NAMI Minnesota’s mission is to champion justice, dignity, and respect for all Minnesotans affected by mental illnesses. Through education, support and advocacy, NAMI Minnesota pursues its goals 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.
Stories of Hope

The seeds for NAMI Minnesota were planted 40 years ago when a group of parents who had adult children with mental illnesses came together to urge that the savings from closing Hastings State Hospital be used to fund community mental health services. These parents went to the capitol and successfully advocated for funding for the first community mental health services.

NAMI Minnesota was formally organized in 1977, and representatives attended the meeting in Madison to form the national organization. Since then, NAMI Minnesota has grown into Minnesota’s largest mental health advocacy organization. NAMI Minnesota has developed a strong track record of providing education, support and advocacy.

“My son has lived with a serious mental illness for over 30 years and tonight was the first night I felt hope.”
– Attendee of the 40 city tour

Voices For Change

To celebrate NAMI Minnesota’s 40th Anniversary, Executive Director Sue Abderholden traveled to 40 cities across the state of Minnesota in five months, reaching over 1,000 people and visiting various mental health programs along the way. At each city, she provided information on the history of the mental health movement, helping people understand that our mental health system is not broken but it was never built, she listened to people’s concerns and laid out a vision for the future. She reaffirmed NAMI Minnesota’s commitment to advocate for changing laws and attitudes to build a strong mental health system for children and adults living with a mental illness and their families.
While President Kennedy was right to push for the closure of institutions, he also recognized, “Those who are hospitalized can be helped to return to their own communities.” To do this he believed that “Central to a new mental health program is comprehensive community care.” Unfortunately, discrimination under Medicaid, Medicare and private insurance, along with cuts to block grants, left little funding to build a mental health system or to realize President Kennedy’s vision. Reports on what a mental health system should look like, dating back to President Eisenhower, make it clear that we know what to do, we just need to do it.

Over the past 40 years, NAMI Minnesota has worked diligently to build the framework of the mental health system. We are proud of our work that has built a strong mental health movement and look forward to continuing our work in the future.

There are three words to describe NAMI’s mission: Education, Support and Advocacy.

Our mission is carried out throughout the state with the goal of being in every region of the state.

“Because NAMI has effectively continued to push the fact that mental illness is OK to talk about, I believe that lives are being changed every day. I’d like to shout this from the mountain top. Know that you have made the mountain top possible because of your work, commitment, and passion.”

– “A Thankful Mom”
New Projects in 2017

• new funding was made available to develop alternatives to state hospitals and to increase funding for crisis teams, ACT teams, supportive housing, first episode programs, and respite care

• funding was made available to replace the possible loss of federal dollars for children's residential programs

• new effort to develop recommendations on how to create a more robust children's mental health system

• new funding for police training on de-escalation, mental illnesses and implicit bias

• allowing brief diagnostic assessments to better serve children and people from immigrant and refugee communities

• NAMI’s bill to restrict the use of solitary confinement passed the house, but not the senate

Successful Legislative Session

• increased work around smoking cessation, starting work to create an online training

• created two support groups for people with co-occurring disorders

• started a web-based support group

• developed a bookmark so people know what to say when they dial 911

• translated children’s crisis booklets in Somali and Hmong
Outreach Numbers

Family Education
11 different classes, held 90 times to 867 people

Professional Education
five different classes, held 84 times to 3,145 people

General Public Awareness
seven different classes, held 130 times to 2,550 people

Student Education
one class, held 84 times to 3,462 students

General Presentations
provided 52 times to 5,011 people

Suicide Prevention Education
five different classes, held 114 times to 3,022 people

Public Awareness
four different presentations, held 186 times to 4,882 people

Peer Led Support Groups
seven different types of groups, 71 overall to over 700 people

Helpline
responded to over 4,100 people

Educational Conferences
three different ones, reaching 600 people

Website
110,000 unique visitors

Social Media
12,351 followers

Communications
three e-newsletters and one quarterly publication, reaching over 16,000 people

Volunteers
678

Local Affiliates
21
“We have the son we know back. Thank you for all the education you provided us through the Family-to-Family class. We found it very helpful in dealing with our new normal.”

