



The National
Alliance on
Mental Illness
Seattle

MENTAL HEALTH IN TURBULENT TIMES

Over the last year, many policy changes have been proposed that would negatively impact people living with mental health conditions and their families. There is uncertainty and fear in the air. I'd like to take this moment, as we settle into the new year, to remind everyone in our community that it is normal to feel stress and worry about changes that impact your life and the lives of people you care about – and that sometimes being in community with other advocates can be the best antidote.

If you are feeling the strain of these turbulent times, NAMI is here to offer mental health support, education, and connection, through programs like our peer support groups, Smarts for Advocacy, and upcoming NAMI Lobby Day.

There is something especially powerful about taking action when the going gets tough. Smarts for Advocacy and Lobby Day in Olympia are both great opportunities to participate in policy advocacy, and be surrounded by other people who care about mental health issues, too. Shared experiences can really rejuvenate our spirits when the going gets tough, while taking action can give us a sense of control and purpose.



Wishing you the best in 2018,
Ashley Fontaine
Executive Director



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Our Mission: To address the unmet mental health needs within our community through support, referral, education, and outreach.

Our Staff
Executive Director
Ashley Fontaine, MSW

Development & Operations Manager
Lyndsay Campbell

Program Manager
Katie Mahoney, MSSW

Administrative Assistant
Gideon C. Elliott

Development Assistant
Nereyda Fuentes

AmeriCorps Members
Amber McDowell-Reese
Amina Mohamud

MEET OUR TEAM (We've been growing!)



Ashley has been the Executive Director since March 2014. She has an MSW from the University of Illinois at Chicago, and worked at another NAMI as their program staffer for over 3 years before moving back home to the Pacific Northwest so she could get back into the great outdoors. Ashley loves photography and hiking with her dog, Molly. She is determined to see all 50 states; 40 down, 10 to go!



Katie has been with NAMI Seattle since 2015. As Program Manager she oversees our community programs and is humbled to work with the hundreds of amazing volunteers who help us do what we do. The slightly random career path that led her to NAMI includes HIV case management, women's health, and community martial arts and self-defense, but she is so glad to have ended up here.



Lyndsay brings 12 years of nonprofit expertise to NAMI Seattle as the Development and Operations Manager. Once upon a time, she started out as the Program Coordinator at NAMI Seattle and has since had several other roles within NAMI. She is a Seattle Native and has a deep passion for providing support and access to education and resources to those in Washington. Lyndsay lives in Seattle with her husband, son, and their cat Abbey.



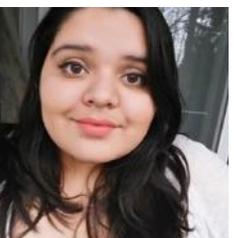
Amber started as the Outreach Program Coordinator for NAMI Seattle through AmeriCorps in September 2017. She is passionate about educating the community about selfcare, positive and healthy touch, access to behavioral health, mental health/wellness and the destigmatization process. Amber hopes to combine all of her interests to facilitate and activate the body's ability to self-heal, be it emotionally, physically, and/or spiritually.



Amina has been volunteering with NAMI Seattle's Ending the Silence program since 2015 as a young presenter and has taken on the challenges of Helpline Coordinator through AmeriCorps in 2017. Amina earned her degree in Community Psychology and Behavioral Health from the University of Washington, with a focus on Adolescent and Childhood Development.



Gideon started as NAMI Seattle's Administrative Assistant in November 2017. He has his B.A. in Psychology from Florida Institute of Technology. His focus is in military psychology, the LGBTQIA+ population, and the intersections of these communities. Gideon has spent the last few years volunteering as a peer-facilitator at local nonprofit Ingersoll Gender Center. He is otherwise sustained in life by his love of dogs and science.



Nereyda joined the team in October 2017 as a work study student through Seattle Pacific University, where she is an undergraduate studying computer science. She is thrilled to be working with NAMI Seattle and really hopes that she can help make a difference. Her experience with nonprofits has been mostly volunteering but she is excited to learn. Nereyda is new to Seattle but is happily settled in with her cat, KitKat.

BE HEARD:

2018 NAMI Lobby Day at the Capitol!

Join NAMI members from across the state for the annual lobby day in Olympia. NAMI members and supporters are the most effective people to educate legislators about mental illness and the need to change our current "mental illness" system to a "mental health" system. NAMI lobby day will include a morning breakfast and issues update and advocacy skills training. We will send you off to your legislative appointments with lunch in hand as you depart for the Capitol Campus.



Check out our **Advocacy Toolkit:**
namiseattle.org/advocacy-toolkit

NAMI Seattle's New Policy Committee

A brand-new undertaking in 2018, NAMI Seattle is working to be more involved in elevating the voice of NAMI members in local policy conversations. Many of our Policy Committee crew will be live at NAMI day and look forward to meeting you!

