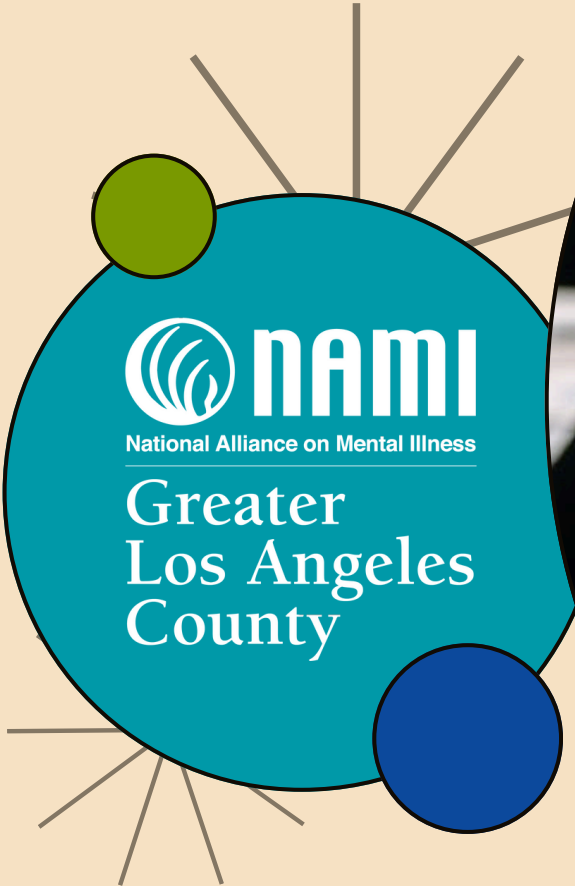


NAMI Greater Los Angeles County

# IMPACT REPORT 2023



[www.NAMIGLAC.org](http://www.NAMIGLAC.org) ● ● ●

# We Are NAMI GLAC



**NAMI Greater Los Angeles County (GLAC)** is the county's leading grassroots mental health organization. NAMI GLAC promotes wellness, recovery, equality, and dignity for individuals and families affected by mental illness, as well as the community at large.

## OUR VALUES

**HOPE** - We believe in the possibility of recovery, wellness, and the potential in all of us.

**EMPOWERMENT** - We promote confidence, self-efficacy, and service to our mission.

**COMPASSION** - We practice respect, kindness, and empathy.

**INCLUSION** - We embrace diversity in backgrounds, cultures, and perspectives.

**FAIRNESS** - We fight for equity and justice.

# Who We Serve

NAMI GLAC is comprised of **local chapters** who **serve more than 65% of LA County** residents.

From Reseda to Claremont, Pasadena to San Pedro, and almost everywhere in between, **we offered over 38,000 Angelenos** support, education, advocacy, and hope that recovery is possible during 2023.



 **NAMI San Fernando Valley**

National Alliance on Mental Illness

An Affiliate of Greater Los Angeles County

 **NAMI Glendale**

National Alliance on Mental Illness

An Affiliate of Greater Los Angeles County

 **NAMI San Gabriel Valley**

National Alliance on Mental Illness

An Affiliate of Greater Los Angeles County

 **NAMI Pomona Valley**

National Alliance on Mental Illness

An Affiliate of Greater Los Angeles County

 **NAMI South Bay  
Los Angeles County**

National Alliance on Mental Illness

An Affiliate of Greater Los Angeles County

 **NAMI Greater Los  
Angeles County**

National Alliance on Mental Illness

Serving Long Beach and Whittier Areas

# We Offer Support

NAMI GLAC's **support groups** are **peer-led** and open to people living with a mental health condition, or to those supporting a loved one living with a mental health condition.

**90%** of support group attendees **strongly agreed** that their experience...

- Provided me with resources and skills to help make the **best treatment decisions** for myself or my loved one
- Helped me to understand that the **symptoms of mental illness are separate from the person** who has the condition
- Helped me to understand that **mental illnesses** are biological conditions that **are no one's fault**
- Helped me to have **hope for the future**

We hosted **over 1,000 support groups**, welcomed **over 9,300 peers and family members**, and supported people from **English, Spanish, Japanese, and faith-based** communities.

## Family Support Group

678 total meetings

5,817 attendees

## Connection Recovery Support Group

413 total meetings

3,484 attendees



# We Offer Education

## Family Education



30 classes  
350 graduates

## Peer Education



16 classes  
119 graduates

## Mental Health First Aid & QPR



10 trainings  
152 graduates

## Law Enforcement Trainings



44 trainings  
1,035 graduates

Guided by the unique perspective of people with lived experience, our education **classes** and **trainings** provide free **education, skills training,** and **support** to individuals, families, and our community.

