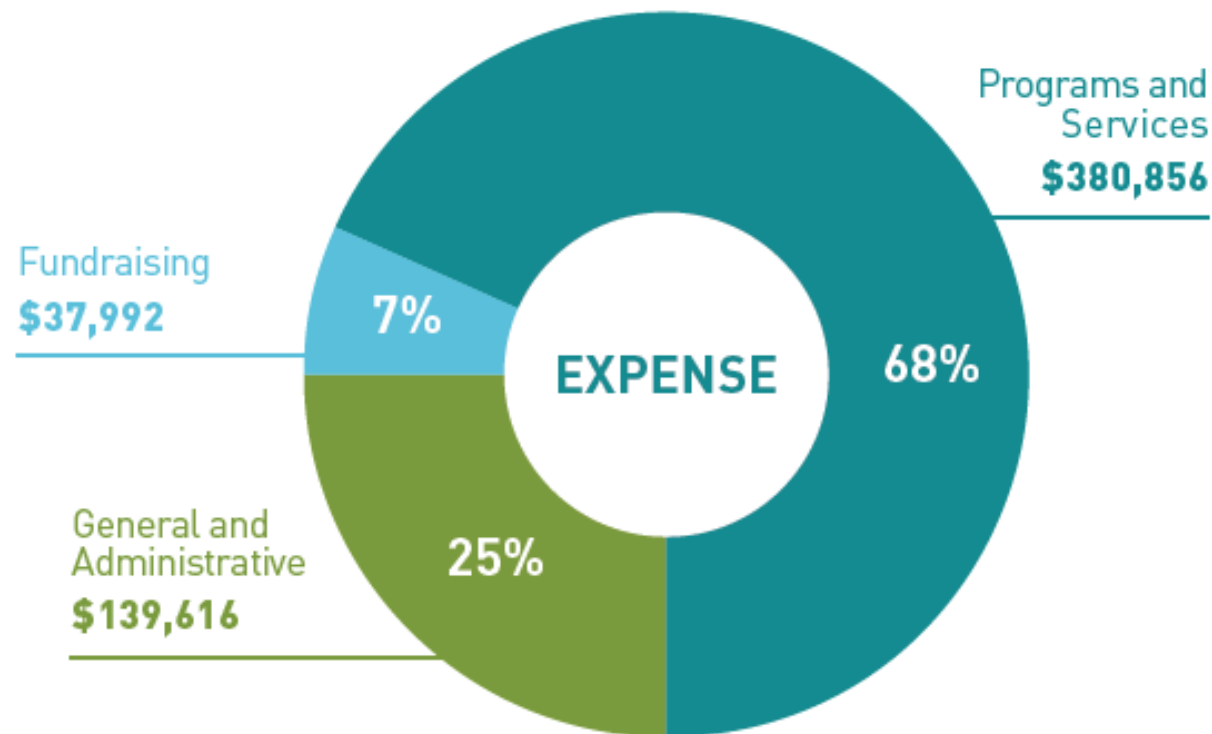
Metropolitan  
Baltimore

# IN YOUR CORNER 2019 ANNUAL REPORT



NAMI is the nation's largest grassroots mental health organization. NAMI Metropolitan Baltimore, an affiliate of NAMI, has served Baltimore City and Baltimore County communities since 1983. Our mission is to improve the lives of individuals living with mental health conditions, their families, and communities through education, support, and advocacy.

The financial support of donors, charitable foundations, and corporate and community partners enables NAMI Metropolitan Baltimore to provide all of our peer and family services at no cost to participants. We are dedicated to ensuring that anyone who needs NAMI's help has access to these life-changing resources. Through the strategic expansion of our programs and services, NAMI Metropolitan Baltimore is committed to growing our capacity to serve the 1 in 5 people living with mental health conditions and their families.



Financial statements for the 2019 fiscal year are presented prior to audit review. Adjustments are anticipated. For additional financial information, please visit [www.namibaltimore.org](http://www.namibaltimore.org).

# BY THE NUMBERS: 2019

In fiscal year 2019, NAMI Metropolitan Baltimore provided more than **9,500 SERVICE TOUCHPOINTS** to community members affected by mental health conditions.



**2,310**

College students, faculty and staff pledged to listen in the I Will Listen Campaign.



**67**

Faith community leaders participated in the 4th Annual Mental Health Education Conference for Faith Leaders.

**1,275**

HelpLine callers received support and resources.



**150**

Medical professionals were trained to better meet the mental health needs of their patients.



**178**

Support group meetings were held for peers and family members at 5 locations.

**2,632**



Community members attended In Our Own Voice presentations.

# COLLEGE STUDENTS



Through NAMI Metropolitan Baltimore's **I Will Listen Campaign**, college students engage in meaningful conversations about mental health. The message of the I Will Listen Campaign is simple. Listening, with an open-mind and without judgement, to support a friend struggling with a mental health issue makes all the difference.

**9 campus partners** in the Metropolitan Baltimore region joined the I Will Listen Campaign in 2018.

In a national study, **30% OF COLLEGE STUDENTS** reported feeling so depressed that they find it difficult to function.



# POLICE OFFICERS

**Police officers can make critical differences in recovery**, diverting individuals from the criminal justice system and helping them to access the care and treatment they need. NAMI Metropolitan Baltimore collaborates with community partners and law enforcement in Baltimore City and Baltimore County to lead crisis intervention training (CIT). Both cadets and seasoned officers participate to gain skills and strategies for responding to behavioral health emergencies. This innovative, community-based approach provides officers with the tools to respond safely and effectively, and with greater empathy and understanding.



I respect the level of passion and dedication that the NAMI speakers [brought] to this very important topic. They were able to educate us as police officers through their own personal experiences."

**BALTIMORE COUNTY CIT PARTICIPANT**

WHEN YOU LIVE WITH A MENTAL HEALTH CONDITION,  
HAVING SOMEONE **IN YOUR CORNER** CAN MAKE ALL THE DIFFERENCE.

At NAMI Metropolitan Baltimore, we recognize that we all have a role to play in supporting recovery. Whether a student helping a classmate, a supervisor lending support to an employee, a police officer responding to a neighbor, or a volunteer offering insights to a program participant, there are countless ways you can stand in the corner of Baltimore community members impacted by mental illness.

**NAMI METROPOLITAN BALTIMORE IS IN YOUR CORNER.**

We **educate peers**, families, and professionals.  
We advocate. We **lead community** conversations.  
We **combat stigma. WE CARE.**

# COMPANIES

**Mental health conditions greatly impact the workplace.** NAMI Metropolitan Baltimore can help businesses thrive by creating a stigma free culture. NAMI leaders and volunteers offer programs and engaging activities to help corporate leaders and employees understand the vital role they can play in supporting colleagues who are living with mental health conditions.

## DID YOU KNOW?

**Depression is the leading cause of disability worldwide.**



**\$12,000**  
**PER EMPLOYEE**

Severe depressive disorders cost businesses an estimated **\$12,000 per employee each year.**

## 8 in 10 workers

**8 in 10 workers** with a mental health conditions report that shame and stigma prevent them from seeking treatment.



# VOLUNTEERS



NAMI Metropolitan Baltimore volunteers draw from their lived experiences – both the challenges and triumphs - to help others impacted by mental health conditions build better lives. Volunteers share their insights and stories of recovery as they facilitate support group conversations, teach NAMI programs, advocate with decision-makers, and in many other ways.

In the past year, **279** NAMI Metropolitan Baltimore volunteers contributed **3,064 service hours.**