NAMI MINNESOTA's mission is to champion justice, dignity, and respect for all people affected by mental illness (biological brain disorders). Through education, advocacy, and support, we strive to eliminate the pervasive stigma of mental illness, effect positive changes in the mental health system, and increase the public and professional understanding of mental illness.
They say that all things change with time, but we at NAMI Minnesota know that in order for things to improve, you have to change them yourself. As part of our 5-year strategic plan, Leadership for Change, we have developed three proven strategies designed to change the way Minnesotans think about and respond to mental illnesses. With the tools of education, support, and advocacy, NAMI offers a clear vision of the road to recovery and a standard of excellence that has galvanized more members and supporters, making us thousands strong.

NAMI Minnesota has expanded in all directions, reaching more people and touching the lives of children and adults with mental illnesses and their families. Every day we work for change by providing support groups, teaching classes, holding workshops and reaching deeper into the community. Every week during the legislative session we come together at the state capitol for the sake of justice, dignity and a better mental health care system. Through united advocacy efforts, we rally with perseverance and perspiration against cuts to mental health programs, telling our stories and speaking up for those whose voices cannot be heard.

It’s a whole lot of regular and ongoing steps rather than one big thing that really makes a difference.
– Steve Lepinski, Executive Director, Washburn Child Guidance Center

Strides in Education
Of our three core components, knowledge forms the foundation because, when applied to mental illness, it has the ability to produce the most immediate results. Whether seeking proper medication, facing stigma or navigating through the mental health care system, NAMI reaches out to everyone — families, professionals, and the public at large. The need for knowledge is growing, as evidenced by the more than 4,000 phone calls and emails fielded this year by our staff and volunteers.

Educating families
Knowledge is what we need. Knowledge of how to deal with these behaviors. You become a help to others by passing on what you’ve learned along the way, and it’s not only that I’m giving, I’m always learning too.
– Robby Anderson, NAMI teacher & parent

More than doubling our targeted goal, this year we reached over 2,480 families who were in need of help. Our classes are peer-to-peer and taught by NAMI members who have been there. By offering their testimony and learned experience, these members, through free classes, help families cope with mental illnesses by providing concrete, practical steps to help their family member. Class feedback from Family-to-Family, Hope for Recovery, and Children’s Challenging Behaviors reported improved outcomes for everyone involved because, as one family member put it, when one person in the family goes through it, everybody goes through it.
A new project began this year to educate families who have children with intense mental health care needs and to work with residential providers to help them become family-driven and family-centered. Also new is a Family Connections class for those living with a loved one with Borderline Personality Disorder (BPD). The class provides the most current information on BPD, teaches coping skills based on Dialectical Behavior Therapy, and helps families develop a support network. This class filled up within one week and the next class already has a waiting list.

There are not a lot of resources for families to turn to for education and support. NAMI is an enormous asset to the community.
– Steve Lepinski, Executive Director, Washburn Child Guidance Center

Educating professionals
NAMI Minnesota reached over 1,400 professionals and community members through 35 different classes offered throughout the state. We provided training for education staff, clergy and church members, senior care providers and emergency room staff. This year marked the first time law enforcement officers were able to receive Police Officer Standards and Training (POST) credits from a NAMI class while learning about the signs and symptoms of mental illnesses, de-escalation strategies, and community-based resources to help those experiencing a mental health crisis.

Through our Criminal Justice Project, over 715 corrections, probation and law enforcement officers were trained. NAMI created a new DVD called, Jail Discharge Planning: Ending the Cycle of Recidivism, which explores how two Minnesota counties (Stearns and Steele) have dramatically reduced recidivism by connecting inmates to resources before their release from jail. The video will go to cable TV stations, counties and criminal justice staff.

The most difficult engagement I had was speaking at a hospital where a year prior I had been a patient. I went back to speak to the psychiatrists and nurses and staff. They don’t get to hear the stories of recovery and hope. I wanted them to know that they helped me move on.
– Brian Jost, author and public speaker

To reach more hospital staff, NAMI completed a new online training program launched in the fall of 2010. The purpose of the class is to reduce stigma, teach de-escalation techniques and promote empathy. Mental Health First Aid training was also offered to help therapists, nurses, family members, mental health staff and others support an individual during a mental health crisis until professional help can arrive. Five hundred participants attended the 23 classes.

