The future depends on what we do in the present.

– Mahatma Gandhi
WE BELIEVE:

Adults and children with mental illnesses are resilient and can recover.

Families and friends are important for recovery.

A strong, active grassroots organization benefits people impacted by mental illnesses.

NAMÍ’S MISSION

NAMÍ Minnesota champions justice, dignity, and respect for all people affected by mental illnesses. Through education, support, and advocacy we strive to eliminate the pervasive stigma of mental illnesses, effect positive changes in the mental health system, and increase the public and professional understanding of mental illnesses.
FORGING A BETTER FUTURE

We continued to grow our programs that educate and support families of children with mental illnesses, reaching every region of the state.

We developed smoking cessation support groups to help reduce the high rates of smoking among people with mental illnesses.

We worked closely with the St. Paul police to create a better connection between the police, 911 operators and crisis teams. Police now carry a business card with NAMI information so they have a resource for family members.

Ninth annual NAMIWalks drew more than 4,500 people, raising more than $400,000.
Advocacy

The 2016 legislative session included funding increases to our mental health system, especially for school-linked mental health programs, certified community behavioral health centers, school support personnel, and state operated services.

Education

We reached 1,110 families (14% increase) and offered 30% more classes to families. More than 25% of the parents attending our children’s classes and about 12% of our family classes are from racially and culturally diverse communities.

“Wonderful for family members to feel less helpless and alone.” (Family-to-Family)

“The class provided a safe place when most of the world doesn’t know what to say or how to talk about mental illness. That alone was priceless.” (Family-to-Family)
Education

We offered classes and workshops to the general public 494 times and reached 14,500 people (34% increase).

More than 2,800 professionals learned about suicide prevention, de-escalation techniques, smoking cessation, and how to involve families.

We offered suicide awareness classes and workshops 61 times to more than 1,400 people.

1,400

30,000

Three conferences reached more than 30,000 people.

82,000

More than 82,000 unique visitors visited our website and more than 4,900 people followed our Facebook page.
What are People Saying?

“It will be helpful to take back this information to group home staff. Thank you!” (Mental Illness & Crisis De-escalation)

“I thought this was amazing! I learned so many things I did not know. I feel like I can better care and help those that need some extra assistance.” (safeTALK)

“I feel much more confident in my ability to help others. This information is very important. Everyone should attend.” (Youth Mental Health First Aid participant)

“NAMI is a great way to get the word out about mental illnesses. It has the potential to help a countless number of people and it just makes everyone aware.” (Youth participant in Ending the Silence)

Support

More than 70 peer support groups.

Nearly 3,000 contacts through our helpline.
NAMI Award Winners 2016 (Fall 2015)

Special Events Volunteer of the Year
Frank Bellenger

Program Volunteer of the Year Award
Nate Cannon

Anti-Stigma Award
Tom’s Big Ride (Riders Tom Mork, Bob Thimjon, Patrick Boria, and Doug Anderson)

Legislators of the Year
Senator Chris A. Eaton and Representative Bob Barrett

Media Award
Stephanie Dickrell, Kirsti Marohn and David Unze of the St. Cloud Times

Professional of the Year
Julia (Bunny) Jaakola

Provider of the Year
Northwestern Mental Health Center

Special Board Award
Kitty Westin

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Governor Mark Dayton and Commissioner Lucinda Jesson, Minnesota Department of Human Services
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R.F. Moeller Jewelers
Ramada Plaza
The Red Cow
Red Stag Supper Club
Redstone Grill
The Refuge Golf Club
Regis Salon
Vicki Reynolds
George & Martha Richards
Sue & Jim Ridenour
Roasted Pear
Rocco Altbobelli, Inc
Rockford Road Animal Hospital
Roseville Ice Arena
Rush Creek
Carin Ruter
Saint Paul Ballet
Saint Paul Saints
The Salt Cellar
Sam's Club
Sault
Scenic Boat Tours
Rick Schaffhausen & Maplewood Toyota
Rowan Scherf
Schuler Shoes
Science Museum of Minnesota
Sea Glass Fine Art Photography
Sebastian Joe's Ice Cream
Jan Shepherd & Bob Werre
Sho Gun Sushi and Hibachi
Shoreview Community Center
Nancy Silesky
Skateville Roller/Inline
Katie Sobas
Southwest Airlines
Spicer Castle Inn
Starbucks Coffee
Stella's Fish Café
Stillwater Balloons
Stone Harbor Wilderness Supply
Summit Brewing
Surdyk's Liquor & Cheese Shop
Surly Brewing
Suzyette & Mary Scheele
Sylvan Learning Center
Tamarack Tap Room
Tandem Printing
Tanya Gravis
Taylor Falls Scenic Boat Tours
Thaka Dhimi Tha Dancers
The Blake School
Tin Whiskers Brewing
Margaret Tobin
Tom Reid's Hockey Pub
Toro Company
Trader Joe's
Lee, Tom & Ian Trout
Twin Cities Media Alliance
US Bank
Jennie & Alex Van Den Brught
Vivo
Mary Vorhes
The Wabash Street Caves
Waconia Enrichment Center
Jerry & Nancy Webb
The Wellness Center
Wellsprings Health Center
Lance, Josie & Sam Westphal
Wheel Fun Rentals
Wild Bill's Sports Saloon
The Wilderness Golf Course
Willinger's Golf Club

