

Where you are

2022 ANNUAL REPORT



Metropolitan
Baltimore

IT'S BEEN A WHIRLWIND COUPLE OF YEARS FOR ALL OF US.

It's a little bit like living inside a game of Chutes and Ladders. We slowly climbed up that ladder and out from behind our screens to meet our friends, families, and colleagues for in person hugs and coffees and lunches to slide just as quickly back into our homes. Up and down we went. Alone then together. Inside and out. We all spent a lot of energy managing the ever-changing face of the pandemic. If all of that juggling took a toll on your mental health, you're not alone. Across our community we've seen a steady increase in mental health conditions and, along with it, a need for more support, more classes and more education.

This past year, we've worked hard to meet that need. I am proud to say we provided 14,000 touchpoints across our service area. We reached more people than ever before. How did we do it? With a small staff, dedicated board and a network of 130 of the most incredible volunteers you'll ever meet. We stepped up and we stepped out. We met you at your school auditoriums, on campus, in your office, at that coffee shop around the corner. We Zoomed into your kitchens and set up tables at your neighborhood block parties. We brought the resources to you. And while none of us know exactly what changes we have in store for us this year, we can promise you this: whatever it is, whatever you need—NAMI Metropolitan Baltimore will be there. So, don't be surprised to see us at your farmers' market, at your bus stop, at your Friday staff meeting—because getting you the resources and support you need? That's who we are. And meeting you where you are? That's what we'll continue to do.



KERRY GRAVES

Executive Director, NAMI Metropolitan Baltimore

NAMI Metropolitan Baltimore improves the lives of individuals living with mental health conditions, their families, and communities through education, support, and advocacy.

We envision a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

In fiscal year 2022, NAMI Metropolitan Baltimore provided **14,000 TOUCHPOINTS** to community members affected by mental health conditions.



NEARLY 250,000 ADULTS in Baltimore City and Baltimore County live with a mental health condition. That's the equivalent of four full Ravens stadiums.

MORE THAN 50% OF ADULTS report that the pandemic has had a negative impact on their mental health.



In your neighborhood

At NAMI Metro Baltimore, we recognize that breaking down stigma in our most underserved neighborhoods is critical to getting people talking about mental health and accessing support and resources. We have worked hard to eliminate barriers to access—placing classes, mental health forums and support groups throughout our service area. Currently, NAMI Metro Baltimore delivers programming and services through our mental health hubs in Catonsville, Towson, and Southwest Baltimore City.

This year, we are proud to have placed our first staff member directly into the community and working out of The Factory—West Baltimore’s newest community center, due to open this Fall. NAMI Metro is working closely with area schools, faith centers and partner organizations to eradicate stigma in West Baltimore and connect community members to resources.



NAMI Metropolitan Baltimore meets communities where they are— working within the distinct fabric of the social structures and leadership structures here in West Baltimore. It’s an important part of success to build relationships and build trust. It takes time—and that’s work NAMI has started.”

KURT SOMMER • EXECUTIVE DIRECTOR • WEST BALTIMORE RENAISSANCE FOUNDATION

In FY22, NAMI Metro Baltimore nearly **DOUBLED THE NUMBER OF TOUCHPOINTS** delivered through Community Events and Education Programs.

WE RECEIVED MORE THAN 55 CALLS PER MONTH TO OUR HELPLINE: a warm line where callers can be connected to mental health resources and support and receive referrals to community resources in Baltimore City and County, including health, housing, case management, disability and legal services. The HelpLine runs Monday through Friday 9–5. **Reach us at 410-435-2600.**

Through Rapid Referral, NAMI Metro's community partners can get their clients connected to our valuable resources quickly. **IN FY22, NAMI METRO SAW A 49% INCREASE IN REFERRALS THROUGH THIS PROGRAM.**



Did you know?

NAMI Metropolitan Baltimore trains law enforcement officers across Baltimore City and County on how to lead with empathy when responding to mental health emergencies. **In FY22, NAMI Metro provided training to 448 officers.**



We were pleased to be able to work with NAMI Metro this summer to get the word out about programming to schools, community members, and partner organizations in the Southwest Partnership area, and are excited about working together in the future to connect members of our community to resources as NAMI Metro extends its outreach into West and Southwest Baltimore."