We continue to expand our reach into the community by adding new programs statewide. This year we trained 17 new speakers for a program called In Our Own Voice. Visiting schools, hospitals and other organizations, teams of speakers shared their stories of recovery, giving 28 presentations throughout the year to reach a total audience of more than 300.
Educating the public
The benefits of knowledge cannot be underestimated when it comes to the pervasive stigma surrounding mental illnesses. Early diagnosis and treatment works, but people live with symptoms an average of ten years before seeking help, preferring to keep their illness secret for fear of losing jobs, health insurance or friends. These are the children, parents and siblings we live with, our neighbors, co-workers and friends.

People don’t want to be labeled. Mental health immediately conjures up the idea of being crazy and that unfortunately is the underlying tone surrounding some of these issues, particularly in the African American community. I have found that when people get help, their lives change significantly. If we eliminate the stigma, people are able to live much better lives.

– Representative Jeff Hayden

Minnesota’s largest anti-stigma event, NAMIWalks for the Mind of America, saw a record 2,300 attendees this year. The event raised nearly $300,000 and continues to grow by the hundreds each year. It is recognized as one of the largest and most successful walks in the country. We become the change we want to see by taking action, by getting out and getting the help we need, and by speaking up about mental illnesses to help educate others. As NAMI member Brian Jost put it, “The more I talk about it, the more I feel it’s okay to talk about it.” We are talking in high schools through The Silver Ribbon Campaign and we are reaching out to older adults and veterans, to members of Latino, LGBT and African American communities.

NAMI has seen a marked increase in calls from diverse communities this year, and the Myths & Stigma workshop grew in attendance from 41 persons in 2008 to 287 people this year. As relationships and collaborations with multicultural communities and faith organizations expand, public awareness also increases. This helps to reduce stigma and leads to the reduction of the disparity in access to quality mental health care.

What NAMI is doing and continues to do is the intentional outreach to the African American community. They find stakeholders and influential people to help be their drum major on this issue. I find the way in which we support mental health practitioners to be really lacking, nationally and especially in this state. People don’t seek care because there aren’t enough practitioners who are culturally aware and sensitive and know how to treat them. In the same way that we combat stigma, we need to have a strategy here. We have to understand the practical application of what we are trying to do, which is to get high-quality practitioners that reflect the community they serve.

– Representative Jeff Hayden
To serve our community, NAMI Minnesota continues to be seen as the go-to organization for mental health, appearing in 1,500 articles in over 250 publications, producing DVD’s, booklets, and several documentaries for public television. Our educational booth at the State Fair attracted an estimated 7,000 visitors. Our eighth annual Research Dinner, Spring Gala with live Jazz musicians, and our annual conference, Making Strides Together, all attracted full houses and influential keynote speakers such as Terrie M. Williams, author of Black Pain: It Just Looks Like We’re Not Hurting.

Providing Support

Support is holding up from underneath. You support when you willingly step forward to strengthen, energize, and help others through a challenging time. Yet the great irony is that when you support others, you are also, in fact, supporting yourself.

– Cherie Carter-Scott, PH.D.

The greatest asset of our organization is the strength of our members. These are the individuals whose lives have been changed by mental illnesses and, in response, they go out into the community to ensure that others have the support that they need on their journey. NAMI has over 45 active support groups led by family members or individuals who are also living with a mental illness, and each year we train more volunteers who want to give back.

I enjoy leading the group because I can actually see participants relax after being given the opportunity to vent in a safe place. Resources in our area are scarce and I think this group fills a need.

– Louise Newsom, NAMI Connection facilitator

Studies have shown that participation in peer-led support programs help improve the overall mental health and quality of life of participants, as well as reducing the distress individuals experience from their symptoms. A wide array of NAMI support groups continues to expand and grow, including Open Door support groups for anxiety, six additional NAMI Connection groups, Vet Connection and NAMI Care. Specialized groups also continue to expand, offering support to parents, siblings, spouses and partners.

As a family, growing up, we didn’t talk about it. And we didn’t understand what was going on. And it was sham-ing. I wish so much that as children we’d had someone to tell us what was going on.

– Ginger Spiess, PBS documentary
To give support to children living with family members who have a mental illness, NAMI offers Kidshops, a four-hour Saturday session where children are able to talk about their experiences in a safe, supportive environment. This year in collaboration with our local affiliates, we added a new outreach and support program called NAMI in the Lobby. Volunteers are available at the inpatient psychiatric units of local hospitals to provide support and resources to families who have a loved one who is hospitalized.

