I would like to welcome you to NAMI Texas and to our wonderful affiliates that do such good work. We are excited about the opportunities we have for the future of mental health care in Texas and ways we can improve the care of our loved ones with mental illness.

At NAMI we provide support services for people with mental illness and also for their loved ones who need help from those people who truly understand their needs. NAMI Texas affiliates have a myriad of classes from which to choose, leading off with our favorite NAMI Signature Program, Family-to-Family. Other programs such as In Our Own Voice, NAMI Connection and Ending the Silence offer support and a way for people with mental illness to add their voices to others as we look for ways to end stigma, promote mental health and bring recovery to all.

We must be ever vigilant not to let our minor victories cloud our judgment, lest we forget that mental health parity is subjective. Let’s strive for strong public policy measures that keep us connected to the pulse of our legislature, and also keep us from being surprised by mental health unfriendly legislation.

Today we stand proud for the many accomplishments of NAMI Texas and our affiliates, while we also realize all the work ahead of us. The future of mental health care in Texas is ours to help make bright. We speak with a strong voice that says “no” to stigma, and “yes” to improved mental health care.

Thank you for your support now and in the future. With the support of the NAMI family of affiliates and members, we can move mountains and change lives!

All my best for good mental health,

[Signature]

John Wallace Dornheim
2015 President of the Board of Directors, NAMI Texas
Mission & Vision

NAMI Texas is dedicated to improving the quality of life of all individuals living with mental illness and their families.

The vision of NAMI Texas is to ensure acceptance of and treatment for all those with mental illness to facilitate recovery.

While retaining our grassroots values, NAMI Texas will:

- become the most effective provider of support and educational opportunities reaching all persons in the state;
- dramatically grow the membership;
- eliminate the stigma of mental illness; and
- lead the way with successful advocacy efforts.

Profile: Teena Adler

My mental health symptoms started at a very early age (five) after the traumatic events of seeing my mother, aunt, and uncle stabbed repeatedly by my biological father and being sexually assaulted by a family friend’s father at a sleep over at the age of six. I endured dissociations, mania, depression, anxiety, night terrors, irrational thoughts, self-harm, and suicidal ideations as a child before being incorrectly diagnosed at 11 as having depression. This diagnosis was given to me at my first of many inpatient stays at a psychiatric hospital after a suicide attempt. I will forever remember being put in a strait jacket and injected with Haldol. I still struggle with this experience every day of my life and it is a constant reminder to me that I need to take care of my mental health on a daily basis so that I am not put in this situation ever again. I struggled severely for 21 years after my original misdiagnosis was given and incorrect treatment was started.

My casual drug use that began at nine to numb my mental health symptoms had developed into a full blown drug addiction by the time I was 14. I had continued down a path of no return when one night I was gang raped at a party. After that night I no longer cared about what happened to me or if I lived or died. It was also that night that I met someone whom I thought was going to save me, but he ended up being the very person who was out to do me harm. I went to live with him thinking I would have a place to live and a way to get my life together, but unbeknownst to me he was a sex trafficker. I was sex trafficked from all through Dallas, Houston, San Antonio, and Austin. I was able to escape after my trafficker went to prison for a parole violation. I struggled with this lifestyle on and off until 2006.

At 16 I went back home with my family and started counseling and medications again and went on to get my GED and started college. I was eventually correctly diagnosed at 31 after I set myself on fire in psychosis with Bipolar Disorder I and Borderline Personality Disorder with co-occurring disorders Post Traumatic Stress Disorder, Anxiety, and Attention Deficient Hyperactivity Disorder. I went to Green Oaks Hospital IOP after my diagnoses to get a better handle on my medications and treatment. It was there that I was introduced to NAMI Dallas. I started going to the peer support group meetings and volunteering at the NAMI Dallas office. Now I facilitate many of the Peer groups and classes.

I feel it's my turn to pay it forward. I truly believe that it is paramount to give back to the community. That is one of the main reasons why I do the work that I do. My recovery played a huge role in me returning to college full time to become a therapist, so I may help others.
Advocacy & Public Policy

NAMI Texas was the state’s mental health advocacy leader in 2014, pressing for statewide reform and supporting the efforts of local advocates. Heading into the 84th session of the Texas Legislature, NAMI Texas was well-positioned to make a positive impact on the public policy process to help improve the quality of life for individuals with mental illness and their families.

With 2014 being an interim year for the Texas Legislature, NAMI Texas worked to engage affiliates in its public policy platform development process, build momentum for mental health reform leading into the session, and impact the decisions made by state agencies and the Legislature. NAMI Texas accepted an invitation from the House Committee on County Affairs to provide invited testimony on an interim charge related to mental health treatment in jails. NAMI Texas also provided testimony to the House Committee on Corrections about the current policies and procedures for incarcerating individuals with a mental health diagnosis, and recommended several potential changes to ensure that these individuals are receiving a continuum of services.

