



National Alliance on Mental Illness

NAMI Delaware

NAMI launches program to support Delaware Psychiatric Center clients

For the last six months, clients at Delaware's public psychiatric hospital have had a series of special visitors – staff members from NAMI Delaware, launching a targeted program to help create connections and support.

"It's amazing to let the clients know that they are valued, that they matter, and that others care," said Jenn Ford, NAMI's assistant director of advocacy and education for education and support programs, who started the initiative in May.

Each month, Ford and Jenn Jankowski, NAMI's peer services manager, visit the Delaware Psychiatric Center for a few hours to meet with small groups of clients. Programs have included an awareness walk, question-and-answer sessions, and creating positive affirmation cards. Upcoming programs will include topics around gratitude and the holidays.

"They are happy to see us when we return, which is so nice," Ford said. *"We're building relationships, which is positive for everyone. It lets clients know that there's somebody that cares. It gives them something to look forward to predictably."*

Jankowski said that as someone with prior inpatient experience, the visits and interactions are valuable because they remind clients that they have someone else on their sides. *"It reminds them that they are not alone in this, and that there are resources out there – people to care about them, people to help them,"* she said.



Part of the goal is also to reduce the stigma of receiving treatment for mental health conditions. Jankowski noted that sometimes outsiders are fearful towards people in inpatient treatment or with mental health diagnoses. *"It's very important to show that people aren't scared of them, because of how stigmatizing it can be,"* Jankowski said.

Dr. Joshua Thomas, CEO/Executive Director NAMI Delaware said the long-term goal is to expand the program to other inpatient centers in the state. *"It's certainly a replicable and scalable concept,"* he said. *"It brings this feeling of connectiveness and warmth and empathy from the outside."*



Dr. Joshua Thomas

CEO/Executive Director



Dear Friends,

The holiday season is upon us! This time of year allows me the opportunity to reflect on the year and all that we have accomplished. I am filled with gratitude for the hard-working team of staff and volunteers who carry out our mission every day. I am also extremely grateful to you. We can't do our work without the support of people like you. Thank you for participating in our events and programs, for joining our organization, for engaging with us on social media, and for supporting us financially.

2023 will be our 40th anniversary! I am very excited about this milestone and the ability to be part of this important mission. I hope you will consider joining me in celebrating by committing to participating in our events like our May 13th awareness walk and our October Inspiring Hope Conference. We'll be launching some exciting new things in 2023, and I encourage you to stay connected to hear all that is coming.

For many reasons, such as the effects of the pandemic, **NAMI Delaware has increased the need for our services and programs more than ever.** We've had an extremely busy year trying to keep up with the vast needs in our community. I hope you will consider making a year-end financial contribution to help give us a strong start to addressing the needs in 2023. If **you can help us**, please go online today to make your donation or mail your donation to our office: 2400 W. 4th Street, Wilmington, DE 19805.

Wishing you and your loved ones a safe and happy holiday season!

With Gratitude,
Josh

Wishing Annie Slease all the best

Annie Slease has accepted an exciting opportunity with the University of Delaware and is leaving NAMI Delaware.

While we will miss Annie and her contributions to our organization and those we serve, we understand and support Annie's decision to accept this opportunity. Annie will be working in the Center for Disability Studies at UD and will have the opportunity to continue to advance mental health advocacy in this role.

We are extremely grateful to Annie for her more than five-year tenure of building stronger advocacy, education and support for people with mental illness and increasing our work in the community.



Jennifer Jankowski joins as peer services manager

Please help us welcome Jennifer Jankowski, NAMI Delaware's peer services manager, specializing in outreach and providing support for educational programs, community outreach and legislative advocacy.

She previously worked as a legislative aide for the Delaware General Assembly's House Majority Caucus and for the state as deputy principal assistant to the director of Unemployment Insurance. Her experiences with mental illness, including diagnosis and treatment, inspired her to share her story and work with peers to destigmatize mental illness.



You can help ensure that people with mental illness and their loved ones **don't feel alone.**

NAMI Delaware founders Simon and Jill Shute know what it's like to be lost in despair.

For decades they struggled to understand their son's mental illness — initially described as atypical psychosis, then schizophrenia. They felt alone . . . and eventually lost Steven as a result of medical neglect.

Through deep determination to help others, they brought the National Alliance for Mental Illness to Delaware in 1983. Nearly 40 years later, they continue to ensure that people with mental illness and their loved ones receive education and support. But they need your help now more than ever.

