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.
ON OUR JOURNEY TOGETHER

Sooner or later you must move down an unknown road that leads beyond the range of the imagination, and the only certainty is that the trip has to be made.

Bruce Catton

At first, Mary didn't know how to help her son. She couldn't understand his illness and she felt alone and scared. But now she knows his illness needn't be a secret; she has tips and coping strategies in hand and she understands that she is not alone. All because she attended one of NAMI Minnesota's education classes.

Time after time people like Mary say their life has changed because they attended a NAMI class:

"Thank you for making me feel that someone cares."

"It is a wonderful place to begin to understand this life altering issue."

"It improved my insight into my own illness."

"I feel hope!"

NAMI accompanies people on their journey, providing education, support and hope. NAMI provides six free mental health education classes, taught by trained family members. This peer-to-peer support supplements mental health treatment and helps people understand and cope with mental illness. Teachers, support group leaders and volunteers understand the challenges presented by mental illness and can share their experiences of perseverance and hope with each other.

Family-to-Family is a twelve-week course for families who have a loved one living with a mental illness. The course teaches families: coping skills, current information on major mental illnesses, how to locate support and services in the community, up-to-date information on medications and side-effects, current research related to the biology of brain disorders, empathy and understanding, advocacy, problem-solving, and communication techniques. Last year, 166 family members completed the course, which was held 11 times in nine locations statewide. Ninety-six percent of the family members indicated that they now have a better understanding of the difficulties their loved one is experiencing with mental illness after completing the Family-to-Family course. The content of the Family-to-Family course had a 90 percent rating that the content met their expectations, and 98 percent of the attendees had a better understanding of mental illness.

Hope for Recovery is a one-day, interactive workshop that offers families and individuals information, hope, and practical strategies for dealing with the complexities of mental illness.

Participants learn: specific information about mental illnesses such as depression, anxiety disorders, bipolar disorder and schizophrenia; information on treatments, including medications and psychotherapies; strategies to use when people don't believe they are ill; what to do in a crisis situation; recovery; and the mental health system and local resources. Last year, 383 individuals participated in 31 workshops held throughout the state, with 99 percent of family members indicating that the presenter shared useful information that they can use, and 100 percent of the participants stated they highly recommend this workshop to other families.

Children's Challenging Behaviors workshop is for parents/caregivers of children with challenging behaviors. This one-day workshop provides information on childhood mental health disorders, along with support and strategies for home and school. Last year, six workshops were held that were attended by 69 parents. Ninety percent of the parents indicated that they now have the skills and knowledge to help their children access mental health services after attending the workshop.

"My husband and I are so grateful for the information provided by NAMI and for the instructor sharing her own experiences."

NAMI Minnesota also reaches out to professionals and the faith community. Early Warning Signs of Mental Illness in Children and Adolescents is a two-hour workshop for education staff, which was presented nine times to 193 teachers this past year. As a result of the workshop, 79 percent of the teachers learned new mental health information that they didn't know before.

"The Early Warning Signs workshop has given a better understanding about how to relate to a parent with a child who has a mental illness and helped me be more aware of when to make referrals to help parents."

The FaithWays program provides customized educational forums and training for clergy, congregational staff, parish nurses and volunteers, designed to erase the stigma of mental illness. Last year, 21 presentations and in-services were held at churches and synagogues for over 600 individuals. NAMI Minnesota also held booths at five religious mental health fairs with attendance of over 1,250 people.

Three years ago, NAMI Minnesota partnered with the Minnesota Department of Human Services (DHS) in its federal grant to bring Evidence-Based Practices (EBPs) to the state of Minnesota. DHS built on the work of the state of Hawaii to create a database of all the research on children's mental health treatment. Clinicians can use the database to find out what treatments work (or don't work) with specific problem areas or symptoms. In the course of doing this work, it also became apparent that the quality of diagnostic assessments was poor. NAMIs role in this grant was to provide parent input into the development of a uniform diagnostic assessment form and develop fact sheets on the problem areas, including listing the treatments that work for each problem area. Sixteen workshops, two hours in length, were held throughout the 16 regions of Minnesota.
A parent’s remark about the EBPs class, “The course was very informative about the diagnosis of mental illness, effective treatments, and what resources are available.”