*Gifts listed were received between July 1, 2014 – June 30, 2015. Please accept our apology if your name is misspelled or missing in any of the lists of this report. Please call NAMI at 651-645-2948 to correct our records.
# STATEMENT OF ACTIVITIES

## July 1, 2014 – June 30, 2015

<table>
<thead>
<tr>
<th>Support and Revenues</th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Permanently Restricted</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contributions</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individuals</td>
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<td>$2,500</td>
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<td>$722,578</td>
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<tr>
<td>Foundation</td>
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<td>$277,250</td>
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<td>$490,021</td>
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<td>Government</td>
<td>$445,632</td>
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<tr>
<td>Membership Dues</td>
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<tr>
<td>Interest Income</td>
<td>$2,952</td>
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<td>$2,952</td>
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<tr>
<td>Investment Income on Funds Held by Others</td>
<td>$2,791</td>
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<td>$2,791</td>
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<tr>
<td>Conference</td>
<td>$39,465</td>
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<tr>
<td>Workshops</td>
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<td>-</td>
<td>$100,325</td>
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<tr>
<td>Special Events, Net</td>
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<td>Miscellaneous</td>
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<td>Net Assets Released from Restrictions</td>
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<tr>
<td><strong>Total Support and Revenues</strong></td>
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</table>

<table>
<thead>
<tr>
<th>Expenses</th>
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<tbody>
<tr>
<td><strong>Program Services</strong></td>
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<td>Education and Support</td>
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<tr>
<td>Information and Advocacy</td>
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<tr>
<td>Public Awareness</td>
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<tr>
<td>Public Policy</td>
<td>$97,292</td>
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<tr>
<td>Membership</td>
<td>$4,6112</td>
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<tr>
<td><strong>Total Program Services</strong></td>
<td><strong>$1,272,082</strong></td>
<td>-</td>
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<tr>
<td><strong>Support Services</strong></td>
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<tr>
<td>Management and General</td>
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<tr>
<td>Fundraising</td>
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<td><strong>Total Support Services</strong></td>
<td><strong>$358,168</strong></td>
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<td><strong>Total Expenses</strong></td>
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<table>
<thead>
<tr>
<th>Change in Net Assets</th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Permanently Restricted</th>
<th>Total</th>
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<tbody>
<tr>
<td><strong>Change in Net Assets</strong></td>
<td><strong>$187,819</strong></td>
<td><strong>$76,730</strong></td>
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<td>Net Assets, Beginning of Year</td>
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<td><strong>$482,626</strong></td>
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<td>Net Assets, End of Year</td>
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<td><strong>$249,792</strong></td>
<td>$54,907</td>
<td><strong>$747,175</strong></td>
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</table>
## STATEMENT OF ACTIVITIES
### July 1, 2015-June 30, 2016

### SUPPORT AND REVENUES

<table>
<thead>
<tr>
<th>Source</th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Permanently Restricted</th>
<th>Total</th>
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<tbody>
<tr>
<td><strong>Contributions</strong></td>
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<tr>
<td>Individuals</td>
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<td>Foundation</td>
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<td>Government</td>
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<td>Membership Dues</td>
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<td>Interest Income</td>
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<td>Investment Income on Funds Held by Others</td>
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<tr>
<td>Conference</td>
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<td>$41,780</td>
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<tr>
<td>Workshops</td>
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<td>$53,750</td>
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<tr>
<td>Special Events, Net</td>
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<tr>
<td>Miscellaneous</td>
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<td>Net Assets Released from Restrictions</td>
<td>$215,933</td>
<td>$(215,933)</td>
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<tr>
<td><strong>Total Support and Revenues</strong></td>
<td>$1,594,893</td>
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<td>$1,655,493</td>
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### EXPENSES