One in five Delawareans live with a mental health condition. Thousands of people in the First State grapple

with mental illness, conditions made worse during the grim isolation of the pandemic.

Your support of NAMI Delaware will help us keep up the good work.

Simon and Jill have intensified their efforts. So has the staff at NAMI Delaware. In 2022, we added staff in underserved communities and ensured that all NAMI programs are culturally responsive.



SIMON AND JILL SHUTE
NAMI DELAWARE FOUNDERS

2022 HIGHLIGHTS



NAMED BY NAMI AS THE NATION'S #1 CHAPTER FOR ITS OUTREACH, ADVOCACY AND EDUCATION



600+

TRAINED MORE THAN 600 DELAWARE OFFICERS IN MENTAL HEALTH DE-ESCALATION SKILLS

3,293



3293 PEOPLE SERVED THROUGH TAILORED MENTAL HEALTH PRESENTATIONS (WELLNESS, GENERAL MENTAL HEALTH AWARENESS, STRESS MANAGEMENT, ETC.)

Our staff championed legislation this year that:

- ✓ Increased access to mental health professionals in schools
- ✓ Required insurance to cover annual wellness checks
- ✓ Mandated mental health education for grades K-12 in Delaware public schools
- ✓ Ensured people subject to Gold Alerts receive privacy by requiring law enforcement to remove the online history of the alert after its resolution

NAMI Delaware continues to raise awareness of the new 988 crisis number. Working with state officials, we are building a crisis response system using mental health resources to end our dependence on law enforcement intervention. We are proud to have trained more than 600 Delaware officers in mental health de-escalation skills.

With Simon and Jill – and you – we are a powerful voice for people struggling to navigate the system and access care. We need your gift of support.

To donate, see QR code on page 4 or mail check to NAMI Delaware:
2400 W. 4th Street
Wilmington, DE 19805
Attn: Development Office

2022 HIGHLIGHTS



198 SERVED BY PEER SUPPORT GROUPS
361 SERVED BY FAMILY SUPPORT GROUPS



752 SERVED BY THE HELPLINE



76 HOUSING PROPERTIES WITH SOME 300 PEOPLE WITH MENTAL ILLNESS SERVED ANNUALLY

Office of the CEO/Executive Director

Dr. Joshua Thomas | CEO/Executive Director
Carla Moore | Director of Finance
Greg Nemes | Operations Coordinator

Housing Team

Merton Briggs | Senior Director of Housing & Facilities
Marie LaFevre | Senior Housing Manager
Bob Douglas | Property Manager
Doug Culton | Property Manager

Advocacy & Education Team

Jenn Ford | Assistant Director of Advocacy & Education, Education & Support Programs Focus
Sue Mulhern | Assistant Director of Advocacy & Education, Corporate, Organizational & Faith Community Partnerships Focus
Nyemade Boiwu | Fellowship Program, Equity & Inclusion
Jacqueline Contreras | Multi-Cultural Engagement Coordinator
Estevan Garcia | Multi-Cultural Engagement Coordinator
Wesley Ingram | Programs Manager
Jenn Jankowski | Peer Services Manager

Fall Semester Interns

Maura Grier
Elizabeth Clendaniel
Alyssa Noonan

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Shawna Mayles | Beebe Healthcare
Sgt. Lee Weller | Delaware State Police
Maureen Keeney | Retired Educator

Kent County Committee

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Dr. Amy Gootee-Ash | Delaware State University
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Dr. David Sibley | Retired Psychiatrist

New Castle County Committee

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Simon Shute
Patricia Grimm
Ed McNally
Burley Melton

Seeking Equity & Serving Communities of Color Committee

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Dr. Pamela Adams | Delaware State University
Nyemade Boiwu | Peer Advocate
Colonel Vaughn Bond, Jr. | New Castle County Police Department
Norwood Coleman, LCSW | Life Health Center
Louise Cummings, Esq. | Supporting Kids
Wade G. Jones, LPCMH, LCDO, CADAC | SUN Behavioral Health

We must all work together to support individuals with mental illness post-pandemic. You can join Simon and Jill today by giving your gift online at www.namidelaware.org/donate.



Your support helped us shine as national leaders.

NAMI Delaware was recently recognized as the nation's top chapter for its outreach, advocacy and education. Thank you for making all this happen.



SCAN TO DONATE