ELIZABETH WEBER
DEPUTY DIRECTOR
SOUTHWEST PARTNERSHIP



In person

At the heart of all we do is a network of 130 active volunteers who work tirelessly to eradicate stigma and connect our community to resources. They teach classes, facilitate support groups, lead programming, advocate, answer HelpLine calls and, above all, bravely and openly share their personal stories to create safe spaces for conversations about mental health.

In FY22, NAMI Metropolitan Baltimore returned the favor by providing another safe space to our volunteers: The NAMI Nook. The NAMI Nook is a cozy area right in the center of our office where volunteers can stop in for a cup of coffee, catch up with staff members, hop onto a computer, meet for training, relax, share and be comfortable. We are proud to provide a designated place worthy of our dedicated volunteers.



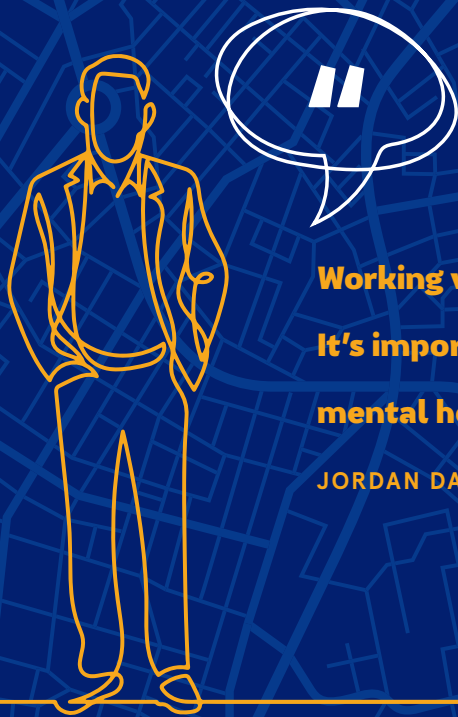
In total, **950 PEOPLE ATTENDED** NAMI Metropolitan Baltimore's free classes and support groups for peers and families.



Connection Support Group served **14% MORE PARTICIPANTS** in FY22.



2,370 HOURS WERE DONATED by 130 incredible volunteers to lead our support groups, classes, presentations, and other programs.



Working with students in Baltimore City is the most fulfilling part of volunteering for me. It's important to me that students see someone who looks like them speaking out about mental health in our community."

JORDAN DAMON • NAMI METROPOLITAN BALTIMORE VOLUNTEER

"Art with a Heart's partnership with NAMI Metro greatly benefited the students in the Art of Leadership program as the cohort learned about mental illness through experienced instructors, hands-on activities, and an introduction to an organization passionate about dismantling stigma. What a gift it was for those students to be able to reciprocate by choosing NAMI as the beneficiary of their capstone project!"

MATT MITCHELL • COORDINATOR OF SPECIAL PROJECTS, ART WITH A HEART



At work

IN 2022 WE TURNED UP THE VOLUME!

NAMI Metropolitan Baltimore hosted our inaugural event, LOUDER, on April 19th at the Sagamore Pendry hotel. The event honored Patrick Sutton, Owner of Patrick Sutton Design, and Tchernavia Rocker, EVP, Chief Administrative and People Officer at Under Armour, for their commitment to reducing stigma by elevating the mental health conversation in the workplace.

NAMI Metropolitan Baltimore is dedicated to eradicating stigma in workplaces across our service area by providing programming designed to create open conversation and connect employees to resources both inside and outside the workplace. NAMI Metropolitan Baltimore delivers StigmaFree Workplace, In Our Own Voice, The Intersection of Race and Mental Health, Pandemic Resilience, Men's Mental Health, In Crisis: Understanding Suicide, and more to corporate campuses across our service area.



It's okay to seek help, it's okay to seek therapy, which is a powerful tool...what NAMI is doing is shining a light on this, making people realize this isn't something to be hidden, it is a part of life."

