



 **nami** | Utah

National Alliance on Mental Illness

2025
ANNUAL REPORT



2025 Annual Report

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Letters from Leadership

Executive Director

Greetings!

NAMI Utah is entering its next chapter with renewed stability and energy. While funding for nonprofits is uncertain, we remain deeply committed to meeting Utah's growing mental health needs for individuals and families throughout Utah. In 2025 we reached over 5,000 people through our free, high quality, peer-led, mental health support, education and advocacy efforts.

We are grateful for your trust in NAMI Utah. It is you, our community of funders, partners, volunteers, participants, board members, staff and over 400 donors who make this work possible. Because of you, people across Utah have access to life-saving support not available elsewhere.

Plans for 2026 include:

- Revitalizing three affiliates in local communities
- Doubling our NAMI National memberships
- Increasing NAMIWalk income and participation by at least 20%
- Reaching 20% more people in classes, support groups and suicide prevention trainings

As we look ahead, we are focused on expanding across Utah so more people receive the help and support they need. We are grateful you are part of the momentum that is building and we look to the future of NAMI Utah with optimism.

Sincerely,



Robin Holcomb, M.S.Ed
Executive Director



Letters from Leadership

Board President

Dear Friends,

I joined the NAMI Utah Board in December 2024 and have witnessed firsthand the dedication of our staff and volunteers as they rebuilt services for our community. Under Robin Holcomb's steady leadership, the organization has chosen hope over despair.

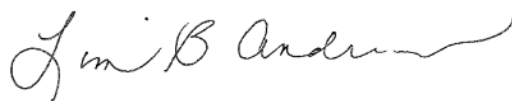
While challenges remain, our critical work has carried forward thanks to the generous support of donors, partners, and, most importantly, the trust of people participating in our programs. We benefit from engaged leadership, an active Board, passionate staff and committed volunteers.

As mental health needs continue to rise, we are expanding our reach through the development of local affiliates, training more volunteers, and increasing advocacy efforts, which will result in a greater capacity to reach people across Utah.

The path of NAMI Utah in 2025 mirrors the personal journeys of our participants, who search for a way forward despite challenges. In a community of peers, we come together supporting one another and offering hope.

Thank you for walking alongside us during a time when NAMI Utah's work is needed more than ever.

Sincerely,



Lisa Andrues
Board President



NAMI Utah Board of Directors

Lisa Andrues - President

Lisa joined the Board in December 2024. She is a retired financial services professional who specialized in risk management, financial forecasting and analysis. Lisa's nonprofit experience includes serving on several Boards including YWCA Utah, Red Butte Garden, and Open Legal Services. Lisa has personal experience with the impact of NAMI Utah as a former participant in the Family-to-Family course.

Robin Holt - Treasurer

Robin is a CPA with a master's degree in public health. She has worked in higher education health sciences administration for nearly 20 years, and before that for the Department of Behavioral Health and Developmental Disabilities for the state of Georgia, and as an administrator for the Atlanta Regional Psychiatric Hospital. Most importantly, she is an advocate for her family members who have mental health conditions.

Owen Ashton - Secretary

Owen is a retired CPA who focused on corporate finance management. He has been on the NAMI Utah state Board of Directors for several years, including two years as past president. In recovery from major depression and generalized anxiety disorders, he is a NAMI Utah Peer-to-Peer teacher and a state trainer of Connection support group facilitators.

Jen Dailey-Provost

Representative Jen Dailey-Provost holds a PhD in Public Health from the University of Utah and an MBA from Westminster. She is a teaching faculty member in the Division of Public Health at the University of Utah's School of Medicine. In the Utah Legislature she is the House Minority Whip and a fierce advocate for behavioral health policy initiatives. She joined the board in 2025.

Angela Flanagan

Angela has been involved with NAMI Utah since 2007 when she discovered our peer programs which played a crucial role in her recovery journey. She served as the Salt Lake County Affiliate Steering Committee Chair for three years and has been a state Board member since 2020.

Clint Thurgood

Clint is a Licensed Clinical Social Worker who works at Intermountain Health as the Assistant Region Director for the Behavioral Health Service Line. He has over 25 years of experience working as a social worker and advocate in child welfare, policy and curriculum development, as well as crisis assessment and acute stabilization.

About NAMI Utah

Our Mission

Our mission is to improve the quality of life for people impacted by mental illness through education, support and advocacy.

Our Vision

We envision a world where all people affected by mental illness and suicide live healthy, fulfilling lives in a community that cares.



