Since last year’s Annual Meeting, NAMI Lane County has made great strides in better serving the mental health and mental illness communities. This achievement was possible due to the dedication and hard work of our many volunteers. Without them, NAMI would not even be possible. This report is dedicated to those who serve with little recognition and glory.

**Executive Director:** NAMI Lane County’s new Executive Director Terry Arnold, continued to institute office and organization administration to better serve the membership and the community. He has helped to expand our services to include more constituencies and has been a leader in working with other mental health and mental illness organizations in ending parochialism and augmenting more collaboration. NAMI Lane County is stronger as an organization and as a group of dedicated volunteers.

**Membership:** The NAMI Lane County membership is stabilized, but much work is needed to increase our membership and to draw younger people to our cause. Unfortunately, it is unclear at this time as to exactly how many members we have. NAMI National continues to try to implement a new data base system, but unfortunately, there is nothing new to report. The national system is still non-functional even though National is trying its best to make the system workable.

**Office Staff/Stats:** The NAMI office continues to function well, with Sherry Bierwirth continuing as Office Manager. Sherry continues to do an excellent job and oversees the administrative responsibilities of the office and assists the volunteers who work in the office: Sheila Sundahl, Cece Rainier, Allen Sellers, Laurel Payne, Joyce Metcalf, Diana Palmer and Alma Ramirez. The office is open Monday-Thursday from 10 a.m. to 2 p.m. Our phone number continues to be 541-343-7688.

Since our last Annual Report, the following statistics are true indicators of NAMI Lane County’s activities that provide education, information and support.

**Office Visits (June 09—April 10)**
- Phone Calls/Walk-ins—1,487
- Website Visits—2,747
- Books/DVDs Loaned—150
- Volunteer Hours—1,907.75

NAMI Oregon held its Statewide Conference in Cottage Grove

**Newsletter/Website:** For the past few years, our monthly newsletter has been prepared under the capable direction of Anita Hallock. She has done a wonderful job under extremely demanding conditions. At the end of this year, Anita has asked for assistance, being that she has so many responsibilities that she needs a rest. Her replacement will hopefully come forward this summer to carry on in Anita’s footsteps by continuing to produce a wonderful, informative newsletter. Until that time, Anita has consented to continue as editor. Please let Anita know how great a job she has done and continues to do.

The same can be said for our web page. Dulcie Chatwood has been our on-line guru for quite a few years. She has requested time off. Dulcie has also done a great job and we should all thank her for creating a site that continually draws increased visits.

**Support Groups:** Since our last report, NAMI Lane County now conducts at least four Family & Friends Support Groups, held on Thursday nights from 7-8:30 p.m. at the Lane County Mental Health Building. There has been a significant rise in attendance since more and more people are requiring our support.

We also now have a once a month support group in
Cottage Grove ably lead by Kathy Black. This group meets at the Our Lady of Perpetual Help Catholic Church Parish Hall on the fourth Thursday beginning at 7:00 p.m. We have long wanted to expand NAMI’s reach in more rural areas of Lane County and this is just the beginning.

Also in Cottage Grove, board member Sue Sammis has begun a Friendship Group for consumers. It meets weekly at 10:30 a.m. at the Cosmos Restaurant on Main Street. Consumers in the area are invited to come!

Our Executive Director has attended numerous meetings with community leaders in Oakridge to find a way that NAMI could provide services to a population in much need of mental health services. The initial effort has been completed, that is the community determining exactly what services are already in Oakridge and what services are needed. Now that a community resource document has been completed, the group will move to its next phase of implementation of new services. Hopefully, NAMI Lane County will provide local trained NAMI facilitators and instructors within the next year.

Sally and Scott Diehl lead our monthly Family To Family graduate support group. It is held on the first Thursday of each month at Lane County Mental Health at 7-8:30 p.m.

Two of our younger members have made tremendous strides into the educational community. Laurel Payne, a University of Oregon student and Emilie Van Wormer, also a student and consumer, established contact with the university’s medical clinic and now have secured table space at the Union building to talk to students about mental illnesses and where they can find support.

