

2021 Annual Report

*"Mental health is more important
now than ever."*



Reflections from the Board Chair.

As 2021 draws to a close, we reflect on the accomplishments of NAMI Maine staff, Board of Directors, and community of volunteers. The hopes and dreams for conquering the global Covid 19 virus still elude us, but we have all risen to the challenge of improving the lives of those struggling for mental wellness and their families.

Programs offering Teen Text support, suicide prevention, support group facilitation, and Family-to-Family instruction were frequently delivered virtually to help many whose mental health has suffered during these long months of isolation caused by the virus. Despite a change in leadership, a pivot to remote support, fundraising challenges, and global uncertainty our NAMI Maine staff have risen to the occasion. Our communities continue to be lifted by the support of these dedicated professionals.

Our nation has shifted to a new awareness of the need for mental wellness. It isn't just Olympic athletes, politicians, and media darlings, but our very own family members who suffer on a day-to-day basis to maintain mental stability. We know first-hand our hospital Emergency Rooms (ERs) are overwhelmed with the triage of Covid-19 patients. Let us not forget most of us must turn to our local ERs as our loved ones and community members succumb to mental health crises. Collectively, we continue to pursue opportunities, grants, and legislation to improve the torturous path the critical mental health journey takes.

Participation in the 2021 NAMI Maine Walks Your Way points to the positive involvement of our communities throughout Maine. The success of this annual event provides great encouragement to staff as they begin to tackle the upcoming mental wellness challenges that 2022 will bring. Please join me in supporting this agency and its mission to improve the lives of those struggling to be well.

Amy Hodgdon, NAMI Maine Board President



Board of Directors

Amy Hodgdon,
President

Michael Pooler,
Vice President

Teresa Price,
Treasurer

Lisa Shaw,
Secretary

Bobby Kysela

Joseph R. Fitzpatrick

Karen-Ann Hagar

Walter McCulley

Jonathan Sahrbeck

Community leaders elected to provide strategic guidance in the fulfillment of the agency's mission.



Pictured: Michael Pooler, Incoming Board President

Our Mission.

Through support, education, and advocacy NAMI Maine is dedicated to building better lives for the 1 in 4 Mainers who are affected by a mental health condition.

Supporting Families

NAMI family services and Helpline offer compassion, strategies, and support to families, across the state, so they can better care for themselves or their loved ones.

Equipping Professionals

NAMI Maine educational programs train professionals with the skills necessary to step up and be a helper in a crisis situation. Community members working in schools, healthcare settings, and businesses train with NAMI so more Mainers get connected to help and hope.

Strengthening Communities

Through a statewide network of affiliates, NAMI Maine advocates for improved quality of services for all persons affected by mental health, promoting peer support and public awareness. Together, we remind community members they are never alone.

Here for you. Here for Maine.

Suicide Prevention

is up to all of us

NAMI Suicide Prevention efforts take place in schools, with Healthcare Providers and across Maine communities.

Together, the NAMI Maine Community is:



Increasing awareness and skills supporting suicide prevention



Improving access to appropriate prevention and intervention services



Working to reduce the amount of suicidal behavior in Maine

20

Suicide Prevention Awareness Sessions

786

Attendees

99 Mainers helped someone experiencing a suicidal crisis.

**Participants reported back in 6-month training follow-up survey*

Assessment and Management Training

"It's always good to have those life-saving skills, that you hope you don't have to use, but you're prepared if the situation arises."

-Jodi, Participant

Suicide Prevention Gatekeeper Training & Advanced Gatekeeper Training

"Worth the time invested and very enlightening. I developed a better understanding of the various aspects of the subject of suicide, along with tools and strategies to support individuals and families."

-2021 Participant

328

People trained

95% felt confident in their ability to intervene with someone at risk for suicide after the training.

96

School Clinicians Trained

100% of School Clinicians felt confident in their ability to assess suicidality using the Columbia-Suicide Severity Rating Scale (C-SSRS), after the training.

42% felt confident before the training.

94% of School Clinicians could identify suicide risk factors among special at-risk populations, after the training.

339

Trained in Suicide Prevention and Management in Healthcare Settings with Maine Medical Association

Here for Mainers after a loss.

If you have lost someone close to you by suicide or you are part of a school or an organization where a loss has happened, it is a shocking and painful experience.

NAMI Maine provides support and resources to assist people and organizations address the immediate needs of those impacted by the loss.

