



Montgomery County

9210 Corporate Boulevard | Suite 170 | Rockville, MD 20850 | 301.949.5852 | namimc.org

MYRA JACOBS, NAMI MC VOLUNTEER

Hope starts here.

Why is NAMI needed?

~1 in 5 US youth & adults; for 1 in 20 adults, condition is serious, 1 suicide every 11 minutes

Only ~ 50% get treatment (access/insurance, capacity, stigma – racial variation, anosognosia). **PANDEMIC.**

RIPPLE EFFECT of mental illness

What does NAMI do?

Largest US grassroots organization dedicated to building better lives for those affected by mental illness for > 40 y

NAMI National / 48 STATE / 600 COUNTY Affiliates

Communities of PEERS (Individuals, Caregivers, Allies) give SUPPORT, EDUCATE, and ADVOCATE

NAMI Montgomery County, MD

7 staff, 50+ active volunteers, Revenue ~ USD 0.5M

SERVES DMV and BEYOND !!!

Our programs are unique.

Peer Led

Validated programs are led by trained volunteers with “lived experience”.

SUPPORT Groups – Categories of Caregivers, Connections
EDUCATION – F2F, Basics, Peer-to-Peer
OUTREACH - In Our Own Voice



No Cost

Programs are **free to attend**, thanks to our generous donors.

Programs don't require insurance or referrals.

Also: **Resource Helpline**
301-949-5852

&
<https://namimc.org/resources>

NAMI MC: recent Achievements & IMPACTS

Worked with Criminal Justice system –

Helped to develop MC Mental Health Court diversion program (2016); Helped train CIT police officers

Led & advised NAMI National in adapting to delivering virtual programming
in pandemic, increasing our reach

Engagement Manager - success in increasing diversity and visibility

NAMI MC Legislative Advocacy in Annapolis – eg HB129 prioritizing Mobile crisis team funding over law enforcement, passed 2022