NAMI has also continued its support to the Johnson Psychiatric Unit at Sacred Heart University District Hospital where NAMI volunteers meet with family members to help them understand and cope. There were 21 meetings and nine In Our Own Voice presentations.

We are sorry to report that our twice-monthly People of Faith Support Group is no longer in operation. Too few attend. Mel Vessel was a great facilitator was outstanding, but he can only be effective if people attend. We hope that the People of Faith Support Groups can rise from the ashes in the near future. NAMI also had to close down its Spouse Support Group due to lack of attendance.

In particular, NAMI Lane County wants to recognize the following volunteers for their tremendous support of NAMI’s support groups. These include Sally & Scott Diehl, Linda & Gene Davis, Marsha Shackleford, Ronnie Price, Leslie & Charlie Wright, Ceece Rainier, Mel Vessel, Sheila Sundahl, Joyce Metcalf, Le Anne Thompson, Diane Demarco, Bob Trimble, Don Leslie, Tom Wilson and Pat Shackleton.

Our Executive Director also met with community leaders on many occasions. These include the Cottage Grove Rotary Club, the Sunrisers Kiwanis Club in Cottage Grove, the Veterans Administration in Eugene, Oakridge leaders on many occasions on bringing NAMI services to eastern Lane County, South Lane Mental Health, State Representative Val Hoyle, the Center for Community Counseling, ShelterCare, DHS and The Child Center. In addition, NAMI members attended the NAMI Oregon State-wide conference held in Cottage Grove. NAMI was also well-represented at this year’s Homeless Connect. He also met with State auditors to discuss support received from LCMH to be used as information to base certification for LCMH.

Much time was also spent with United Way of Lane County in assisting them to develop a new approach to funding various nonprofit agencies. Now, UW will provide greater support to those agencies that provide efforts in the areas of health services, elimination of poverty and education. NAMI Lane County at press time for this report is still in the running for funding this year.

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Family 2 Family Education Program: Sally Diehl continued to manage our most effective education program. Since our last report, there have been three F2F classes conducted. Instructors included Bob Trimble and Sheila Sundahl, Sally Diehl and Nancy Nameth and Diana Wise and Geneva Miller.

F2F is a 12-week education program that provides attendees with background information on mental illness, medications and coping skills.

Community Programs: This past year has seen a tremendous increase in programs designed for community information. NAMI sponsored events that included a viewing of the hit movie “The Soloist,” Al Levine moderated discussions on “Minds on the Edge,” and Dr. Michael Posner, one of 9 outstanding scientists for 2009 as recognized by President Obama gave a presentation on how the brain imaging and how the brain works.

Also, the new Director of Behavioral Services for Lane County, Dr. Michel Farivar, gave a presentation on Lane County Mental illness programs and availabilities.

The highlight for the year was the Annual Holiday Dinner held at Lane Community College. Keynote speaker for the event was Eugene’s popular mayor Kitty Piercy.
who spoke on what efforts the city was making in behalf of those with a mental illness. The Ulhorn Award was presented to CAHOOTS (Crisis Assistance Helping Out on the Streets). Volunteer of the Year Award went to Andy Dinger for his considerable and long-time contributions to NAMI Lane County as Financial Director.

No trip was made to Salem to meet with government elected officials since this was an off-year in the meeting of the Legislature. However, NAMI has made its wishes known to our elected officials, especially concerning more funding for mental health services.

**Finances:** NAMI Lane County’s financial status continues to remain on solid footing. Expenses are rising, but so is income. Our Finance Committee consists of Andy Dinger, Sheila Sundahl, Cece Rainier, Sara Wyant and Dave Howard. Dave also heads the NAMI Lane Foundation.

LaneCare decided to increase our funding based our expansion of services into more rural areas of Lane County and for increased efforts in other others. Last year, our budget from Lane Care was about $38,000. This year the budget amount is around $59,000. Many thanks to LaneCare for its increased confidence in the services that NAMI Lane County provides that Lane County cannot perform.

While funding from LaneCare increased, United Way funding decreased. Due to economic conditions, the UW had to reduce their expenditures and have developed a new program that will fund only those that support education, poverty elimination and health care. So far, NAMI Lane County is still competing for funding for 2010. We will not know of our success until later this month.

