

# ANNUAL REPORT

If it felt to you like 2025 was a whirlwind, we felt the same at NAMI Colorado Springs. Mental health needs remained vast and varied, and our team responded by expanding some programs and creating others. In addition, we navigated successful transitions of leadership for our staff and board of directors, and built a new strategic plan for 2026-28.

**To our volunteers, supporters, partners and advocates: Thank you for walking alongside us and the local people and families we served.**

— Emily Brady and Kirk Woundy, co-CEOs



## PROGRAMS



**560**

people attended a support group or multi-week class



**823**

people who weren't already in a program called our Resource & Referral Line



**1,790**

people, including

**1,202**

youth and teens, attended a NAMI presentation



**6,135**

people were reached across all NAMI programs and events



### WHO WE SERVED

*Based on a survey of 639 adult respondents*

**13%** identified as BIPOC

**31%** reported difficulty accessing medical or mental health care

**30%** identified as military or family of military

**35%** reported difficulty paying their rent, mortgage or bills

**36%** reported having been un- or underemployed

**38%** identified as LGBTQIA2+

**Alongside established programs such as Family-to-Family and Connection Support Group, in 2025 we rolled out:**

- **a Transgender & Gender-Expansive (TAG) support group**, a peer group that quickly moved from meeting every other week to meeting weekly per group request.
- **Parents & Caregivers of Youth (PCY)**, a two-hour class developed by NAMI Colorado Springs staff and volunteers with lived experience responding to and managing youth mental health challenges.
- **Sharing Hope**, a three-session conversation series devoted to the Black and African Ancestry mental health experience.



### VOLUNTEERS

**148**

volunteers were active as of year end

**4,103**

hours were donated by all volunteers (including interns and board members)

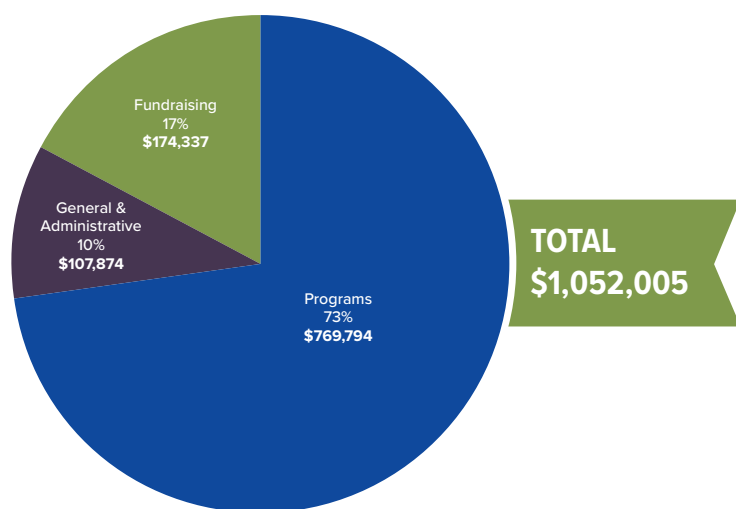
**\$142,750**

of in-kind value\* came from volunteers donating their time

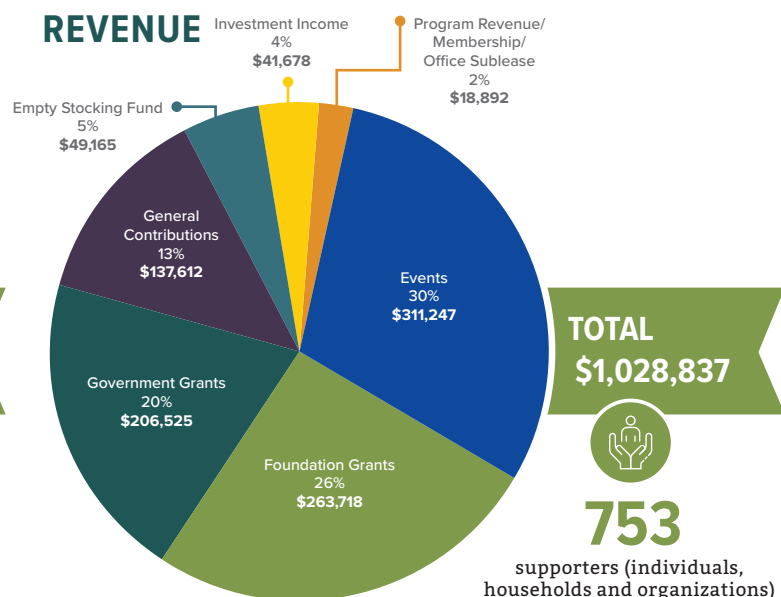
*\*Per Independent Sector's 2025 valuation of 1 volunteer hour = \$34.79 in value*

# FINANCIALS

## EXPENSES



## REVENUE



# FEEDBACK

**100%** of Family-to-Family and Peer-to-Peer students who completed an end-of-course evaluation said they'd recommend the course to others. 97 percent agreed that "Because of the program I just completed, I am better able to recognize the signs and symptoms of mental health conditions."

It is the most welcoming environment I've ever experienced related to mental health.  
— Support group participant

**98%** of NAMI Colorado Springs' support group participants agreed that: "At this support group, I receive support that I am not able to get elsewhere"; "The support group was helpful to me"; and "The facilitators created and maintained a welcoming and safe space."

I feel renewed in my life—accepting, not controlling—my son. I also feel validated in my concerns for personal safety and how to handle difficult situations.  
— Family-to-Family graduate

**FOR MORE...** including rosters of our board and staff, as well as a link to our 2026-28 strategic plan, please visit [namicoloradosprings.org](http://namicoloradosprings.org).



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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## 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.