

Co-op Market Lend a Hand Application 2023

NAMI Fairbanks

1. Please provide your mission statement and a brief summary of your organization's work.

The mission of NAMI Fairbanks is to provide support, education and advocacy for people experiencing psychiatric disabilities, their families, friends and interested community members. Here are some of the free services we offer:

- We hold support groups for those with mental illness, their families and caregivers.
- We submit up to three mini grants from the Alaska Mental Health Trust for behavioral health beneficiaries.
- We work to eliminate the stigma against mental illness and advocate for adequate treatment in our community.
- NAMI Fairbanks coordinates and participates in the Crisis Intervention Team training for local law enforcement.
- We offer UAF undergrad and grad scholarships for those with a mental health condition or who are studying in the mental health field.

2. How does your work align with Co-op Market's mission and values?

We share the values of health and service. NAMI Fairbanks is primarily a volunteer organization and our members offer support groups, education classes and advocacy to improve the lives of those who live with mental illness and their families.

We believe that mental health is an important part of health. Our goal is a healthy individual who is in recovery from mental illness. Healthy food and diets are especially important to us because many of the medications used to treat mental illness can cause weight gain.

3. How will the Lend a Hand funds be used?

Lend a Hand funds will be used for program expenses and operating costs for our local office. Like all NAMI Affiliates, we do not charge for our programs but have overhead expenses including rent, insurance, utility bills and publications.

4. If your organization has received funding from Co-op Market in the past, please describe how this funding supported your organization and mission.

Co-op Market Lend a Hand Funds received in 2021 were used for program expenses and operating costs for our local office. The funds made it possible to serve over 200 Calls For Help with the Help Line being open only 1 day a week. We are now open 3 days a week. Referrals were made to the NAMI support groups, along with information regarding providers and information on mental illness.

The funds also made it possible to continue advocating for mental health supports in Fairbanks through collaborations with the Crisis Now Fairbanks roll-out of the Mobile Crisis Response Teams, the Community Action Planning meetings, and provide mental illness resources for agencies and employers asking for information.

In April 2020 NAMI Fairbanks received Co-op Market funding that was used to help keep our office open and to fund NAMI programs and support groups.

5. What is your elevator pitch? Cashiers usually have about 10 seconds to describe our monthly recipient to a shopper. Please describe your organization and how the funds will be used in 100 words or less.

NAMI Fairbanks is a local grass roots non-profit that provides education, support and advocacy for people with mental illness and their families. The funds will be used to help improve the supports and services for mental illness in Fairbanks, and provide resources for anyone living with mental illness.