Thanks, NAMI, for literally saving the lives of my children. We are eternally grateful.
– Roger Towler, NAMI donor & parent

Together we have made great strides reaching out to individuals, children and families in need of support. Volunteers are essential to our statewide operation, with over 275 dedicated individuals who donated their time and talents to facilitate support groups, teach classes, speak to community members, monitor and respond to legislation, and assist with anti-stigma campaigns. Last year, more than 8,000 hours were donated, which according to the Independent Sector is valued at over $162,000.

One thing unique to NAMI is that they have an incredible staff of people that are so welcoming to those who volunteer. They make you feel like you are part of the organization. They really listen. They value your opinions and ideas and then you become part of it. Part of something bigger. You keep coming back because you want to make it better, keep it going, and as part of NAMI, you can.
– Robby Anderson, NAMI member & parent

Strides In Advocacy
NAMI Minnesota was born in advocacy, and advocating vigorously for the needs of people living with mental illnesses remains a vital component of our mission. While education and support provide immediate relief and improved outcomes, it is also crucial to do the long-term work of engaging policymakers to create a better mental health system. Every three months our publication The Advocate is sent out to members, and legislative updates are emailed and posted weekly during the legislative session.

Having a child with a mental illness doesn’t make you an advocate automatically any more than having a pair of running shoes makes you an athlete. It takes education and training and a lot of support and they gave that to me. They are able to accomplish extraordinary things.”
– Lynn Peterson, parent & NAMI staff member
Facing one of the toughest legislative sessions in decades, mental health advocates waged a tenacious battle to save mental health services from over $50 million in proposed cuts. NAMI members and other mental health advocates produced a wave of calls, letters, e-mails and personal testimony that persuaded legislators to change their minds, averting disaster and saving millions in cuts to mental health programs. The session ended with $4.5 million in direct mental health cuts and $11.3 million cut from mental health grants to fund a version of GAMC (General Assistance Medical Care).

It’s very important that people get out there and tell their stories. The NAMI members who tell of how they got the help they needed, and how they were then able to become productive citizens in the state of Minnesota, these are the stories we need to hear.
– Representative John Ward

The connection between mental illnesses and the criminal justice system continues to be a big issue this year after research exposed the high percentage of people with mental illness who end up in the system due to lack of treatment and care. To educate public policy makers about the far reaching effects of this problem, NAMI members worked with the chair of the Civil Law Committee, Rep. Joe Mullery, to organize a six-hour hearing on mental illness and the Minnesota criminal justice system.

Afterwards, nearly every legislator there talked about how great it was. I don’t think there was any other way we could have done a better job getting them to wake up to the fact that this is an important issue affecting all areas and that the carry-over and cost savings are huge. It really opened our eyes.
– Representative Joe Mullery

NAMI Minnesota was recognized for its ability to educate candidates on critical mental health issues by NAMI National as the State Affiliate of the Year. The Minnesota Council of Nonprofits and MAP for Nonprofits also awarded our organization its Nonprofit Mission Award for Advocacy, voted upon by nonprofits in Minnesota. Our strength in numbers, strength in our vision and the strength of our message carry us through even the most perilous of legislative sessions. It is vital that we continue the ongoing steps necessary to keep our mental health systems moving in the direction of positive change.
Striding Toward a Better Tomorrow

We envision a future when everyone with a mental illness will recover, a future when mental illnesses can be prevented or cured, a future when mental illnesses are detected early, and a future when everyone with a mental illness at any stage of life has access to effective treatment and supports – essentials for living, working, learning and participating fully in the community.

– Vision statement, President’s New Freedom Commission on Mental Health

Although we have made great strides together, a long road lies ahead. Our concern about the impact of future state budget cuts on children and adults with mental illnesses is deepening. Calls to NAMI are increasing. The number of individuals who find themselves in crisis and cannot obtain services or treatment, is on the rise. American psychologist June Tapp once wrote, “…the future will in many ways be only as good as we have the courage to make it.” And so in the name of dignity and fairness, compassion and justice, we are called upon to have the courage to dream big and act daily. We are called upon to take the steps necessary to meet the growing needs in our communities and to make sure that no matter where people live in this state, they will not face mental illnesses alone. Together we take strides forward to build the reality of a better tomorrow.
Foundations and Corporations