– Parent and class attendee
Board of Directors

Kathleen Westerhaus
President
Business Management Consultant

Emily Bulthuis, MSW, LICSW
1st Vice President
Clinical Social Worker

Carolie Collins
2nd Vice President
Community Resource Specialist at Goodwill/Easter Seals

Rick Lancaster
Treasurer
Vice President at Great River Energy

Mariah Owens
Secretary
Principal at MCO Communications Marketing

Carrie M. Borchardt, M.D.
Child and Adolescent Psychiatrist

Nancy Dillon, RN, Ph.D., PMHCNS, BC
Psychiatric Clinical Nurse Specialist
Educator and Consultant

Deborah Erickson
Past President
Marketing Consultant

Darrell Gillespie
Mental Health Provider Pastor

Kevin Hanstad, MBA
Marketing and Strategic Planning

Tom Koch, Ed.D.
Education, University of St. Thomas

Fred LaFleur
Retired Criminal Justice Professional

Heidi Nordin
Computer Operations Manager

Beatric Officer
Community Corrections Professional

Jan Ormasa
Former Special Education Director

Pat Seppanen, Ed.D.
Independent Program Evaluation Consultant
NAMI MN Staff

Management Team

Sue Abderholden, MPH, Executive Director

Dinah Dale, Director of Development and Organizational Advancement

Marilyn Dornfeld, Director of Adult Programs

Cynthia Fashaw, Director of Multicultural Outreach and Children’s Program

Renee Obrecht-Como, Director of Operations and Grants Management

Beth Ringer, Director of Outreach and Community Engagement

Program Staff

Children’s Team

Elizabeth Babkin, Parent and Youth Educator

Sara Copron, Parent Educator*

Nancy Howe, Youth and Parent Program Coordinator

Adult Program Team

Kara Bennett, Coordinator of Suicide Prevention Programs

Morgan Caldwell, Peer Programming Coordinator*

Catherine Gangi, MPH, CHES, Wellness Coordinator

Brian Jost, Community Educator*

Kay King, Older Adults Program Coordinator and Community Educator

Hayley Smith, Community Health Educator

Development Communication Team

Amy Britt, Special Events Coordinator

Chuck Krueger, Communications Director*

Ashley Sugalski, Marketing Director*

Steve Susens, Data Management*
Operations Team

Sharon Bastin, Data Specialist
Liz Johnson, Administrative Assistant*
Sue Mitchell, Data Assistant*
Michael Peterson, Office Manager/Bookkeeper

Outreach and Community Engagement Team

Tom Berkas, Affiliate Coordinator *
Tracey Daniels, Helpline Advocate *
Hannah Fairman, Research Consultant*
Kate Hersey, Volunteer Coordinator
Connie Kishel, Helpline Advocate *

Brian Wipf, Data Entry*
Jim Greiling, Data Entry*
Mo Arteaga, Data Entry*
Samantha Kolles, Marketing Assistant*
Briana Libby, Public Awareness Coordinator
Mackenzie Mestelle, Outreach Assistant and Booth Coordinator
Nancy A. Quinn, Workshop Coordinator
Sam Smith, Public Policy Coordinator

The Capitol success
Award Winners

Legislator of the Year Award
Senator Melissa Wiklund and Representative Alice Hausman

Professional of the Year Award
Mauricio Cifuentes, Ph.D., LICSW

Program Volunteer Award
Elisabeth McAlister

Volunteer of the Year Award
Roger Nolte

Special Events Volunteer of the Year Award
Jeneal Olson

Leadership Award
Marian Olson

Criminal Justice Award
Winona Criminal Justice Coordinating Council

Anti-Stigma Award
DanO Fund

Lifetime Achievement Award
Anna Mae Marschall

Mental health services
## Finances

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<tr>
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<th>2017</th>
<th>2016</th>
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<td><strong>Total Liabilities &amp; Net Assets</strong></td>
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<td>$775,391</td>
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### 2017 Support & Revenues

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<td>on Funds Held by Others</td>
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<td><strong>Total Support &amp; Revenues</strong></td>
<td>$2,024,589</td>
<td>(145,068)</td>
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<td>$1,879,521</td>
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</tbody>
</table>

### 2017 Expenses

| Program Services:            |              |                        |                        |         |
| Education and Support        | $1,054,962   |                        | $1,054,962             |         |
| Information and Advocacy     | 120,634      |                        | 120,634                |         |
| Public Awareness             | 291,474      |                        | 291,474                |         |
| Public Policy                | 159,963      |                        | 159,963                |         |
| Membership                   | 56,755       |                        | 56,755                 |         |
| **Total Program Services**   | $1,683,788   |                        |                        | $1,683,788|

| Support Services             |              |                        |                        |         |
| Management and General       | $120,263     |                        | $120,263               |         |
| Fundraising                  | 195,096      |                        | 195,096                |         |
| **Total Support Services**   | $315,359     |                        |                        | $315,359|

| **Total Expenses**           | $1,999,147   |                        |                        | $1,999,147|

| Change In Net Assets         | 25,442       | (145,068)              |                        | (119,626)|
| Net Assets, Beginning of Year| 332,252      | 310,392                | 54,907                 | 697,551 |
| Net Assets, End of Year      | $357,694     | $165,324               | $54,907                | $577,925|
**2017 Revenues**