76

Traumatic Loss Check-ins

52,000 adults had thoughts of suicide last year in Maine

270 lives were lost to suicide in Maine



Man Therapy™

Working aged men (25-54 years old) account for the largest number of suicide deaths in the U.S.

4 of the 5 professions with the highest rate of suicide for middle-aged males are also the most common occupations in Maine.

(2016 CDC Statistics)



Man Therapy is a mental health awareness campaign tailored towards reaching this high risk group. How? By utilizing an early intervention approach to help men acknowledge issues and seek help before reaching a state of crisis.



1,042

Users
(Unique Sessions)



175

Head Inspections
Completed



21

Red Phone
Line Clicks



2

Vet Crisis
Line Clicks

With Man Therapy, NAMI Maine is **re-shaping the conversation** in Maine, using humor to **cut through stigma** and address challenges like depression and suicidal thoughts head on.

NAMI Maine: A Local Partner

In Winter of 2020, thanks to the generosity of the NAMI Maine donor community, and a \$15,000 donation from Rx Abuse Leadership Initiative, Man Therapy launched as a statewide initiative in Maine- with local resources added to Mantherapy.org, including counseling services, mental health resources, and licensed therapists to get more Mainers connected to help and on the path to recovery.



You can't fix your mental health with duct tape.

mantherapy.org
Therapy. The way a man does it.



Beyond the Basics

Building Hope Across Populations

Keynote Speaker Dr. Anneliese Singh, PhD, LPC
Author, social justice scholar and community organizer

Beyond the Basics Conference went virtual in 2020 - where national experts on inclusive suicide prevention strategies, local community members, professionals, and clinicians addressed suicide prevention, intervention, and post-vention issues.

123
Attendees

Adult Mental Health First Aid

When more people are equipped with the tools they need to start a dialogue, more people can get the mental health support they need.

641 People
Certified

"This training opened my eyes to many things I was not aware of how to deal with a crisis as well as find good resources to help guide."

-2021, Participant

NAMI Maine Affiliates

Support Close to Home

Volunteer
Driven.

Peer Led.

Locally
Grounded.

NAMI Maine affiliates are volunteer-led grassroots organizations providing mental health education, support, and advocacy in their local communities.

Affiliates host support groups, provide education programs such as NAMI Family-to-Family, and serve as a community contact for local resource and referral information.

What NAMI means to me.

Reflections from Affiliate Leader, Betsy Rose.



At the end of 2021, Betsy Rose ended her tenure as president of NAMI Bangor. We are grateful to Betsy for all she has done over the last 11 years. And we asked her to share what NAMI Maine means to her. Thank you, Betsy!

"I became involved with NAMI Bangor after we had a crisis with our loved one in 2010. They became suicidally depressed and also had a substance use disorder. We were able to get them into treatment, and by the end of that year, they were doing a lot better. But we were exhausted and needed support. I was shocked at how hard it was to navigate the mental health system. We felt very alone.

I heard about NAMI from a friend and went to a family support group. I then signed up for a NAMI Family-to-Family class and it was so helpful that I decided to take the training to teach it. That was 2011. I've been involved as a volunteer ever since.

The most rewarding thing is the feeling I get when I tell a new person, "You've come to the right place. We get it," and see the relief on their faces. As an affiliate leader, you can give people hope because you have lived experience. I became the NAMI Bangor president in November of 2013. I was very motivated to keep the affiliate going because the support groups and classes had been so helpful to me.

Being an affiliate leader has also been a personal growth experience. I gained so much confidence along the way. And it was fun! Another benefit has been meeting many wonderful people - those who attend groups and classes, and those who volunteer; other affiliate leaders around the state; NAMI Maine staff members; and community mental health workers. I have made a lot of good friends through NAMI.

Local affiliates make NAMI the organization it is. To anyone thinking of getting involved in their local NAMI Maine affiliate, I say "Do it." If people don't volunteer and get involved, NAMI won't exist. And that would be a shame."

Betsy Rose, NAMI Affiliate Leader

Providing Support and Education to Mainers Statewide

Virtually and in-Person

NAMI Support Groups

“ The NAMI Maine support group is one of the most remarkable support groups I have ever attended. It has made a positive impact on my well-being.

- 2021 NAMI Support Group Member

894
Total Attendance

97% Reported their group made them feel more connected to a community

252
Support Sessions

22
Newly Trained Facilitators

NAMI Family-to-Family

“ It is an encouraging experience knowing I am not alone on this journey. While many people in my own personal circles don't understand, I felt completely understood by the people in my NAMI Family-to-Family class.