NAMI Utah Staff

Robin Holcomb, Executive Director

Brent Kelsey, Development Officer

Benée Larsen, Prevention Director

Mia Moncur, Programs Manager

Kris Heaton, Finance Manager

Brook Anderson, Prevention
Community Outreach Specialist

Wendy Fayles, Mental Health Advocate

Kori Foote, Assistant Youth Coordinator

Kendall Johnson, Administrative and
Development Coordinator

Mindy Lathen, Programs Coordinator



Our Impact

5,031
People Reached

1,320
Educated

Through courses, suicide prevention, Faith Summit, and presentations

2,161
Supported

By support groups and HelpLine

1,100
Advocated

At the Rally for Recovery and Policy Summit

450
Walked

At NAMIWalks annual event



Our Impact



“I realized I don’t have to carry my struggles alone. NAMI Utah has been life-changing.”

Family-to-Family Participant

Rose found NAMI Family Support groups while helping her brother with serious mental health conditions.

Family Support Groups gave her the emotional support she needed, with permission to feel all her feelings, as well as the practical resources to help her brother get the care he needs.

“The group walked with me in every stage. It was the first time I felt like I was not alone.”

Rose, NAMI Family Support Group

“I learned to use more helpful and hopeful language.”

Messaging Matters Participant

“Without NAMI Utah, I don’t think I would have gone back on my own. Now I have a renewed sense of hope and control in my mental health journey.”

Daniel, NAMI Connection Support Group

NAMI Utah Signature Programs

For Family Members

Basics

Six-week course

For parents or caregivers of youth with mental health conditions, where participants learn causes and symptoms of mental illness, treatment options, communication tips and most importantly, how to advocate for their children in various systems.

Family Support Groups

Weekly for 90 minutes

Provide a safe, confidential space for family members who are hurting due to the challenges of supporting loved ones struggling with their mental health.

Family-to-Family

Evidence-based 8-week course

Taught by two certified volunteer instructors who have supported their own family members through their mental health journeys.

Family & Friends*

90-minute presentation

Offers basic mental health education, including information on diagnoses and types of mental illness. In this workshop people experience what it is like to hear voices, and they leave with communication tools that can be used immediately.

**The program will relaunch as funding allows.*



NAMI Utah Signature Programs

For People with Mental Health Conditions

Connection Support Groups

Weekly for 90-minute

Led by certified peer facilitators who have struggled with their own mental health and are in recovery. These groups focus on the here-and-now, and provide a safe, confidential space to share, connect, and receive support and resources from others who have been there.

Peer-to-Peer

Eight-week course

Helps people gain an understanding of their mental health condition and realize it's not their fault. Participants develop a plan for recognizing their own mental health symptoms, what to do to prevent symptoms from recurring and how to respond if they find themselves in a state of crisis.

In Our Own Voice*

60-minute presentation

The audience hears the stories of several people with mental health conditions, and though these stories walk the listener through extreme hardship, they give a message of hope. This powerful presentation helps break down stigma and is a solid introduction to NAMI Utah and the support we have to offer.

**The program will relaunch as funding allows.*



NAMI Utah Programs

HelpLine Support

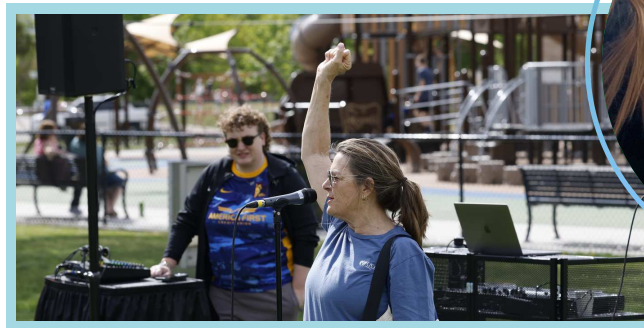
Our HelpLine team eagerly take calls from anyone in need of mental health resources or a little extra support from someone who has lived experience with the challenges of mental health.

They can assist in finding mental health care providers, answer questions related to housing issues or the criminal justice system, explain the process of getting on disability, help people register for our free support groups and classes, and much more.

After years of isolation in a small town and struggling with his mental health, Matt learned about NAMI Utah through the Utah Warmline.

Months later, he found the courage to attend a support group where he discovered a community who understands him, where he doesn't feel alone.

The relationships and skills he gained inspired him to become a support group facilitator.



