



National Alliance on Mental Illness

nami

Pasco County



IMPACT REPORT

2021

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E.D.

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A LETTER FROM OUR EXECUTIVE DIRECTOR

Hello Friends,

Ahh, 2021! We all thought it would be an easier year than 2020 but somehow that didn't happen. With everyone being on a different page regarding masks, social distancing, and the like our calls for service increased even more.

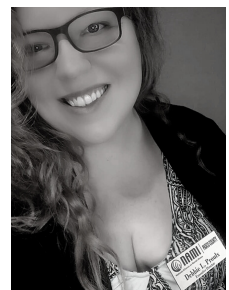
Thanks to community partners, sponsors, and public support we were able to once again meet the demand. From the bottoms of my heart, I thank you for that.

As you read through this report I hope you think of the people who have been touched (some literally saved), the amazing work our small but mighty team does, and the possibilities of how much more of an impact we can make in the future. In short, I hope you are filled with hope and inspiration.

If you ever want to know more please feel free to reach out to me directly at executivedirector@namipasco.org I'd love to share!

With thanks,

Debbie L. Proulx, Executive Director



INTRODUCTION

If you're reading this you probably already know what we do, but if by some small chance you don't let us tell you... we provide hope.

Hope for those living with mental health conditions, hope for the families of those with mental health conditions, hope for our communities that stigma will end and our community members regardless of diagnoses will live happy fulfilled lives.

To demonstrate that hope here are some words from a few of our participants:

"If I've said it once I'll say it 1,000 times... NAMI Pasco saves lives"

"NAMI Pasco has helped me see color. I have been living in a black and white world now for years, now I have hope."

"Somedays NAMI Pasco is my only reason for getting out of bed."

We could go on but we want to stay humble. The point is what we do matters. The way we do it matters. We couldn't do any of it without support.

From all of us here at NAMI Pasco **thank you** for your continued support, the impact that is mentioned in this report is only possible because of it.

OUR STORY

OUR VISION

Our vision is that all those impacted by mental health conditions in Pasco County, FL will have access to care and support so that they can live productive and meaningful lives surrounded by a community that cares.

OUR VALUES

- HOPE:** We believe that recovery and wellness is possible.
- INCLUSION:** We embrace diverse backgrounds, cultures and perspectives.
- EMPOWERMENT:** We promote confidence, self-efficacy and service to our mission.
- COMPASSION:** We practice respect, kindness and empathy.
- FAIRNESS:** We fight for equity and justice.

OUR MISSION

NAMI Pasco's mission is to provide support, advocacy, outreach, and education to those with mental health conditions and their loved ones.

761

THE NUMBER
OF PEOPLE WE
SERVED LAST
YEAR

OUR TOP GOALS



To end the stigma of mental health issues in Pasco County.



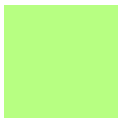
To empower those in crises and their loved ones with resources and support.



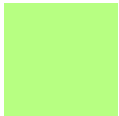
To build strong community partnerships with a wide range of businesses and providers.



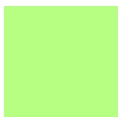
To make NAMI a household name in Pasco County. We want to be the first place people think of when they think of mental health.



To have enough financial support to pay staff, run programs, and market NAMI Pasco to the community.



To have staff, board members, and volunteers all engaged in implementing NAMI Pasco's mission and aware of proper organizational business practices and procedures.



To make sure our services are reaching all segments of the population.

OUR TOP THINGS FROM 2021

- We moved into our new building allowing us to hold in-person events, support groups, programs, and more.
- We held a program, event, or class every single day!
- We started pilot coaching programs.
- We presented at both the NAMI FL convention and National's EDLE.
- We got a piranhasaurus-rex A.K.A. Timothy the therapy pup in training.



CONNECTIONS SUPPORT GROUPS

NAMI Connections

NAMI Connection is a recovery support group for adults living with mental health conditions. Attendees learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

What Participants Gain

By sharing experiences in a safe and confidential setting, participants gain hope and develop relationships. The group encourages empathy, productive discussion, and a sense of community.

LAST YEAR WE
HELD 198
CONNECTIONS
SUPPORT
GROUPS

FAMILY SUPPORT GROUPS

NAMI Family Support Group

NAMI Family Support Group is a peer-led support group for family members, caregivers, and loved ones of individuals living with mental health conditions. Participants gain insight from the challenges and successes of others facing similar circumstances.

What Participants Gain

By sharing experiences in a safe and confidential setting, participants gain hope and develop supportive relationships. This group allows loved ones' voices to be heard and provides an opportunity for their personal needs to be met. It encourages empathy, productive discussion, and a sense of community.