NAMI Minnesota was recently awarded another grant—Keeping Families Together—to educate parents about the fact that it is not necessary to surrender the custody of their children to obtain essential residential mental health services for them.

Crisis Awareness educational program is for front-line hospital emergency department staff, emergency medical technicians (EMTs), hospital security staff, and family members about mental illness and crisis situations. NAMI is currently being funded on its second year of a three-year project grant to improve the delivery of mental health crisis service. Workshops for families are currently being offered. The collaboration with a community college to create an online crisis awareness course is underway. A pocket-pal crisis tool in a three-fold pocket-size pamphlet is being distributed.

Building Bridges is a project designed to promote discharge planning, and benefits restoration for people with mental illness when they leave jail. NAMI will create and evaluate a model for bringing together systems in a county to create discharge planning through resource mapping and stakeholder education.

NAMI’s African American Outreach program addresses the disparities and stigma of mental illness, and provides mental illness education and support in Minneapolis and St. Paul. Racial and ethnic minorities are less likely to have access to mental health services and often receive poorer quality of care. A new advisory board was formed with 20 people representing African American organizations in the Twin Cities, such as the Minnesota Department of Health-Office of Minority and Multicultural Health, StairStep Foundation, Turning Point and Shiloh Temple to name a few, has been formed. A seminar has been developed, Myths & Stigmas in the African American Community, to assist in reaching out to faith-based and community organizations. So far, 41 participants have attended. Requests for support groups in the African American communities have resulted from this education seminar on mental illness.

NAMI Minnesota also provides education and information through multiple forums. Our 2008 annual state conference was held November 3, 2007, entitled On Our Journey Together. Over 280 participants attended with 15-breakout sessions offered, addressing issues on borderline personality disorders, diagnostic assessments, families and mental illness, anxiety and depression. An annual research dinner was held in February 2008, in collaboration with the University of Minnesota’s Department of Psychiatry at which results of research projects and new projects are discussed. NAMI Minnesota sponsored the third annual Women’s Mental Health Conference, Motherhood, Mood Disorders and Anxiety: Before and After Pregnancy; addressing post-partum depression (in collaboration with the University of Minnesota’s School of Social Work) in June 2008. Over 200 health professionals and family members attended.

“Empathy is part of the NAMI culture. I have witnessed this in the NAMI office, in committee meetings, at NAMI events and in NAMI classes. It is just one of the many reasons for NAMI’s success.” – Cindy, family member

Currently, NAMI has a project with the Dakota County Children’s Mental Health Collaborative to support parents with children who have a mental illness by providing classes, support groups, education and public awareness. This includes providing every clinic in Dakota County with fact sheets on mental illness in children and a list of resources. More than 376 parents participated in the different educational classes, workshops, and support groups last year.
support for people affected by mental illness

NAMI Minnesota provides 35 support groups for people with mental illness and their family members throughout the state. The Open Door support groups provide opportunities for persons with anxiety and panic disorders to learn more about the disorder and how to deal effectively with its symptoms. Family-to-Family Groups provide ongoing support for families and friends of persons with mental illness. Meetings are facilitated by trained family members who offer hope and support. CARE (Consumers Advocating Recovery through Empowerment) support groups are open to anyone with a diagnosis of mental illness. These groups provide opportunities to learn and practice coping skills, along with receiving emotional support and practical help for recovery. Parent Groups provides an opportunity for parents and caregivers of children with mental illness to share similar experiences, discover resources, and learn coping skills. All of the support groups are peer-to-peer.

The Silver Ribbon Campaign is a school supported, student-directed program, aimed at erasing stigma and raising awareness of mental health issues at the high school level. This program is active in South High School, with 450 students participating. Kidshops is a four-hour Saturday session where children learn about their family member's mental illness, and share their feelings in a safe and supporting environment. Kidshops provides children with opportunities for peer support and education. Kidshops are facilitated by volunteers who have a sibling with a mental illness. Last year's programs were held in six locations in the counties of Anoka, Dakota, Ramsey Hennepin, Itasca and St. Louis, with 62 children participating.

