IMPACT REPORT 2017
ADDRESSING UNMET MENTAL HEALTH NEEDS IN SEATTLE

Family-to-Family helps lift the burden of shame and stigma around mental illness that so often silences family members and keeps us in hiding, even from our own extended families and friends. The Family-to-Family class gives us the perspective, the confidence, and the vocabulary to start having conversations that will help fight stigma in the broader community.

-Kyle, Family-to-Family graduate and volunteer

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Dear NAMI family,

A few months ago, two of our In Our Own Voice presenters shared their story of recovery at a subsidized apartment building for seniors, at the request of the Resident Services Coordinator there. The turnout for the presentation was not as high as one would hope. This was a new outreach relationship for us and we felt a little twinge of disappointment...

A week later we got this email from the Resident Services Coordinator:

—I just wanted to let you know that your presentation went beyond Wednesday. I had wanted to reach a number of residents who I knew were dealing with mental health but they didn’t come to the presentation. So, on Friday, I advertise that our coffee hour would be devoted to talking about mental health issues. 12 people showed up. In case you don’t know, that’s a huge number. Several of them had been to your presentation and shared, as did some of those who missed it. It turned out to be a wonderful meeting, very uplifting and beneficial to all of us. I had been upset because only a few residents had come to your presentation, but I assure you, the message ultimately went to many more. You just never know. Thank you.

This is such a timely reminder for NAMI Seattle as we focus the coming year on two key areas: deepening relationships and prioritizing quality over quantity. Sometimes it’s difficult to say no to opportunities, especially when we see so much need in our community. It always feels good when we look at our program data and see growth year over year in the number of people we have reached with NAMI signature programs. But there is an equally important qualitative component of program data that is less measurable and easy to overlook: the real impact we make on others through relationships.

At NAMI we know the ripple effect of reaching even one person with our message of hope. That’s why our annual report always features quotes, and not just metrics. If we can dispel one myth about mental health or give one person that spark of hope for recovery, we know we are walking the walk of our vision: a world where all those impacted by mental illness know they are not alone, and are empowered to live their most fulfilling life.

Thank you for all you do to make that vision come true.
Ashley Fontaine, MSW
Executive Director
I just want to thank you for making the Family & Friends course available. It's always a positive experience to be around anyone who has anything to do with NAMI! The presenters did a wonderful job and it was even more powerful because of their own life experiences with mental illness. Some very brave people, for sure. Bless you for the critically important work that you do.

WHAT'S NEW? In 2017 we added two brand new NAMI Signature programs:

NAMI FAMILY & FRIENDS
a 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families. Washington is one of 7 states piloting this program!

NAMI SMARTS FOR ADVOCACY
a hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.
We taught 13 interns about community mental health.

We sparked hope for 748 people through In Our Own Voice recovery stories.

NAMI IN ACTION
YOUR INVESTMENT AT WORK IN SEATTLE

We educated 1,123 TEENS about the signs and symptoms of mental health conditions, and how to get help through Ending the Silence presentations.

70 FAMILY MEMBERS completed Family-to-Family, gaining skills to support a family member with mental illness, while maintaining their own wellness.

And we created connections through more than 230 SUPPORT GROUPS led by peer volunteers.
THE YEAR AHEAD

Our team could not be more excited about what 2018 - our 40th year! - has in store.

Here's a taste of what we're most looking forward to:

**In Our Own Voice Makeover**
NAMI has rolled out a new video for our signature storytelling program, and for Mental Health Month in May we will be debuting the refreshed program for the first time!

**Stakeholder Survey**
We will be seeking feedback from our members and supporters about the current state of mental health in our region, NAMI's role in the community, and what needs you see in Seattle.

**The Future is Bright: Shining a Light on Mental Health**
Help us ring in the New Year in style for our 40th Anniversary Gala and Awards night. We will recognize some of NAMI Seattle's biggest champions at this family-friendly night on the town! For more details, visit namiseattle.org/events.

In 2017 we sold NAMI Seattle assets previously supporting the Hofmann House program, and from a portion of the proceeds, made two permanently restricted gifts to be used for supportive housing for people with mental illness. Those gifts were made to Valley Cities and Transitional Resources, to honor the donor and volunteer legacy of the Hofmann House program.
“I wanted to help spread the word about mental illness and how there is hope for those who are struggling on a grander scale. I wish I had experienced a NAMI In Our Own Voice or Ending the Silence presentation when I was younger - it would have helped me a lot as far as not feeling like I was alone struggling with mental illness.” - Alex, Ending the Silence and In Our Own Voice presenter

YOU CAN ENSURE NO ONE FEELS ALONE IN THIS FIGHT.

NAMI Seattle's signature programs are powered by the generosity, enthusiasm, and talent of our incredible volunteers and donors. Learn more about how you can support free programs like Family-to-Family, In Our Own Voice, Ending the Silence, and more, at www.namiseattle.org/get-involved

SAVE THE DATE! 12/31/2018

Celebrate NAMI Seattle's 40th anniversary with us on New Year's Eve! We will be at SoDo Park honoring mental health champions who make the future brighter for all of us.

OUR TEAM

STAFF
Executive Director: Ashley Fontaine, MSW
Program Manager: Katie Mahoney, MSSW
Development & Operations Manager: Lyndsay Campbell
Administrative Assistant: Gideon C. Elliott

AMERICORPS MEMBERS
Helpline Coordinator: Amina Mohamud
Program & Outreach Assistant: Amber McDowell-Reese

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