



nami

National Alliance on Mental Illness

Hawaii

Annual Celebration

ICE BREAKER

Let's Make a Deal Purse Game

1. Pick point keeper for each table
2. I will ask you all to find something on your table, person, or bag. You get one point for your team.
3. Things on your mobile phone or devices are not accepted.

What has NAMI Hawaii been up to in 2023?

In 2023, NAMI Hawaii gave direct services to more than 4042 people with over 227 volunteers.

Presentations & Speaker's Bureau

- Samaritan Counseling Ctr Wahine Wellness
- LEAP / How to Communicate
- State of Reform Conference
- KCC Nursing Students
- Queens Pediatric and Social Workers Presentations
- Macy's Mental Health Wellness
- PsiChi
- Japanese Women Leadership Initiative
- Parents and Children Together
- Hazel Health
- Rotary Clubs
- Adult Protective Services
- Resurrection Church
- DOE Nurses Training
- Kamana Center Senior Lecture Series
- Viction Witness Counselor Meeting
- Malama da Mind
- Revitalize Puna
- Hui Malana Na O'iwi Ladies Night
- Hilo Women's Club
- Molokai Wellness Fair
- FaithNet,
- And more...

CIT TRAININGS

NAMI Hawaii coordinated 6 - 40 hour CIT trainings in Honolulu and Hawaii County

Honolulu CIT: 62 trained

Hawaii County CIT: 19 in Kona and 15 in Hilo

NAMI STATE TRAININGS for NEW LEADERS

NAMI Hawaii held a Family Support Group Facilitator State Training, certifying 8 new facilitators including our first leader on Molokai.

New Programs:

NAMI Hearts and Minds

NAMI Homefront

MAUI STRONG

NAMI Hawaii responded to the need for Mental Health services in Lahaina, hosting 23 support groups for people affected by the fires (with Mental Health America of Hawaii and HECO)

- Ohana Wellness day in Maui, strengthening our connection with our NAMI Maui community
- Support group training is planned for early 2024 to certify NAMI Facilitators on-island.
- In total, 290 community members in Maui have been serviced by our support groups and events this year.

NAMI SIGNATURE PROGRAMS

- 3 Family to Family Educations (8-wk course)
- 3 Family & Friends Presentations (2-part course)
 - 1 Peer-to-Peer Education (8-wk course)
 - 1 SMARTs Advocacy Training
 - 1 Hearts and Minds Education (5-wk course)
 - 9 Monthly Family Support Groups
- 6 Monthly Connection Recovery Support Groups

YOUTH NAMI SIGNATURE PROGRAMS

Ending the Silence

Presentations: a youth/young adult presentation on mental health awareness. Twelve presentations to 1230 students from various middle and high schools across Oahu attended.





YOUTH NAMI SIGNATURE PROGRAMS

NAMI on Campus Clubs: Iolani HS/Leeward CC

**Potential NAMI Clubs: Chaminade University,
Waipahu HS, UH West Oahu**

**Upcoming ETS Presentations/Potential ETS
Presentations: Kapaa High School (Kauai), Spill
The Tea Cafe, Waimea HS(Kauai), Kamehameha
Schools, & more!**

NAMI Walks 2023



**1,000+
walkers and
volunteers**



**77
Teams**



**\$135,000+
Raised**

NAMI Walks 2023



Big Island



Kauai



Maui

ADVOCACY in 2023

Task Forces

- Governor's Challenge (next mtg: 01/09)
- Prevent Suicide Hawai'i Task Force (next mtg: 12/21)
- Mental Health Task Force (next mtg: 12/15)



Policy Platform for 2024 Legislative Session

- Improving Crisis Response and Infrastructure (988, CIT, AOT)
- Increasing Capacity for Treatment/Services (non-forensic psych beds, provider shortage)



AFFILIATE UPDATES

NAMI Kauai – Karin Medigovich

NAMI Maui – Amber Drake

NAMI Big Island – Susan McGovern

ANNUAL MEETING and VOTING

- Call to Order Kathy Hammes, BOD President
- 2022 Annual Meeting Minutes Approval – Randolph Hack
- Treasurer's Report – Mike Durant
- Election of New Board Members for 2024 – Mike Durant

