

2023 ANNUAL REPORT

 **NAMI** Fairbanks
National Alliance on Mental Illness



February 29, 2024

namifairbanks.org

President's Message

Jeanette Grasto

Advocacy for Mental Health

Our first contact with NAMI (*National Alliance on Mental Illness*) often happens because of a mental health crisis and we really need support and education. Once our situation becomes stable, we become ready to learn how to advocate for mental health.

Advocacy is an important part of the NAMI mission. Our members are the experts in lived experience with mental illness. We use our “voice” to speak to legislators and policy makers by telling our stories combined with a specific “ask” or request for change. Because of our personal lived experiences, we can credibly speak out for changes in the mental health system in ways that we know it needs to be improved. NAMI helps us learn how to tell our stories so they become powerful forces for change. Our legislators have expressed to us that our stories touch them. Because of our personal stories, they listen to us and consider our ask.

I invite you to join NAMI Fairbanks as advocates for mental health. It is especially important during the legislative session when many important decisions are being made, including the mental health budget for the next year. Everyone’s voice is important. NAMI Alaska tracks bills that are important for mental health and you can sign up to receive weekly updates during the legislative session. You can be notified when these bills come up for committee hearings, and receive talking points to help you prepare your statement when public testimony is invited. Between sessions, we meet with our legislators and tell them what is important to us, that we “vote for mental health”. I urge you to share your story with them and why adequate mental health resources are important to you.

Board Members & Team

Jeanette Grasto

President

Richelle Talvi

Vice President

Paige Talvi

Secretary

Kareston Robinson

Treasurer

Deben Das

Director

Viola Taylor

Director

Marie Martin

Director

Justin Heminger

Director

Nenette Rogers

Executive Director

Cheryl Randolph

Program Specialist

Our Mission

At NAMI Fairbanks, we believe that there is always hope, healing and recovery are possible, and we never give up. We believe in working together to build a thriving, compassionate community that knows how to help when someone they care about is experiencing mental illness.



Vision

NAMI Fairbanks envisions a community that promotes mental health, recovery from mental illness, access to treatment with a caring attitude and cultural sensitivity for all those affected by mental illness, and elimination of the stigma associated with any mental health condition.

Mission

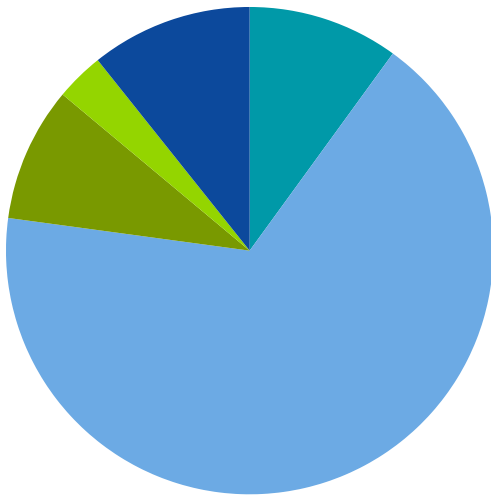
Providing support, education, and advocacy for people experiencing psychiatric disabilities, their families, friends, and interested community members.

What we do

- **Support:** We promote mental health and recovery through support groups for individuals affected by mental illness and their family members
- **Educate:** We inform and educate the community through NAMI classes and presentations
- **Advocate:** We teach peers how to effectively tell their stories to policy makers, and we actively engage in legislative advocacy at the grassroots level

Community Impact

280 Help Calls in 2023



- 67.1% Minigrants
- 10.7% Housing, Medical, and Other
- 10% Support Group Information
- 9% Mental Health Resources
- 3.2% How to Help Someone

Community Presentations

- Fairbanks Public Health Nurses
- 100+ Golden Heart Women Who Care
- Greater Fairbanks Chamber of Commerce
- Rotary Club of Fairbanks
- Fairbanks Golden Heart Rotary
- Interior Republican Ladies Group
- Fairbanks Correctional Center for the Reentry Education Program (Monthly)



65%

Increase in Help Calls



\$60 K

Behavioral Health Mini Grants Given



50%

Increase in Support Group Participation

NAMI Training

In 2023, NAMI Fairbanks members completed training in the following programs:

2 Family Support Group Facilitators

2 Connection Support Group Facilitators

3 NAMI Smarts for Legislative Advocacy

1 NAMI Family-to-Family Class

2 NAMI Peer-to-Peer Class

2 In Our Own Voice Presenters

Financial Highlights

\$110,580 unrestricted funds received.

