

IMPACT REPORT

NAMMI PASCO

2020

TABLE OF CONTENTS

01

A letter from our
E.D.

02

Introduction

03

Our Story

04

Our Top Goals

05

2020
Connections

06

2020 Supporting
Families

07

2020 Other
Programs

08

2020 Group
Walks

09

2020 By The
Numbers

10

Our Team

11

Thank You

12

Donate

13

Acknowledgements

A LETTER FROM OUR EXECUTIVE DIRECTOR

Hello Friends,

Mental health conditions don't stop for Covid. In March we took a step back to consider the needs of our participants, their loved ones, and the medical staff that treats them. We pivoted our groups and programs to online versions thinking that was a temporary move. Ten months later with no end in sight, we have not only pivoted our offerings, but have adjusted our thinking, adapted, and begun offering our services in new ways.

Looking back over the past year it is clear that we have many big accomplishments to celebrate. We held many groups and programs for our participants. We engaged in meaningful conversations with community partners on the frontlines of mental health care. However, as proud as we are of these major accomplishments it's the small moments that stand out most to us - a participant finding their smile after they told us they had given up all hope, corny jokes told at the end of all our groups, friendships formed as participants find commonality and connection amongst other group members... These moments of hope are shining beams of light in the midst of the pain and hardships that 2020 brought. These moments are only possible thanks to your support, for that we thank you.

NAMI Pasco is making a big impact and we are ready to do even more in 2021. We hope you will join us in our efforts, whether it be through supporting us on social media, volunteering, donating, or being an all-around cheerleader. We need you.

With thanks,

Debbie L. Proulx, Executive Director



INTRODUCTION

"NAMI Pasco groups give me a reason to get up each day." Support Group Participant

If there were official words of years **pivot** and **adapt** would certainly be the words of 2020. It seems everyone has faced some challenges in the mist of this global pandemic. Some of these challenges have been steepest for those with mental health conditions. That is why NAMI Pasco has been working tirelessly through this crisis to continue to serve our community through support groups, educational programs, text-a-peer services and more.

Here at NAMI Pasco we believe in the power of recovery, wellness, and the potential in all of us. We believe in **hope**. To provide hope to those in our community with mental health conditions and their loved ones it takes all of us. It takes us seeing the individual first and not the illness. We must **break the stigma** associated with a mental health diagnosis. We must show everyone that regardless of their mental health they are **not alone**.

Thanks to the continued support of our donors and volunteers we were able to grow and meet a majority of the needs of those requesting our services in 2020 and continue to make a positive impact in the lives of those experiencing a mental health condition and their loved ones.

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 MISSION

NAMI Pasco's mission is to promote recovery, aid caregivers, increase public awareness and understanding; all to eradicate stigma and propagate improved services for those impacted by mental health conditions.

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.

1,455%

THE
PERCENTAGE
OF INCREASE
IN OUR
PARTICIPANTS
IN 2020

[NO THAT'S
NOT A TYPO]

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.



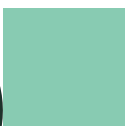
To make NAMI a household name in Pasco County. We want to be the first place people think of when they think of mental health.



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.



2020 CONNECTIONS

In person, preCovid, 162 times of participation, 31 times of Veteran participation, and 17 new participants.

In person, during Covid, Hudson, 67 times of participation, 16 times of Veteran participation, and 16 new participants.

In person, during Covid, Zph, 6 times of participation, 0 times of Veteran participation, and 4 new participants.

Facebook, during Covid, 89 times of participation, 17 times of Veteran participation, and 23 new participants.

Call in, during Covid, 23 times of participation, 0 times of Veteran participation, and 5 new participants.

Zoom, during Covid, 902 times of participation, 184 times of Veteran participation, and 107 new participants.

