

# Letter from the President

As the Call for Change to transform Pennsylvania's mental health system to one supportive of recovery and resiliency moves forward, organizations like NAMI Southwestern Pennsylvania must meet the challenge to grow and change. As the year began, NAMI Southwestern Pennsylvania joined NAMI National in developing a new strategic plan. The Board of Directors and staff embarked on an interactive planning process which included an in depth self evaluation and environmental scan. Three primary domain areas emerged: program, operations and governance. The organization was re-energized by the process.

The strategic plan for NAMI National was developed based on Jim Collin's "Good to Great and the Social Sector" which featured a "good to great framework of inputs and outputs." Our plan evolved as a very compatible document to the national plan. Refocusing on mission, renewing the grassroots passion and building a "virtual learning" center were core strategic initiatives. Building on the success of the CART-C/FST model for program evaluation and quality improvements is another stratagem. Planning for successful transitioning through key successions and meeting the demand of new beginnings characterized the year.

While the first half of the New Year was spent reflecting, thinking and planning, the second half was characterized by doing. A grant from Staunton Farm Foundation to develop an interactive website was received and the building of the new website was under construction. A multi-year project, the new website should be up in 2008.

NAMI Southwestern Pennsylvania would host its first WALK for the Mind of America in October 2007. The first volunteer meeting was held in February 2007. The WALK is a major public awareness and anti-stigma event to raise funds for NAMI Southwestern Pennsylvania. In June of 2007, as the fiscal year ended, 21 sponsors had pledged nearly \$20,000 for the Fall WALK.

In April of 2007, during the annual spring conference, the Executive Director's retirement at the end of the year was announced. The strategic planning process prepared the Board of Directors for the enormous challenge of an executive search and transition. The search process began just before the 2006-2007 year ended.

Our year was characterized by planning and preparation for change and growth as the mental health system transforms itself. It was also a year of new beginnings as NAMI Southwestern Pennsylvania moved into the future, towards the shared vision and belief that NAMI Southwestern Pennsylvania could follow the path of NAMI National and go from good to great!

Sincerely yours,



Edna McCutcheon  
President, Board of Directors, NAMI Southwestern Pennsylvania

## ANNUAL REPORT 2006-2007



The National Alliance on Mental Illness

**Southwestern  
Pennsylvania**

## 2006-2007 Board of Directors

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#### President

Edna I. McCutcheon, ACSW, LSW

#### Vice President

Christine Michaels, MS

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## MISSION STATEMENT

NAMI Southwestern Pennsylvania is a regional grassroots organization dedicated to helping families and individuals affected by mental illness achieve lives of quality and respect, through education and advocacy that supports recovery.

### Members

Eva Bednar

Jack Cahalane, Ph.D.

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Constance F. Roman

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Tessie B. Truskowski, MSN

#### Executive Director

Harriet D. Baum, M.Ed.

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In 2006-2007, NAMI Southwestern Pennsylvania worked diligently to meet our mission of developing and promoting opportunities that encourage recovery through education, support and advocacy

- ◆ Responded to 1,760 telephone inquiries and received 296,221 website hits and email requests for information, education and support services from consumers and family members.
- ◆ Offered technical assistance and support to volunteers leading 20 affiliate and peer support groups in the 10 county region.
- ◆ Coordinate trainings for:
  - ◆ 14 Family-to-Family teachers representing Allegheny, Beaver, Greene, and Washington counties
  - ◆ 4 Support Group facilitators from Allegheny County
  - ◆ 13 *In Our Own Voice: Living with Mental Illness* presenters from Allegheny and Westmoreland County
  - ◆ 2 *In Our Own Voice: Living with Mental Illness* Trainers
- ◆ Developed and presented informative NAMI Education workshops at:
  - ◆ 32<sup>nd</sup> Annual Training Conference, United States Psychiatric Rehabilitation Association, May 2007, Orlando, Florida
  - ◆ NAMI National Conference, June 2007, San Diego, California
  - ◆ Pittsburgh Regional Training Collaborative Child and Advocacy Summit
  - ◆ And, over 400 college students, medical students, graduate students and ministers at the University of Pittsburgh, Chatham University, and Duquesne University
- ◆ In partnership with the Disability Rights Network, NAMI conducted 12 Mental Health Advance Directives workshops in 9 counties with over 200 attendees. Seventy-one individuals completed Mental Health Advanced Directives.
- ◆ Six Family-to-Family classes provided educational support to 78 family members and 11 In Our Own Voice presenters reached 617 consumers, professionals and students during 20 presentations.
- ◆ Continued advocacy activities with the Mayview and Torrance State Hospital service planning process. Composed and distributed a NAMI Southwestern Pennsylvania Position brief: Responsible State Hospital Downsizing/Closure in February 2007 in anticipation that Mayview State Hospital would close.
- ◆ Over 250 attended NAMI Southwestern Pennsylvania Annual Regional Conference, "Quality in Behavioral Health Treatments and Supports" for workshops designed to define, measure and provide necessary advocacy tools to encourage families and consumers to seek quality services.
- ◆ Supplied up-to-date information quarterly to 1350 individuals through *The Voice* newsletter and distributed frequent, up to the minute legislative action alerts to 263 members and other stakeholders.
- ◆ Supported the ongoing development of Consumer/Family Satisfaction Teams and their efforts in Allegheny County and Indiana/Armstrong counties. Provided technical assistance to nine northern counties for C/FST development. Completed peer and family assessments at Mayview, Torrance and Warren State Hospitals.
- ◆ CART, a project of NAMI Southwestern PA was the recipient of the 2006 Esprit Award sponsored by the Mental Health Association of Allegheny County.

### Revenue 2006-2007

Program Revenue	\$869,099
Contributions, Grants & Dues	\$259,591
Interest	\$15,174
Other Income	\$10,149

Total \$1,154,013

### Expenses 2006-2007

Personnel	\$534,757
Program Expenses	\$320,459
Management/Administrative	\$15,174

Total \$1,003,353