

2020 Annual Impact Report



12,215
individuals & families impacted by
NAMI Central Texas programs

our mission

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

Impact

- 1,222** support group meeting participants
- 560** class & workshop participants
- 2,421** teens received mental health training
- 356** law enforcement officers trained
- 363** virtual events
- 67** tv, radio & newspaper stories
- 1,060+** NAMIWalks Your Way participants

Online Programming

We moved our first program online within weeks of community-wide shutdowns due to the coronavirus pandemic, with virtual support groups following soon after. Not all programs adapted to a virtual setting, so volunteers and staff launched a new initiative to address this need. *Stories and Strategies* created a much-needed space for adults living with a mental health condition to learn wellness and recovery tips while connecting with others. We continued providing no-cost mental health presentations and training for schools, workplaces, and law enforcement using live streaming tools.

188
Stories and Strategies participants

Lighthouse

NAMI was founded by mothers who used their lived-experience and hard-earned knowledge of the mental health system to help other parents and caregivers who faced similar obstacles. These self-ascribed “NAMI Mommies” gave life to programs that have helped countless people on their journey to wellness. Today, caretakers of all kinds need guidance to address youth mental health needs. With support from an Impact Austin grant, NAMI Central Texas can now address these unique needs through a program launched late in 2020. *Lighthouse* gives parents and caregivers of youth (6-18 years old) one-on-one support from a Parent Support and Resource Navigator.

19
families helped

Mind Matters

Knowledge really is power when it comes to mental health. *Mind Matters*, our free community education event, hosts speakers on various in-depth mental health topics. To provide urgently needed programming to address pandemic related stress and anxiety, we increased the number of *Mind Matters* sessions offered this year by nearly threefold. Our speakers educated attendees on building resilience, baking for mental health, family communication and conflict resolution, managing back-to-school stress, and more! Recordings of most presentations mean the community will continue to benefit from these insightful resources.

22 sessions
1,770 attendees