## Participants are Saying...

“I feel like coming to the [Family to Family class] has **served as a lifeline for me and my family**”

“Listening for the first few classes **got me to open up & tell my story**...it was nice knowing **there was no judgement**”

“...I’ve **grown a lot** and can **understand and empathize with my loved one’s condition**”

*NAMI Pomona Valley graduates*



# We Engage Our Communities

**Ending the Silence** presentations promote mental health literacy, introduces suicide prevention tips, and share life-saving resources in local middle & high schools.

We held **146 presentations** throughout the county for **over 8,000 students, school faculty & staff, and parents & caregivers.**



“[In Our Own Voice helped me] **see real faces and people** behind the diagnoses, and recognize that **there is hope for recovery.**”

*In Our Own Voice attendee*



Our **In Our Own Voice** speakers, who share their lived experience in order to change attitudes, ideas, and assumptions about people living with mental illness, gave **153 total presentations** to **over 1,300 attendees.**

GLAC and its Chapters hosted **278 webinars and presentations** on a wide variety of mental health topics, reaching **3,800 attendees** both virtually and in person.



“Percussive therapy is really **fun and a new way to practice mental health support.**”

*NAMI Glendale attendee*



At **over 140 community events** held all across Los Angeles County, our dedicated volunteers and staff spread awareness about NAMI and our programs, shared a variety of local resources, and offered an empathetic ear to **over 7,500 Angelenos.**

# We Engage Our County



**NAMIWalks Los Angeles County 2023** was our biggest one yet! Individuals, families, nonprofits, elected officials, and mental health advocates came out in force to LA State Historic Park to show that mental health matters and to raise funds for NAMI GLAC's no-cost programming.



2,500 Walk Day Attendees



\$352,173 Raised



177 Walk Teams



42 Community Sponsors



**Together Again for Mental Health**, NAMI GLAC's annual countywide conference, gathered **250 Angelenos** for informative breakout sessions and inspiring keynote presentations, including CA HHS Secretary Dr. Mark Ghaly.

At the 2023 LA Marathon, our family of Half-Marathon and Full-Marathon participants raised awareness about NAMI, empowered others to seek help, inspired change, and **raised \$15,000** to fund our programs!



# We Offer Help & Hope



Launched in September 2023, the **CalHOPE Warmline** offers no-cost accessible, equitable, and empathetic support to individuals and families impacted by mental illness.

The CalHOPE team **assisted 179 Angelenos in its first four months**, helping them to find resources and connect authentically with someone who cares.



Many local Chapters run their own **Helplines**. Their volunteers **supported over 3,840 individuals** via calls, texts, and emails by connecting them with local programs and resources.



Through our **Peer Support Specialist Program**, NAMI GLAC **guided 21 individuals** in earning their training certification and gaining paid or volunteer positions within the mental health field.



# We Advocate

NAMI GLAC advocated for a wide range of **legislation** impacting Angelenos with serious mental illness:

- The CARE Act
- Proposition 1
- SB43

We also advocated for our **public policy priorities:**

- Jail diversion and other alternatives to incarceration
- Supportive housing
- Re-Entry support after incarceration
- Individualized treatment plans for the unhoused



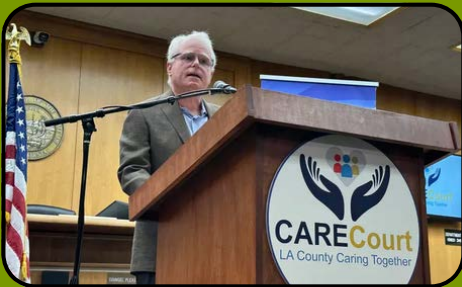
**With over 100 members**, our advocacy committees help Angelenos create real change in our county.

Our **Advocacy Committee** focuses on:

- County and state mental health issues
- System reform and legislation
- Supportive housing and services
- Mental health parity

Our **Criminal Justice Committee** focuses on:

- Changes to state legislation affecting people with serious mental illness
- Countywide reforms to Care First, Jails Last, such as advocacy for jail diversion programs
- Jail issues, such as the closure of Men's Central jail and the building of non-carceral facilities



Want to learn more about our advocacy efforts? Ready to join one of our Advocacy Committees? **Use the QR code to start your advocacy journey!**



# Support Our Mission

## Join Our Community

NAMI GLAC is powered by dedicated Angelenos **just like you!** There are many ways you can get involved and support our vital work. **Use the QR Codes below to learn more**

Become a  
Volunteer



Friends of  
NAMI GLAC



Become a  
Member



## Invest In Mental Health for All

In addition to **monthly and one-time donations**, you can support NAMI GLAC's mission through a **variety of giving options:**

- DIY Fundraising Events
- Donor-Advised Funds
- Qualified Charitable Distributions
- Stock and Crypto Gifts
- Corporate Giving
- Employer Matching Gifts

**Use the QR Code** to make your donation or to learn more about all the different ways you can give.





**nami**

National Alliance on Mental Illness

Greater Los Angeles County

## NAMI GLAC

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[www.NAMIGLAC.org](http://www.NAMIGLAC.org)

Gold  
Transparency  
2023

**Candid.**

