

2024 Annual Report

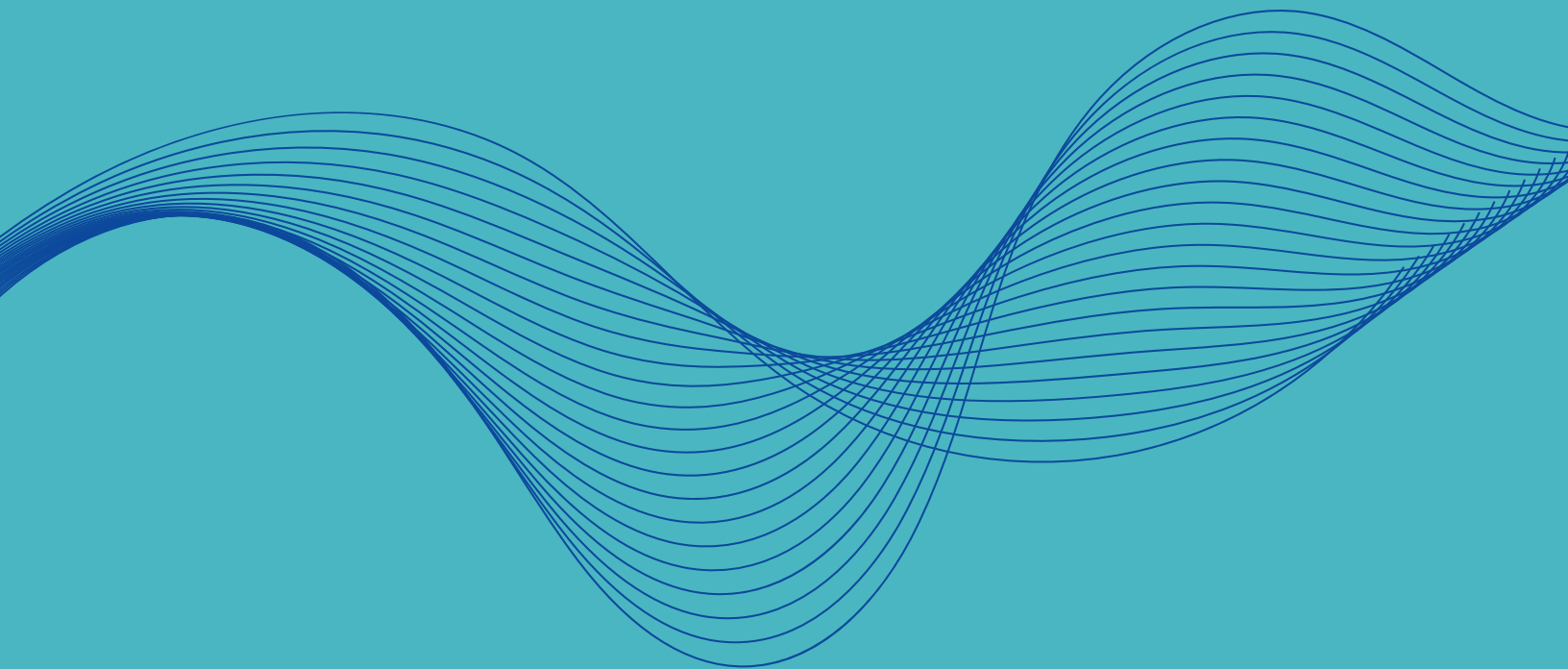


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Letters from Leadership

LETTER FROM INTERIM EXECUTIVE DIRECTOR

Hello from NAMI Utah,

This fall NAMI Utah faced an unexpected financial setback resulting in a reduction in staff and a temporary hold on programs. I am happy to report that as of the beginning of 2025, NAMI Utah has stabilized. With new leadership at the board level and internally, we look to the future with hope. Our new board of directors is experienced in raising significant funds, providing proper oversight, and doing the hard work necessary to assure NAMI Utah's success.

As with any nonprofit, funding will always be an issue. We must remain vigilant in our fundraising efforts. I invite you to join our community of donors if you haven't already, and I thank those who have given to our cause.

NAMI Utah had a solid year, reaching over 4000 people. Our NAMI signature support groups and classes kept people out of hospitals, offering assistance while awaiting treatment, and after receiving professional care; our Help Line supported countless people; and our prevention department provided leadership and expertise on suicide prevention and mental health awareness throughout the state.