NAMI Texas successfully advocated for the Department of State Health Services to ask the Legislature for funding to support recovery-focused Clubhouses. NAMI Texas also worked with legislative offices and other stakeholders to get bills drafted on peer support, criminal justice, the Health and Safety Code, mental health workforce, and the Code of Criminal Procedure.

Every two years, NAMI Texas and its partners plan and host a Mental Health Capitol Day Event, bringing together people from around the state to call for mental health reform. This is a signature event for the state’s mental health advocacy community, bringing much-needed attention to the issue. NAMI Texas is an active member of the Texas Coalition for Healthy Minds, coordinating with other mental health advocacy organizations and stakeholders in the mental health community. Additionally, NAMI Texas organized a contingent of 50 members who met with the staffers of Texas Congressmen and Senators on September 3, 2014, during the NAMI National Day of Action in Washington, D.C.

NAMI Texas was mentioned or quoted in several media sources in 2014, including the Texas Tribune and the Austin-American Statesman. The articles addressed recent progress on mental health, the outlook for advocates going forward, and major issues affecting individuals with mental illness and their families.

Affiliate Outreach

In 2014, NAMI Denton County became the first Affiliate in the nation to successfully complete the Standards of Excellence initiative, which set expectations for higher levels of operational standards. NAMI Texas continued to provide technical support to all Affiliates throughout the state and remained a national leader in the re-affiliation process.
Education

NAMI Texas and our Affiliates provide free education designed to help families and individuals cope with mental illness. NAMI Texas added 228 state trainers, teachers, presenters & facilitators bringing the certified leader total to 1,041, a 28% increase over 2013. NAMI class & presentation attendees totaled 4,813, a 34% increase over 2013. From around the state, NAMI support groups reported 6,596 participants, and through in-service trainings, health fairs, and community events, our Affiliates reached approximately 40,000 people. Thank you to the countless volunteers & contributors who make this incredible outreach possible.

<table>
<thead>
<tr>
<th>Community Awareness</th>
<th>New Certified Leaders</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In Our Own Voice</strong> – public education program where two speakers share stories about living with mental illness and achieving recovery.</td>
<td>37</td>
<td>2,775</td>
</tr>
<tr>
<td><strong>Ending the Silence</strong> – middle and high school students learn symptoms of mental illness and how to help themselves, friends, or family members.</td>
<td>23</td>
<td>551</td>
</tr>
<tr>
<td><strong>Parents &amp; Teachers As Allies</strong> – school professionals learn the early warning signs of mental illness in children &amp; adolescents.</td>
<td>2</td>
<td>378</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Education</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NAMI Basics</strong> – education for family caregivers of children &amp; teens who are experiencing symptoms or have been diagnosed with a mental illness.</td>
<td>39</td>
<td>106</td>
</tr>
<tr>
<td><strong>NAMI Family-to-Family</strong> – an evidence-based program by SAMHSA is a class for anyone who desires a better understanding of mental illness &amp; coping skills.</td>
<td>71</td>
<td>721</td>
</tr>
<tr>
<td><strong>Peer-to-Peer</strong> – open to anyone experiencing a mental health challenge &amp; designed to encourage growth, healing &amp; recovery.</td>
<td>14</td>
<td>96</td>
</tr>
<tr>
<td><strong>NAMI Provider Education</strong> – introduces mental health professionals to the unique perspectives of people experiencing severe mental illness.</td>
<td>n/a</td>
<td>143</td>
</tr>
<tr>
<td><strong>Partnerships</strong> – teaches family members how to manage their loved one’s mental illness, specifically focusing on boundary setting &amp; self-care.</td>
<td>n/a</td>
<td>43</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Support</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NAMI Family Support Group</strong> – participants gain insight from the challenges and successes of others facing similar circumstances.</td>
<td>14</td>
<td>3,388</td>
</tr>
<tr>
<td><strong>NAMI Connection Support Group</strong> – peer led, adults with mental illness gain insight from the challenges and successes of others.</td>
<td>28</td>
<td>3,208</td>
</tr>
</tbody>
</table>

2014 NAMI Texas Annual Conference

The 2014 NAMI Texas Annual Conference was held at the Moody Gardens Hotel in Galveston, TX. We offered **28 workshops** covering a broad range of current mental health topics that addressed the needs of our **275 attendees**.
**Financials**

**Income**

| Contributions | $196,604 | Grants | $144,201 |

**Total Income: $340,805**

**Expenses**

| Programs | $246,064 | General & Fundraising | $102,265 |

**Total Expenses: $348,329**

**Financial Status**

| Operating loss from current year operations | $7,524 |
| Prior period adjustment* | $148,812 |
| Adjusted net loss | $156,336 |
| Net assets as of December 31, 2014 | $194,677 |

*Certain errors, accumulated since 2008 and related to the accounting of deferred revenue as temporarily restricted net assets, resulted in an adjustment of $148,812 as a reduction in net assets.

The 2014 NAMI Texas Audit and Form 990 are available at www.namitexas.org.

