

ANNUAL REPORT



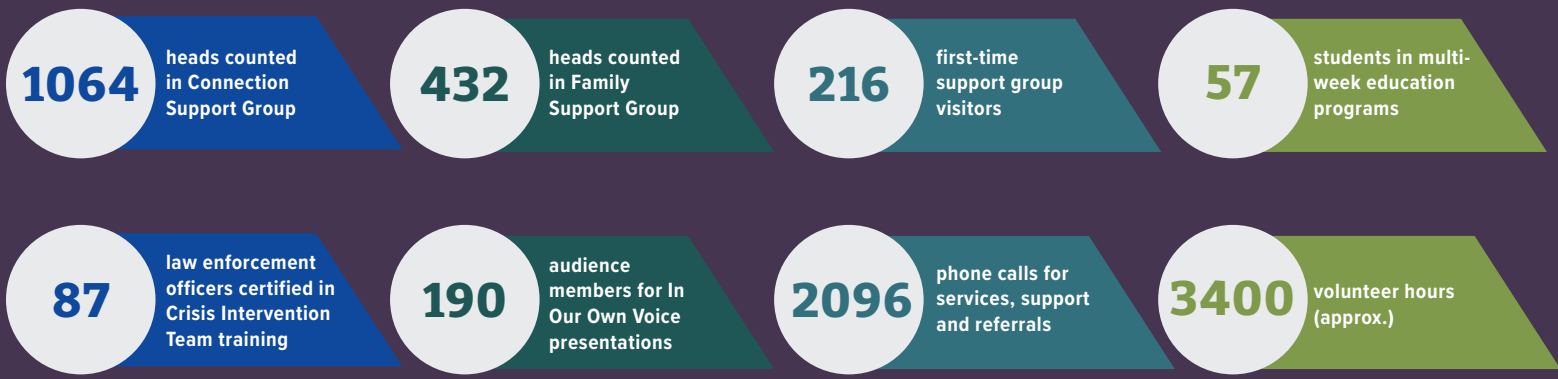
2022

For the second year in a row, an October NAMIWalks event brought people and pups to Monument Valley Park.

Guided by its new strategic plan, NAMI Colorado Springs prioritized its 2022 work according to five major goals: Infrastructure to Thrive, Focused and Community-Responsive Programming, Leadership in Mental Health, Awareness in and Engagement of Community, and Funding for the Future. For more on each, see bit.ly/nami-cs-stratplan.

PROGRAM HIGHLIGHTS

In 2022, people living with mental health conditions accessed peer programs such as Connection Support Group and the Peer-to-Peer education course. Family members received similar support through Family Support Group, Family-to-Family and Basics. Others benefited from trainings, presentations, outreach and our resource and referral “warm line.” **Final program numbers included:**



PARTNERSHIP HIGHLIGHTS

If connection and community are essential to maintaining individual health, the same is true for our organizational health.

In 2022, our collaborative work included:

- ▶ **DEVELOPING A SCHOOL-BASED MENTAL HEALTH PRESENTATION** with **Diversus Health** and **Pikes Peak Suicide Prevention Partnership**.
 - “What’s on Your Mind?” emphasizes the importance of self-care and peer support, and reached 301 students in its first two months.
- ▶ **DEBUTING THE BE HERD MONTHLY WELLNESS GROUP** with **StableStrides**, a nonprofit that provides “health and healing through horses.” Be Herd is modeled on Connection Support Group, but with horses present as another source of positive energy and calm.
- ▶ **COMPLETING A TWO-YEAR INITIATIVE** with **Silver Key Senior Services** to train caregivers of seniors in **Mental Health First Aid**.
 - A total of **127 caregivers** learned how to identify and respond to signs and symptoms of mental health and substance use issues in their clients.
- ▶ **CUSTOMIZING MENTAL HEALTH PRESENTATIONS AND WORKSHOPS** for community groups including Pikes Peak United Way, Concrete Couch, the Area Agency on Aging and the Independence Center.
- ▶ **TRAINING EMPLOYEES** of **Peaks Recovery**, an inpatient addiction and mental health treatment facility, to lead weekly **Connection Support Groups** on site.