With your support we look to the future of NAMI Utah with renewed optimism.

Sincerely,



Robin Holcomb, M.S.Ed
Interim Executive Director

LETTER FROM THE BOARD PRESIDENT

Dear Friends,

It has been an honor to step into the role of board president at NAMI Utah. This fall when I learned of the hardships facing the organization I knew I wanted to get involved. As a seasoned businessperson, with over a decade of experience building nonprofit boards, I know how to build strong boards, and assure their success.

In just a matter of months, we have raised significant funds, and I am pleased to share the organization is stabilizing and positioning itself to thrive in the coming years. This is due, in large part, to the dedication of many whose lives have been significantly impacted by NAMI Utah's free resources, as well as the generosity of our community.

My first order of business was to build a strong board of directors, and I couldn't be more pleased with the high powered, talented individuals who now make up our board of directors. This dedicated group brings significant skills with fundraising, financial management, and oversight to the board.

I am excited about the future of NAMI Utah and see us reaching more people than ever before in the years to come.

Sincerely,



John Parrish
NAMI Utah Board President

NAMI Utah Board & Staff

BOARD OF DIRECTORS

John Parrish - President

Mr. Parrish retired 15 years ago after running a successful building products business and has since devoted his time serving on the boards of nonprofit organizations that are focused on substance use disorders and mental illness. He has a history of building strong boards that focus on oversight and the financial health of the organization.

Lisa Andruess - Chair Development Committee

Lisa joined the Board in December 2024. She is a retired financial services professional who specialized in interest rate risk management, financial forecasting and analysis. Lisa's nonprofit experience includes serving on several Boards including YWCA Utah, Red Butte Gardens and Open Legal Services.

Owen Ashton - Vice President

Owen is a retired CPA who focused on corporate finance management. He has been on the NAMI Utah state Board of Directors for several years, including two years as past president. In recovery from major depression and generalized anxiety disorders, he is a NAMI Utah Peer-to-Peer teacher and a state trainer of Connection support group facilitators.

Angela Flanagan - Board Member

As a person with mental health conditions, Ms. Flanagan attended NAMI classes and support groups between 2007-2020. She served as the Salt Lake County Affiliate Steering Committee Chairperson until the COVID pandemic and has been a state board member since 2020.

Robin Holt - Treasurer

Robin is a CPA with a master's degree in public health. She has worked in higher education health sciences administration for nearly 20 years, and before that for the Department of Behavioral Health and Developmental Disabilities for the state of Georgia, and as an administrator for the Atlanta Regional Psychiatric Hospital. Most importantly, she is an advocate for her family members who have mental health conditions.

Scott McCullough - Chair of Mission Committee

Scott McCullough joined the NAMI Utah board in 2024, bringing almost 20 years' experience as an attorney. He has served on a number of boards and is currently teaching at the Utah State Correctional Facility. Scott has had his own personal experience with mental health challenges and has a deep empathy and love for those struggling with mental health and their loved ones.

Norman Younker - Advisory Board Member

Norm is a retired attorney and founding partner of Younker, Hyde and MacFarlane. He is a past Board Member of NAMI Utah and past President of the Utah Trial Lawyers Association. He is the parent of a son with treatment resistant schizophrenia.



NAMI UTAH STAFF

Brook Anderson Prevention Community Outreach Specialist

Aimee Armer Development Director

Kerri Ernstsén Helpline Assistant

Wendy Fayles Helpline Assistant

Kori Foote Assistant Youth Coordinator

Robin Holcomb Interim Executive Director

Benée Larsen Prevention Director

Mindy Lathen Programs Coordinator

Mia Moncur Programs Manager

Emma Mosher Administrative Assistant

About NAMI Utah

ABOUT US

NAMI Utah, a 501(c)(3) nonprofit organization, was founded in 1988 to improve the lives of people affected by mental illness. We do this through the lens of peers, people who have personal experience with their own mental health challenges, or family members who support them. The crucial services we provide help people find appropriate professional help, decrease the length of professional treatment, keep people stable, and in many cases prevent serious mental health symptoms from recurring.