**“Peer-to-Peer has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about.”**

-Peer-to-Peer Participant

**“Their presentation helped me know that I can encourage someone with a mental illness that they still achieve their dreams.”**

-In Our Own Voice Participant

**“Family-to-Family has taught me how to help my mom manage her mental illness.”**

-Family-to-Family Participant
DONORS

Patron ($10,000+)
Community Health Charities/Combined Federal Campaign
The Rogers Foundation
Tom and Carolyn Hamilton

Benefactor ($5,000-$9,999)
Ed & Jackie Dickey

Visionary ($1,000-$4,999)
Andrea & Lonnie Hazlitt
Blue Bell Creameries, L.P.
Colley Family Charitable Foundation
David Gibson
Douglas & Mary Mozelle McSwane
Hannah N. Fryer
IBM Employee Service Center (Employee)
James Avery
James M. Raymond
Laura North
Lawrence D. Brzozowski
Margaret Forgan
NAMI Dallas
United Way for Greater Austin
William C. & Patricia A. Matthews
Wallace Family Trust

Catalyst ($500-$999)
Chevron Humankind Matching Gift Program
Give With Liberty
Jacqueline Shannon
Kanaly Trust
Mark Brookshire
Maurice Dutton
Rebecca Brown
Silicon Valley Community Foundation

Supporter ($100-$499)
AIG Matching Grants Program
Alexander Miller
AMAT Community
Austin Community Foundation
Baretreesboutique
Bert McNelly
Brian Shannan
Carmela Garcia
Carol Fagot
Catherine Vaughan
Cynthia Witte
David Tong
Deborah Sweeney
Debra Robbins
Frank Webb, CIT
Glenn Forgan
Hazel Godhelp
James Clark
James F. and Dianne R. Clark
Jeffrey Lorge
Jimmie Broach
JoAnn F. Fonteno & Diana Saufley
Lyle Larson
Marcie McSwane
Mark Johnson
Matt Kuryla
Melanie High
Michael LeBlanc
Nancy Higuchi
Nancy Myers
Paul Curs
Paulina Williams
Peterson Regional Medical Center
Ramona Gray
Reason2Race LLC
Richard A. Lavalle
Robert D. Vander Ploeg
Robert Schwartz
Safeway, Inc.
San Antonio Jaguar Club, Inc.
Sara Burgin
Sherry Cusumano
Silicon Valley Community Foundation (Employee)
Tanya Alvarez

Friends (up to $99)
A.B. Vaughn
Adela Villalpando
A.K. and Mary E. Shah
Alice Lee and Ken Smith
Amazon Smiles
American Express Charitable Fund
Baker Botts, L.L.P.
Bruce E & Mary Alice Wittrig
Carolyn Karbowski
Carolyn Zalta
Charles E & Clarice A Hanstrom
Christina and Todd Judge
Craig and Anita Woods
Darrell K. and Charlotte Jannise
David Willis
Deanna Moody
Dixit Patel
E. Vail
Fay Shamanski
Go Go Green Roofing and Restoration, LLC
Goodshop
Jacqueline Schraad
Jason Sharp
Javier Garza
Jennifer Keane
John Hallam
Joy Kovar
Joyce Yamada
K A Singleton
Kent H. Grubb
Kim McKnight
Kimberly Reich
Lete Phillips Exercise Program
Linda Hester
Madeline Kelley-Schwoch
Marian Hauglid
Mary Ferree
Mary Porter
Maxine Dorsey
Michael Katz
Nancy Umphres
Pauline H. Wallin
Peggy Jo Opela
Rose M. Spinelli
Rose McCorkle
Reathea Alexander
Sasi Pasupuleti
Sue Adams
Susan Collins
Suzanne McClintock
Tessa Boyd
Theodore Owens
Tiffany Ladow
Vanessa Woliver
William "Bill" Reuter
Ying-Chuan Chu

CONFERENCE SPONSORS

Gold
Johnson & Johnson Healthcare Systems, Inc.
Amerigroup Real Solutions

Silver
Green Oaks Hospital

Pearl
The Wood Group
AstraZeneca
Value Options
NAMI Collin County

CONFERENCE EXHIBITORS

Amerigroup Real Solutions
Colorado Recovery
Green Oaks Hospital
Individual Care of Texas, Inc.
NAMI Greater Houston
NAMI Texas
NEA-BPD
New Dimensions Day Hospital
Rose Hill Center
St. Joseph's Senior Renewal
Texas Clubhouses-Austin Clubhouse/San Antonio Clubhouse
The Menninger Clinic
Westpark Springs Hospital
NAMI Texas has provided me an excellent supporting cast in my recovery from what I conceived to be a life-debilitating diagnosis. After discovering a group of wonderful people who shared a similar journey to my own, I once again had faith that I could reach my dreams and more, despite my diagnosis. I am very thankful for the ongoing support members of my NAMI Texas group have shown to me, and I hope I can provide that same support to others who are in need. Thank you NAMI Texas for providing me with such beneficial support opportunities, I am forever grateful.

-Jamie Parsons