

NAMI Kane-South, DeKalb,
& Kendall Counties
Annual Meeting 06.27.2023

REGISTER NOW



SATURDAY Oct. 21, 2023, 8:30am

Peg Pond Center Pavilion, 151 N Island Ave., Batavia, IL



400 Mercy Lane
Aurora, Il 60506
www.namikdk.org
630.779.3226
saragray@namikdk.org

VISION

NAMI-KDK envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

MISSION

Our mission is to provide free mental health education, support, and advocacy for individuals, family members, and communities.



Kane-south, DeKalb
and Kendall Counties

Our Values

- Hope: We believe in the possibility of recovery, wellness and the potential in all of us.
- Inclusion: We embrace diverse backgrounds, cultures and perspectives.
- Empowerment: We promote confidence, self-efficacy and service to our mission.
- Compassion: We practice respect, kindness and empathy.
- Fairness: We fight for equity and justice.

National, state, and local affiliates building better lives for the millions of Americans affected by mental illness.

Executive Director NAMI IL Andy Wade, NAMI CEO Daniel Gillison, and Executive Director of NAMI KDK Sara Gray



NAMI KDK Strategic Plan

A strategic plan serves as a “rudder, not an anchor.” (NAMI National)

- A strategic planning process identifies strategies to help an organization fulfill its vision and mission
- To be successful, staff and the board must engage in the process, commit to measurable goals and approve priorities for implementation
- NAMI-KDK is committed to revisiting the organization’s strategies on an ongoing basis as the organization's internal and external environments change

NAMI KDK Strategic Plan

In February 2023 we adopted an updated plan and are continuing to revise it as needs change. Top issues addressed in the plan are:

1. Financial support (sponsors, grants, fundraising) for business operations, programs and services
2. Marketing to increase public awareness of NAMI-KDK mission and outreach services
3. Providing high impact programs consistent with NAMI-KDK's mission with appropriate levels of staffing and advancing cultural competency and equity throughout NAMI-KDK's work
4. Development and maintenance of an effective Board of Directors

NAMI KDK Strategic Plan

Strategic Successes:

- Increased level of staffing to support programs
- Increased diversity in NAMI-KDK staffing, board, and volunteers
- Drove significant growth in Spanish-speaking programs to meet the needs of our communities
- Launched successful programs for Youth
- Building community awareness of our safe spaces programming for LGBTQ+, BIPOC, Spanish, Veterans, and Youth

NAMI-KDK Organizational Chart

EXECUTIVE BOARD

Kathryn Manning, President; *Director of Organizational Change Management, retired*
Lisa Holch, Vice President *CADC, LCPC, CCTP; Director, Behavioral Health & Psychiatric Services, Kendall County*
Kate Fish, Treasurer; *Licensed Marriage & Family Therapist, Graceful Therapy*
Dr. Heidi Podjasek, Secretary; *Director of Social Emotional Learning of School District 308*

BOARD MEMBERS

Lindsey Liddicoat, *LPC, CADC; Probation Supervisor, Kane County 16th Judicial Circuit*
Regina Harris, *Attorney at Law, Private Practice*
Toshia Moss, *MBA; SHRM-CP Human Resource Generalist for The City of Aurora*
Emily Fagan; *Classical Musician & Educator*
Luisa Cicero (Fermina Ponce), *Laureate Deputy Poet & Author*
Desiree Avitia, *LCSW Social Worker, Kane County Sheriff's Office*

Executive Director

Sara Gray

Program Coordinator
Kimberly Mebane

**Bilingual Program
Coordinator**
Alejandra Romero

Interns & Volunteers

In Fall of 2022, for the first time we expanded the role of Executive Director to full time salaried position.

I am Sara and I have been with NAMI since April 2021.

I lead the following cohorts:

- **Family Support Group**
- **Youth & Family Education**
- **Community Presentations**

MEET THE TEAM

EXECUTIVE DIRECTOR



SARA GRAY

NAMI KDK

Advocacy • Education • Support • Public Awareness


**Kim is the Program Coordinator since May 2022.
This expanded to 30 hours per week.**

Leads the NAMI Cohort:

- **Connections, BIPOC, LGBTQ+, and Veterans**
- **Education: Ending the Silence, In Our Own Voice**
- **Peer-to-Peer**
- **Sharing Hope, Homefront**
- **Community Presentations**

MEET THE TEAM

PROGRAM COORDINATOR



KIMBERLY MEBANE

NAMI KDK

Advocacy • Education • Support • Public Awareness

Spanish Program Coordinator


Alejandra joined our team July 2022. This is a new role and in 2024 will expanded to 30 hours per week!

Leads the NAMI Cohort:

- Connections, Family Support Group, Spanish, LGBTQ+
- Education: Family-to-Family
- Ending the Silence
- In Our Own Voice
- Peer-to-Peer
- Youth & Family Education in Spanish
- Community Presentations in Spanish

MEET THE TEAM

**BILINGUAL PROGRAM
COORDINATOR**



ALEJANDRA ROMERO

NAMI KDK

Advocacy • Education • Support • Public Awareness

Licensed Therapist for Teen Support Group

In partnership with a licensed therapist NAMI KDK will bring a support group for teens 13-18. This group is currently piloting in Kendall County. With funding we hope to role this out to Kane and DeKalb. It will be free without eligibility requirements. We will pay the therapist or workplace so we may provide a safe space to learn about mental health and acquire skills.