LAST YEAR WE ADDED A PARTNERS VERSION

EDUCATION PROGRAMS

We offer a wide range of educational programs that serve all aspects of our community. Programs range from 6 to 12 weeks and help participants learn skills and resources to help themselves or their loved ones.

LAST YEAR WE
HAD 67
PARTICIPANTS
GRADUATE
OUR
EDUCATIONAL
PROGRAMS

COACHING

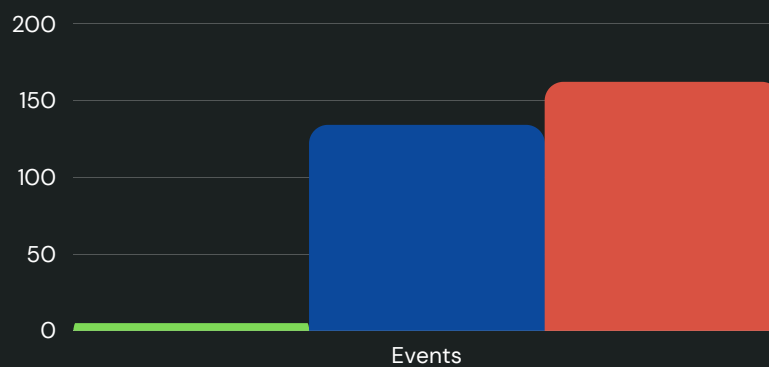
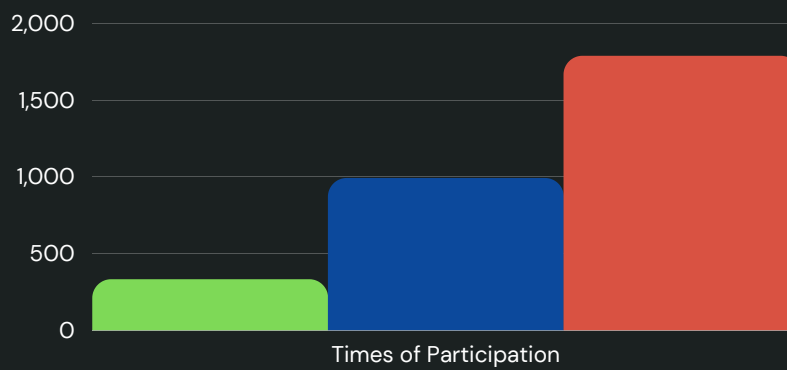
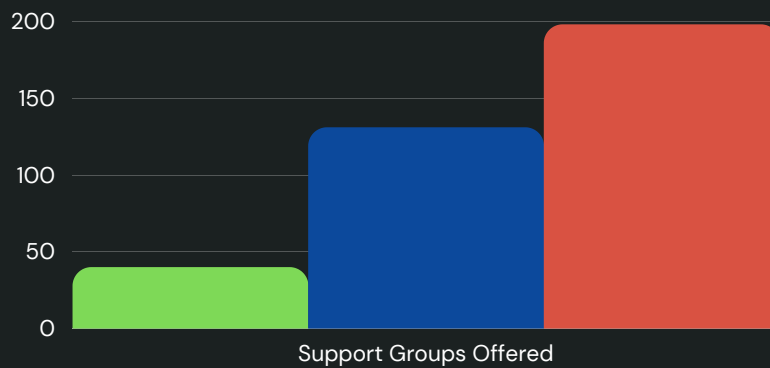
To address the stigma that Frontline workers often face when getting mental health services we added certified health and wellness coaches to our team. Though not a replacement for therapy these coaches walk along Frontline workers to hold them accountable for doing self care and focusing on their mental and physical wellbeing.

While completing the extensive training for this program we realized the value in expanding the program to all of our participants. So far we have seen amazing gains in everyone who has taken part in the program.

90% OF
PARTICIPANTS
IN THIS
PROGRAM MET
THEIR 3 MONTH
WELLNESS
GOALS.

THEN AND NOW

In the late summer of 2019 we hired our first executive director. Here is the growth we've seen since then.



2019



2020



2021

ON THE HORIZON

- MORE YOUTH PROGRAMMING
- WELLNESS PROGRAMS
- PARTICIPANT COMMUNITY BUILDING
- BAKER ACT CARE BAGS
- MUCH MORE



Our Team

*Volunteers not shown

*thank
you* 

TO ALL OUR SUPPORTERS,
PARTICIPANTS, AND COMMUNITY
PARTNERS.

We could not do this without ALL OF YOU!!!

Make an impact



text "NAMIPasco"
to 44-321

ACKNOWLEDGEMENTS

A special **thank you** to all of our volunteers who work tirelessly behind the scenes. You all are true rock stars.

Another special thank you to our participants who continue to show up and support each other no matter how they themselves are feeling We love you all.

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WE LOOK FORWARD
TO AN AMAZING
2022!