PATRICK SUTTON • OWNER • PATRICK SUTTON • 2022 LOUDER HONOREE



54% INCREASE

in the number of corporate presentations in FY22

180 GUESTS REPRESENTING 70

Baltimore area companies attended LOUDER



“We brought teammates together who, maybe for the first time, were talking about mental health. It was one of the most impactful moments of my professional career because I understood, deeply, what it meant for teammates to have a space where they didn’t need to hide anymore about the challenges they might be having...NAMI Metro helped us facilitate those conversations, creating the runway for us to talk about how we can support psychological safety in the workplace.

TCHERNAVIA ROCKER • EVP, CHIEF ADMINISTRATIVE AND PEOPLE OFFICER • UNDER ARMOUR • 2022 LOUDER HONOREE

On Campus

Whether it's understanding how to talk or learning how to listen, At NAMI Metro Baltimore, we're working hard to prioritize student mental health. Our fastest growing program, Ending the Silence, is proven to break down stigma, change attitudes, and teach our middle and high school students how to have conversations about mental health. In FY22, Ending the Silence reached more than 1,700 students, faculty and staff members, and parents and caregivers.

Mental Health Awareness Week is also #IWillListen Week at NAMI Metro, where we work to encourage listening as a way to support individuals with mental health conditions on 14 college campuses across our service area. FY22 brought open mic nights, bonfires, art shows, resource fairs, storytelling, podcasts, trauma workshops and support groups. We talked about mental health for elite athletes, for the LGBTQ+ community and for communities of color. And most importantly? Students across our community pledged to listen—and learned how to support each other.



One of the most powerful and beautiful moments was when the NAMI ambassadors shared their journeys. It was authentic. The presentation allowed our high school students to see that there is no shame in asking for help."

**TABU WINSLOW MORRIS • MBA PROGRAM COORDINATOR
CCBC UPWARD BOUND CATONSVILLE**

"Young people in particular are dealing with so much these days: the COVID-19 pandemic, the struggle for racial equality, the challenges to the environment. It's more than some can handle. For more than half of all students this pressure can lead to depression, anxiety, and a sense of lasting despondency. I don't have an easy answer, but I can assure you of one thing. I'm listening."

**KURT SCHMOKE • PRESIDENT
UNIVERSITY OF BALTIMORE**



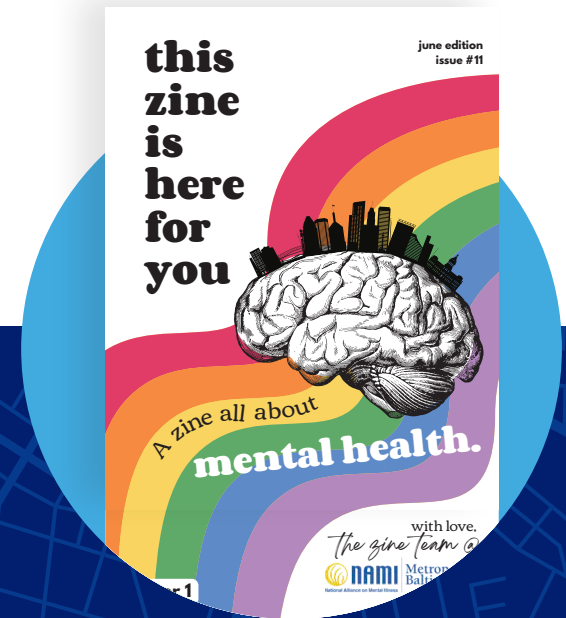
127% INCREASE in the number of students, faculty and staff, and parents and caregivers reached through Ending the Silence.

4,195 STUDENTS PARTICIPATED IN 42 EVENTS across 14 campuses during our college #IWillListen Week.

#IWillListen

"I wanted to be an #IWillListen Campus Ambassador because I've seen the great work and the impact that the #IWillListen campaign has done for my campus. Over the past couple of years, this campaign has touched the lives of many of our students. I wanted to be a part of ensuring that this campaign continues to grow and continues to touch Morgan State University because we need more programs like this."

TYRELL CAINE | #IWILLLISTEN CAMPUS AMBASSADOR | MORGAN STATE UNIVERSITY



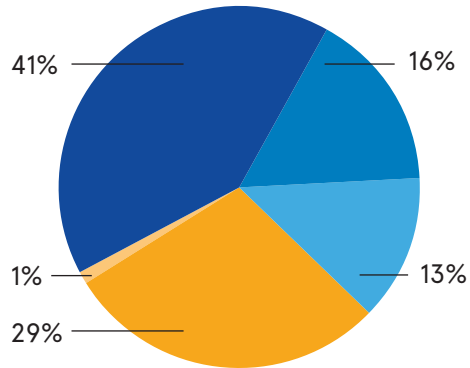
NAMI Metro Baltimore Zine!