A youth response, “It has really helped me with understanding more about my dad's illness.” A parents response, “This is the best thing that has happened for our daughter, she loves coming here.”

To ensure statewide access to information and help, NAMI Minnesota has a toll-free telephone helpline (1-888-NAMI-HELPS) and offers an extensive list of free and low-cost information sheets (65 fact sheets). Last year, NAMI's staff and volunteers responded to over 3,500 telephone and e-mails requesting information about mental illness or help in dealing with a problem. NAMI Minnesota’s redesigned website, www.namihelps.org, offers support and information. The website received over 46,505 visits and more than 946,505 hits last year from people turning to NAMI for support and education. Kidshops are facilitated by volunteers who have a sibling with a mental illness. Last year's programs were held in six locations in the counties of Anoka, Dakota, Ramsey Hennepin, Itasca and St. Louis, with 62 children participating.

NAMI has written and published three resource booklets: Advocating for People with Mental Illness in the Minnesota Criminal Justice System, Hope for Recovery: A Guide to the Adult Mental Health System and Involving Families: Understanding Data Practices Laws. The Advocate newsletter is produced four-times a year with a circulation of 8,000 people, providing information on NAMI Minnesota’s programs, research and policies.

Available to members, professionals and others, NAMI’s lending library contains over 125 books and 50 videos/DVDs dealing with mental illness and mental health information. NAMI Minnesota also developed the fact sheets that accompanied the recent public television show Out of the Shadows.

NAMI makes the journey easier by advocating for a better mental health system and by providing help to those who contact us. This year NAMI staff and volunteers helped over 3,000 people who contacted us for information and help.

NAMI works to change our community’s understanding of mental illness so that the stigma surrounding mental illness is reduced and the accompanying discrimination is eliminated. Nearly every month you see a letter to the editor or a quote in an article that is from NAMI. We respond quickly to issues that arise whether it’s the need for mental health courts or an incorrect use of the word schizophrenia. Our press releases provided information on mental illness, and NAMI programs appeared 600 times in 150 publications. NAMI is the “go to” organization for the media looking for information on mental illness.

NAMI and Twin Cities Public Television worked together to create a new video on returning soldiers and their mental health needs. Anti-stigma efforts through radio PSAs, creating programs for public TV, outreach to churches, libraries and schools, and supporting events such as the play Shipside, the movie Canvas, and a book reading of Swallow the Ocean all promoted better public awareness.

“A mental illness is a hidden illness, people often see the stigma not the person. Fighting the stigma makes us stronger.” – Jeff Bugenstein, NAMI volunteer and support group member

A terrific sign of the increased awareness of the importance of our journey together came on Sept. 29, 2007 when more than 1,300 people joined in the first NAMIWalks Minnesota, making it the largest anti-stigma event Minnesota history! This groundswell of community support also raised over $200,000 for NAMI’s programs.

The 2008 legislative session was short and intense with the state of Minnesota facing a budget shortfall of $968 million. In the end, few of the mental health dollars were reduced. Several initiatives advocated by NAMI did pass. A new law makes it clear that if a child needs treatment out of the home, based on an assessment, a voluntary placement agreement will be used and parents retain their rights as the child’s legal guardian. A bill that restricts the use of seclusion and restraint in children’s community mental health programs was also passed.

New affiliate groups in Bemidji, Ortonville, Austin and Duluth took steps to form over the past year, and newer programs such as African American Outreach and Building Bridges helped stretch awareness of NAMI even further around the state.
Our volunteer base began to grow tremendously with the addition of a volunteer coordinator. A steady force of nearly 200 volunteers helped with NAMI’s efforts year-round.

Importantly, NAMI developed an ambitious 5-year strategic plan to make NAMI “the driving force that will change the way Minnesotans think about and respond to mental illness.” NAMI Minnesota will focus on three broad strategies to carry out its work:

- Ensure that people throughout the state of Minnesota have the opportunity to learn about mental illness and have support on their journey.
- Engage elected officials and policy makers to create a better mental health system where children and adults receive treatment that works, and when and where they need it.
- Reduce the stigma of mental illness and advocate for children and adults with mental illness and their families.