Iris Circle ($10,000+)
- Cigna
- Eli Lily and Company Foundation, Inc.
- Exert Foundation
- Extendicare Foundation
- F.R. Bigelow Foundation
- HealthPartners & Regions Hospital
- Martha & William Muska Fund of the Saint Paul Foundation
- Medica Foundation
- Open Society Foundation
- Otto Bremer Foundation
- PhRMA
- The St. Paul Foundation
- Sundance Family Foundation
- UCare
- Wasie Foundation

Visionary ($5,000 – $9,999)
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- Hugh J. Andersen Foundation
- Anoka Metro Regional Treatment Center
- Auxiliary
- AstraZeneca
- Blue Cross and Blue Shield of Minnesota
- Disabled American Veterans Charitable Service Trust
- Foster Family Foundation
- HealthEast
- NAMI National
- Mount Sinai Community Foundation of the Jewish Community Foundation
- Southwestern Minnesota Adult Mental Health Consortium (SMAMHC)
- Stanley Family Foundation
- Advocate ($1,000 – $4,999)
- All God’s Children MCC
- Bristol-Myers Squibb Company
- Brown Family Foundation Inc.
- Burdick-Craddick Family Foundation
- Centracare Health Foundation
- Genoa Healthcare
- Guidolf Family Foundation
- Janssen Pharmaceuticals Inc.
- Lifespan Youth Transition Program
- Mayo Clinic
- Minority Institute / Park Nicollet Health Systems
- Minnesota Twins Foundation
- Nystrom & Associates, Ltd.
- Open Door Foundation
- OptumHealth
- PrairieCare
- Elizabeth C. Quinlan Foundation
- Senior Care
- Simmet Foundation
- Tenth Foundation, Inc.
- Thonson Family Foundation
- Thomson Reuters West
- University of Minnesota, School of Social Work
- Wal-Mart Store #386
- Wal-Mart Vadasz Heights
- Vaidya, Inc.
- Wal-Mart Oak Park Heights
- Windfall Foundation
- Zachary Engineering

Individuals and Organizations
- Advocates ($100 – $999)
- All God’s Children MCC
- Bristol-Myers Squibb Company
- Brown Family Foundation Inc.
- Burdick-Craddick Family Foundation
- Centracare Health Foundation
- Genoa Healthcare
- Guidolf Family Foundation
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- University of Minnesota, School of Social Work
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- Wal-Mart Oak Park Heights
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- Zachary Engineering

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- Zol & Kathy Herman
- Anna Mae Hogan
- Bethje Homai
- Nancy Jacobs
- Kathy Knut
- Jerry & Barbara Lindberg
- Julie Lindbohm
- Living History Farms Race
- William Marshall
- Nancy McClure
- Roger L. Meyer
- Christine Miller Mount
- Sandra Overland
- Marty Raymond
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- Kathleen H. Rhodes
- Ed & Kathy Schoenecker
- Dan & Jennifer Schulte
- Anne Smith
- Cathy Stepanske
- Sarah Storrs & David Foster
Robert & Carolyn Thompson
Jonathan Uecker, M.D. & Suzanne Wintzbold
Julie Brunner & Dave Ulrich
Washburn Child Guidance Center
Shelley White
Loretta Wustinberg
Jolene Zepcevski

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- Robert & Kathleen Iverson
- Tim Janka
- Tom & Norma Jansen
- Wilbur & Myrl Jensen
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MARYAN ALPERS Nancy Brandt
MICHAEL BEAGAN Nancy Nelson
STEPHEN L. BOHRER John & Kathryn Edlebeck Thomas & Lauren Fitzgerald Blanche Kobs Dan Steward
DOROTHY CASE Deborah & Tim Gillis
JANET DAVIDSON Nancy Anderson Peter L. Anderson Betty Atkinson Katherine Cornelius City-County Federal Credit Union Robert Davidson Gladys Gurdahl Linda Hughes James & Donnae Loutitas Millie Marsh Mary & David Maas Thomas Mahoney
LESLIE DAVIS John Davis Kathy Kelley Amy Mino Jennifer Oberpruller Susan Trammell Elizabeth Walby Emily Walgrave
PATRICIA DONOVAN Pete & Sandy Menge
MICHAEL DAVID DOWDALL Nancy Collins, M.D.
LILLIAN HEIL Kathleen Petri
MAURICE HERZING, JANINE HIRT, VERON MARIER & MARIAN RAUP Donald & Abby Marier
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AARON JOHNSON Sue Alderholtten & Lee Keller Michael & Roberta Anderson Jim Andrews Jeanne Arternin Stephen & Cheryl Baldwin Eric Raim
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IATTHIEU HEIL Kathleen Petri
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JANET DAVIDSON Nancy Collins, M.D.
MCDONALD DAVID DOWDALL Nancy Collins, M.D.
Gifts listed were received between July 1, 2009 — June 30, 2010. Please accept our apology if your name is misspelled or missing in any of the lists of this report. Please call Michelle Greene at 651-645-2948 to correct our records.

