

One in five adults, approximately 60 million Americans experiences a mental health disorder in a given year. Mental illness can strike anyone, regardless of race, age, religion or economic status.

The National Alliance on Mental Illness provides help, hope and education to individuals affected by mental illness and their circle of family, love ones and caregivers.

Our Mission: To improve the quality of life of individuals and their families living with mental illness through education, support and advocacy.

Vision: That persons living with mental illness can recover and lead productive and meaningful lives within their community of choice.

In 2019, NAMI Kern County had a record breaking year providing help, support and education, **absolutely free to the community**. This was accomplished through our network of volunteers, family members and individuals who want to make a difference in the lives of those living with a mental illness.

PROGRAM/SUPPORT DESCRIPTION	2019 ACCOMPLISHMENTS	2020 GOALS
Family to Family – a FREE, twelve week class for family members and other adults living with a mental illness. This Course is designed to help people understand and support their loved ones.	2 classes 24 weeks of education 25 graduates	3 Classes 40 graduates
Family & Friends – a 4 hour seminar that informs and supports people with a mental health condition.	4 classes 40 lives	4 classes 50 lives
Basics – six weeks class for parents, guardians and other family members who care for youth with mental health symptoms.	Planning phase	2 classes 40 lives
Family Support Groups – FREE safe groups of families helping other families who live with mental health challenges. Family members achieve a renewed sense of hope for their loved ones.	Met bi-monthly 303 family members	Meet bi-monthly 350 family members
Peer Recovery Support Groups – FREE group sessions designed to connect, encourage, and support participants using a structured support group model.	Met bi-weekly for 90 minutes 240 lives	Meets weekly 300
In Our Own Voice - a FREE presentation for the general public by individuals, living in mental health recovery, who share hope that individuals living with mental illness can and do live rich and meaningful lives.	20 presentations 192 lives	25 presentations 250 lives
NAMI Clubs on Campus – designed to connect, encourage and support teens on school campus	12 High schools	18 High schools

NAMIWalks is our primary source of income. NAMIWalks helps raise awareness, celebrates recovery and honors those who have lost their lives to mental illness. Our 2020 fundraising goal is \$60,000, which will allow us to meet our operating expenses and increase our programs.