- Contributions from Individuals: 35.4%
- Contributions from Foundations: 21%
- Government Grants: 34%
- Special Events, Net: 4%
- Conferences: 2%
- Workshops: 1%
- Membership Dues: 0.4%
- Miscellaneous: 0.2%
- Interest/Investment Income: 1.3%
- Donated Materials/Services: 0.7%

**Total**: 100%

---

**2017 Expenses**

- Education and Support: 53%
- Public Awareness: 14%
- Information and Advocacy: 6%
- Public Policy: 8%
- Membership: 3%
- Management and General: 6%
- Fundraising: 10%

**Total**: 100%
Donors
Institutional Donors

Iris Circle
($10,000+)
Allina Health
Blue Cross and Blue Shield of Minnesota
Cigna
ClearWay Minnesota
The Dan-O Fund
The Evert Foundation
Foster Family Foundation
F.R. Bigelow Foundation
Haggerty Family Foundation
HealthPartners
Hugh J. Andersen Foundation
Katherine B. Andersen Fund of the Saint Paul Foundation
Otto Bremer Trust
PrairieCare
PrairieCare Child & Family Fund

Visionary
($5,000-$9,999)
Alkermes
Discount Steel, Inc.
Fred & Beatrice Sieber Fund
Fred C. and Katherine B. Andersen Foundation
Janny Schall Gothro
Great River Energy
Meridian Behavioral Health
Miller-Dwan Foundation
Minnesota Community Foundation
Terhuly Foundation, Inc.
UnitedHealth Group

Advocate
($1,000-$4,999)
Adler Graduate School
American Foundation for Suicide Prevention of Greater Minnesota
Ameriprise Financial
Asian-American Student Union of Minnesota
Associated Clinic of Psychology
The Basilica of St. Mary of Minneapolis
Brown Family Foundation
Carney Family Partnership
Catalyst Foundation
Catholic Charities of Saint Paul and Minneapolis
Constance & Daniel Kunin
Dan & Sheryl Moran Donor Advised Fund of the Catholic Community Foundation
The David & Belinda Manolis Donor Advised Fund
Deane C. Manolis & Nancy G. Manolis Charitable Giving Fund
Don & Abby Marier Giving Account
Eli Lilly and Co.
The Findorff Family Fund
Foley & Mansfield Charitable Foundation
Foundation for Development of People
Grace Upon Grace Mooy Foundation
Gregg M. Schneider Family Charitable Fund
Guilin Family Fund
Hamm Memorial Psychiatric Clinic
Headway Emotional Health Services
Janssen Pharmaceuticals Inc.
John & Cynthia Hart Fund of the Minneapolis Foundation
The John & Patty Stand Fund
Kunin Family Fund
Lakeville Lions
LifeSpan of Minnesota
Lindberg Law, P.C.
Mall of America
Mary & Gary O'Brien Family Fund of The Minneapolis Foundation
McGlynn Family Foundation
McNallan Office Systems, Inc.
Medtronic
Mental Health Resources
Mental Wellness Campaign for Anoka County
Minnesota Crisis Intervention Team Officers Association
Minnesota Nurses Association
Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)
Minnesota Psychiatric Society
Natalis Counseling & Psychology Solutions
Nord Stern Region Porsche Club of America
Northeast Metro 916 Career & Technical Center HOSA (Health Occupations Students of America)
Northern Pines Mental Health Center, Inc.
Northland Counseling Center
Northwood Children’s Services
Nystrom & Associates, Ltd
Open Door Foundation
Otto C. Winzen Charitable Fund
The Patrick & Alice Rogers Family Foundation
PhRMA
Pickenspack Charitable Giving Account
The Postpartum Counseling Center
Power Up Clubhouse
Proto Labs Foundation
The Robert Karels & Sandra Robinson Charitable Fund
The Saint Paul Foundation
St. Paul Saints Baseball Club
Stipek Olson Charitable Fund, a Donor Advised Fund of The U.S. Charitable Gift Trust
Sunovian
The Susan Kay Pederson Foundation
TCF Foundation
Touchstone Mental Health
UCare
United Technologies
University of Minnesota Center for Resilient Families
US Bank Foundation
Vail Place
Voya Foundation
Washburn Center for Children
Winona Health