“The friends that I have made through NAMI are there with us every step of the way-- and always ready to listen or lend a hand. The Family-to-Family program helped us early on to understand this illness and offered friendship and support. The many programs available through NAMI for consumers, family members, friends are invaluable. And NAMI’s Mission Statement which says: “we strive to eliminate the pervasive stigma of mental illness” gives me hope! Yes, we have “hope for recovery.” Sue


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Anna Meyer McLafferty, Criminal Justice Project Director
Lynne Peterson, Keeping Families Together Coordinator
Micah Ternet, Vet Connection Coordinator

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Gail Piepenbrink
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Nicholas & Anne Phillippi
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People Incorporated
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Tom Oswalt
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Ralph & Linda Ormsby
Kate O'Reilly
Tom Omodt
Kent Olson
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Jill Olson
Rising Stars Therapeutic
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Joan Richardson
Stanley Richards
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Lucy Revering
Donna Schultz
Venita Schrupp
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Bill & Ruth Ann Trehbath
Harry Speck
Bernice Tschida
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Cayce Swanson
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Vail Place
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E. B. Waldhauer
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Kate Wallace
Jerome & Ann Waldsh"ufer
Edie Warburg
Dona Lee Warslow
Susan M. Wedemeyer
Judith Weir
Dafne Weiss
Thomas Wells
Andrea Wendel
Cathy Heying & Wendy Wegman
Curt Wentz
Audrey Wentz
Michelle Teresa Whelan
Lars White
Michelle White