- 2021 Family Member

85 Family Members Participated

81% changed their behavior in how they supported their loved one. Survey respondents reported 3 months following the program.

10 Courses Offered

NAMI Basics

“ I'm much more patient with my son and have taken actions to help him with his mental health issues.

- 2021 Parent

4
Family Members Participated

NAMI Support Groups provide an opportunity for adults to share their experiences and gain support from other group members.

The NAMI Support Group model ensures that all members have an opportunity to be heard and to get the support they need.

NAMI Family-to-Family improves the coping and problem-solving abilities of people who have a loved one with a mental health condition.

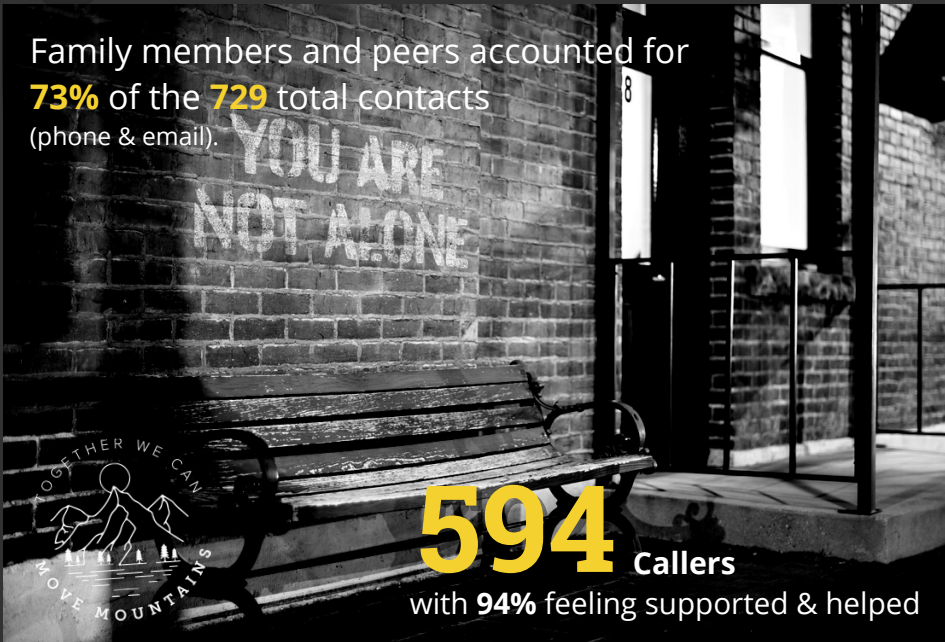
Participants gain information and strategies to better care for themselves and their loved ones.

NAMI Basics provides parents and caregivers of youth experiencing mental health symptoms with information and strategies to support their family's mental health needs.

NAMI Helpline

Is helping Mainers: 800-464-5767, press 1

- 1 navigate the mental health and criminal justice system
- 2 understand their rights as a peer or family member and how they can best advocate for themselves
- 3 find services and providers based on need, location and income
- 4 get connected to resources and materials about mental health and recovery
- 5 engage in collaborative problem solving around mental health concerns
- 6 find information on educational opportunities and alternative avenues for support



Family members and peers accounted for **73%** of the **729** total contacts (phone & email).

"There is no amount of information that can remedy feeling alone and stigmatized. **We share information on our helpline, but our true measure of success is when a caller sighs out of relief that they finally feel understood.**"

- River, Community Supports Manager

Public Education

NAMI Maine delivers free educational opportunities to the general public to increase mental health literacy and combat stigma in Maine communities. The Mainers who join these community conversations leave with a deeper understanding of mental health and resources for support.

Coping with Covid

928
Attendees

Lunch and Learns for Clinical & Non-Clinical Organizations

292
Trained

Open Informational Trainings

134
Attendees

Topics included:

- Supporting Youth during a Pandemic
- Supporting Resiliency in Older Adults
- Teen Anxiety

1,051

Materials distributed

NAMI Maine serves as a trusted source for information on mental illness and mental wellness promotion in Maine

Improving **Crisis** Response in Maine Communities

Crisis Intervention Training (CIT) Program

Transforming community responses to people facing a mental health crisis.