Sponsor
($200-$999)
Accurate Home Care
Allison Holt & Associates
Anoka County Association for Nonsmokers (ANSR)-Minnesota
API Group, Inc.
Arete Academy of Exceptional Education
Arrowhead Parish Nurse Association
Avery Health
Avivo
Ballinger | Leafblad, Inc.
Behavioral Staffing
Benton County Human Services
Bethlehem Lutheran Church – Minneapolis
Bois Forte Reservation Tribal Council
Boston Scientific
Boutwells Landing
Bremer Bank
Brown County Public Health Department
Care Providers of Minnesota
Carver County
Central Lutheran Church – Minneapolis
Children’s Mental Health Services/REACH
Christopher Benz Foundation
Church of the Annunciation – Minneapolis
City of Bloomington
City of Burnsville
CoBank
Community Action Partnership of Suburban Hennepin
Community Housing Corporation
Crystal Glass Canada, Ltd.
Dakota Wicohan
Joy Davis (Schwab Charitable)
DireTV
Dodge Center/Kasson-Mantorville/Claremont Ambulance Association
Duck Cup Memorial Fund
The Duluth Congregational Church
Duluth Denfeld High School HOSA (Health Occupations Students of America)
Duluth Regional Care Center (DRCC)
Dungan
E. J. Wexler Fund
Elizabeth Wexler Foundation
Ecumen
Ellen Dahl Foundation of the Bank of America Charitable Gift Fund
Epilepsy Foundation of Minnesota
Essendant Charitable Foundation
Essentia Health
Eyre Charitable Fund
Fairview Health Services
Fergus Falls Public Schools
First Presbyterian Church – White Bear Lake
Foltz Builders
Foresight Ministries
Fraser
Friends of MCCA
Friday Study Club
The Garage
Goodhue County
Graco Worldwide Headquarters
Greater Minnesota Family Services
Greenberg & Silverwater Fund
Guardian Angels Church
Michael A. Hatch, Esq.
Hamm Memorial Psychiatric
Program
Nortech Systems, Inc.
North Homes Children and Family Services
Northeast College Prep
Northfield United Methodist Church
Options Family & Behavior Services
Options Minnesota
Plymouth Congregational Church
Polk County Social Services
Pregnancy & Postpartum Support Minnesota (PPSM)
Professional Rehabilitation Consultants
Recovering Hope Treatment Center
Red Bird Chapbooks
Relate Counseling Center
Rislow Service Center
Rosemount Inc.
Saint Joan of Arc Catholic Community
Solomon’s Song
Southern Minnesota Initiative Foundation
Spirit of Christ Lutheran Church
Youth Group
State Auto Insurance
St. Catherine University
Talent Poole Talent Agency
Travelers
Trinity Presbyterian Church – Saint Paul
United Way of Central Ohio
Winona State University Foundation
The Woman’s Club of Minneapolis
Xcel Energy
YouthLink

Individual Donors

Visionary ($5,000+)

Cynthia Foster
Janny Gothro
Jack E. & Megan Haggerty
Debra Hohag Anderson & Michael D. Anderson
Polly & Mark Kieper

- Rick R. Lancaster & Abby E. McKenzie
- Anna Mae Marschall
- Randy & Birgit Schold
- Trisha A. Stark, PhD, LP

Advocate ($1,000 - $4,999)

Sue Abderholden & Lee Keller
Glenn Anderson
Glenn & Jennifer Andis
Emil & Marion Angelica
Gus Arnold & Sophia Vinogradov, MD
Mark D. Austin
Bill R. & Josie Axness
Jim Bartol & Chris St. George
Duane & Linda Bauermeister
Brian & Gail Berger
Bruce Bobbitt
Mike & Kay Bochert
Carrie M. Borchardt, MD & George Realmuto, MD
Julie M. Brunner & Dale Ulrich
Allan & Mary Lou Burdick
Al Burns
Dawn Campion
John & Catherine Cich
Taylor Clement
Robert & Carolee Collins
Mike & Cindy Colson
Eduardo Colón, MD
Brian Considine
Cristina Curtis
Kim Dayton & Laurie Hanson
Peter Duvenhoeger
Jon & Nikki Edwards
Barbara Foltz
Kenneth & Helen Foltz
Kevin Garrett & Cheryl McChesney
Laura Hamilton
Toby Hammer
Marty & Janice Harstad
Sherry A. Hernty
Bob & Pat Hunstad
Denny & Karen Jackson
Bud & Rosemary Janousek
Marilyn & Don Johannsen
Vicky Johnson
Janice E. & David A. Kastelic
Charlie & Debbie Lance
Tamara & Tyson Lemoine
Jerry & Barb Lindberg, JD, RN
Laurena Lockner
Bruce MacGibbon
Laurie MacLeod
Sam Marlow
Lynn A. & Rick D. McNabb
Mark & Jinjer Menge
Pete & Sandy Menge
David & Judith Nass
Heidi Nordin
Brian & Mary Ann Nystrom
John Orbison & Holly MacDonald
Jan Ormusa & Tom Hendlmayer
Daniel Parnell
Lisa M. Passa
Mark Peterson
Walter & Mary Pettiford
Dawn Philaya & Luther Philaya, MD
Ricky & Janine Potter
Charlene Myklebust, Psy.D. & Richard Myklebust
Erik J. Rasmussen
John & Linda Rebane
Barbara A. Ricci
Alice Rice
Mark Rise
Bill & Becky Scheig
Herm & Mary Schulte
Tina & Archie Smith
Morgan & Marilyn Tamsky
Francene Treasure Leroux
DeDee & Brian Varner
Brian Volkman
Wendy Waddell
Jon & Sue J. Westerhaus
Kyle White
Larry & Donna Wipf
Janette & Paul Wroge
Daniel Thomas & Nancy Lynn Young-Dixon