Suicide Prevention

Our Prevention team leads Utah's statewide [Suicide Prevention Coalition and Committee](#), working closely with community organizations throughout Utah. They provide technical support, grant funding and trainings that promote suicide prevention and mental health awareness, including:

- **[Mental Health First Aid](#)**, which teaches people how to recognize signs of mental health conditions or substance use challenges in adults ages 18 and older. Participants learn how to offer help and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.
- **[Mental Health First Aid for Youth](#)** teaches adults to recognize the signs and symptoms that suggest a potential mental health or substance use issue, how to listen non-judgmentally, and how to refer a young person to appropriate professional support and services.
- **[Messaging Matters](#)** teaches how to safely communicate about suicide in a manner that is proven to reduce risk for vulnerable people already at risk of suicide and increase knowledge, attitudes, and behaviors that are protective.
- **[Talk Saves Lives](#)** is the flagship training of the American Foundation for Suicide Prevention (AFSP). It covers the scope of this leading cause of death, warning signs and risk factors of suicide, prevention strategies, and how to start a conversation with someone exhibiting signs.
- **[Vital Cognition](#)** is a workplace suicide prevention training. It teaches management to proactively address the early warning signs of suicide in the workplace. Just as organizations have realized they can help reduce heart disease by encouraging exercise, they can also reduce suicide by promoting mental health and enabling early identification and intervention.
- **[QPR \(Question, Persuade, and Refer\)](#)** teaches three simple steps that anyone can learn to help save a life from suicide. Just as people have trained in CPR and the Heimlich Maneuver, QPR helps save thousands of lives each year. Here, people learn to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.



Young Adults Program

Our Young Adults program works to break down barriers related to the challenges of youth moving into adulthood. In addition to hosting trainings, tabling events, and disseminating information to young adults through social media, this team plans an annual Policy Summit that teaches how to advocate for legislative issues relevant to young adults.



“I feel like group members are a second family to me and have several good friends from the groups. They have been a lifeline.”

Connection Support Group Participant



NAMIWalk

Each May, in recognition of Mental Health Awareness month, NAMI Utah hosts our biggest community event of the year. The NAMIWalk brings together a community of people who care about mental illness in a fun, festive environment where we are reminded we are not alone in our mental health journeys.

In 2025 we raised twice the amount of the previous year, and over 400 people walked with us. Join us in 2026 and witness firsthand the growth of this important community event.



Rally for Recovery

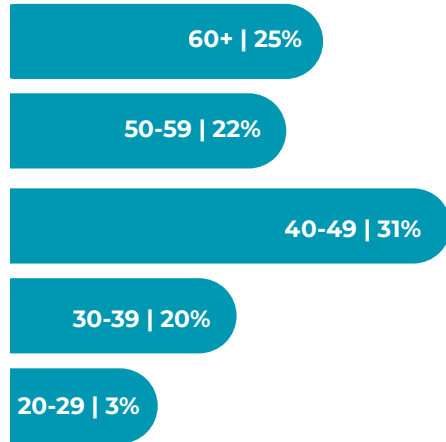
Each winter during Utah's legislative session, NAMI Utah joins forces with USARA, our state's substance use peer recovery organization, to host the Rally for Recovery.

The biggest rally at the capital during the legislative session, it brings together over 800 people advocating for legislation that improves the lives of Utahns impacted by mental illness and substance use disorders.

