

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 2020, 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	2021 ACCOMPLISHMENTS	2022 GOALS
Family to Family – a FREE, eight 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.	3 class 24 weeks of education 27 graduates	4 Classes 50 graduates
Peer to Peer – free, 8 session program for adults with mental health conditions looking to better understand themselves and their recovery.	4 classes 22 graduates	5 classes 35 graduates
Family & Friends – a 4 hour seminar that informs and supports people with a mental health condition.	1 class 40 lives	2 classes 60 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 136 family members	Meet bi-monthly 250 family members
Connections Support Groups – FREE group sessions designed to connect, encourage, and support participants using a structured support group model.	Met bi-weekly for 90 minutes 197 lives	Meets weekly 300 lives
NAMI Clubs on Campus – designed to connect, encourage and support teens on school campus	11 High schools	15 High schools
Community Assistance Program – designed to provide food assistance and funds for medication assistance.	800 lives	1,000 Lives

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 2022 fundraising goal is \$50,000, which will allow us to increase our programs and services.