



National Alliance on Mental Illness

nami

Westside
Los Angeles

2020 Annual Report

Presidents' Letter

By Sharon Dunas and Ralph Fagan

2019 was a year of growth and incredible accomplishments for NAMI Westside LA, beginning with our reaffiliation as an independent NAMI affiliate and culminating with the establishment of the Lanetta Wahlgren Fund!

Behind the scenes, we've worked hard to secure our infrastructure as our wonderful staff continues to implement and expand all of the NAMI Educational and Outreach Programs. Under the leadership of our compassionate and determined Executive Director, Erin Ryan, we have reduced the shame and stigma that still surrounds mental health by expanding our community outreach efforts and strategic partnerships. Amongst our most significant achievements this past year, include:

- Another wildly successful NAMI Walks, with NAMI Westside LA checking in with 4 of the six top earning Walk teams in the county!
- Increased the number of free Family-to-Family and Peer-to-Peer Classes for our Westside communities, offering classes at a growing number of venues, including Cedars Sinai Hospital, First Presbyterian Church, and Palisades Charter High School.
- More opportunities for our peers by adding more Peer Support groups, Peer classes, and NAMI in the Lobby programs.
- A growing partnership with UCLA, with whom we collaborated on the very successful Mental Health Matters community event back in April; more recently, we established a NAMI on Campus Club for their students.
- Our new, thriving UCLA internship program, thanks to the generous support of the Lanetta Wahlgren Fund.
- Offering more than 100 ETS presentations at Westside middle and high schools since, including Palisades Charter High, Beverly Hills High School, Fairfax High, New West Charter, Santa Monica High Schools, and Malibu Middle and High School.

Yes, NAMI Westside Los Angeles is empowered with passion to reduce stigma and lessen shame and guilt in those family members and individuals impacted by mental health conditions. We look forward to continuing our expansion, as our organization rises to meet the challenge of this global pandemic.

Executive Director Statement on COVID Response

I hope you and your family are safe.

The COVID-19 crisis is something we are experiencing together as a community, and we are working hard to make sure we can continue to provide our members and community with support during this difficult and uncertain time. We are deeply grateful to the Lanetta Wahlgren Fund for providing a sustainable infrastructure for the NAMI Westside LA staff, which in turn has allowed us to meet the growing needs of our community during this critical time. (Please see our programs page for a detailed overview of the services we are providing). Due to our rapid response to this crisis and our ability to pivot our organization to a virtual platform, we have been recognized as leaders in the greater NAMI space. Throughout the pandemic shutdown, we have provided trainings and mentorship to NAMI CA affiliates, and in June were asked by the manager of Youth Services at NAMI National to lead an Ending the Silence virtual workshop to affiliates across the country.

Because of our leadership and our ability to provide these essential services, we have been able to secure funding from outside sources to sustain our virtual programming, even after the pandemic restrictions are lifted. Some of these organizations include:

- 10x10 Philanthropy (virtual event raised \$60k)
- Cedars Sinai Rapid Response Grant (15k)
- Payroll Protection Program (\$25k)
- Box Union (\$6k)
- California Library Association (\$1k)

We are also getting close to securing a new, direct contract with the LA County Department of Mental Health (DMH), which will no longer require the oversight of an umbrella administrative organization.

We know the global pandemic has affected our most vulnerable population. That's why it is more important than ever that NAMI Westside LA continue to fulfill our mission of providing our community with mental health support and services. I am thrilled, grateful and proud to report we've risen to meet the challenge.

We can and must support one another during this difficult time. We encourage you to check in on your loved ones and neighbors while heeding the recommendations of our public health officials. We are doing the same.

Be well and be safe.