Through partnerships between families and peers, community organizations, mental health providers and law enforcement officers, the Crisis Intervention Team (CIT) Program brings the community together to help ensure collaborative responses resulting in community and officer safety.

- ✓ An international best practice recommended by the U.S. Department of Justice
- ✓ NAMI Maine serves as the lead coordinating entity CIT in Maine



Role Model Program: Awarded Platinum Program Certification

There are four level of certification based on the degree to which a program has implemented CIT best practices - PLATINUM being the highest level.

In February, 2021, NAMI Maine has received the PLATINUM certification for being a program that has incorporated all **the best practices of CIT.**

"The CIT Maine program has incorporated the best practices of CIT across all domains and should be recognized as a leading program. CIT International awards the CIT Maine program a certification level of PLATINUM."

- CIT International, 2021

75% Officers Reported they utilized new skills to divert from the criminal justice system for individuals experiencing a mental health crisis.
**of the survey respondents*

36 Officers Certified in CIT last year

53 Officers Attended the 4 CIT Refreshers held



I gained a great deal from my training and would recommend it for all involved in the law enforcement field.

- Brandon, CIT Trained Officer

NAMI Maine was the first state to be awarded with a platinum certification for role-modeled programing.

Empowering youth and their support networks

through school and community trainings for professionals serving youth and young people themselves.

Youth Mental Health First Aid (MHFA)

170 People Certified

86% are better able to identify a youth who may be experiencing a mental health challenge or crisis.

76% have increased confidence to take action to support a youth

Survey respondents reported 3 months following this training.

This training equips professionals and community members with the skills needed to respond in a **youth/teen** crisis and non-crisis mental health situation.

3 Instructors Trained

Teen Mental Health First Aid will soon be offered to support teens with knowledge and skills to foster their own wellness and to support each other

Mental Health in the Classroom

25 Sessions

NAMI Maine shares mental health and suicide prevention awareness information at NAMI 101 sessions built for the high-school classroom.

Sources of Strength

6 New Schools Enrolled + Trained

This evidence-based program brings mental health awareness and suicide prevention messaging campaigns to schools to foster an environment that nurtures mental wellness and help seeking behavior.

12 Schools Enrolled

DID YOU KNOW?

Identifying warning signs or symptoms and seeking treatment early can make a difference in reducing the impact of a mental health condition.



Teen Text Line

A Peer-to-Peer Support Line for Teens

Launched at the onset of the COVID-19 Pandemic, the Teen Text Line has become a steadfast resource of support for hundreds of Maine teens.

Life can be complicated and feel overwhelming; the Teen Text Line lends a listening ear without judgment or shame. Peer Support Specialists are available from noon-10pm every day to validate, normalize, and support youth in their experiences. Share this number with the teens in your life so more youth get connected to resources and support.



358 → Conversations

194 Referrals to professional help

200 Teens were given positive coping skills and mental health tips/strategies to support them moving forward.

Family Respite Program

A network of support helping Maine families achieve balance.

Strengthening Maine Families

The Family Respite Program supports the healthy functioning of families by providing specialized childcare services for family caregivers of children with higher needs.

Through NAMI's certified respite provider network, families are matched with a local provider so family caregivers can take some time for themselves and do so with peace of mind.

277 Families benefitting **350** Children served **380** Planned breaks for parents **143** Providers across the state

The Added Benefit...

While parents value the break they get through respite, I think they value the positive effect it has on their life and the life of their children just as much. If not more. - *Claudia W., Family Respite Program Director*



Family Respite's New Look

Elephants have a strong sense of family and embody social consideration and care; these compassionate creatures are a symbol of trust and protection, and now, of NAMI Maine's Family Respite Program.

The family-oriented nature of elephants extends to the entire herd, where all adults embrace a role in raising their herd's young ones. Elephants demonstrate behavior that exemplifies the community we work together to build through the Family Respite Program.

Family Respite relies on the caring neighbor, the friend, the family member, and all community members who are looking to give back and expand on NAMI's network of support for Maine families.

Working Better Together

As a member of the **Maine Alliance of Family Organizations (MAFO)**, NAMI Maine collaborates to better serve families of children with disabilities and special health care needs.

MAFO organizations take an approach that prioritizes a parent-centered, strengths-based, inclusive perspective that strengthens family voice.

MAFO's collaborative approach raises public awareness about family and youth issues while highlighting their resiliency and contributions to the community.

Together, families are better equipped to achieve their goals through education, advocacy, and connection with vital community resources.

