

our mission

NAMI Central Texas is dedicated to improving the lives of all individuals affected by mental illness through education, support and advocacy programs.

21,717

individuals & families impacted this year by NAMI Central Texas programs

Impact



1,606

support group meeting participants



503

class and workshop graduates



60

tv, radio and newspaper stories



6,228

teens received mental health training



10,000+

volunteer hours



2,000+

NAMIWalks participants

Law Enforcement

In partnership with the Austin Police Department and Travis County Sheriff's Office, NAMI Central Texas offers a portion of the mental health training officers receive and prepares them to engage with individuals going through a mental health crisis. The presenters' real stories of encounters with police emphasize how best to respond to people in crisis and foster empathy and compassion while encouraging officers to connect families and individuals to vital community resources.

23

trainings

764

officers

Let's Talk

One in five teens live with a mental health condition. Yet more than 40% aren't receiving the care and treatment they need—often because they are too embarrassed to talk about mental health or don't know how to ask for help. Created by NAMI Central Texas, "Let's Talk" is a one-hour presentation that equips parents with the simple tools they need to have positive and proactive mental health conversations that can help teens feel more comfortable seeking help for themselves or their friends.

16

presentations

585

parents

Workplace Presentations

Fear of discrimination and shame mean the workplace is often the last place people will share their mental health journey and needs. NAMI Central Texas' Workplace Presentation series gives offices the information and resources to create a safe and supportive space for employees to talk about their mental health. The presentations provide tools for addressing the impact of stress, break down mental health myths, promote empathy and compassion, and encourage employees to help change the mental health conversation at work.

12

presentations

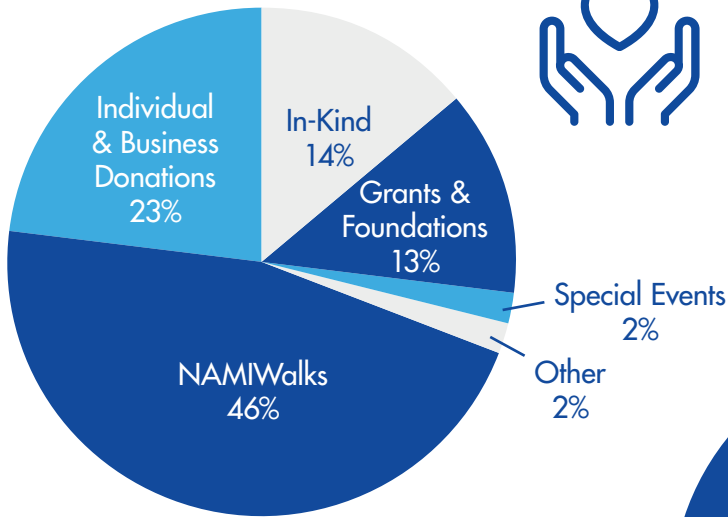
451

employees & managers

FY 18	Revenue	Expenditures	Revenue over Expenses
	\$610,322	\$627,823	(\$17,501)

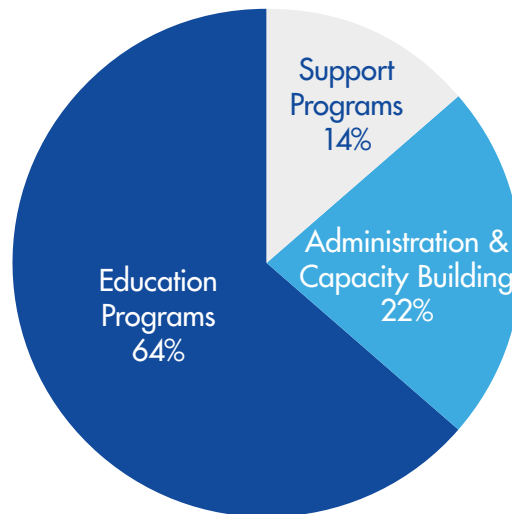
Value Add	Value of Volunteer Time	In-Kind Gifts
	\$251,000	\$82,312

Revenue



In-Kind Support and volunteer value added means more programming can be provided with less funding.

Expenditures



NAMIWalks revenue has grown 14% in just two years.

Strategic Plan 2019-2021

Our Strategic Plan centers on growth and sustainability in four key areas.



Programs

Increase the impact of NAMI Central Texas programs



Funding

Diversify funding to ensure mission sustainability



Human Capital

Ensure that NAMI Central Texas has appropriate staff, board and infrastructure



Brand Awareness & Partnership

Expand the visibility and influence of NAMI Central Texas