

To our donors, sponsors, and newest friends of NAMI Dubuque:

We want to thank you for your engagement, trust, and support over the last calendar year of 2023. Our hearts are filled with gratitude as we continue to work to change the accessibility of brain health services in our community. From the opening of our new program center and creating a strong network of partners for our expanding services across three counties, we would like to take a moment to reflect on who we are and invite you to become a part of our mission.

**NAMI Dubuque: who are we?**

NAMI stands for the National Alliance on Mental Illness. An affiliate chapter of NAMI National established in 1996, we are a grassroots nonprofit organization. For 27 years, we have remained steadfast in our efforts to reduce stigma surrounding the ideals of mental health in our community. NAMI Dubuque anchors in the momentum of education, support, and advocacy for peers, their families, our children, and the community. Our mission is to be a compassionate group of people who work together to elevate the voices of those with lived and shared experiences.

**NAMI Dubuque: what do we believe?**

*We believe* in a community-minded approach to brain health services.

*We believe* in being a person-centered organization by providing direct peer and family support services. We facilitate brain and mental health programs, classes, and educational courses. We engage in our community with presentations, public speaking, advocacy, and suicide awareness resources. We offer individual crisis planning, substance use and recovery services, support groups, outreach, and peer-run wellness centers.

*We believe* in equitable care through our nationally recognized programs.

*We believe* in our principles of support. They provide continual reassurance that in moments of crisis and traumatic events, we heal the best from strong relationships by way of peer support.

**Why is this important?**

Our mission is important because we know that ***one out of five adults*** who have lived experiences with brain health conditions have had a major depressive disorder.

Our mission is important because suicide is the ***ninth leading cause*** of death within the state of Iowa. Nationally, it is the second leading cause of death for people ages 10-14 and 20-34.

Our mission is important because there is a ***high rate of co-occurring*** substance use disorders and brain health conditions. For ages 18 to 25, 13.5% had both substance use and mental health conditions.

Our mission is important because our older adult population is ***often marginalized*** and left without proper care and support in times of crisis leading to anxiety, loneliness, and isolation.

Our mission is important because know that members of our community and members of our families ***silently struggle with stigma*** and the effects of trying to cope without proper guidance and support.

Our mission is important because ***we can help.***

**How are we helping?**

In March of this year, with the support of our amazing donors, sponsors, grant awards and legacy-building angel investors, we have been able to expand our nonprofit’s reach from a single office space to the opening of a new program center. Because of you, *our partners*, NAMI Dubuque has transitioned from an all-volunteer working board to creating a strong core working team of eight dedicated individuals, who have recruited a downline of 18 volunteer facilitators.

We have been able to successfully expand our services into Delaware and Jones County, creating programs and accessible support within our rural counties. Because of you, *our friends*, we have increased our capacity and expanded our services to peer-run wellness hours at our Dubuque campus and opened a secondary location in Manchester, Iowa, both launched in October of this year.

Because of you, *our community*, we have been able to solidify new partnerships and impact the lives of those who find hope within our mission.

To date, we have served:

Over 800 peers.

Over 240 families.

Over 300 youth.

Over 270 individuals supported our first awareness walk on world suicide prevention day.

And countless members of our community through our outreach and events.

**Because of you**, we are making an impact. ***Together, we change the way our community sees the approachability of brain health services***. Thank you for choosing to believe in our vision, mission, and purpose.

Yours in partnership,

Britni N. Farber

President/CEO of NAMI Dubuque

Board of Directors, 2023

Kellie Cook, Chair Sarah Carlson, Vice-Chair Katie Potter, Secretary

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By making a year-end contribution, you will directly support the sustainability of NAMI Dubuque.

There are several ways to give:

**Online Gifting:**

namidubuque.org/donate

reoccurring gift options

**Donate By Mail Or Phone,** Mail a check to:

NAMI Dubuque

225 West 6th Street

Dubuque, Iowa 52001

Or call NAMI at 563-557-6264

**Other Ways Of Giving:**

Gifts Of Stock:

A gift of appreciated stock, bonds or mutual funds can provide fantastic tax benefits for you and help NAMI improve the lives of people with lived and shared experiences.

IRA:

Make a tax-wise qualified charitable distribution (QCD) from your IRA directly to NAMI. Your gift may provide benefits to you while improving the lives of people with mental illness.

Endowment Building:

Contact president@namidubuque.org

**DIY Fundraising Page**

Create a page to raise funds for NAMI with a do-it-yourself (DIY) fundraiser.

**Leave Us a Legacy/Estate Gifting:**

As the ultimate charitable gift, you can make a bequest to NAMI in your will or living trust to ensure the strength and success of our education, advocacy, and public awareness programs for years to come.

Explore various other ways to give a gift to NAMI by contacting us today, president@namidubuque.org

Please let us know if you wish to remain anonymous and/or gifting in memory of a loved one.

Thank You! NAMI Dubuque is a 501C3, EIN: 31-1492256, 2023