2020 SUPPORTING FAMILIES

Support Group, preCovid

- 38 times of participation
- 6 times of Veteran participation
- 4 new participants

Zoom, during Covid

- 8 times of participation
- 0 times of Veteran participation
- 4 new participants

Online Parents, during Covid

- 20 times of participation
- 0 times of Veteran participation
- 11 new participants

Family to Family, during Covid

- 6 times of participation
- 2 times of Veteran participation
- 6 new participants

2020 OUR OTHER PROGRAMS

Peer to Peer, during Covid, 45 times of participation, 16 times of Veteran participation, 10 new participants

Choose You, preCovid, 33 times of participation, 0 times of Veteran participation, 11 new participants

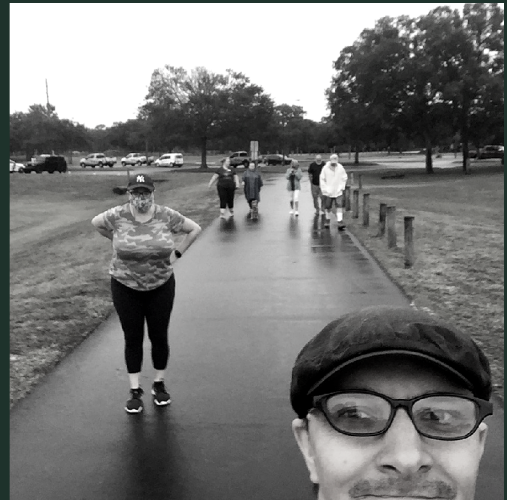
S.O.S., preCovid, 8 times of participation, 0 times of Veteran participation, 7 new participants

Expressions, preCovid, 9 times of participation, 1 times of Veteran participation, 4 new participants



Sunday Night Chats, during Covid, 89 times of participation, 17 times of Veteran participation, 23 new participants

2020 GROUP WALKS



Group Walks, during Covid, 75 times of participation, 16 times of Veteran participation, 20 new participants

2020 BY THE NUMBERS

We held a total of 17 programs all at various lengths. We had 311 unique participants with 289 times of veteran participation and 1,492 times of nonveteran participation.

We attended 101 community events of which 2 were tabled events and 15 had us as the main speaker.

We did one week of CIT (all that was offered).

We trained 10 students at PHSC to run on campus groups.

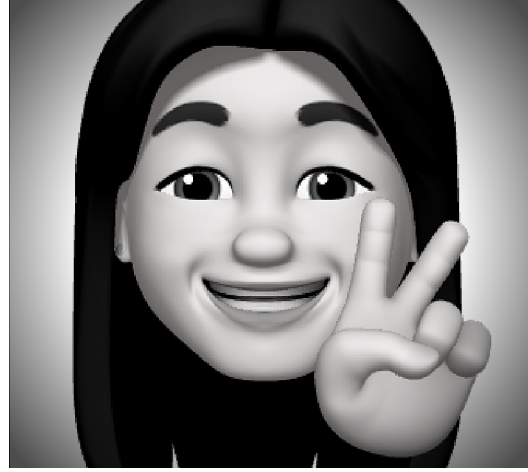


We ran 5 groups for TBH.

We received 830 adult and 100 youth text messages. We sent happy mail to 12 participants, gave 100 treat bags to mental health frontline workers, had 9 virtual art participants, 154 MHM thought participants. All for a total of 1,205 Covid response hits.