Benefactor ($500 - $999)

Cheryl Anderson
Doug P. Anderson
Gretchen Arf
Joel Arno
Carol Avenmarg
Gail Bernstein, MD, & Thomas Davis, MD
Randall C. & Marcia L. Betcher
Robert V. Sauer & Therese M. Blaine
Michael G. & Meghan A. Bowen
Crystal Boyd
Faye Bye Duvall & Laura Duvall Steinke
John & Janet Carey
Emily & Julian P. Carlin
Ruth Carlisle
Al & Theresa M. Carufel
Virginia & Gary Chambers
Teri Cowger
John & Pat Day
Kathleen Day
Bob & Nancy Dillon, PhD, RN
Alisa Duncanson
Douglas Dunn
Kirsten Ehrriter
Jean Enloe
Denise Fleury
David Folkner
William (Bill) Foss
Joanne Freidlund
Michael Friedman & Susan Hasti
Dennis & Marian Furlong
Anne R. Garety, PhD
Anne & John Gherty
Grace Gorringe
Roger & Mindy Greiling
Michelle Guderjohn
Patricia Haberlack
Karen Hagen
Dan & Sue Hanson
Mary Kay & Jeff T. Hardwig
Thea Marie Harriday
Dionne Hart
Janet Lee Havens
Mark Haynes & David Hettinga
Fran Hendrickson
Terry & Diane Henthorn
Kenneth C. Herzog
Jamia Hill
Bob & Patty Holycross
Douglas W. Hughes
Mary Jacobson
Warren R. & Barbara R. Jeffers
Philip & Margaret Johnson
Chris Kemp
Jack & Anne Kennefick
Tom J. & Diann Koch
William Kent Krueger & Diane Krueger
Kathy Krypel
Dorothy Raetz Kunze
Joe & Margaret Langteau
Barbara K. & Kenneth D. Larson
Colleen LeMoine
Lindberg Law, PC
Bill E. Lough & Barb J. Pinaire
Susan Mark
Joan Marshall
Gene & Marilyn Martin
Mary Martin
Paige Marvin
Dana & Dave Massopust
Dan Matheu
Eva & Gordon McAlister
Nancy McClure
Jenna McGuire
Jan & Thomas Mertz
Kristina Meyer
Lois J. Meyer
Sara E. Meyer
Nancy Michael
Mary L. Miles
Joan Nichols & Nathan Zerbe
Tom & Jeneal Olsen
Sandy Overland
Molly Papenheim
Jenna Paulson
John & Lynn K. Paulson
Craig Poorker & Joanie Miller
Dave & Marty Raymond
Kathleen H. Rhodes
Carrie Roach
Patrick J. Belland & Tonsha Roberts-Belland
Jim Rohe
Patrick J. & Mauna A. Rome
Al & Pat Rousseau
Patrick J. Scanlan
Linda J. Scher
Carol Schneeweis
Donald Schneider
Ed & Kathy Schoenecker
Dan & Cheryl Schulte
Howard & Mary Senn
Brent & Pat Seppanen
Stephen Setterberg
Nancy Siltesy
John & Penne Simon
Maja B. Smedberg
Laura Snodgrass
Eileen Stack
Hank Stankiewicz
Mark Stockhowe
Melissa Sutherland
Robert (Bob) E. & Donna R. Swanson
Thomas & Sue Telander
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