OUR MISSION

Our mission is to improve the quality of life for people who have mental health conditions, as well as their families, through education, support and advocacy. We are committed to ensuring the dignity of those impacted by mental illness, through our supportive, compassionate community that walks alongside people throughout their mental health journey.

OUR VISION

We envision a world where all people affected by mental illness find hope and support. We work towards a future where everyone gets the mental health help they need in a stigma-free space where recovery and hope are possible.

“I am more aware & engaged in areas dealing with mental illness. I am more prepared and optimistic. I see people dealing with mental illness in a different light.”



NAMI Utah Impact

Our Impact

At NAMI Utah, we work to break down barriers to mental health access. All our services are free of charge and easily accessible. Our model of peer support and education significantly reduces costs of care associated with hospitalization, the legal system, and those who are unhoused. NAMI Utah's support groups have a waiting time of less than 48 hours from registering. Courses are also offered in Spanish, in a culturally sensitive manner, eliminating language barriers for the Hispanic community.

Impact Story

From a mom who took the NAMI Basics class and called the HelpLine.

"Linda" called because her 26-year-old daughter was on day 8 of a hospitalization for severe schizophrenia. Up until this episode, the young woman had been doing quite well. Linda needed information on what to do if she had to take control of certain areas of her daughter's life. Our HelpLine Assistant shared a document entitled "How to Intervene on Behalf of Someone with a Serious Mental Illness," along with material about the Family Support Group and the Family-to-Family course. The mom said, "Just talking to you makes me realize that I'm not alone and I don't have to reinvent the wheel."

"I am less judgmental of my family member. I am content with small changes."

Numbers-At-A-Glance

Total People Impacted:

4271



Support Groups

475 Support Group Meetings

504 Individuals Attended

3,895 Total Attendances



Classes

175 People Started a Course

145 People Completed the Course

83% Retention Rate



NAMI Presentations

54 Presentations

926 Attended a Presentation



Suicide Prevention

53 Suicide Prevention Trainings

947 People Trained

230 Faith Summit Attendees



HelpLine & Young Adults

4570 Total HelpLine Contacts

1189 New HelpLine Contacts

250 Transition Age Adults



NAMIWalk

300 Community Members

NAMI Utah Signature Programs

FOR FAMILY MEMBERS

NAMI Utah offers two 6–8-week courses for family members which teach the causes, signs and symptoms of mental illness, treatment options, stages of recovery, how to handle a mental health crisis, communication skills, and the importance of self-care.

BASICS is a six-week course for parents or caregivers of youth with mental health conditions, where participants learn causes and symptoms of mental illness, treatment options, communication tips and most importantly, how to advocate for their children in various systems.

FAMILY-TO-FAMILY is an evidence-based, 8-week course taught by two certified volunteer instructors who have supported their own family members through their mental health journeys.

FAMILY & FRIENDS, a 90-minute presentation, offers basic mental health education, including diagnoses, and types of mental illness. In this workshop people experience what it is like to hear voices, and they leave with communication tools that can be used immediately.

FAMILY SUPPORT GROUPS provide a safe, confidential space for family members who are hurting due to the challenges of supporting loved ones struggling with their mental health.



“The teachers were genuine with real life experiences in and around mental health. Their perspective and experiences helped bring hope to the class.”

NAMI Utah Signature Programs

FOR PEOPLE WITH MENTAL HEALTH CONDITIONS

CONNECTION SUPPORT

GROUPS are led by certified peer facilitators who have struggled with their own mental health and are in recovery. These groups focus on the here-and-now, and provide a safe, confidential space to discuss difficulties, and receive support, suggestions, and resources from others who have been there.

Our **PEER-TO-PEER** class helps people gain an understanding of their mental illness and realize it's not their fault. They develop a plan for recognizing their own mental health symptoms, what to do to prevent symptoms from recurring and how to respond if they find themselves in a state of crisis.

In our 60-minute **IN OUR OWN VOICE** presentation the audience hears the stories of several people with mental health conditions, and though these stories walk the listener through extreme hardship, they give messages of hope. This powerful presentation helps break down stigma and is a solid introduction to NAMI Utah and what we have to offer.



