



# Impact Report

The National Alliance on Mental Illness (NAMI) Greater Houston is a 501 (c)(3) non-profit organization established in 1988 by a group of dedicated and caring family members of people living with difficult, yet treatable, mental illnesses. In founding NAMI Greater Houston, these family members sought to establish a grassroots organization that would address the increasing need for families and persons affected by mental illness to have a powerful voice in the mental health community.

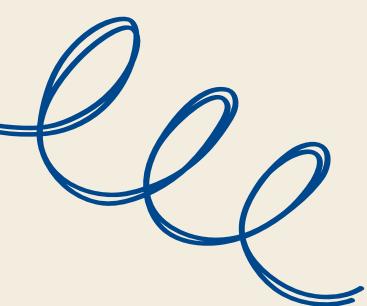
## 2022 IMPACT SNAPSHOT

**67,656**

Individuals Served in Harris,  
Fort Bend & Montgomery Counties

**12,117**

Individuals Supported by  
Resource Center

 **8,123**  
Outreach Calls

**35,101**

Attendees Educated and  
Informed Through Outreach  
and Advocacy Events

We couldn't have  
done it without your  
generous *support.*

## 2022 IMPACT SNAPSHOT

5,385

Healthcare Events and  
NAMI in the Lobby  
Participants

89

Psycho-Education  
Classes

2,819

Support Groups  
Attendees

2,650

Restorative Justice  
Participants

1,372

New Program  
Registrants

1,459

2022 Registered  
NAMIWalks Participants

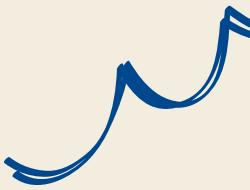
Thank you

to all our donors,  
members, friends  
and volunteers.

\$ 353,838

2022 NAMIWalks  
Revenue

# Facts & Research



For a person with mental illness to experience recovery and wellness, more is needed than just medication and mental health therapy. Ensuring that a person has access to things like a safe place to live, income, and a supportive community are key pillars to their overall wellness. *National Alliance on Mental Illness*

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In no way does restorative justice dispute the terrible acts an offender has been involved in; in fact, the practice actually promotes accountability for those actions. Participation in restorative justice has been shown to help garner empathy in offenders. Offenders frequently come from backgrounds where they have been subjected to a great deal of trauma themselves. This can impact brain development. *Mental Health Missions*

Peer counselors complement clinical care. In peer support groups, members often form a therapeutic bond with their peer counselors and each other because everyone has experienced mental health struggles and peer counselors can serve as role models for recovery within the group even if they don't share the same mental health experience.

*Haymarket Medical Network*

Medical literature agrees that family and loved ones can benefit from psychoeducation. They can learn to understand signs of mental illness, how to interact and handle situations, and how to be a more loving, understanding, and helpful parent, husband/wife, friend, sibling, etc. to those who struggle with mental health conditions.

*Mental Health America*

Peer support builds confidence and hope for healing. Peers have the potential to deliver care to persons with serious mental illness that can result in improved quality of life as a result of such increases in hope.

*Mental Health America*

Peer supporters are in a variety of settings including hospitals, drop-in centers, and prisons and use different training and skills to support recovery in conjunction with professionals like therapists, social workers, and psychiatrists. *Mental Health America*

Peer support is considered a best practice by the Substance Abuse and Mental Health Services Administration (SAMHSA), the research shows that peer support services:

- Reduce symptoms and hospitalizations.
- Increase social support and participation in the community.
- Decrease lengths of hospital stays and costs of services.
- Improve well-being, self-esteem, and social functioning.
- Encourage more thorough and longer-lasting recoveries.

Psychoeducation provides people with mental health conditions information about the causes, symptoms, prognosis, and treatments of their diagnosed condition. If you engage in psychoeducation programs as a learner, you can find out what to expect, what you can do, and how to improve your condition. Think of psychotherapy as a tool for personal development and even relapse prevention. *BetterHelp*



National Alliance on Mental Illness

**Greater Houston**

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