NEW BOARD MEMBERS 2024

New Board Nominees

Bradley Kuo, APRN
Laurie Okinaga

Renewing Board Members

Shuk Wai Chan
Kathy Hammes
Steven Katz
Karin Medigovich
Mike Durant



Into the Future

T O G E T H E R

Strategic Plan 2024 - 2026



National Alliance on Mental Illness

nami | **Hawaii**

STRATEGIC PLAN 2024 to 2026



Priority One: Grow Island Affiliates

Defining Success: Each island will have staffing and resources to ensure an agile and proactive response that provides NAMI Hawaii programs and services tailored to the needs, wants, and preferences of each community.

Success Indicators

- Financial support available for part-time leadership and/or administrative support, depending on the needs of the affiliate. Current affiliates are: Kauai, Maui (Molokai-Lanai), Big Island, and Oahu.
- Increased awareness of NAMI programs and services within the community.
- At least one family program and one peer program available in each affiliate, based on the input of the local community and in alignment with the local culture.
- Programs will be sustainable with sufficient volunteer facilitators and membership to support programs and broaden community awareness.

Milestones

- Q1** • Consult with the Designated Affiliate Leaders (DALs) to understand the current state of activity, gain insight into the local scene, and establish a shared understanding of the broad goals and process for moving forward.
- Identify community needs, wants, and preferences through surveys and focus groups.
 - NAMI Hawaii visits each affiliate at least once a year and all Designated Affiliate Leaders will fly to Oahu at least once a year.
- Q2** • Develop paid staff and administrative support position descriptions appropriate to each affiliate.
- Hire island coordinators or similar for each affiliate, with priority given to the neighbor islands.
 - Determine labor support appropriate for each affiliate.
- Q3** • Plan specific activities, e.g., programs, workshops, local advocacy, awareness events (walk).
- Use online programs to complement in-person programming, while building local in-person capacity.
- Q4** • Seek feedback from population served using surveys and other tools.

Priority Two: Recruit and Retain Peer Leaders

Defining Success: More peer leaders will be recruited and retained. Working closely with peer specialists, peer leaders will benefit from increased emotional support and community, connection to resources that assist in recovery, and raising the voice of peers in various arenas.

Success Indicators

- Secure and train at least 10 peer leaders.
- Every quarter at least one peer class or special program will be offered, including in-person and virtual options.
- Peer support groups will be offered monthly, with a goal of five (5) per month by the end of 2024.
- The NAMI Hawaii website will provide links to NAMI National peer programs outside of Hawaii.
- Paid part-time staff person, preferably a certified peer specialist, provides leadership, support, and oversight of the peer programming, and ensures community awareness of the programming.

Milestones

- Q1/Q2** • Develop a position description for the peer coordinator position, with preference for someone who is a certified peer specialist.
- Recruit the new peer coordinator and provide full orientation to NAMI Hawaii.
 - The peer coordinator will assess the landscape, including:
 - ~ Survey/meet with current peers and other leaders, including affiliate leadership to learn about what is in place and what is needed.
 - ~ Review current program utilization and capacity of current programs.
 - ~ Review gaps in current programming.
 - ~ Explore opportunities to connect with online mainland peer support groups.
 - ~ Connect with the Hawaii State Department of Health to explore how certified peer specialists and NAMI peer leaders might work together.
- Q3/Q4** • Focus will be on recruiting, retaining, and supporting peer leaders to build the leadership funnel.
- Strengthen existing leaders through quarterly programs and support opportunities.
 - Recruit new peer leaders and certified peer specialists.
 - Build out the programs based on assessed needs and opportunities.
 - Consider both in-person and online peer support groups.
 - Schedule peers for speaking at least twice monthly to tell their stories.