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Sue Anne Peterson
Duan & Bernice Peterson
Lyla Peterson
Steven & Kathleen Peterson
Paula & Greg Peterson
Richard & Donna Peterson
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Heather Peterson
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Barbara A. Peterson
Roger & Wanda Peterson
Sandy Peterson-Lourey
Nicholas & Ann Philipp
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Gary Piorkowski
Ronald C. Pietig
Joan Pirner
Thomas Piorkowski
Cathy Plante
Garold & Sandra Plummer
Vicki Poploski
Donna M. Poland
Duane & Carol Poliwoda
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Kristie Poppin
Alice Poshek
Jeanette Potter
Katie & Steve Potter
Mary Pouliot
Dick & Rosemarie Powell
Lynda Powell
Power Up Clubhouse
Monica Powers
Thomas & Lila Powers
Barbara L. Pratt
Todd & Teresa Protosnik
Phyllis Proox
Jon & Laurie Pryor
Laurie Pumper
Don & Joyce Purch
Emily Pye
Chris Quam
Stephanie Quinn
Mary Radford
Donna Ranweiler
Jennifer Rasmussen
Barb Rasmussen
Sue Raugust
Barbara Redmond
John & Jan Reichert
Greg & Janet Regoed
Patty Reilly
Marna Reilly
Charles & Doris Reimer
Kevin & Christine Reilly
Judy Rentvile
Lucy Revering
Dianne Reverio
Robin Doroshow & Richard Kronfeld
Stanley Richards
Joan Richmond
Cindy Lefan & Rick Ross
Kathleen N. Riley
Rising Stars Therapeutic
Equitation, Inc.
Charles & Giny Roach
Judy Roach
Jennifer Roba
Mark Flewka & Robin Dodson
Grant & Meredith Robinson
Neil & Nancy Robinson
Carol Robison
Ed & Carol Rodawski
Gary Roloff
James Romkop
Patrick & Dana Rondeau
Catherine Rootness
Anne M. Rosenberg
R. L. & Bette Rosse
Anfa Rosse
John & Linda Rosiczak
Patty Ross
Marie Ruane
Jory Rubinger
Kim Rue
Lucie Ruehl
Joe & Arlene Rukavina
Kathryn J. Runman-Zinney
Richard & Sandra Stanton Rusch
Maxine Russell
Neil Russell
Frank & Elizabeth Russomanno
Loa Swigum & Ryan Carlson
Jim & Kathy Saint John
Jan Saltus
Restor E. Johnson Jr. & Sally Johnson
Cheryl Salo
Mark Saltman
Teresa Schweitzer & Eduardo Vasquez
Jennifer Samaha
Adelle J. Sanning
Rochelle Satler
Mary J. Saunders
Janine Maria Savina
Dennis & Shirley Savoy
Rodney de Tylva Sautell
Elmer & Sue Schacht
Barbara Schaefer
Diane Schaefer
Barbara Schansberg
B. P. Scherekin
Margaret Scherman-Harvieux
Ann & Greg Schiller
Linda Schill
Glenn J. Schmidt
Rosalie L. Schmidt
Adella Schim
John M. Schmitz
Charles Schneider
Donald Schneider
Irene Schneider
Kathy Schoen
Nicole Schoenecker
Dave & Jane Schostak
Dori Schou
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Paul L. Schiott
Rhood Schroeder
John & Linds Schlesper
Verena Schrupp
Marlene Schneier
Paul & Sue Schueler
Donna Schultz
Richard & Darrela Peterson
Steven & Judith Schuenmeister
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O. M. Schwartzkopff Gohl
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Beverley Brown & Scott Ferris
Gert Scudder
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Jan Search
Ken & Anita Sederstrom
Nancy Seebach
Walt Seibert
Kathleen Setz
Janet Sisley
Ellen Sell
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Cheryl Selwass
Tom Shaler
Kathleen Shannon
Debb Sheehan
Lawrence & Cherri Sheehan
Barbara Shehon
Lori Shepherd
Glorias Shepherd
Debra Shevlin
John & Linda Shinoski
Emily Shoshcup
Cheryl K. Shoop
Carol Sterics
Charlie M. Still
Maureen Simondot
Kathleen J. Simula
Teresa J. Simas
Sue Stinger
Erica Swetsen
Stacy V. Skid
Anne Smith
Barb Smith
Connie Smith
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Mary A. Smith
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John & Linds Schlesper
Steven & Linda Reinhardt Sondrall
Karen Sonnenberg
James & Julie Soper
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James & Julie Soper
St. Stephen’s Human Services
Peggy Saan
Ted & Rosie Stahl
Ruth Starke
Joh & Sharon Stecker
Kathleen Stenholm
Kathleen Dodge & Steve Downing
Ricky Stevens
Martha Stolarik
Harold Stone
Amy & Deanna Storzbach
Tom & Pam Storms
Billie Jo Story
Rosie Stouw
Fred Strebel
Deena Strohm
Paulette Strohm
Cynthia Stuck
Sheila Student
Sheila Sullivan
Patrick & Cynthia Sullivan
Kathleen Sullivan
Vicki & Paul Sunderland
Will Susens
Le Anna Sutherland
Theresa Susan
Charles T. Best Suzanne Magdalene
Alice Swan
Neil & Lois Swanson
Susen Swanson
Betty Swanston-Grotte
Michael Swick
Nancy Sweiger
Sue Swensden
Eugene & Dorothy Sylvestre
Karen Szell
Kiyomi Takekawa
Laura Tant
Target - HQ, TFS, TNC
R. & Dorothy Taylor
Chantal Taylor
Elizabeth Taylor
Dawn Tepley
Rebecca Tessum
The Riverview
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Sherry Thelen
Gayle Thomas
Paula & Richard Thomasgard
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Jennifer Thul
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P Trager
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Bill & Ruth Ann Trembath
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Dana Stephenson
Bernice Tschida
Lawrence & Gail Turner
Cayce Swanson
Walter & Sara Unt
Jim & Diane Vags
Vail Place
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Faith Velle
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Kari Vihorde
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Kathy Vrahas
Mary Vorob
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Mike Vukelich
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Carl Wagner
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Edie Wagner
E. B. Waldhauer
Sarah Walther
Kate Wallace
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Edie Warburg
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Judith Weir
Dafne Weiss
Thomas Wells
Andrea Wendel
Cathy Heying & Wendy Wegman
Curt Wentz
Audrey Wentz
Michelle Teresa Whelan
Lars White
Michelle White
nami minnesota 2007 awards

Provider of the Year Award
Itasca County Crisis Team

Professional of the Year Award
Don Janes
Willie B. Garrett

Faith Community of the Year Award
Disability Task Force of the Presbytery of the Twin Cities