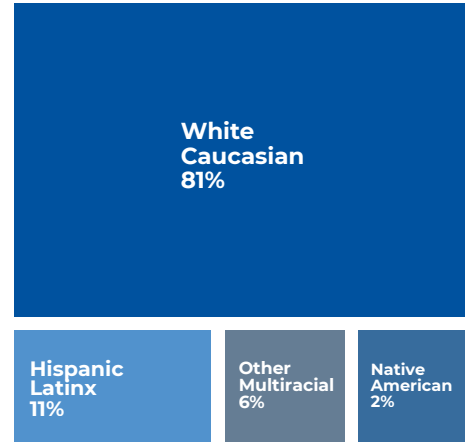


NAMI Utah Demographics

Ages



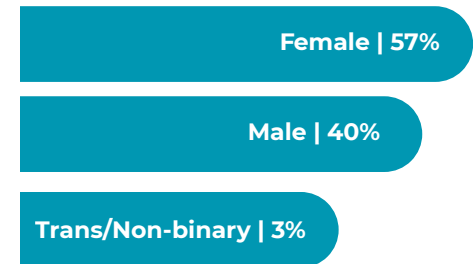
Ethnic/ Racial Backgrounds



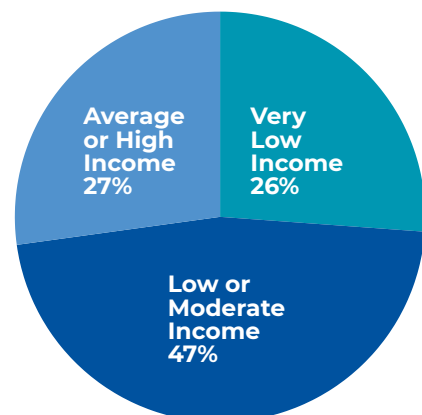
Reach



Gender Identities

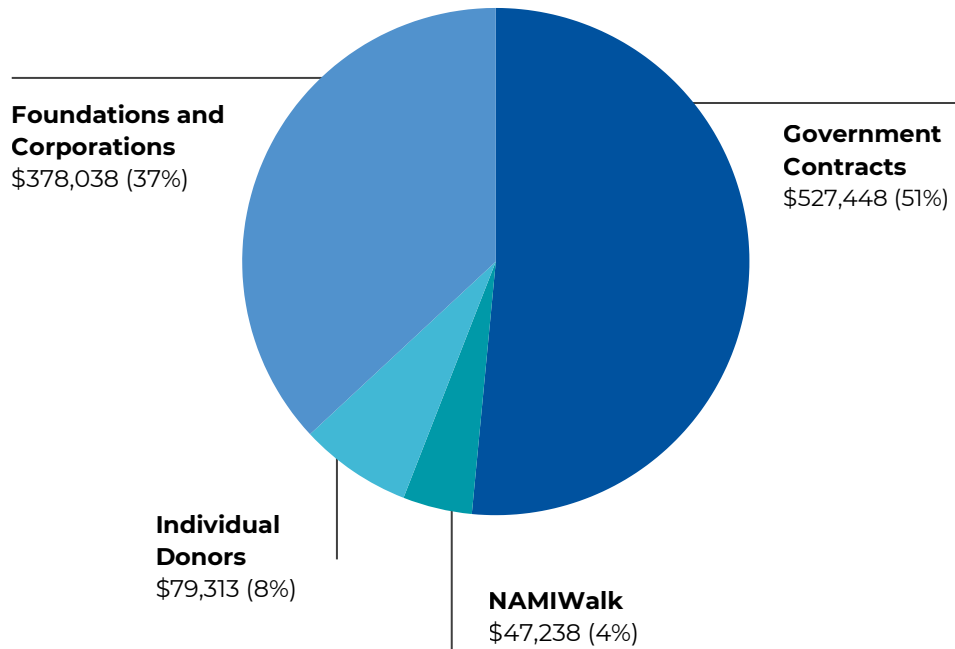


Income

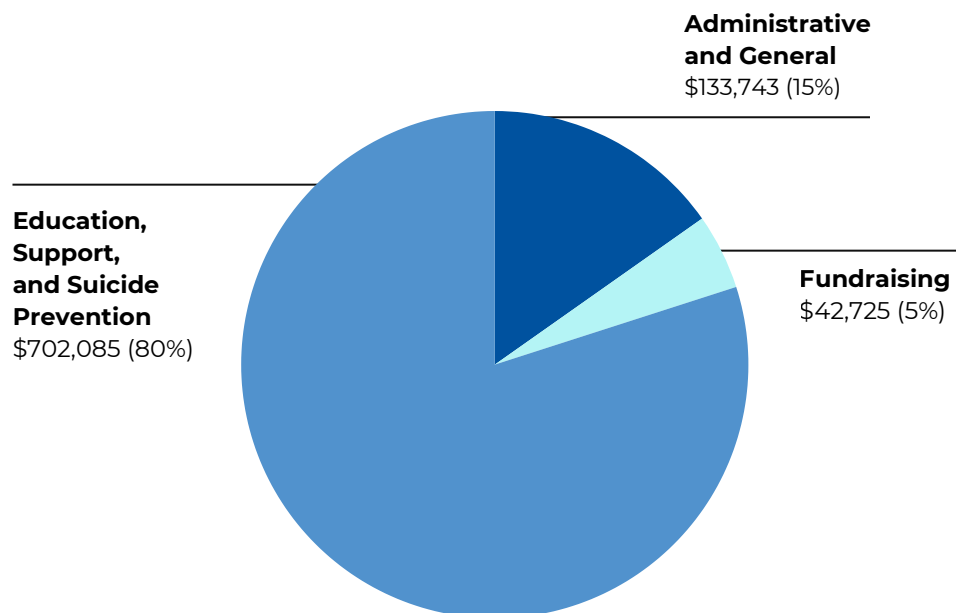


NAMI Utah Financials

Revenue Sources



Use of Funds



Our Donors

We are grateful for the financial support of our community. Every contribution helps make our free, peer-led mental health education, support, and advocacy efforts available to every Utahn.

50,000+

John M. Parrish Foundation
Wheeler Family Foundation

25,000-49,999

The George S. and Dolores Doré
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5,000-24,999

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Sandra Silletto
Mike Spicer
Therese Stangl
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Advocates for Recovery
Awareness)
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Leslie Wong

0-499

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(anyone who purchased or renewed in 2025)

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** Giving funds allow individuals and employees to anonymously donate to NAMI Utah*



Nobody has to walk the mental health journey alone.

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www.namiutah.org
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