Teen Support Group



Stephanie Burl, LPC, NCC

Community Presentations in English & Spanish

Ending the Silence: a 50 minute in-school presentation about mental health designed for middle, high school students, parents, or staff. Students learn about mental illness directly from the family members and individuals living with mental illness.

In Our Own Voice: a presentation delivered from someone in recovery. This unique presentation shines light on the journey of someone's life experience with mental illness.

Custom Presentations: We meet with the community partner and learn the audience needs.

Sharing Hope and Compartiendo Esperanza: is a three-part video series that explores the journey of mental wellness in Black and Latinx communities through dialogue, storytelling and a guided discussion on the following topics:

Youth and Mental Wellness: "How Do You Heal?"

Community Leaders and Mental Wellness: "The Art of Healing"

Families and Mental Wellness: "Smiling On Our Journey"

NAMI Mental Health Education

Family to Family: 8 week course for family members and loved ones of those with mental health conditions

Family & Friends: is a free 90-minute or four-hour seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support.

NAMI Basics: is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others.

NAMI Homefront: Mental Health Resources For Military Service Members, Veterans And Their Families: 6 week course

Peer-to-Peer: is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

Current Support Groups

Connections

Family Support Groups

Spanish

BIPOC

LGBTQ+

Teen

We hope to expand our youth, family, and senior Programming in 2023-2024

Grants Received in 2023-2024 Fiscal Year

Kane County's Community Support Grant \$68,050.00

Kendall 708 Board **Pending**

Quality of Life Aurora \$15,000.00

Geneva 708 Board \$12,300.00

St. Charles 708 Board **Pending**

Geneva 708 Board \$12,300.00

INC Mental Health Alliance \$8,000, \$5,300 TAC Court, In-Kind Office Space

Tardive Dyskinesia Grant \$5,000.00

Innovation Grant NAMI National **Pending**

Interfaith America Emerging Leaders \$1,500.00

DeKalb County Special 1 time award \$5,800.00

Elgin Community College Peer Support Specialists- \$1,000.00

What are we doing?

We are partnering with:

Nonprofits, Mental Health Boards, Agencies,
Private Business, Places of Worship,
Two Rivers Head Start, COFI, Family Focus, Ascension, Northwestern,
Rush, Elgin Community College, Waubensee Community College,
Northern Illinois University, Aurora University,
Aurora African American Health Coalition,
Compañero en Salud (Partners in Health),
Care of the Underserved, Aurora Resource Team,
Quad City Urban League, Shelters,
Food Pantries, Health Departments,
Kane County Sheriff, Kendall County Sheriff,
Simply Destinee, Youth Outlook, and
School Districts

NAMI KDK IMPACT 2022-2023

- 4,202 total served
- 1,785 through Support Groups
- 2,417 through Mental Health Education
- 543 Community Members received Spanish Programming
- 95 total Youth
- 65 LGBTQ+ Adults
- 30 LGBTQ+ Teens
- 175 BIPOC Adults served and 15 BIPOC Teens



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Election Officers and Member to Board of Directors

ARTICLE VI

Meetings of the Members

Section 1. Annual Meeting and Notice Requirements.

An annual meeting of the Members shall be held each year at such time and place during the second quarter of the calendar year as determined by the President or the Board of Directors for the purpose of electing Directors and officers and for the transaction of such other business as may come before the annual meeting. Notice of annual meetings shall be provided to the Members not less than 30 days before the date of such annual meeting with the date, time and place of the annual meeting of Members to each individual entitled to vote at the meeting. The members holding one-tenth (1/10th) of the votes which may be cast at any meeting shall constitute a quorum at such meeting.

BYLAWS

No provision of the Bylaws to be amended or replaced shall be inconsistent with the organization's status as a nonprofit corporation under the laws of the State of Illinois or inconsistent with the organization's tax-exempt status under the IRS Code. NAMI Illinois must approve any changes to the Bylaws and no changes to the Bylaws are final until approval from NAMI Illinois is duly given. Such approval shall not be unreasonably withheld. The Bylaws must remain consistent with all relevant NAMI governing documents.

Ballots/Voting

Invitations were sent May 12, 2023 and NAMI KDK Members. They were asked to cast their vote YES or NO for each candidate. The Ballot was requested by June 20th to be counted:

NAMI KDK

400 Mercy Lane

Aurora, IL 60506

Or

saragray@namikdk.org

If you did not receive a ballot, please respond email saragray@namikdk.org and we will email you one!

VOLUNTEERS NEEDED

- NAMIWalk 2023
- Seeking Diverse Facilitators that are Bilingual
- General Office Support
- Recruitment for Volunteers and Community Members to join our groups
- Seeking Knowledgeable Fund Development, Special Event, and Grant Writer Volunteers
- Social Media and Tech Savvy Individuals to help promote NAMI KDK



The Goal of Three Fundraisers a Year

1.  
2. Giving Tuesday
3. Still in Development and open to ideas for 3rd



namiWalks

Kane-South, DeKalb and Kendall Counties

2023

Saturday, Oct. 21

Save the Date ↗



Peg Pond Center Pavilion
151 N Island Ave,
Batavia IL 60510

Thank you for your
continued support and
dedication to
NAMI-KDK and our
communities.



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Check out our website!
www.namikdk.org