



nami | Far North Idaho

National Alliance on Mental Illness

NAMI FAR NORTH 2018 Annual Report On Programs and Services

**NAMI Far North's mission is to improve the quality of life
for all those affected by mental illness.
Find Help. Find Hope.**

NORTH IDAHO CRISIS SERVICE : NICS is in the third year of operation. It operates after hours with 7 contracted licensed clinical mental health professionals and one ½ clinical director, **Catherine Perusse**. These individuals answer the phone line between the hours of **5:00 p.m. - 8 a.m.. Monday thru Friday...24 hrs. a day on Sat, Sun, and holidays.**
Crisis Line # **208 - 946 - 5595**

We continue to reach out to the community by distributing flyers, cards, magnets at events. Information posted at town bulletin boards, physician offices, BGH ER, on NAMI FN and NICS websites. NICS continues to work to update and increase our resource and referral information.

NICS has been in operation for 2 years. We appreciate the generous support from the partners listed below and to individual supporters. We continue to build our donor database and aggressively seek new grant and funding opportunities.

NAMI Far North

Bonner County Human Rights Task Force

Equinox Foundation

North Idaho Action Fund

Inland Northwest Community Foundation

Idaho Community Foundation

Sandpoint City Police Department

Prayers Flags of Hope : Linda Heisel

****numerous private donations**

In 2018, this service received 124 calls....age highest calls received..45 - 64 yrs.highest caller issues - 49 Interpersonal and 42 mental health... created safety plan — 54...suicide ideation - 10.....there are high numbers in support / information referrals..

There is a need to provide a 24 hr. - 7 days a week service for the community but there is a shortage of volunteers to answer phones during the day.

NAMI FAR NORTH SUPPORT AND EDUCATION

Support/Educate/ Advocate at NAMI FN Monthly Meetings

We provide education and support for our members and General public by

recruiting speakers who address topics of interest to those individuals with mental illness and their loved ones.

Every **third Wednesday** of the month at Bonner General Hospital classroom at 5:30 p.m. We are proud of our support groups that follow after the speaker. We have received positive feedback on how this support is helpful. Our **Family Support** group is facilitated by **Amber Snoddy**. This group is for the caregivers dealing with mental illness of a loved one. **Jan Burt** is the facilitator of **Connections**. This support group is for those with mental illness. We are proud to provide a safe, non-judgmental, compassionate atmosphere. These groups learn from shared experiences, shared coping skills and offer each other empathy and encouragement. Our door is always open to the public.

Signature Program Family - to - Family Educational Program

This year we are very proud to have offered this F to F free 12 week course in the Spring and Fall of 2018

This program supports and educates family and friends of individuals with mental illness. Our facilitators, **Amber Snoddy, Evelyn Miller and Dawn Mehra** have all been trained for this signature program. By using technology, Zoom conference, we were able to connect with a class member who wasn't able to be physically present for the class. A presentation, **In Our Own Voice, was given** by an individual with mental illness. This provides awareness about recovery and fight stigma. The **Spring** class had a class size of 11 attendees. The **Fall** class had a class size of 8 attendees. We develop a support network by keeping in contact with the class members. NAMI FN provides a one year open door membership for the attendees. The purpose is continued support by NAMI FN and the group. We are looking into another program, **NAMI Family and Friends seminars**. This 5 hour seminar informs and supports people who have loved ones with mental illness. It would be beneficial for those people who have time restraints.

Conduit of Care Program

This program is facilitated by **Gini Woodward**. It provides our State Hospital North patients support and ease of their transition back into communities. NAMI FN contributes the funds to purchase items when released and holiday giving.

This is the 2nd year for NAMI FN to hold a **Christmas** and **Valentine** card Project. Members come together to write cards to the patients of the state hospital to let them know we care for their well being. They have appreciated this gesture of love and support. This project provides our members a feeling of purpose.

NAMI FN Membership

Actively recruiting new members. Kim Kempton voted onto NAMI FN Board

Our members make a difference in our resolve to provide support, education, and advocacy to those with mental illness and their caregivers. We strive to

empower our members, those with mental illness and the loved ones that take care for them.

This year we provided the “open door” membership for a year to our **Family - to - Family Spring/Fall** participants. We want to send the message “ You are not alone”.

Our movement is to Cure Stigma. The members, by sharing their stories, helps this resolve. **Eileen Esplin** compiles and updates our Membership rooster. She, also, has a rooster on past supporters and fundraiser attendees. This has streamlined the process of reaching out and posting flyers and information to our members and supporters.

In 2018, we have brought in 20 more members from 28 in 2017 to close to 50. Our members have created a network of support for each other.

COMMUNITY OUTREACH PROJECTS

May: NAMI FN donated an informational/Care&Support basket for the East Bonner Library Fundraiser

Papa Murphy’s Pizza Fundraiser/Crisis Line Service/ Awareness for Mental Health Month

June: La Chic Boutique/ Justine Murray in the Spring and Fall shop Around Sandpoint

NAMI FN given a percentage of sales to our nonprofit organization **Panida Theater / Kiss by God / donates a percentage of sales to NAMI FN**

Local Radio Station KRFY / Interview for NICS

August: Bonner County Fair / Informational Booth

Farm to Table Dinner Fundraiser / Raffle Baskets / Public Awareness of NAMI FN

Kim Kempton/ Pacific Crest Trail/Pledge per mile fundraiser

All these events published in local papers...brought more awareness to NAMI FN

Christmas Giving Letter sent out by email for donations

Linda Heisel continues to donate all sales of her **Hope Prayer Flags to the NICS.**

She is in her third year and has successfully created awareness of mental illness by her flags placed in homes, businesses, and classrooms and all places near and far. She has donated over **\$5,000 to the North Idaho Crisis Service.** She is an example that one person can make a difference.

We believe the more actively we seek ways to share our mission in the community; it will make a positive impact on **Curing Stigma** placed on mental illness. It will give **courage** for those with mental illness to **reach out for treatment** and know recovery is possible.

NAMI FN reaffiliated success : Our nonprofit has successfully completed all required paperwork to renew our affiliation with NAMI National.

Technology: : Along with keeping updated on our websites and Facebook accounts we have added an AmazonSmile/ Amazonprime Smile which gives a percentage of sales to our nonprofit when chosen. We post Monthly Meeting Topic/Speaker, local NAMI FN events and provide links to mental health resources.

We are proud to continue the following service

Transportation to North Idaho Crisis Center in Coeur d' Alene in 2018 we provided funding for 4 to be transported.

Advisory Council : is an active group of professionals and community persons, who make themselves available to our organization if we have issues in need of expertise input or any extra help. . We continue to add Advisory Council Volunteers to the list of 20+.

Respectfully Yours,

Ellie Lizotte / NAMI FN President

P. O. Box 2415, Sandpoint, Idaho 83864 — NAMI Far North is a 501 (c)(3)

www.NAMIFarNorth.org

NAMIFarNorth2003@gmail.com

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(208) 946-5595 — Crisis Line

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