Alliance Members: *NAMI Maine, Maine Parent Federation, Autism Society of Maine, GEAR Parent Network, and Adoptive and Foster Families of ME.*



A Community of Supporters

NAMI Maine is a community of individuals working together to build a future where every Mainer has access to mental health support and education. Helping families thrive and professionals flourish through mental health support, education, and advocacy efforts is central to NAMI's mission.

The work of our community is made stronger by every voice that stands with NAMI Maine. Each person and business listed below is advancing mental health support during a time the need is high.

\$5,000-\$99,999

Sarah & Preston Everdell
Annie Levine
Albert B Glickman Family Foundation
Bath Institution
Hannaford Supermarkets
Hardwood Products Company LLC
The Masonic Charitable Foundation
Never Walk Alone Inc.
Pine State Trading Co.

\$1,000-\$4,999

Christopher & Andrea Hallett
Stephen Hessert
Michael Pooler
Dennis & Marsi Stavinoha
Barbara Ultsch
Beck Foundation
Garcia-Canning Family Foundation
Bissel Brothers Brewing Company
Calais High School - National Honor Society
D&D Lobster, Inc
Johnson & Johnson
Katahdin Trust Company
Law Offices of Joe Bornstein
MaineHealth
MMG Insurance Company
Network for Good
PhRMA
Robert Reed Associates, Inc

\$500-\$999

William & Elana Anderson
Diane Bullock
Jeanie Eysenbach
Dan & Irene Jagde
Derek Jaskulski
Joanne Marian
Lori Ruland
Elena Russo
Monique Webster
Brienne York
The Bennett Law Firm, P.A.
Burns & McDonnell Foundation
Kiwanis Club of Presque Isle
Fraternity Lodge #6
Maine Principals' Association
McGlenn Family of Crown Farms
Riley Insurance Agency, LLC
United Way of Kennebec Valleyh
Anonymous



Hannaford Supermarkets will be a major partner in helping Maine communities recover from the mental health hardships Mainers are facing because of the COVID pandemic - **with a \$75,000 donation to NAMI Maine.**



Maine Masonic Charitable
FOUNDATION

"The MMCF Trustees recognize the importance of your work in building better lives for Mainers who are affected by mental illness and are proud to continue to support NAMI Maine's Teen Text Line and suicide prevention programs."

With a generous donation this resources has been marketed across Maine, reaching thousands of teens.



Never walk alone inc.
Suicide Awareness



Andrew's family: Ryan, Sherri, Sam, and Lauren
Director of Suicide Prevention, Greg Marley, LCSW
and Advancement Manager Diana Jagde

The Never Walk Alone Foundation raises awareness about the stigma of suicide and funds to support suicide prevention efforts across the state. In the last two years, NAMI Maine has received **\$50,000** to support suicide **prevention** work across Maine from the Never Walk Alone Foundation

These caring community members are advancing lifesaving work. Thank you!

\$250-\$499

Jennifer Aronson
Patricia Bourget
Gail Burdick
Linda Caughey
Julia Dilger
Richard & Brooke Dojny
Jessica D. Gurney & Nathan G. Gurney
Arthur Hamilton
Amy Hodgdon
Gregory Howard
Parker Jayne
Sarah Johnson
Shepard Krech III
Rachel Martin
Steven Piela
Marcella Pike
Jennifer Remick
Jonathan Riskind
Patricia Rutherford
George & Madeleine Ryan
Eric & Eveleen Sass
David Watson
Allen Ave UU Church
Cony High School
First National Bank
John F. McPherson Chapter 1 -
Disabled American Veterans
HomeLight Inc.
Patrons Oxford Insurance Company
Saco & Biddeford Savings Institution
St Francis by the Sea Episcopal Church
The Benevity Community Impact Fund
The Pension Service
United Way of Mid Coast Maine