Violet Welck
Shelley White
Laura Winnerstein
Joe Zrack
## STATEMENT OF FINANCIAL POSITION
Year Ended June 30, 2010 (With Comparative Totals for 2009)

### ASSETS

<table>
<thead>
<tr>
<th>Description</th>
<th>2010</th>
<th>2009</th>
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</thead>
<tbody>
<tr>
<td>Cash and cash equivalents</td>
<td>$237,018</td>
<td>$390,875</td>
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<tr>
<td>Cash held for others</td>
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<tr>
<td>Promises to give</td>
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<td>Accounts receivable</td>
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<td>Inventory</td>
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<td>Prepaids and other assets</td>
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<td>12,256</td>
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<tr>
<td>Furniture and equipment, less accumulated depreciation</td>
<td>11,460</td>
<td>16,991</td>
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<td>of $33,284 in 2010 and $27,753 in 2009</td>
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<tr>
<td>Beneficial interest in funds held by others</td>
<td>126,562</td>
<td>121,203</td>
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<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$514,260</strong></td>
<td><strong>$733,669</strong></td>
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### LIABILITIES

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<td>Accounts payable</td>
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<td>Funds held for others</td>
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<td>17,038</td>
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<td><strong>TOTAL LIABILITIES</strong></td>
<td><strong>$80,763</strong></td>
<td><strong>$67,708</strong></td>
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### NET ASSETS

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<tr>
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<th>2009</th>
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<tbody>
<tr>
<td>Unrestricted</td>
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<tr>
<td>Beneficial interest in funds held by others</td>
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<tr>
<td>Other</td>
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<td><strong>TOTAL UNRESTRICTED NET ASSETS</strong></td>
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<td>Temporarily restricted net assets</td>
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<td>Permanently restricted net assets - endowment fund</td>
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<td>54,907</td>
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<td><strong>TOTAL NET ASSETS</strong></td>
<td><strong>$433,497</strong></td>
<td><strong>$665,961</strong></td>
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**TOTAL LIABILITIES AND NET ASSETS**

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<tr>
<th>Description</th>
<th>2010</th>
<th>2009</th>
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</thead>
<tbody>
<tr>
<td><strong>TOTAL LIABILITIES AND NET ASSETS</strong></td>
<td><strong>$514,260</strong></td>
<td><strong>$733,669</strong></td>
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### STATEMENT OF ACTIVITIES

Year Ended June 30, 2010 (With Comparative Totals for 2009)

<table>
<thead>
<tr>
<th>Contributions</th>
<th>UNRESTRICTED</th>
<th>TEMPORARY RESTRICTED</th>
<th>PERMANENT RESTRICTED</th>
<th>2010</th>
<th>2009</th>
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<tbody>
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<td>Individual</td>
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<td>$296,415</td>
<td>$236,384</td>
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<tr>
<td>Foundations</td>
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<td>—</td>
<td>412,988</td>
<td>317,814</td>
</tr>
<tr>
<td>Received as fiscal sponsor</td>
<td>—</td>
<td>77,856</td>
<td>—</td>
<td>77,856</td>
<td>399,716</td>
</tr>
<tr>
<td>Government grants</td>
<td>166,329</td>
<td>—</td>
<td>—</td>
<td>166,329</td>
<td>226,988</td>
</tr>
<tr>
<td>Membership dues</td>
<td>23,881</td>
<td>—</td>
<td>—</td>
<td>23,881</td>
<td>28,106</td>
</tr>
<tr>
<td>Interest income</td>
<td>4,006</td>
<td>—</td>
<td>—</td>
<td>4,006</td>
<td>1,388</td>
</tr>
<tr>
<td>Net investment income (loss) on funds held by others</td>
<td>11,773</td>
<td>—</td>
<td>—</td>
<td>11,773</td>
<td>(39,231)</td>
</tr>
<tr>
<td>Conference</td>
<td>38,320</td>
<td>—</td>
<td>—</td>
<td>38,320</td>
<td>45,224</td>
</tr>
<tr>
<td>Special events</td>
<td>51,341</td>
<td>—</td>
<td>—</td>
<td>51,341</td>
<td>69,796</td>
</tr>
<tr>
<td>Less: costs of direct benefits to contributors (10,379)</td>
<td>—</td>
<td>—</td>
<td>—</td>
<td>(10,379)</td>
<td>(12,443)</td>
</tr>
<tr>
<td>Merchandise sales, net</td>
<td>40,962</td>
<td>—</td>
<td>—</td>
<td>40,962</td>
<td>57,353</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>10,361</td>
<td>—</td>
<td>—</td>
<td>10,361</td>
<td>914</td>
</tr>
<tr>
<td><strong>TOTAL REVENUES</strong></td>
<td><strong>$764,742</strong></td>
<td><strong>$321,571</strong></td>
<td>—</td>
<td><strong>$1,086,313</strong></td>
<td><strong>$1,276,533</strong></td>
</tr>
</tbody>
</table>