Our team of young adult volunteers is passionate about raising mental health awareness, and starting conversations about it in the community through our digital publication, the NAMI Metro Baltimore Zine!

"Working on the NAMI Metro Zine is important to me because it's a space where I can share about important mental health topics that don't get a lot of attention. It allows me to share directly with the community in an engaging and accessible way."

SAM JESNER • NAMI METROPOLITAN BALTIMORE VOLUNTEER

Financials and Board

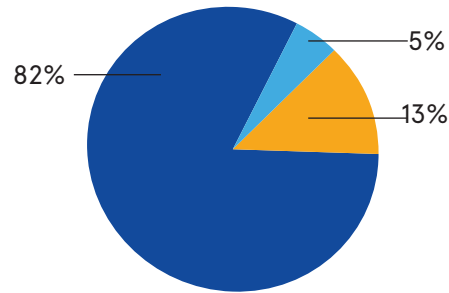


INCOME

Grants	\$329,975
Contributions and Gifts	\$126,107
Program Contracts	\$103,296
Events	\$228,721
Other	\$10,783
Total	\$798,883

EXPENSES

Programs and Services	\$565,019
General and Administrative	\$86,955
Fundraising and Development	\$34,978
Total	\$686,952



Financial statements for the 2022 fiscal year are presented prior to audit review. Adjustments are anticipated. For additional financial information, please visit www.namibaltimore.org.

CORE GIVING SOCIETY

At the core of NAMI Metropolitan Baltimore's work is a group of committed volunteers who share their stories and dedicate time to create safe spaces for people to talk about mental health. We could not do our important work without them.

In FY22, NAMI Metropolitan Baltimore unveiled the Core Giving Society: an elite group of donors who pledge to donate a substantial amount for five consecutive years to strengthen and grow our volunteer core, and create transformational change in our community.

Thank you to our inaugural members:

Larry & Barbara Conn
 Faith Dickerson
 Phil & Janie Grantham
 Amanda Latimore
 Carole Miller
 Gina Richmond
 Steve & Laurie Spurrier
 Michael Teitelbaum
 Andy & Lauren Wayne



Board Roster

STACEY BREIDENSTEIN

Vice President, Network Operations
CareFirst BlueCross BlueShield

NAO GAMO, PhD

Co-founder & Chief Executive Officer
NeuroSonics Medical Inc.

GLENDORA C. HUGHES

General Counsel
Maryland Commission on Civil Rights

TOYJA E. KELLEY

Partner
Locke Lord LLP

AMANDA LATIMORE, PhD

Director
Center for Addiction
Research and Effective Solutions
at American Institutes for Research

JOEY MARTIN

Investment Compliance Specialist
Brown Advisory

LAKEISHA MCCLENDON

Director, Office of Equal Opportunity
Food and Drug Administration

CAROLE MILLER, MD

Director, Cancer Center
Saint Agnes Hospital

DANNY T. MOLOCK, JR., PhD

Assistant Coordinator,
Student Life and Development
Morgan State University

JOHN RAPPAPORT

Community Volunteer

GINA RICHMOND

Founder & Chief Executive Officer
Bloomtopia

MICHAEL RITMILLER

Grants Manager
Sheppard Pratt Health System

MARK SCHUBERT

Vice President, Sales & Business Development
Everside Health

STEVE SPURRIER

Founder
Old Orchard Wealth Solutions

LYNN STEFANOWICZ

Chief of Access
Sheppard Pratt Health System

KEN THAKKAR

Chief Executive Officer
Maryland Wellness

JULIA VERDERY

Community Volunteer

ANDY WAYNE

Director of Communications
Catholic Charities of Baltimore



Stay Connected



@NAMI_Baltimore



NAMI Metropolitan Baltimore



namibaltimore

namibaltimore.org · 410.435.2600



Metropolitan
Baltimore