\$95,390 restricted funds received:

- \$57,900 from the Alaska Mental Health Trust Authority for Behavioral Health Minigrant recipients.
- \$12,500 from NAMI’s Innovation Grant for NAMI Fairbanks’ Youth and Young Adult Initiative.
- \$11,000 combined from Fairbanks Golden Heart Rotary Club, Alyeska Pipeline, and Fairbanks Wellness Coalition for launching the NAMI Ending the Silence In-Person program.
- \$10,240 from AMHTA for forming the Fairbanks Community CIT Steering Committee.
- \$3,750 from the NAMI-Kohl’s Grant for expansion of NAMI Support Groups.

Income

Expenses

Net



\$206 K



\$193 K



\$13 K



Funding Spotlight



Usibelli Coal Mine



Kinross Fort Knox



Pogo Mine



AK Mental Health
Trust Authority



Golden Heart 100+
Women Who Care



Fairbanks Wellness
Coalition



Golden Heart Rotary
Club of Fairbanks



Fairbanks Community
Hospital Foundation



North Pole
Adventure LEOs

We sincerely thank the following businesses and organizations for supporting the mental health programs and advocacy of NAMI Fairbanks in 2023 through fundraising, donations, and partnerships. Their support along with the tireless work of NAMI Fairbanks volunteers, promotes recovery for people who live with mental illness, helps end the stigma of reaching out for help, and builds a strong healthy community.

Kinross Fort Knox

Northern Star Resources Pogo Mine

Usibelli Coal Mine & Foundation

Alaska Mental Health Trust Authority

United Way Tanana Valley

Fairbanks Golden Heart Rotary Club

Fairbanks Wellness Coalition

Golden Heart 100+ Women Who Care

NAMI Alaska

North Pole Adventure LEOs

Foundation Health Partners

Alyeska Pipeline

Amazon Smile

Chris Marok - Allstate

Family Centered Services

Great Northwest Inc.

EBEW Local 1547

Julia Scott Retirement Plans

KO Productions

Kroger-Fred Meyer Community Rewards

Mt. McKinley Bank

Odom

Party Planet

Pick.Click.Give.

Quota International of Fairbanks

Safeway

Thrivent

Unitarian Universalist Fellowship Fairbanks

United Way of Anchorage

University of Alaska Fairbanks

University Baptist Church

Ursa Major Distillery

Utility Services of Alaska

Walgreens Giving

NAMI Fairbanks is a proud partner agency
of United Way of the Tanana Valley.
Thank you for supporting United Way!



The Fairbanks Crisis Intervention Team
Academy for Law Enforcement is
sponsored by the Alaska Mental Health
Trust Authority.



*Save the Date:
September 27, 2024
at JP Jones Center*

Silent Auction



Arctic Traveler's Gift Shop



Martin Engineering LLC



Taylor's Gold and Stone

Sponsors

The Fourth Friday Silent Auction and Art Show is our biggest Annual Fundraiser. Thank you to all the businesses, artists, and individuals who donated items, gift certificates, and delicious baked goods in 2023. All of the funds helped NAMI Fairbanks cover operating costs that keep our mental health programs free for participants.

Alaska Art Party
Alaska Railroad
Alyeska Pipeline
Ann's Greenhouse
Arctic Raw Fur Co.
Art Center Framing
Beaver Sports
Bella Luce Fine Art Photography
Christ Lutheran Blanket Committee
College Floral
Costco
Expressions in Glass
Fairbanks Daily News Miner
Fairbanks Ice Dogs
Fairbanks Memorial Hospital Gift Shop
Fairbanks Nissan

Fairbanks Symphony Orchestra
Goldpanners Baseball
Growler Bay Valdez
Harley Davidson Store
McCafferty's
Northern Threads
Northern Whimsy
North Star Ballet
Pagoda
Riverboat Discovery & Gold Dredge #8
Santa Claus House
Sourdough Fuel
Summit Coffee
Ursa Major Distillery
Yarn Over

4th Friday Artists:

Lilly Allen	Betty Dupee	Karen Malone
Betsy Bear	Kim Krinke	Dawn Miller
		Matt Moberly

Thank you to:

All our dessert bakers!
Our DJ - Tony!
Our volunteers and helpers!
All anonymous people and anyone we missed!
ALL WHO STOPPED BY AND SUPPORTED OUR EVENT!

Support NAMI Fairbanks

We are all in this together. Over the past several decades, NAMI Fairbanks has helped change the conversation around mental health, but there's more to do to ensure everyone can access the mental health care and support they need. Your financial support helps bring hope and end stigma for individuals and families living with mental illness!

Pick. Click. Give.

Select NAMI Fairbanks as your charity and pledge when you apply for your Permanent Fund Dividend. Please look for NAMI Fairbanks when you complete the PICK. CLICK. GIVE. portion of your PFD application. If you have already filed this year, you have until August 31st to add your pledge!

