



Outstanding NAMI Affiliate Winner!

Dear Valued NAMI Lansing Supporter,

I am thrilled to share the latest news from NAMI Lansing!

Award Winner! NAMI Lansing is the recipient of the Outstanding NAMI Affiliate Award! This national recognition from NAMI is a tribute to the community support and volunteers that helped increase the scope of NAMI Lansing's education, support, and advocacy for those affected by mental health conditions. It reflects the progress that we have made together in extending NAMI Lansing's impact.

Upcoming Celebration and Benefit! We look forward to celebrating with you at our second annual garden fundraiser on June 27, 2024, again hosted by Brian and Ellen Jeffries. We are excited to welcome new supporters, including special guest **MSU Women's Basketball Head Coach Robyn Fralick**.

Your Generous Support! Last year, thanks to the incredible generosity of donors like you, NAMI Lansing's inaugural fundraiser hosted by the Jeffries was an amazing success. The funds raised at that event enabled our small, volunteer-driven organization to make significant strides in our mission.

Capacity Building: We're proud to welcome our first AmeriCorps service member this summer! With their support, we will be able to extend office hours, mobilize volunteers, and enhance community engagement - all made possible by your generous support along with many other NAMI Lansing backers.

Youth Mental Health: NAMI Lansing has emphasized youth mental health and outreach to faith communities. Through the signature Ending the Silence program, NAMI Lansing volunteers engaged with school districts and area churches, reaching over 450 students and members of faith communities. This was an important step for NAMI Lansing to help break down stigma around mental health conditions and promote awareness of available resources.

Community Education and Support: Last Mental Illness Awareness Week, NAMI Lansing partnered with regional experts to offer education on Assisted Outpatient Treatment, court-assisted mental health treatment before an emergency occurs. This was followed by a robust discussion with key community leaders on improving such treatment in mid-Michigan. Moreover, our signature support groups, classes, and presentations are finding new audiences.

Moving Forward Together: We reflect with gratitude on the many new friends we've made this year. With your help, we can continue to expand NAMI Lansing's impact and look for new ways to serve individuals affected by mental illness.

With appreciation and warm regards,

Katreva Bisbee
President



NAMI Ending the Silence



NAMI Ending the Silence delivers an interactive presentation that informs middle and high school students about the signs of mental health disorders and the appropriate actions to take if they or someone they know exhibits symptoms. Since January, NAMI Lansing reached young people in Lansing, Webberville, DeWitt, Eaton Rapids, faith-based programs, MSU students and a local youth program. Additionally, five new volunteers received training to become presenters!

One of the most impactful segments of the presentation involves a personal story of recovery shared by a young adult. Volunteer Emily White, a third year law student at MSU College of Law and Ending the Silence speaker, has shared her empowering recovery journey below.



Volunteer Spotlight: Emily White

My aim in ENDING THE SILENCE is to champion representation.

Growing up, I longed to see mentally ill individuals depicted as happy, sexy, funny, resilient, and unapologetically themselves. Instead, societal stigma often shrouded them in shame and secrecy.

Had I been exposed to positive representations of mental illness, my journey to self-acceptance would have been smoother. Unlike cancer, which is often perceived as a battle to be won or lost, schizophrenia doesn't equate to a life sentence for me. While it presents its challenges, I've learned to manage it while pursuing a fulfilling life, maintaining my intelligence and dignity.

My hope is that by sharing my experiences, others will realize that they too can thrive despite their struggles. Let's END THE SILENCE by embracing love, joy, and success, regardless of the labels society imposes or the hurdles we face.

HOPE
HELP
NAMI

 **NAMI**
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