

One in five adults, approximately 52.9 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 2022, 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	2022 ACCOMPLISHMENTS	2023 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.	2 classes 19 graduates	3 classes 25 graduates
Peer to Peer – free, 8 session program for adults with mental health conditions looking to better understand themselves and their recovery.	4 classes 36 graduates	6 classes 45 graduates
Family & Friends – a 90 minute seminar that informs family, friends and significant others of how to best support their loved one.	2 classes 88 lives	3 classes 100 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.	3 sessions 217 lives	4 sessions 250 lives
Connections Recovery Groups – FREE group sessions designed to connect, encourage, and support participants using a structured support group model.	5 sessions 1,337 lives	8 sessions 1,500 lives
In Our Own Voice - 60 minute presentation where individuals with lived experience share their recovery journey.	8 presentations 210 lives	10 presentations 250 lives
NAMI Clubs on Campus – designed to connect, encourage and support teens on school campus	11 High schools	15 High schools
Living Well Project – designed to provide supportive services for youth and elderly	911 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 2023 fundraising goal is \$50,000, which will allow us to increase our programs and services.