**"I loved the
presentation and
the stories. It was
really good to hear
I'm not alone."**

Suicide Prevention & Transition Age Youth

Our Prevention and Transition Age Youth departments are funded in partnership with the State of Utah's Office of Substance Use and Mental Health. The prevention team works closely with community organizations throughout Utah, providing technical support and grant funding that promotes suicide prevention and mental health awareness. Our Transition Age Youth program works to break down barriers related to the challenges of moving into adulthood. In addition to hosting focus groups, trainings, and disseminating information to young adults, this team plans an annual [Transition Age Youth Policy Summit](#).

Additionally we provide the following trainings:

Mental Health First Aid for adults teaches people how to recognize signs of mental health conditions or substance use challenges in adults ages 18 and older. Participants learn how to offer help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

Mental Health First Aid for Youth teaches adults to recognize the signs and symptoms that suggest a potential mental health or substance use issue, how to listen non judgmentally, and how to refer a young person to appropriate professional support and services.

Safe and Effective Messaging teaches how to safely communicate about suicide in a manner that is proven to reduce risk for vulnerable people already at risk of suicide and increase knowledge, attitudes, and behaviors that are protective.

Talk Saves Lives is the flagship training of the American Foundation for Suicide Prevention (AFSP). It covers the scope of this leading cause of death, warning signs and risk factors of suicide, strategies to prevent it, and how to start a conversation with someone exhibiting signs.

Vital Cognition is a workplace suicide prevention training. It teaches management to proactively address the early warning signs of suicide in the workplace. Just as organizations have realized they can help reduce heart disease by encouraging exercise, they can also reduce suicide by promoting mental health and enabling early identification and intervention.

QPR stands for Question, Persuade, and Refer — 3 simple steps that anyone can learn to help save a life from suicide. Just as people have trained in CPR and the Heimlich Maneuver, QPR helps save thousands of lives each year. Here, people learn to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.



Our Donors

At NAMI Utah we are eternally grateful for the support we receive from individuals and families which help fund our mission of improving the quality of life for people who have mental health conditions and their families, through education, support and advocacy. Our easily accessible, free programs continue to run because of people like you who understand the power of giving. Thank you for your generosity.

Sidreis Agla
Sherry Appel
Elizabeth Armour-Roth
Gail Artrip
Caroline Campbell Ashton
Heidi & Kay Ashton
John Ashton
Owen Ashton
Richard Ashton
Malinda Atkinson
Shepherd B
Livvy Bailey
Marriott Bartholomew
Holly Bateman
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Meg Lunt
Robert Levy & Kelly
MacPherson

Give the Gift of Mental Health in Any Season!



Honor or Donate In Tribute



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Support our Free Programs



Donate Monthly

Support NAMI Utah



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Mazo Masry
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Meara McClenahan
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John & Monica
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Wohler
Joan & Hal Wolf
John Wysham
Kathy Younker
Renee Zollinger



Grants, Foundations and Sponsors

We extend our deepest gratitude to the generous foundations and sponsors who have supported NAMI Utah in our mission. Your commitment and belief in our work are truly inspiring. We are moved by your dedication to making a difference in the lives of those who have been impacted by mental illness. Thank you again for your unwavering support. We are truly honored to have you as our partner.



The Blackbaud Giving Fund
Charities Aid Foundation America
Fredrick H. Barth Foundation
John Parrish Foundation

The Huntsman Foundation
Loughlin Family Foundation
Murphy Alden Foundation
Miller Family Foundation

Pierce Family Foundation
RLC Family Foundation
Wheeler Foundation

Community Partners

We gratefully acknowledge our community partners for opening their doors to us, sharing their work and striving tirelessly to build hope and community for all people affected by mental illness. Thank you for your dedication and support.



**American
Foundation
for Suicide
Prevention**



**Alliance
House**

Rebuilding Confidence, Purpose and Community



Utah Department of
**Health & Human
Services**



**i love
you, bro**
PROJECT



**LATINO BEHAVIORAL
HEALTH SERVICES**



MAMA DRAGONS

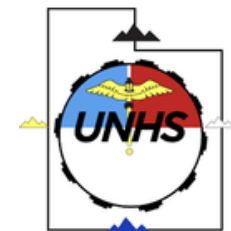


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of Salt Lake

Formerly known as the Indian Walk-In Center



Valley
BEHAVIORAL HEALTH™



Providing hope and community for people whose lives have been impacted by mental illness. You are not alone.



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NAMI Utah is a 501c3 organization
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