NAMI Do-it-Your-Way Fundraiser

NAMI Do-It-Your-Way encourages mental health supporters like you to turn what they love into a fundraising campaign for NAMI. You decide what you want to do — a birthday fundraiser, an athletic event or a hobby like baking, crafting or knitting — and design your own fundraising campaign on behalf of NAMI. Check it out at: doityourway.nami.org/fairbanks

Make a Donation

Scan Here →



Online at:
namifairbanks.org/donate

Mail to:
NAMI Fairbanks
PO Box 72543
Fairbanks, AK 99701

Or in-person at:
3504 Industrial Ave, Suite 102
Fairbanks, AK 99701

Thrivent Financial

NAMI Fairbanks is listed as one of the recipients for Choice Dollars(R) as part of Thrivent Financial's charitable outreach program. For questions about Thrivent Choice Program, call 1-800-847-4836, say, "Thrivent Choice," or send an email to mail@thrivent.com. If you use Thrivent Financial, please consider adding NAMI Fairbanks to your donation list.

United Way

NAMI Fairbanks is a partner agency of United Way of the Tanana Valley. When you give to the UWTV Community Care Fund, you are helping all of its partner agencies who are working together to improve the wellbeing of our community!

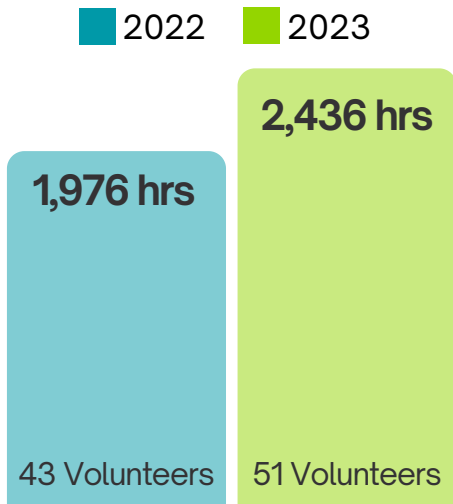
Fred Meyer Rewards

Sign up for Fred Meyer Rewards and go shopping at Freddy's. Select Community Rewards and link your rewards card information to NAMI Fairbanks, Alaska.

Each time you shop at Fred's, NAMI Fairbanks will earn a donation from their corporate headquarters. This does not reduce or affect any of your points, it is a donation offered to nonprofits in the Northwest from the Krogers's company.

Volunteer with NAMI

Volunteer Hours



A Caring Community: When we work together, we affect a much greater change for better lives than we can accomplish on our own. 1 in 5 Alaskans are living with mental illness. Volunteer with NAMI Fairbanks to help build a caring community that makes a difference!

Volunteer Opportunities

Training is provided by NAMI free of charge. If you are interested in any of these areas, contact our office at 907-456-4704 or visit namifairbanks.org/volunteer

Facilitate Support Groups:
NAMI Family or NAMI Connection

Teach Classes:
NAMI Family-to-Family or NAMI Peer-to-Peer

Give Presentations: NAMI Ending the Silence (Young Adult & Parent Presenters Needed)
NAMI In Our Own Voice

Tell Your Story: NAMI Sharing Your Story with Law Enforcement (for Crisis Intervention Team Academy)
NAMI Smarts for Legislative Advocacy

Lead a Club on Campus: NAMI on Campus club for High School or University for Mental Health Awareness

To see more opportunities, visit us online at namifairbanks.org/volunteer



Year in Review

January

- 3 Trained in NAMI Smarts for Legislative Advocacy
- NAMI presentation at Fairbanks Public Health Nurses staff meeting - 24 attended
- 100+ Golden Heart Women Who Care selected NAMI Fairbanks as their 1st quarter recipient
- Ran support group ads on social media through May

February

- NAMI Fairbanks advocacy team met with 8 of our 9 legislators to advocate for mental health legislative priorities
- 8-Hour Board retreat for NAMI Board training and begin process of Strategic Plan Update
- Began sharing about NAMI Ending the Silence (for youth) with United Way Tanana Valley, Big Brothers and Big Sisters AK, Golden Heart Rotary, and Greater Fairbanks Chamber of Commerce
- NAMI Fairbanks selected as partner organization of the MyWalgreens program for March-May

March

- Support group TV ads ran Nov-March, increasing public awareness of NAMI Fairbanks
- Help calls from Dec-March increase 266% versus same period the previous year.
- Annual Meeting. Newly elected board members: Marie Martin, and Kareston Robinson (Treasurer)
- 2nd Board Retreat: reviewed the NAMI Organizational Health Assessment for NAMI Fairbanks, and performed SWOT analysis.
- NAMI Fairbanks table at Womens Affair and Alaska Health Fairs in Salcha and Nenana