We continue to send appeals to individuals, businesses, corporations and foundations seeking funding for our important programs. Although NAMI Lane County is a nonprofit organization run mostly by volunteers, there is still a significant cost of doing business. Donations are slow to come in due to the terrible economy and increased competition with other nonprofit organizations for the same monies. Only by having a strong membership base can NAMI Lane County continue to provide its services. Our staff is more than happy to talk to you individually to see how you can support NAMI and at the same time not put themselves in a economic crunch. We will provide more information on various programs that are possible to help fund NAMI’s good deeds.

**Other Activities:** With the help of the LaneCare grant and personal donations of time, gifts and donations, NAMI volunteers once again gathered to wrap and deliver nearly 1,000 gifts of the holiday season to various consumer homes. Eloyce and Richard Enloe was again lead us all in helping others. About a dozen NAMI supporters shared time together and some great food! Without NAMI Lane County’s annual efforts to provide personal gifts to those without families, many of these individuals would have a much bleaker holiday. Thank you one and all for your support.

Our Clothes Closet continues to be one of the most popular places in Lane County Mental Health. Open every Wednesday, the closet provides everything from clothing to home wares, from shoes to boots. We also have established a separate area within the closet for clothing that is appropriate for those seeking employment and need to look their sharpest at an interview. All clothing donations are, of course, tax deductible.

NAMI has continued to gather information and ways to support our returning warriors from combat duty in Southwest Asia. In April, more than 2,400 Oregon National Guard members returned after a year overseas.

Upon the same unit’s return a few years ago, many returned with Post Traumatic Stress Disorder (PTSD), homelessness and no job. We expect these figure to be much higher this time due to the recession. Now, troops come home to find their spouse has left them, the house in in foreclosure and there is no longer a job at the mill. NAMI Lane County is trying its best to serve the families of these brave soldiers who have given so much for the country at the expense of their families. We owe them the greatest support we can muster. Recently, Char Porter completed Family 2 Family instructor training and we are hoping to establish a F2F program at the local VA facility for family members.

Over in Florence, Julia Youngblood and other members continue to provide greater services to those in need of NAMI’s experience. She recently spearheaded a Crisis Intervention Training program for local law enforcement officers. Although this was a 4 hour program, crucial points of crisis intervention were well presented and received. The effort created a better understanding of people living with mental illness in a crisis situation and the extreme importance of the skill and tools of compassionate intervention.

Julia has also discovered a “Ride-Along” program with the Florence Police Department. She plans to see what life is really like in the “trenches.” It’s a great way for members to see how the police operate in real-life situations and to offer suggestions on how to treat people in psychotic stress.
The Florence area has long needed an affiliate of NAMI status for a long time and Julia Youngblood is working hard to make that happen. Florence and the Central Oregon Coast are just too far from NAMI Lane County offices to really assist them as required. But with Julia at the helm, no assistance is required. They hope to gain affiliate status soon. It will be named “NAMI Central Oregon Coast”.

The following is an overview of NAMI Lane County’s income and expenses for the fiscal year that ended on December 31, 2009.

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<th>Total Support and Revenue</th>
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<tbody>
<tr>
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<tr>
<td>TOTAL Income</td>
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NAMI Lane County is a nonprofit affiliated with the state and national offices of the National Alliance on Mental Illness. NAMI helps families, friends, consumers of mental health services and caregivers by providing resource material, referrals, support, advocacy, public outreach and anti-stigma education.

**NAMI Lane County Board of Directors**

- Bob Trimble, President
- Cece Rainier, Vice President
- Shelia Sundahl, Secretary
- Sara Wyant, Treasurer
- Sally Diehl, Education
- Bev Hickey, Program
- Sue Sammis, Consumer Relations
- Susie Caldwell, Nominations
- Nancy Nameth, At Large
- Serena Slape, At Large

Eugene Mayor Kitty Piercy was the keynote speaker at the NAMI 2009 Annual Holiday Dinner. NAMI Lane President Bob Trimble calls BINGO at NAMI’s annual picnic.