Net assets released from restrictions

Restrictions satisfied by purpose and time (564,891)

**TOTAL REVENUES AND OTHER SUPPORT** **$1,329,633**

### STATEMENT OF ACTIVITIES (cont.)

Year Ended June 30, 2010 (With Comparative Totals for 2009)

<table>
<thead>
<tr>
<th>Expenses</th>
<th>UNRESTRICTED</th>
<th>TEMPORARY RESTRICTED</th>
<th>PERMANENT RESTRICTED</th>
<th>2010</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program services:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Education and support</td>
<td>$808,565</td>
<td>—</td>
<td>—</td>
<td>$808,565</td>
<td>$684,765</td>
</tr>
<tr>
<td>Information and advocacy</td>
<td>95,665</td>
<td>—</td>
<td>—</td>
<td>95,665</td>
<td>86,163</td>
</tr>
<tr>
<td>Public Awareness</td>
<td>133,951</td>
<td>—</td>
<td>—</td>
<td>133,951</td>
<td>142,071</td>
</tr>
<tr>
<td>Public Policy</td>
<td>60,849</td>
<td>—</td>
<td>—</td>
<td>60,849</td>
<td>66,847</td>
</tr>
<tr>
<td>Membership</td>
<td>35,190</td>
<td>—</td>
<td>—</td>
<td>35,190</td>
<td>59,337</td>
</tr>
<tr>
<td><strong>TOTAL PROGRAM SERVICES</strong></td>
<td><strong>$1,134,220</strong></td>
<td>—</td>
<td>—</td>
<td><strong>$1,039,183</strong></td>
<td><strong>$1,039,183</strong></td>
</tr>
</tbody>
</table>

| Supporting services:      |              |                      |                      |            |            |
| Management and general    | 105,777      | —                    | —                    | 105,777    | 106,273    |
| Fundraising               | 78,780       | —                    | —                    | 78,780     | 89,177     |
| **TOTAL SUPPORTING SERVICES** | **$184,557** | —                    | —                    | **$184,557** | **$195,450** |

**TOTAL EXPENSES** **$1,318,777**

**INCREASE (DECREASE) IN NET ASSETS**

|                               | 10,856       | (245,320)            | —                    | (232,464)  | 41,900     |

**NET ASSETS AT BEGINNING OF YEAR** **158,126**

**NET ASSETS AT END OF YEAR** **$168,982**

|                               | $209,608     | 54,907               | —                    | $433,497   | $665,961   |
FINANCIALS

REVENUES:
- Contributions from individuals: 27%
- Contributions from foundations: 38%
- Fiscal sponsorship: 7%
- Government grants: 15%
- Membership dues: 2%
- Interest income: 0%
- Net investment income (loss) on funds held by others: 1%
- Conference: 3%
- Special events: 5%
- Merchandise sales, net: 0%
- Miscellaneous: 1%
- TOTAL: 100%

EXPENSES:
Program services:
- Education and support: 61%
- Information and advocacy: 7%
- Public awareness: 10%
- Public policy: 5%
- Membership: 3%