April

- Participated in the 1 1/2 day Fairbanks Pediatric Behavioral Health Summit
- Started distributing NAMI Fairbanks custom calm strips featuring 988 and NAMI text-helpline
- Info table at Alaska Health Fairs at Pioneer Park, Pleasant Valley, Healy, and Fairbanks 50+ event
- Featured in Kinross Fort Knox April publicity campaign in Daily Newsminer and social media
- CIT Academy at UAF - 21 graduates of the 40-hour training were from AST, UAF, Ft. Greely, Ft. Wainwright and North Pole Police Departments, Village Public Safety, dispatch, and others
- Began planning meetings for Fairbanks Community CIT Steering Committee

May

- 8 NAMI Fairbanks members attended NAMICON
- Spotlight presentation at the Greater Fairbanks Chamber of Commerce
- Info table at Fairbanks Senior Recognition Luncheon and at North Pole LEOs 5k/10k for Mental Health Awareness Fundraiser - NAMI Fairbanks team participated in walking
- Began monthly presentations at Fairbanks Correctional Center Reentry Education Program
- Awarded a grant from Fairbanks Wellness Coalition to support NAMI Ending the Silence youth program
- 2 volunteers completed NAMI In Our Own Voice training
- Panel of 4, shared their experiences of mental health response in the community at Fairbanks Symposium on Opioid and Substance Abuse
- 6 members attended Foundation Health Partners Annual Meeting
- Participated in 211 Listening session at Fairbanks City Hall

Year in Review

June

- 3rd Board Retreat for Strategic Planning
- NAMI AK/Fairbanks presentation at the Fairbanks Rotary Club Luncheon
- 40th Birthday BBQ and Volunteer Fair
- Received North Pole LEOs donation from their mental health awareness 5k/10k fundraiser - some of their youth pledged to help with creating a TV commercial for NAMI ETS
- NAMI Team walked in the Out of Darkness Walk
- Website relaunch and transition to new email address for NAMI Fairbanks:
office@namifairbanks.org

July

- 4th Board Retreat for Strategic Planning
- Round Table discussion with Rep. Mike Prax
- Fairbanks Pediatric Behavioral Health - Prevention and Outpatient Workgroup (monthly through December)
- Silent Auction Planning Meetings through Sept.

August

- 5th and final Board Strategic Planning Meeting
- KFAR Radio Program with Rep. Mike Prax
- Participated in campaign promo video for United Way Tanana Valley
- Collaborated with Fairbanks Crisis Now on joint presentation at the Fairbanks North Star Borough Emergency Preparedness and Youth event
- Monthly collaborations - Added Interior Public Health Partners

September

- Awarded the NAMI Mackenzie Scott Innovation Grant to support Youth and Young Adult Initiative
- Presentation at Fairbanks Golden Heart Rotary dinner, received donation from their golf tournament fundraiser
- NAMI Fairbanks Silent Auction, Dessert Auction, and Art Show Fundraiser
- Costco Trunk-or-Treat
- Attended the unveiling of the North Pole You Are Not Alone Wall that aims to help unhoused youth in the area, NAMI Fairbanks sponsored a plaque for the wall



Year in Review

October

- Presentation at Interior Republican Ladies Group luncheon
- Grant awarded from Alaska Mental Health Trust Authority for the formation of the Fairbanks Community Crisis Intervention Team Steering Committee
- Alyeska’s annual United Way campaign closeout dessert auction benefited NAMI Fairbanks
- NAMI table at Costco’s Military Appreciation event
- Attended NAMI AK Annual Meeting

November

- New NAMI Do-It-Your-Way Fundraising platform for NAMI Fairbanks
- NAMI Ending the Silence TV commercial filmed at Barnette Magnet School with a teacher and youth from the school and North Pole LEOs.
- Ursa Major selected NAMI Fairbanks as their November Cocktails for a Cause charity



December

- Conclusion meeting of the Fairbanks Pediatric Behavioral Health Workgroups
- Collaboration discussion with Mat-Su CIT Coalition Coordinator
- Volunteer Appreciation Christmas Party
- Wrote letters of support to legislature for Fairbanks Crisis Now stabilization center to serve the Interior Region of Alaska
- NAMI Ending the Silence commercials started airing on TV, social media, and YouTube



Monthly Activities

- Collaborations with the Community Action Planning Committee, Fairbanks Crisis Now, Fairbanks Opioid Workgroup, and the Fairbanks Prevention Alliance, Interior Public Health Partners
- NAMI presentation at Fairbanks Correctional Center Reentry Education Program
- NAMI Alaska Affiliate Meetings
- NAMI Fairbanks Board Meetings
- Bimonthly meetings with United Way Tanana Valley and Partner Agencies

Contact Us



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