Hope starts with you.
Our vision
A world where those impacted by mental illness know they are not alone, and are empowered to live a fulfilling life.

Our team

NAMI Seattle Staff
Ashley Fontaine, MSW, Executive Director
Katie Mahoney, MSSW, Program Coordinator
Marisa Way-Rogainis, MSW, Development Coordinator
Selena Aston, AmeriCorps Member, Support Link

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Shaida Hossein, OTD, Secretary
Laura Umetsu, JD, Treasurer
Gretchen Hawkins
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Special Thanks
To our board members who completed six years of service in 2015:
Lucy Woodworth, outgoing President
Maryam Borghhey
Gorm Nykreim

And to our staff members who have moved on to other opportunities: Lyndsay Campbell & Gail Wilder
Dear Supporters & Friends,

A few months ago, I was in the office late. The twilight hour was almost over and darkness gathered outside the windows. As I finished up my notes for the day, I heard laughter floating up the staircase from our Bipolar Support Group that meets twice a month. Then, I heard clapping. And more laughing.

It reminded me why I work at NAMI Seattle and why I believe so wholeheartedly in the mission at the core of our daily work. Because we create a safe place for people to share in their triumphs and trials, a place to build community – a place where people often say “Me, too!”

We are proud to have expanded our repertoire of NAMI Signature programs in 2015, adding Ending the Silence to educate teens about how to identify the signs and symptoms of mental health conditions early, and where to get help. With a little elbow grease, our first AmeriCorps member started a new volunteer orientation and training program, plus a follow up process for Support Link callers so we can make sure they got the resources they needed to take the next step in their journey.

There’s something magic in the volunteers and members who make NAMI Seattle what it is: a welcoming, stigma-free safe haven where you can build friendships and find your voice. I’m humbled and grateful to be surrounded every day by people who care passionately about erasing the stigma of mental health conditions and promoting recovery.

Thank you.

Sincerely,

Ashley Fontaine, MSW
Executive Director
When I’m in the support group I feel completely present. The universe outside disappears, and that room and everyone in it is all that exists. Being around people who can understand and empathize with you creates a sense of unity and hope.”

- TJ
Support Group Facilitator, Ending the Silence Presenter, Support Link Volunteer and In Our Own Voice Presenter

I became an Ending the Silence presenter because I know how it feels to suffer in silence with the weight of a mental health condition suffocating you. I wanted to help people lessen that weight by sharing my story...

I wanted to give teens hope.”

- SAMANTHA
Ending the Silence Presenter

The presentation was informative, engaging, and humanizing. One change I will make in my life to fight stigma is to stop using mental health diagnoses as adjectives.”

- COMMUNITY MEMBER
In Our Own Voice Attendee
Your impact

I first came to NAMI support groups after seeing an In Our Own Voice presentation while in the hospital. They inspired me. They showed me there was a life after diagnosis of mental illness. The groups I went to and led gave me support and structure in a time when I had very little. Ten years later, I enjoy assisting people with problem solving on the Support Link helpline.” - Rachel, Support Link volunteer and In Our Own Voice Presenter

Here are some highlights of what your support accomplished in 2015:

**5,260**
Calls Answered
We provided a listening ear and helped create a roadmap forward for 5,260 people contacting our helpline. When you don’t know what to do, we’re here to help you take the next step.

**1,000**
Attitudes Changed
Over 1,000 people attended In Our Own Voice, our stigma-busting storytelling program. They heard first hand experiences of mental health recovery that inspire.

**180**
Meetings of the Mind
180+ peer-led support groups brought people together to say “Me, too!,” eliminating isolation and building a support network for when times are tough.

**802**
Teens Reached
In partnership with Seattle Pacific University nursing students and volunteers, 802 high school students learned the signs and symptoms of mental illness.

**107**
Family Members Graduated
Volunteer teachers shared their knowledge, empathy skills, and personal journey with 107 parents, siblings, and other family members so they can support their loved one living with a mental health condition.

**96**
Scholarships Awarded
96 people accessed mental health education opportunities with scholarships through the King County Consumer Training Fund.
Financials
January 1 – December 31, 2015

Income

- **Grants, Contracts & Fees:** $50,988
  Grant funds, King County Scholarship Contract, CIT Peer Panel Contract
- **Donations, Bequests & Other Gifts:** $438,057
  Unrestricted donations, memorial and tribute gifts, bequests, United Way designations, and in-kind gifts
- **Memberships:** $6,444
  NAMI membership dues
- **Special Events:** $46,515
  NAMIWalk, The Depressed Cake Shop, and other community-driven events
- **Program Income:** $8,780
  Presentation honorariums, Hofmann House rent
- **Other:** $794
  Interest income, Connections sales

**Total 2015 Income:** $551,578

Expenses

- **Programs & Services:** $260,749
  Delivery of NAMI Signature programs: support groups, In Our Own Voice, Family-to-Family, Ending the Silence
  Other programs: Speaker Series, Support Link, Communications and Mental Health, and educating the next generation of mental health advocates through internship opportunities

- **Management & Operations:** $94,459
  Maintaining NAMI Seattle headquarters, dues sharing to NAMI and NAMI Washington, personnel costs, annual member meeting

- **Communications & Development:** $39,158
  The Spotlight newsletter, email updates, annual reporting, and raising funds to keep NAMI programs free for all

**Total 2015 Expenses:** $394,366
2015 Donors

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Limited space available in this annual report allows us to acknowledge donors of $100 and above. We are grateful to all individuals, families, and businesses who have made contributions of every amount to NAMI Seattle this year. Thank you!