With gratitude,

Erin R. Ryan

Board of Directors

Sharon Dunas
Co-President

Ralph Fagan
Co-President

Adaline Fagan
Secretary

Marlene Bronson
Outreach Chair

Dorit Haroni

Karena Dawn

Cheryl Cohen

Payal Patel
Treasurer

Lanetta Wahlgren

At the beginning of 2020, we hired Dr. Steven Goodwin to address a range of systemic issues facing our organization. Steven and his TurningWest team have made invaluable contributions this year, including:

- Attended all 2020 board meetings while providing invaluable board governance education.
- Helped us conduct our Annual Meeting virtually where we received a unanimous vote to transition from a Membership to a Non-Membership Corporation.
- Helped us revise our Bylaws and Articles of Incorporation to reflect these changes.
- Encouraged a thorough HR compliance audit, which has led to updated policies and procedures and a green light of approval moving forward.
- Helped us develop a "Case Statement" as a Funding Development Tool for our BOD members and others to use to foster relationships and enhance fundraising efforts for our affiliate.

We look forward to working further with Dr. Goodwin and his team as our organization continues to grow.

Staff



Erin Raftery Ryan
Executive Director

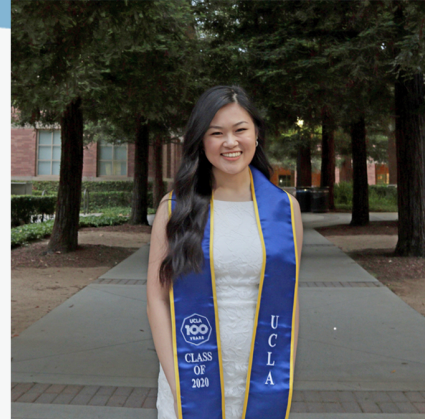
Tim Davis
Program Director

Elizabeth Stephens
Operations/Outreach Coordinator

Thanks to the Lanetta Wahlgren Fund for investing in the human capital of our organization, allowing us now to employ a full time staff of three with salaries and health benefits. We have also been able to expand our communications team and field staff roster--which includes peer facilitators, teachers, and Ending the Silence presenters--in addition to hiring three independent contractors/consultants -- an accountant, Database Manager, and TurningWest team.

Lanetta Wahlgren UCLA Internship Program

We are proud to announce the formation this year of the Lanetta Wahlgren UCLA Internship Program. This program combines Lanetta's strong interests in academia and the mental health field as it paves the way for the next generation of mental health advocacy. It has also introduced us to some awesome young people who have infused the office with their energy and fresh ideas!



Cindy Ngo

Psychobiology/Disability Studies Minor



Nikki Torab

Cognitive Science



Quynh Vo

Psychobiology



Tianai Ren

Sociology and Psychology



Marian Alino

Psychobiology

Programs and Services

NAMI Westside Los Angeles offers free education programs along with support, guidance, and hope for the growing number of Angelenos affected by mental health conditions.

(Please note: the numbers below are based on services provided since September 2019, when the Lanetta Wahlgren Fund was first established.)

PEER-TO-PEER CLASS

4 sessions offered
57 individuals served

A free, 8 week, peer-led, recovery education course designed for adults with mental health conditions who are looking to better understand themselves and their recovery.

FAMILY-TO-FAMILY CLASS

7 sessions offered
151 individuals served

NAMI's signature program, this free, 8 week, graduate level course teaches family members how best to support their loved ones, while supporting themselves as well.

PEER SUPPORT GROUPS

103 sessions offered
1940 individuals served

A free, weekly 90-minute recovery support group for individuals living with mental health conditions, in which peers offer mutual encouragement and understanding based on shared lived experience.

FAMILY SUPPORT GROUPS

119 sessions offered
1714 individuals served

A free, weekly 90-minute support group for family members of individuals living with mental health conditions that encourages frank discussions about current challenges, while providing support and wisdom gained from shared experience.

JANIS BLACK WARNER SPEAKER SERIES

10 sessions offered
307 individuals served

A monthly speaker presentation featuring leading experts in the mental health field, presenting informative discussions and Q&A's with the NAMI WLA community.