**"It saved me. I felt
alone and spiraling....
The family group
helped me so much"**

- 2021 Peer Support Group Member

**"It was such a relief to
finally be able to share
with people who
understand what I'm
going through."**

- 2021 Family Support Group Member

\$100-\$249

Paula Abbotoni
Herbert & Dorothy Adams
Sarah Anderson-Krengel
Robert Applewhite
Mark & Cynthia Ayers
Jason Badeau
John Badger
Robert & Marjorie Baldwin
James Bean & Lynne Kaplowitz
Dean & Elaine Beaupre
Carol Bicknell
Kiersten Birondo
Mary-Frances Blaisdell
John Brubaker
Michael & Deborah Burns
Richard Cantz
Melinda Caterine
Dr. Steven L. Cauble
Phyllis Cohen
Molly Collins
Jeanne Costello
Richard Couture
Daniel Cowen
Rodger Cuthbert
Barbie, Don & Christina Deschane
Bonnie Dubois
Catherine Eagleson
Karen & Bob Eger
Jeanie Eysenbach
Matthew Finberg
Melissa Finberg
Nancy Finberg
Laura Fortman
Glenna Gallagher
Ruth Genne
Susan Gilson
Steve & Dana Gleit-Robbins
Martha Greene
Anna Guest
Cynthia Haddad
Karen-Ann Hagar
Mark Hamarich
Kathleen & Leyton Harkins/Sewell
Diane Henson
Diana Jagde
Jennifer Jamison
Carl Johnson
Bernadette Keyes
Chris Kilcollins
Amy Lalime
Kristen Lamoreau
Heidi & Mitch Lapides
Shirley LeBlanc
Deborah S. Lemire
Catherine & Robert Lewis
J.R. Lewis
Elizabeth Libby
Linda Lindsay & Stephen P. Lindsay

**"NAMI Maine is a
valuable resource for
Mental Health
Providers."**

- *Suicide Prevention Gatekeeper
Training Participant, 2021*

Joanne Livingston
Beverly & Saul Marcus
Desiree Marin
Sarah & Rob Martin
George & Mary Mcneil
David McPherson
Margaret McPherson
Kathy & Richard Meade
Margaret Morehouse
David Mulqueeney
Jon Murphy
Joyce Mykleby
Kate Nadeau
Barbara Parker
Alecia Pineo
Roger Pomerleau
Todd Porter
Kathy & Keith Powers
Lynne Powers
Stuart Pruzansky
Edward & Catherine Raymaker
Elizabeth & David Richardson
Patricia Riley & Chuck Anthony
David Rines
Betsy Rose
Jim & Bridget Saltonstall
Linda Schreiber
Jennifer & Michael Snyder
Donna Soper
Bill & Donna Spencer
Julie Stapleton
Debra Tenenbaum
Omer Thibodeau
Michael Urbonas
Kelly Vaillancourt
Jessica Van Dyke
Sarah Walsh
Jason Warburg
Ann Woody
Charities Aid Foundation
Contact Center Team at Martin's Point
Downeast Housing Solutions
Franklin Somerset Federal Credit Union
Leavitt Area Highschool Class of 2007
Janssen
Jewish Foundation of Northern New Jersey
Machias Savings Bank
Maine School Administrative District No. 1
Saint Peter's Episcopal Church



Advancing Mental Health

Up to \$99

Connor Albertson
 Lewis & Jean Allen
 Lauri Andrews & Dale Gardner
 Karen Arnold
 William Austin
 Ron & Mary Beard
 Mary Badger
 Pat Bamforth
 Donna & David Banks
 Jennie Barnes
 Ellen Bemis
 Patricia Bennett
 Mary Bentley
 Steve, Cindi, Adam & Kayla Berg

Wayne & Marie Berry
 James Bilancia
 Nancy & David Bolduc
 Theresa Bonner
 Emily Booth
 Yvon J. Bourgault
 Peter & Mary Bourque
 Gregory Bowman
 Harriet Boyden
 Zenya Brackett
 Robin B Bragg
 Lisa Brenner
 David Brown
 Cheryl & Stephan Bunker
 Steven & Lisa Burgess

Robert & Louise Burns
 Sarah Burr
 Wendy Bush
 Jesse Call
 Dee Capoldo
 Rosanne & Joseph E. Carey
 Matthew Caron
 Amanda Carson
 Laura Cashell
 Jeffrey Chapman
 Vivian Chute
 Alex Ciullo
 Kay Cochran
 Katey & Richard Coffin
 Danielle Davidoff

Sam Davidson
 Bruce & Cheryl Dawson
 Kathleen Decker Szakas
 Florence deGozzaldi
 Nicole Dobson
 Gisele & Maurice Dolbec
 Colleen Donovan
 Gina & John Duffy
 Nancy & Richard Duncan
 Geraldine Edgar
 Sam Ellis
 Oceanna Fayant-Barz
 Elaine Fitzgerald
 Kristina Fitzgerald
 Bill & Pat Flewelling

"In my experience, all the people whom I have connected with at NAMI - attending trainings, calling with questions, etc. - have been knowledgeable, kind, and immensely helpful."