One of the bills we will be championing at Lobby Day is HB 2779, which continues the work of the Children's Mental Health Workgroup through 2020 and has a companion bill in the Senate (6485). Included in the bill is direction to address access to care, eating disorders, parent initiated treatment and decision making, medicaid reimbursement levels, home visiting programs, and more.

Bills like HB 2779 and other initiatives that support youth mental health are a top priority for our new committee.

NAMI Day Details

**Monday, February
19, 2018**

Schedule

8:30am - 9:00am

Arrival and continental breakfast at Temple Beth Hatfiloh

9:00am - 10:30am

Welcome, issues and advocacy training

10:30am - 4:00pm

Legislative visits at the Capitol Campus

REGISTER NOW:

Only 30 spots left!

**Are you hoping to
carpool with other
NAMI members?**

Sign up to drive or
ride: groupcarpool.com

IMMIGRATION & MENTAL HEALTH

By Julia Elting

Recent immigrants to the United States face many barriers, including xenophobia, racism, and anti-immigrant legislation. When it comes to conversations about mental health, immigrants are often left out of the picture, even though studies show that many recent immigrants tend to have higher rates of mental health issues and face significant barriers to obtaining support to alleviate their mental health issues. This article illustrates the prevalence of mental health issues among recent immigrants, as well as what people can do to support recent immigrants.

Policies related to immigrants are often aimed at undocumented immigrants. With the recent policy changes to the program DACA (Deferred Action for Childhood Arrivals), immigrants with undocumented status are living in heightened stress knowing they could be at risk for deportation as soon as their DACA status expires. Having an undocumented status can also prevent immigrants from seeking mental health care for fear of being outed as undocumented. Immigrants in general tend to have a higher rate of having experienced trauma, and past trauma is shown to have an impact on a person's mental health and can often lead to the development of post-traumatic stress disorder, depression, and anxiety (Kaltman, Green, Mete, Shara, & Miranda, 2010). Recent immigrants are also likely to have a hard time finding a provider who speaks the same language as them. One study found that recent immigrants tend to have more mental health issues than immigrants who have been in the U.S. longer (Kaltman et al., 2010), demonstrating that there is a high need to provide services to recent immigrants, and especially services in immigrants' native language.

Another barrier that recent immigrants face in accessing care is cultural stigma within their own communities. I will use my own family as an example: my mom had many unaddressed

DID YOU KNOW?

King County's population growth continues to bring more and more diversity to our region.

More than **50%** of our growth since 2011 has been through immigration. That means it's more important than ever for our behavioral health systems to be culturally relevant and accessible in many languages.

mental health needs when she came to the U.S. from the Philippines and wasn't able to talk to her family about it because in Filipinx culture it's a taboo to talk about mental health. My mom went decades without seeking mental health care because she knew she would be judged by her family members.

Many organizations have been implementing integrated care which includes both primary care and behavioral health, and many of these organizations aim their services towards immigrants who speak a language other than English. Studies show that recent immigrants much prefer to receive mental health-related care in a primary care setting (Kaltman et al., 2016). Supporting organizations who are already providing care to immigrants in such a setting is just one way our community can support immigrants.



About the Author: Julia is a student at University of Washington, and was a NAMI Seattle intern in 2017 while working on her Bachelor's in Social Work.

References

- Kaltman, S., Green, B. L., Mete, M., & Shara, N. (2010). Trauma, Depression, and Comorbid PTSD/Depression in a Community Sample of Latina Immigrants. *Psychological Trauma: Theory, Research, Practice, and Policy* 2(1) pp. 31-39.
- Kaltman, S., de Mendoza, A. H., Serrano, A., & Gonzales, F. A. (2016). A Mental Health Intervention Strategy for Low-Income, Trauma-Exposed Latina Immigrants in Primary Care: A Preliminary Study. *American Journal of Orthopsychiatry* 86(3) pp. 345-354.
- Ruiz, J. M., Gallardo, M. E., & Delgado-Romero, E. A. (2013). Latinas/os and Immigration Reform: A Commentary to "Crossroads: The Psychology of Immigration in the New Century"—The Report the APA Presidential Task Force on Immigration. *Journal of Latina/o Psychology* 1(3) pp. 149-154.