Priority Three: NAMI Hawaii Recognized as THE Voice for Mental Illness in Hawaii

Defining Success: NAMI Hawaii will be effectively engaged in legislative and policy discussions and processes, driven by the board's consistent and responsive commitment to advocacy on behalf of its members.

Success Indicators

- Adequate staffing to support the executive director in implementing the advocacy priorities approved by the board.
- Enthusiastic board advocacy chair with a two-year commitment who, with staff support, will develop an engaged advocacy committee.
- Board-approved advocacy priorities set and published annually.
- Published annual report highlighting NAMI Hawaii successes in advocacy.

Milestones

- Q1** • Board advocacy chair and advocacy staff researches and drafts priorities.
- Board approves the annual advocacy priorities.
 - Advocacy committee and staff receives advocacy training.
 - Track priority legislation, communicate action alerts to members, and identify opportunities for NAMI Hawaii's support, including opportunities for collaboration.
 - Implements NAMI SMARTs for Advocacy training for peers and family members.
- Q2** • Peers and family members testify on legislative and other public policy issues.
- Evaluate advocacy efforts, and consider options for increasing impact.
- Q3** • Publish report on engagement in public policy.
- Implement additional SMARTs for advocacy training sessions.
 - Work with identified collaborators on issues of common concern in preparation for the legislative session.
- Q4** • Visit with key elected officials after election day.
- Consider various legislative activities, e.g., NAMI day at the legislature and training for membership, as preparations for the session are made.

Priority Four: Build Private and Government Collaborations

Defining Success: By building a network of collaborators with common interests, NAMI Hawaii will leverage its own expertise, be seen as a convener of peers, community members, and aligned organizations committed to addressing mental illness, and make the latest resources available to peers and family members to support recovery.

Success Indicators

- Major collaborators are identified who share NAMI Hawaii's mission and believe that working together will amplify the voice of peers and the issue of mental illness.
- Staff person is assigned whose main responsibilities are to facilitate the creation of the NAMI Hawaii Resource guide, identification of collaborations, and ensure that peers, families, and community members have access to the guide.
- Peers and families have access to a one-stop user-friendly NAMI Hawaii Resource guide to support their personalized recovery plan.

Milestones

- Q1** • Staff gathers data from peers and families about what they want and need for their recovery, what works, and any gaps in the system.
- Current collaborations will be identified and evaluated, working with other NAMI staff.
- Q2** • Develop intentional outreach to ensure ready communication with major collaborators which is mutually beneficial.
- Convene collaborators to facilitate communications, share information, identify common projects, and improve resource availability to peers and family members.
- Q3** • Publish the NAMI Hawaii Resource guide and make it available to peers, family members, and the community.
- Q4** • Publish and share the guide with collaborators for their use.
- Focus on getting the word out about the guide, e.g., social media, presentations and talks by peers, and advertising.

PROGRAMS in 2024

January	NAMI SMARTs Advocacy	June	NAMIcon in Denver
February	Family to Family Education	August	NAMI SMARTs Advocacy Walk Kick Off Family and Friends
March 25	NAMI HI State Conference	October 12	NAMIWalks Hawaii
April	ACT Training Family and Friends	November	Family to Family Education
May	Family to Family Education	December	Annual Celebration

SAVE THE DATE

NAMI Hawaii State Conference

CULTURAL PRACTICES on MENTAL HEALTH

March 25, 2024

KEYNOTE: NAMI National CEO, Daniel H. Gillison, Jr.



Partnership with

Mental Health America of Hawaii and Alpha Kapa Alpha Sorority,
Hawaii Chapter

All program schedules are subject to change. Please contact info@namihawaii.org for more information

RETIRING BOARD MEMBERS

Randy Hack, Board Treasurer, Peer Council Member, Past President

Francesca Leonetti, Vice President, Past President

Debbie Zimmerman, Vice President, Past President

APPRECIATION

OPEN MIC

Please share 1-2 minutes on how NAMI Hawaii has given you hope for either you or your loved one



National Alliance on Mental Illness

NAMI

Hawaii



nami

Hope starts with you.



Thank You!