Supporting services:
- Management and general: 8%
- Fundraising: 6%
- TOTAL: 100%
Karen Lloyd, President
William Bond, 1st Vice President
Kevin Danneel Johnson, 2nd Vice President
Scott Craven, Treasurer
Barb Lindberg, Secretary
Judith Rema
Therese Blaine
Joseph Clubb
Donald Eubanks
Mary Graves
Sue Hamon
Dave Hartford
Fred LaFleur
Claire McLean
Allen Nelson
Catherine Roach
Ivan Sletten
Howard Agee, Chair Emeritus

Sue Abderholden, Executive Director
Shelley White, Associate Director
Roxanne Anderson, Crisis Project Director
*Mary Jean Babcock, FaithWays and Kidshops Director
*Carol Bender, NAMIWalks Coordinator
*Molly Black, Vet Connection Coordinator
*Matt Burdick, Public Policy Assistant
*Cassandra Dutrieulle, Criminal Justice Project Coordinator
Michelle Greene, Development Director
Laura Ibsen, Office Manager
*Liz Johnson, Data Entry Specialist
*Kay King, Older Adults and Major Gifts Director
*Chuck Krueger, Communications Director
Anna McLafferty, Criminal Justice Project Director
Jerad Morey, Grassroots Organizer
*Randy Morris-Ostrom, Program Evaluation Assistant
*Lynne Peterson, Keeping Families Together Coordinator
Suzette Scheele, Director of Children’s Programs
Matthea Little Smith, African American Outreach Director
*Steve Susens, Web & Data Management
Laura Winterstein, Volunteer Resources Director

*Indicates part-time

Added after July 1, 2010
*Jennie Bennett, Program Assistant
*Cynthia Fasten, Multicultural Outreach Director
*Tracey Daniels, Helpline Specialist
Donna Fox, Program Director
NAMI Minnesota 2010 Awards

Provider of the Year Award
Washburn Center for Children

Professional of the Year Award
Edward Posey, M.D.

Faith Community of the Year
Trinity Presbyterian Church

Media Award
Ruben Rosario

Legislator of the Year
Senator Sheran
Representative Mullery

Criminal Justice Award
Stearns County RAP Team

Benefactor of the Year
Cindy Colson

Consumer Advocate of the Year
Lisa Fischer

Program Volunteer of the Year
Karrie Eckman

Volunteer Couple of the Year
Pat and Shirley McCarthy

Special Event Volunteer of the Year
Perry Schwartz

Office Volunteer of the Year
JulieAnne Bjerke

Educator of the Year
Jayne Tiedemann
STATS & ACCOMPLISHMENTS

Working to improve the lives of children and adults with mental illnesses by providing:

Education
• Over 2,400 people took a NAMI class or workshop and learned how to support a loved one with a mental illness.
• Over 1,400 professionals (school educators, mental & medical health providers, jail and correctional staff and faith communities) attended a NAMI workshop about mental illnesses, crisis prevention, signs and symptoms.
• Published two new helpful booklets including:
  Keeping Families Together – A Guide for Families to Understand Intensive Treatment Options for Children with Mental Illnesses
  Mental Health Crisis Planning for Children and Adults
• Produced one new educational documentary entitled:
  Jail Discharge Planning: Ending the Cycle of Recidivism

Support
• 45 support groups were held throughout the state for individuals with mental illnesses and family members.
• Specific groups were offered for people with anxiety or panic disorders, parents of children under eighteen and returning veterans.

Advocacy & Public Awareness
• 4,000 people received help through our Helpline.
• 4,500 people heard a presentation on mental illnesses or received information on NAMI’s resources through an exhibit or outreach display.
• 3,000 people raised awareness about mental illnesses by attending NAMIWalks.

We are the people we serve...
• Nearly 100 percent of the Board of Directors and staff have a mental illness or a family member with mental illness.
• Over 275 dedicated volunteers donate their time, talents, and energy to making a difference for NAMI Minnesota. Over 8,000 hours were served.
• NAMI Minnesota partners with 24 affiliates serving 46 counties in the state.

We are recognized by others for our important work...
• NAMI Minnesota was recognized as the State Affiliate of the Year by the national organization in July 2009.
• NAMI Minnesota also received the Minnesota Council of Nonprofits 2009 Nonprofit Mission Award for Advocacy.
• NAMI Minnesota was one of 15 organizations highlighted in the National Committee on Responsive Philanthropy report entitled Strengthening Democracy, Increasing Opportunities: Impacts of Advocacy, Organizing and Civic Engagement in Minnesota.