3,275

SERVED, FY21
July 1, 2020 - June 30, 2021

SUPPORT
GROUPS

258 groups
2190 attendees

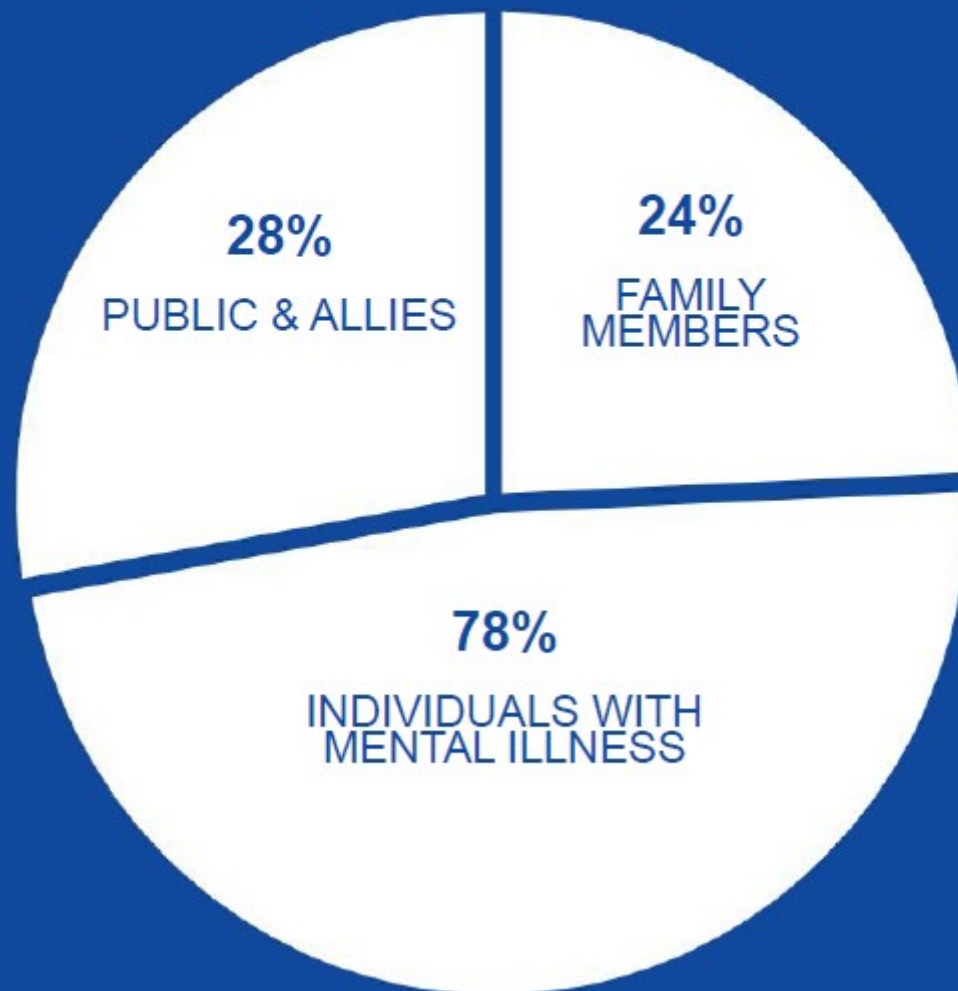
CLASSES

14 sessions
175 grads

PRESENTATIONS

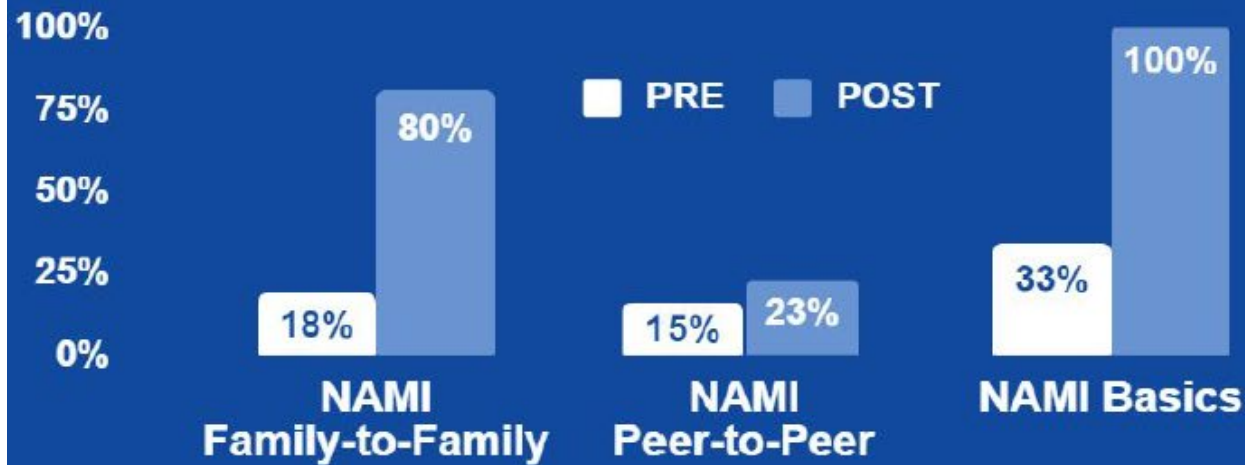
15 presentations
910 attendees

OUR PARTICIPANTS



Our class graduates consistently report **increased feelings of support** from others in similar situations than they did when they started the program.

FY21 Pre/Post Agreement with
“I feel supported by others in similar situations”



WE'RE HERE FOR YOU.

94%
RECOMMEND OUR
PROGRAMS

78%
IDENTIFY
AS FEMALE

75%
ARE OLDER
THAN 30

47%
IDENTIFY
AS BIPOC

32%
HAVE A
CHRONIC
ILLNESS

30%*
FALL BELOW
AVG. INCOME
*25% preferred
not to say

8%*
IDENTIFY AS
LGBTQIA+
*28% preferred
not to say

3%
ARE VETERANS

Group & Class Participants' Words

..becoming a part of the community has helped me view my mental health condition more positively and have more faith in myself.....

The most beneficial thing for me was seeing that I am not alone. The program has given me additional tools

..gave me hope when I was close to giving up. I realized that things can and do get better.....I felt welcome ... Most importantly, I felt heard and understood.

CHANGE FROM HOPELESSNESS TO SENSE OF SELF-EFFICACY

My Involvement with NAMI MC

2012 – Came for support, turbulent experience with 12 y old son

Trained as volunteer:

Outreach presentations to teachers and parents (*Parents and Teachers as Allies*), High Schoolers (*Ending the Silence*)

Advocacy in Annapolis

Facilitator of *Family Support Groups*, and **Teacher BASICS** course

Volunteer Advisory Council Member

IMPACTS: Improved coping skills, son's trajectory benefited greatly, able to help others w experience and training; meet great people in same boat

NamiWalks Annual Awareness- & Fundraiser



Annual Gala Fundraiser 2016

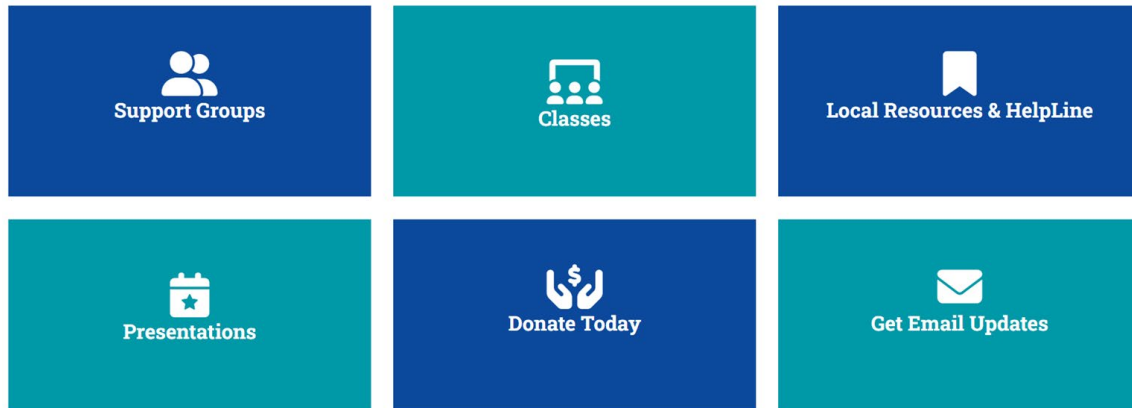


Volunteer Appreciation Event Setup 2022



Thank you, and please support NAMI MC!

Learn More, Connect, Find Resources,
Volunteer, Donate:
visit namimc.org



National Alliance on Mental Illness

Montgomery County

Crisis Resources

<https://namimc.org/crisis-info/>





Montgomery County

The National Alliance on Mental Illness of Montgomery County (NAMI MC) provides support, education, public awareness, and advocacy so that all individuals and families affected by mental illness can build better lives.

Find support from people who've been there.



Free programs include:

- Classes
- Support Groups
- Presentations
- Resource Helpline:

(301) 949-5852

The Helpline is not a crisis line.

Contact us:

info@namimc.org

We provide programs **free of cost** for individuals (18+) living with mental illness and for family members, friends, and caregivers of someone living with a mental illness. **NAMI MC** programs offer peer support led by trained volunteers that have lived experience with a mental illness.

To **register** for a support group or class, learn more about our programs and **volunteer** opportunities, or to **donate**, visit:
www.namimc.org

Participate. Donate. Volunteer.