Media Award
Rick Kupchella, KARE 11

Legislator of the Year Award
Senator John Marty
Representative Neva Walker

Leadership Award
Dawn Eigenberg

Lifetime Achievement Award
Pat Rousseau

Volunteer Couple of the Year Award
Maggie and Rog Nolte

Volunteer Group of the Year Award
HealthPartners

Volunteer of the Year Award
Robby Anderson

Special Events Volunteer of the Year
Robby Anderson

Program Volunteer of the Year Award
Kris Djupedal

Office Volunteer of the Year Award
Heidi Nordin

Volunteer Group of the Year Award
HealthPartners

Volunteer of the Year Award
Robby Anderson

Special Events Volunteer of the Year
Robby Anderson

Program Volunteer of the Year Award
Kris Djupedal

Office Volunteer of the Year Award
Heidi Nordin

statement of financial position
June 30, 2008 (With Comparative Totals for 2007)

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2007</th>
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<tbody>
<tr>
<td><strong>assets</strong></td>
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<tr>
<td>Cash and cash equivalents</td>
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<td>Promises to give</td>
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<td>Furniture and equipment, less accumulated depreciation of $22,214 in 2008 and $17,920 in 2007</td>
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<tr>
<td>Beneficial interest in funds held by others</td>
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<td>182,139</td>
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<td><strong>total assets</strong></td>
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<td>$652,169</td>
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<td><strong>liabilities and net assets</strong></td>
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<tr>
<td><strong>total liabilities and net assets</strong></td>
<td>$669,388</td>
<td>$652,169</td>
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### Statement of Activities and Changes in Net Assets

**For the Year Ended June 30, 2008 (With Comparative Totals for 2007)**

#### Support and Revenues

<table>
<thead>
<tr>
<th>Description</th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Permanently Restricted</th>
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<td>146,705</td>
<td>207,534</td>
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<td>Membership dues</td>
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<td>28,304</td>
<td>26,775</td>
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<td>Interest income</td>
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<td>5,635</td>
<td>4,372</td>
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<td>Net investment income</td>
<td>(6,692)</td>
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<td>(6,692)</td>
<td>23,296</td>
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<td>Conference</td>
<td>40,119</td>
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<td>40,119</td>
<td>35,496</td>
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<td>Special events</td>
<td>83,737</td>
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<td>83,737</td>
<td>119,119</td>
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<tr>
<td><strong>Less: costs of direct benefits to contributors</strong></td>
<td>(13,208)</td>
<td></td>
<td></td>
<td>(13,208)</td>
<td>(15,012)</td>
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<tr>
<td>Merchandise sales, net</td>
<td>14,355</td>
<td></td>
<td></td>
<td>14,355</td>
<td>8,030</td>
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<td>Net assets released from restrictions satisfied by purpose and time</td>
<td>204,245</td>
<td></td>
<td></td>
<td>(204,245)</td>
<td></td>
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<tr>
<td><strong>Total revenues and other support</strong></td>
<td>998,309</td>
<td>(5,677)</td>
<td></td>
<td>992,632</td>
<td>1,103,114</td>
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#### Expenses

<table>
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<th>Description</th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Permanently Restricted</th>
<th>Total</th>
<th>2007</th>
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<td>Program services:</td>
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<td>Education and support</td>
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<td>Information and advocacy</td>
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<td>Public awareness</td>
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<td>Membership</td>
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<td><strong>Total program services</strong></td>
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<td>683,038</td>
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<td>Supporting services:</td>
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<td>Management and general</td>
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<td>68,139</td>
<td>81,386</td>
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<td>Fundraising</td>
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<td>56,104</td>
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<td><strong>Total expenses</strong></td>
<td>990,718</td>
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<td>990,718</td>
<td>820,528</td>
</tr>
</tbody>
</table>

**Increase in net assets**

- 7,591 \((5,677)\)
- 1,914

**Net assets at beginning of year**

- 251,234
- 316,006
- 54,907
- 622,147

**Net assets at end of year**

- $258,825
- $310,329
- $54,907
- $624,061
- $622,147
NAMI Minnesota 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, affect positive changes in the mental health system, and increase the public and professional understanding of mental illness.