The Be Herd program at StableStrides ▶

STAFF

Lori Jarvis

Executive Director

Kirk Woundy

Director of Strategy & Operations

Emily Brady

Director of Community Engagement & Initiatives

Emma Skelton

Program Operations & Evaluation Manager

Sarah Banta

Peer Programs Coordinator

Angela Sweeten

Family Programs Coordinator

Kelly Spieker

Marketing & Communications Coordinator

Kat Lilley

Volunteer & Administration Manager

Lara Ostenberg

Administrative & Accounting Assistant

Liz Rife

Family Support Groups Lead

Lizabeth Lucero-Chavez

Youth Programs Outreach Specialist

Also served in 2022:

Scott Foxwell • Ana Otten • Connor Scroggins

BOARD OF DIRECTORS

Leon Kelly, M.D., President

Coroner/Chief Medical Examiner & Co-Founder, Child Fatality Review Team • El Paso County

Taline "Ty" Meredith, Vice President

CEO • Peak View Behavioral Health

Rob Levis, Treasurer

CPA & Proprietor • Levis Grosdider & Associates, LLC

Damian McCabe, Secretary

Interim Director of Behavioral Health and Director of Behavioral Health, Military Affairs • UCHealth Memorial Hospital

Ray Cameron

COO • Magneti Marketing | NAMI Colorado Springs • Facilitator & Presenter

Monica Furey

Clinical Assistant Professor, College of Public Service • UCSS

Billie Ratliff

Clinical Assistant Professor, College of Public Service • UCSS; Co-Founder • Synergy Behavioral Health Solutions

Juan Recinos

Chief Operations Officer • Bright Futures Psychiatry

Rhea Rollman

Integrated Primary Prevention Director and Deputy J9 • Colorado Army National Guard

Mary Rosenoff

Deputy Chief • Colorado Springs Police Department

Sam Stephenson

Executive Director • Converge | Managing Case Coordinator • El Paso County Guardian ad Litem

Michelle Talarico

Co-owner • Picnic Basket Catering Collective

Also served in 2022:

Tamara Cannafax

Andrew Cooper

Imad Melhem, M.D.

Julie Papa

NEW NAMI STAFF

Among the 11 team members listed to the left, seven joined NAMI in 2022.

Here's a little about each of our new additions:

Sarah Banta has shepherded Connection Support Group participation to its highest-ever annual total, and is leading the development of an LGBTQIA+ Connection group in 2023.

Kat Lilley serves as the first point of contact for volunteers and is leveraging past nonprofit experience in helping revamp our Basics program.

Lizabeth Lucero-Chavez, who came on in December as a Bonner Fellow from Colorado College, is focusing on youth and BIPOC outreach.

Liz Rife handles scheduling and logistics for our Family Support Groups.

Kelly Spieker has elevated NAMI's social media and email reach and was the staff member most integral to planning a successful October NAMIWalks event.

Emma Skelton needed just two months to create more thorough and efficient systems for data collection and reporting.

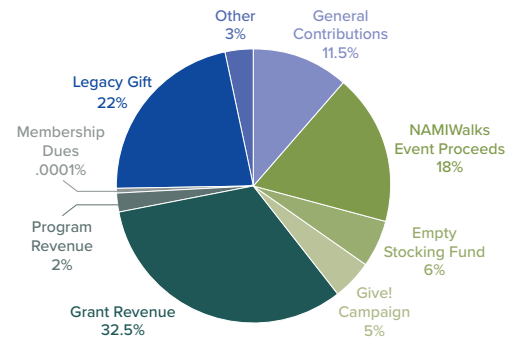
Angela Sweeten has engaged directly with veteran and military communities, leading to a 2023 launch of NAMI's Homefront education program.

FINANCIAL PERFORMANCE

FY 2022 INCOME

General Contributions	\$92,240
NAMIWalks Event Proceeds	\$143,468
Empty Stocking Fund	\$45,432
Give! Campaign	\$38,358
Grant Revenue	\$260,058
Program Revenue	\$17,777
Membership Dues	\$627
Legacy Gift	\$175,000
Other	\$26,061

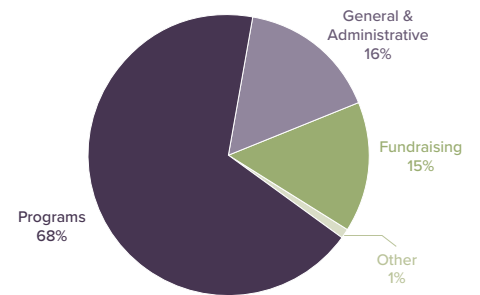
Total Income \$799,021



FY 2022 EXPENSES

Programs	\$413,131
General & Administrative	\$93,903
Fundraising	\$93,215
Other	\$3,839

Total Expenses \$604,088



MISSION

NAMI Colorado Springs creates and cultivates a welcoming community of peers who educate, support and advocate for people and families living with mental health conditions.

VISION

Anyone who struggles with a mental health condition can find support, treatment, healing and greater well-being in a community that's free from stigma.



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

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