ENDING THE SILENCE

114 presentations offered
2508 students served

A NAMI WLA team consisting of a family/lead presenter and a co/youth presenter speaks to middle and high school students about mental health conditions, warning signs, and the scourge of stigma.

PEER TRAININGS

3 trainings offered
12 New Facilitator/Teacher/Presenters

Trainings for our Peer Support groups and classes, as well as for Youth/co presenters in the ETS program.

FAMILY TRAININGS

3 trainings offered
21 New Facilitator/Teacher/Presenters

Trainings for our Family Support groups and classes, as well as for Lead presenters in the ETS program.

Operations/Development

DATABASE

Thanks to the LWF, our Operations have been significantly enhanced by our ability to purchase a new database system and hire a project-based Database manager. This development has allowed us to track more effectively and meaningfully the community members we are reaching, even more important now with the rapid growth of our virtual community.

PPP (Payroll Protection Plan)

We applied and received \$25,000. ED, Treasurer and Accountant worked together to prepare and apply for Payroll Protection Program (PPP) through our bank (BOA) to protect our employees during these difficult economic times.

NAMI GLAC Distribution

We received a reimbursement of \$9,254, which represented the “third distribution” of a long standing DMH contract, as administered by NAMI Greater Los Angeles County (formally known as LACC, ie., Los Angeles City Council). Moving forward, our goal is to secure a new, direct contract with DMH, which will no longer require the oversight of an umbrella administrative organization.

Donor Highlights

(For comprehensive overview, please see attached financial report)

MHSOAC / NAMI CA (Mental Health Services Oversight and Accountability Committee) - \$129,000

Partner with NAMI CA as a regional lead for MHSOAC. The funds are to host three events and will be distributed over the course of the next three years.

10x10 Philanthropy/Virtual Event on 7/16 -- \$60,508

Partnered with this Global philanthropic organization for their first virtual event in the US to raise awareness and funds for our programs and services.

NAMI Walks 2019 - \$33,219

National annual fundraiser with all LA County NAMI affiliates participating.

Cedars Sinai - \$15,000

Awarded Cedars-Sinai COVID-19 Rapid Response Grant through the Community Benefit Giving office, awarded in light of our affiliate’s successful launch of virtual programming.

Box Union - \$6,000

In honor of Mental Health Month, Box Union hosted two classes in May with all proceeds donated to our affiliate and followed with a Zoom webinar and Q&A.

Media/Publicity

Festival 320:

Our affiliate was a community partner with USC and the 320 Festival on May 8th, an online event created to bring awareness to the importance of mental health, provide resources to our community and normalize the conversation surrounding all mental health pursuits. Elizabeth was on the LGBTQ+ Panel, which discussed the unique and specific pressures faced by members of the LGBTQ community and the intersection of mental health. Erin was on a panel that discussed the warning signs of mental health conditions and the power of prevention/early intervention.

Erin was on an additional mental health panel to discuss resources community members need to better care for their emotional well-being and the well-being of those they love. This event was live streamed to over 200k viewers.

Publications:

Erin wrote about the importance of having open conversation with the next generation about mental health for Thrive Global (Huffington Post Affiliate).

Television:

On October 30th, Erin was interviewed on KCAL News as online expert in crisis communication for first responders.

Radio:

On Thanksgiving, Erin was interviewed on NPR discussing mental health coping strategies during the holiday season.

Appearances:

On November 2, Erin was featured as panelist for HBO screening of new documentary “Ernie & Joe: Crisis Cops” about police officer crisis communication training. Screening at the Museum of Tolerance.

Podcast:

Tim and his son Ryder were interviewed by Rachel Steinman for her “Dear Family” podcast, which addresses the impact of mental illness on the entire family. Episode became available on February 4th.

Tim was also featured on “THE EXPLODING HUMAN with Bob Nickman”, where he discusses his journey from show business to becoming a mental health advocate and Program Director for NAMI WLA.