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<tr>
<th>Service</th>
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<tbody>
<tr>
<td><strong>Program Services</strong></td>
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</tr>
<tr>
<td>Education and Support</td>
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<td>Information and Advocacy</td>
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<td>-</td>
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<tr>
<td>Public Awareness</td>
<td>$277,771</td>
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<td>-</td>
<td>$277,771</td>
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<tr>
<td>Public Policy</td>
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<tr>
<td>Membership</td>
<td>$52,504</td>
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<td>$52,504</td>
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<tr>
<td><strong>Total Program Services</strong></td>
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<td>-</td>
<td>$1,412,332</td>
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<tr>
<td><strong>Support Services</strong></td>
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<td></td>
</tr>
<tr>
<td>Management and General</td>
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<td>$129,687</td>
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<tr>
<td>Fundraising</td>
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<td><strong>Total Support Services</strong></td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>$1,705,117</td>
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</table>

### CHANGE IN NET ASSETS

<table>
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<tr>
<th>Description</th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Permanently Restricted</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NET ASSETS, Beginning of Year</strong></td>
<td>$442,476</td>
<td>$249,792</td>
<td>$54,907</td>
<td>$747,175</td>
</tr>
<tr>
<td><strong>NET ASSETS, End of Year</strong></td>
<td>$332,252</td>
<td>$310,392</td>
<td>$54,907</td>
<td>$697,551</td>
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<tr>
<td><strong>CHANGE IN NET ASSETS</strong></td>
<td>$(110,224)</td>
<td>$60,600</td>
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<td>$(49,624)</td>
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</table>
## STATEMENT OF FINANCIAL POSITION

**July 1, 2015–June 30, 2016**

### ASSETS

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>$309,173</td>
<td>$275,619</td>
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<tr>
<td>Cash Held for Others</td>
<td>$56,714</td>
<td>$48,959</td>
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<td>Accounts Receivable</td>
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<td>$165,267</td>
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<tr>
<td>Contributions Receivable</td>
<td>$74,859</td>
<td>$44,147</td>
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<tr>
<td>Inventories</td>
<td>$7,572</td>
<td>$11,323</td>
</tr>
<tr>
<td>Prepaid Expenses</td>
<td>$66,858</td>
<td>$63,535</td>
</tr>
<tr>
<td>Furniture and Equipment, Net</td>
<td>$16,754</td>
<td>$12,155</td>
</tr>
<tr>
<td>Beneficial Interest in Funds Held by Others</td>
<td>$166,140</td>
<td>$154,386</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$834,158</strong></td>
<td><strong>$775,391</strong></td>
</tr>
</tbody>
</table>

### LIABILITIES AND NET ASSETS

#### LIABILITIES

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2016</th>
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<tbody>
<tr>
<td>Accounts Payable</td>
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<tr>
<td>Accrued Expenses</td>
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<tr>
<td>Funds Held for Others</td>
<td>$56,714</td>
<td>$48,959</td>
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<tr>
<td><strong>Total Liabilities</strong></td>
<td><strong>$86,983</strong></td>
<td><strong>$77,840</strong></td>
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#### NET ASSETS

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2016</th>
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</thead>
<tbody>
<tr>
<td><strong>Unrestricted</strong></td>
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<tr>
<td>Undesignated</td>
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<td>$177,866</td>
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<tr>
<td>Beneficial Interest in Funds Held by Others</td>
<td>$166,140</td>
<td>$154,386</td>
</tr>
<tr>
<td><strong>Total Unrestricted</strong></td>
<td><strong>$442,476</strong></td>
<td><strong>$332,252</strong></td>
</tr>
<tr>
<td>Temporarily Restricted</td>
<td>$249,792</td>
<td>$310,392</td>
</tr>
<tr>
<td>Permanently Restricted</td>
<td>$54,907</td>
<td>$54,907</td>
</tr>
<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>$747,175</strong></td>
<td><strong>$697,551</strong></td>
</tr>
</tbody>
</table>

### TOTAL LIABILITIES AND NET ASSETS

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TOTAL LIABILITIES AND NET ASSETS</strong></td>
<td><strong>$834,158</strong></td>
<td><strong>$775,391</strong></td>
</tr>
</tbody>
</table>
**Revenues**

- Contributions from Individuals: 44%
- Contributions from Foundations: 27%
- Government Grants: 17%
- Special Events, Net: 5%
- Conference: 3%
- Workshops: 3%
- Membership Dues: 0.4%
- Miscellaneous: 0.3%
- Interest Income: 0.2%
- Merchandise, Sales, Net: 0%

**Expenses**

- Education and Support: 50%
- Public Awareness: 16%
- Information and Advocacy: 6%
- Public Policy: 8%
- Membership: 3%
- Management and General: 8%
- Fundraising: 9%

**Total**

- 100%
Forging a Better Future

M I N N E S O T A
800 Transfer Road, #31, Saint Paul, MN 55114
phone: 651-645-2948
toll free: 1-888-NAMI-Helps
www.namihelps.org