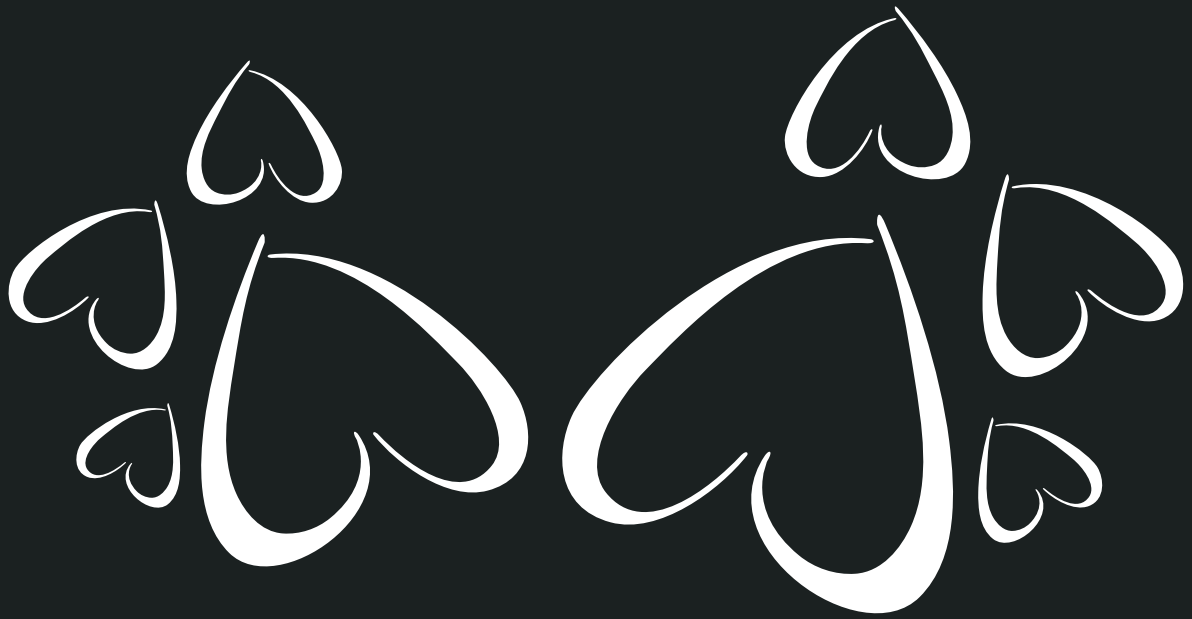
We gave holiday gifts to 98 participants.

We had 38 volunteers serve a total of 666.5 hours.



Our Team

*Volunteers not shown

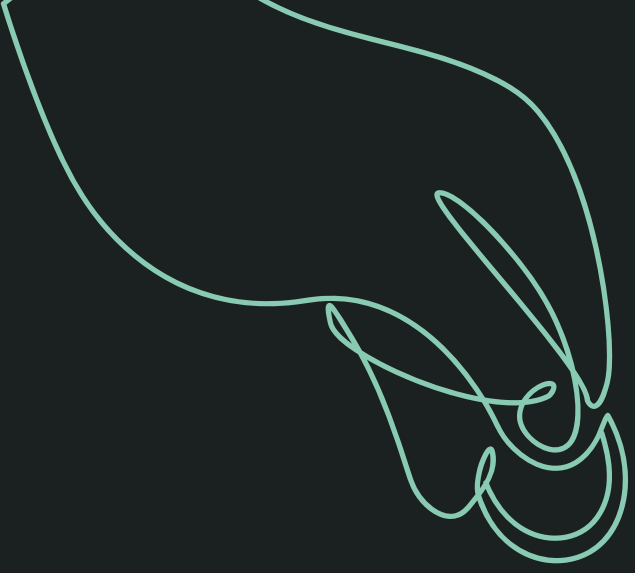


Thank you

TO ALL OUR SUPPORTERS,
PARTICIPANTS, AND COMMUNITY
PARTNERS.

We could not do this without ALL OF YOU.





Make an impact

DONATE NOW

text "NAMIPasco"
to 44-321

ACKNOWLEDGEMENTS

A special **thank you** to all of our volunteers who work tirelessly behind the scenes.

Another special **thank you** to Natasha A. Pierre, Executive Director of NAMI Hillsborough who has collaborated with us on numerous efforts this past year.

NAMI Pasco
P.O. Box 412
Elfers, FL 34680
727-992-9653
www.namipasco.org
info@namipasco.org

WE LOOK FORWARD
TO AN AMAZING
2021!