Suicide Prevention Gatekeeper Training Participant, 2021

Up to \$99

Michelle Fong
Julie Forsyth
K. Fox
Jill Frame
Alissa Frazier
Jodi & Jon Freedman
Daniel Friedland & Heather Wolfe
Sue Frost
Leslie Gatcombe-Hynes
Phil & Arlene Gaudet
Connie Goldberg
Erica & Adam Goldfarb
Lynn Goldfarb
Hilary Goodman
Stephanie Gossett
Susan & Michael Graves
Diane & David Greene
Trudy & Kermit Greenleaf
Anthony Grimanis
Elizabeth Grobe
Anthony Guardia
Carol & Raymond Guillemette
Patti Hanscom
Shelli Hanscom
Marilee & Val Harris
Cheryl Harry
Barbara Hartwell
Morgan Harvey
Margaret Wallace Heard
Jennifer Hedrich
Laura Hesselink & David A. Hesselink
Sara Louise Hessler
Deborah Hodgkins
Judith & Peter Hope
Dorothy and Bill Hufford
Barbara Hurwitz
Joan Jackson
Linda Jackson-Washburn
Rebecca Jasch
Louise Jensen
Maddie Jodka
Shirley Joy-Smith
Devika Jutagir
Theodore Kanellakis
Jackie Katz
Bonnie & Chris Kein
Susan Kelley
Katherine Kern
Jennifer King

Danielle Klainberg
Anne Knowles
John Krasnavage
Basil & Gail Ladd
Judy & Larry Lake
Kathryn & Thornton Land
John Laverriere
Ronald & Ann Leadbetter
Pamela Leary
Steven LeBlanc
Christine Lefebvre
Donna Levi
Nancy Levinsky
Elaine & David Lewis
Peter Lewis
David Lischer
Bruce Livingston
Rose Marie Louten
Sara Lozefski
Audrey Luke
Karen MacDonald
Donald MacWhinnie
Donald & Louise Marchildon
Patricia & Michael McCabe
James & Mary McGrath
Deirdre & Timothy McMahon
Dolores Mekrut
Michael Messerschmidt
Joanne Miller
Sandra Moore & Stanley More
Nadine & Gary Moreau
Tracie Morgan
Patricia & Family Morin & Family
Laurel A. Morrison
Arlene Nason
Michael Nee
Sadhbh Neilan
Sally Nemi
Christopher & Erika Neumann
Bonnie Oliver
Ekaterina Paramonova
Janet W. Pease
Mary Petersen
Robert & Elisabeth Peterson
Joseph Pickering
Nancy Pierce
Pamela & William Porter
Barbara Rachel
David & Sara Raymond

Tracie Reed
Moira Reno
Fredrick & Gaye Rhodes
Joanne & Timothy Ricker
Bradd Robbins
Nancy Sanford
Phil Sargent
Julie Sawyer
Gene H. Schanz & Jo-Ann H.
Megan Schanz
Anita Schlemann
Yael Schwarzman
Linda Shary
Allison & Bosco Sheff
Nikki Shields
Clelia Sigaud
Joanne Simonelli
Jane Sloven
Eleanor Small
Louise Andrews Small
Olivia & Elliot Solodar
Natalie Souza
Karen Spencer
Larry & Cindy Staples
Karen Steingart
Terry & Michael-John Stetser
Judy Storer
Jane Taylor
Catherine Tetenman
Chelsea Torrey
Nancy Tripp
Joseph Underwood
David & Lynne Unger
Janet Ver Planck
Anthony & Susan Verbalis
Claire Vinning
Catherine Walker
Paul Warburg
Clyde H. Williams
Michael Winsbro
Coeli Worrall
AMVETS Ladies
Auxiliary Post 2
Cued Speech Association of Maine
Frontstream
MAPFRE Insurance
Monmouth Congregational Society
United Way of Greater Portland

**"I know that our family's journey is going to be lifelong,
and I am grateful to have this resource available."**

- NAMI Support Group Member

In Memoriam

Here we honor the lives of those our community has lost.

Families who have experienced a loss often ask their community to make a donation in their loved one's memory to support suicide prevention in lieu of sending flowers. These memorial donations allow NAMI Maine to educate individuals on mental health challenges and work to decrease the suicide rate across the state.

