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 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:

- **1064** heads counted in Connection Support Group
- **432** heads counted in Family Support Group
- **216** first-time support group visitors
- **57** students in multi-week education programs
- **87** law enforcement officers certified in Crisis Intervention Team training
- **190** audience members for In Our Own Voice presentations
- **2096** phone calls for services, support and referrals
- **3400** volunteer hours (approx.)

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

- **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.

- **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.

- **TRAINING EMPLOYEES** of Peaks Recovery, an inpatient addiction and mental health treatment facility, to lead weekly Connection Support Groups on site.

- **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.

- **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.
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.

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


Kelly Speiker 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.

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.

Nami Colorado Springs 40 Years • 1983-2023
National Alliance on Mental Illness Colorado Springs
719.473.8477 • namicoloradosprings.org

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