Dealing with the loss of a loved one is never easy. In times of loss, NAMI Maine provides support, hope and resources.

(Flo) Florence Steffy deGozzaldi
Alice E. Hunt
Amanda Downes Kimball
Benjamin Sturrock
Benjamin William Blaisdell
Bobby "Bub" Mayo
Brook Hayden
Bruce Livingston
Charles E. Martin Jr.
Christopher D. Ziobrowski
Eliana Malka Finberg

Ian Fournier
Rev. James L. "Jim" Gill
Jasmine Miller
Dr. Jonathan Shenkin
Jonathan E. Stavis
Jordan Plummer
Jordan W. Blais
Kathryn Nettie Light
Lori Ann Mills
Maryanne Boffa
Marian Everdell

Meaghan Monaghan
Melba Boynton
Michael Bowden
Moses Clark
Rosaline Sanford
Rylie Cutter Wareham
Ryan M. Landwehr



Mental Wellness
is a RIGHT

I love
heart, I love
your heart in
my heart.
#ManCub

you got this ♥

Wish You
Were Here ♥

You're not alone

Stigma Warriors

The Stigma Warriors Monthly Donor Program is all about **Mainers helping Mainers.**

These warriors are dedicated to advancing mental health support and suicide prevention efforts across the state. The consistent source of funding these warriors bring allows NAMI Maine to engage in more projected planning and be truly responsive to our community's needs.

Thank you.

Amy Hodgdon
Anita Schlemann
Betsy Rose
Daniel Cowen
Danielle Klainberg
Derek Jaskulski
Diana Jagde
Dottie Adams
Gregory Howard
Jennifer & Michael Snyder
Jon Murphy
Joyce Mykleby

Karen-Ann Hagar
Kristen Lamoreau
Leslie Gatcombe-Hynes
Linda Schreiber
Lori Ruland
Martha Greene
Molly Collins
Parker Jayne
Patricia Bourget
Patricia Morin & Family
Patricia Rutherford

Preston & Sarah Everdell
Richard Couture
Stephen Hessert
Steven Piela
Sue Frost
Tracie Morgan
William Austin
Anonymous (3x)



Together, we are replacing stigma with SUPPORT.

You're not in this alone
Let's Talk About It
-Brooklyn Mitchell

You are loved
See
#missyoueveryday
#PreventSuicide

We are in this together.
be good to yourself & one
another! -Lindsay McKen

Mainers helping Mainers

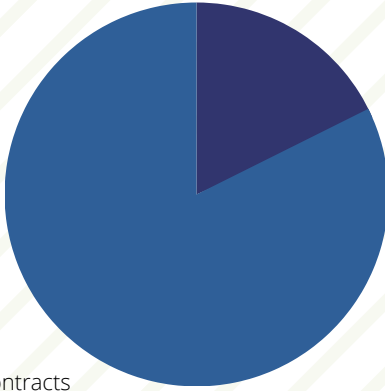


Join the movement at www.namimaine.org/stigmawarriors

Financial Summary

FY 2020 Income \$2,557,477.71

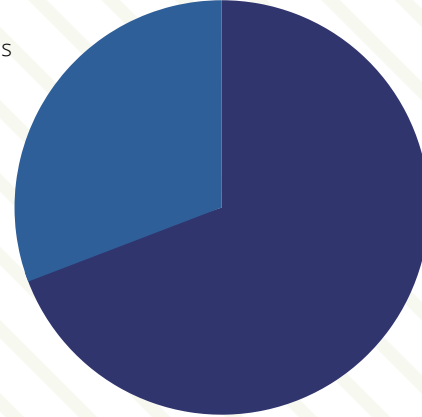
Development Income
17.6%



Grants and Contracts
82.4%

FY 2020 Expenses \$2,532,846.21

Operations
30.8%



Payroll & Benefits
69.2%

NAMI Maine contracts with an independent, certified public accounting firm to prepare audited financial statements at the end of each fiscal year. NAMI Maine adheres to all the rules and regulations regarding the financial statements including the balance sheet, statement of income, cash flows, and notes to accounts. The financial statements are prepared and presented in accordance with the generally accepted accounting principles and the audit is performed in compliance with the widely accepted auditing standards.



2021 Annual Report

*"Mental health is more important
now than ever."*

Hope Starts with YOU.



Scan to Give

We are a community dedicated to advancing
mental health support and suicide prevention.