In Seattle, there are a number of organizations dedicated to supporting immigrants and refugees with culturally relevant care, and native language services. Here are a few doing great work in our community:

Asian Counseling and Referral Service (ACRS): Promotes social justice and the well-being and empowerment of Asian Americans and Pacific Islanders and other underserved communities – including immigrants, refugees, and American-born – by developing, providing and advocating for innovative, effective and efficient community-based multilingual and multicultural services.

www.acrs.org

Puentes: Standing with immigrant families through access to mental health. Our broken immigration system threatens the health of family life in communities all across the United States. Puentes mobilizes mental health resources to help undocumented migrants and their families cope and flourish despite our broken immigration system.

www.puentesseattle.org

Seattle Counseling Service: Immigrant, Refugee, and Undocumented Outreach (IRUO), a program to serve LGBTQ immigrant, refugee and undocumented individuals in the Seattle-King County area.

www.seattlecounseling.org/iruo

MOST VALUABLE VOLUNTEER

This edition's MVV: Alex Ball, In Our Own Voice and Ending the Silence Presenter



You've put a lot of time and energy into educating others about mental health conditions through In Our Own Voice and Ending the Silence. Over the summer you interned with us doing In Our Own Voice outreach – what motivated you to get involved beyond the public speaking side of NAMI programs? I wanted to do more than share my story. I have an interest in Psychology and Education and while I still loving doing the presentations, I wanted to be able 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 an IOOV or EtS presentation when I was younger - I felt it would have helped me a lot in regards of not feeling alone struggling with mental illness. I wanted to be

this program to as many people as possible and expose them to our advocacy. NAMI has so many free and amazing programs, it'd be a shame if not everybody was made aware of them and able to take advantage of them.

What was your favorite part of interning at NAMI Seattle? Everything about it was great. Working with the employees of NAMI, the volunteers, other interns, meeting with leaders of organizations and building partnerships to make IOOV more widespread. All of it was amazing and a great working experience which I hope to apply to my future endeavors.

Can you tell us about one of the most memorable NAMI speaking engagements you've done?

What made it memorable? During this particular presentation I believe many of the students weren't very engaged or interested, but one student came up to me once I had finished, and told me how much she liked my presentation and how she thought it was amazing I was spreading the word about this and that it was a good cause. She was incredibly smart, reasonable, and compassionate, and told me a story about how she stood up to one of her teachers who was berating a student about their mental illness. The teacher had been on some level calling the student incompetent because of their illness in front of the class - and this young 9th grade girl stood up to the teacher in front of her class and told the teacher how wrong what they were doing to this student was, and to leave the student alone and how he should be helping the student, not putting them down. I couldn't have imagined having that much courage and awareness at such a young age and it really inspired me to want to focus some of my schooling in Education. It made me realize how incredibly caring and intelligent these kids are and I want to be able to work with them and also help to inspire other kids, who may not feel as motivated in class, to find their own ambitions, aspirations and passions. I believe once we tap in to acknowledging every child has their own interests and passions and build from there we'd be able to accomplish a lot more in terms of education.

Do you have any words of wisdom to share with new interns or signature program volunteers?

Choose what you're passionate about. Go into internships or volunteer opportunities with hope, passion and a willingness to provide. We're here to spread strength and hope, to shed beacons of light, and inspire. I do these things simply to give back to the community to spread word of what NAMI represents in hopes that our advocacy can spread into as many homes, schools, organizations, and businesses as possible so that no one has to feel alone with their mental illness again.

Upcoming Events

February 26: Speaker Series

Topic: Mental Health Advanced Directives

Time: Doors at 6pm, presentation from 6:30pm-7:30pm.
Location: 2100 Building, Community Room B
2100 24th Ave. S., Seattle, WA 98144

Presented by Jennifer Bliss, Senior Manager of the Behavioral Health and Recovery Division of WA Department of Social and Health Services (DSHS).

Attendees of this Speaker Series session will:

- Learn about the purpose and intent of Washington State Mental Health Advance Directives (MHAD)
- Gain understanding of the key components of an MHAD and how to tailor it to YOUR needs
- Discuss the benefits of using advance directives for individuals and providers

This event is offered at no cost by NAMI Seattle. Please RSVP to amber@namiseattle.org to attend!



Save the Date: NAMIWalk on June 2nd!

Registration is open! Join the movement to raise awareness of mental illness and raise funds for NAMI Seattle's mission to help individuals and families right here in Seattle. Register: www.namiwalks.org/washington

February 12: Meet & Greet @ 8:30am

NAMI Seattle Office
802 NW 70th St., Seattle WA 98117

www.namiseattle.org/events

Join us for coffee, comraderie, and activism! Meet NAMI Seattle staff, tour our office, and learn all about how you can get involved this year. Be sure to RSVP to katie@namiseattle.org



MEMORIAL & TRIBUTE FUND

In Honor of David & Mary McDonald
David & Linda Leisy

In Honor of my dear friend, Monica Rainey
Brenda Paull

In Honor of Michael Romero
Colin Romero

In Honor of Nagisa Nguyen's Birthday
Loc Nguyen

In Appreciation of Trez Buckland's work with the ALLC group
John & Julia Pusztai

In Memory of Andrew Mohebbi
Daniel Stops

In Memory of Chris Cornell, Son of Seattle
Mark Scimeca

In Memory of Dakotah George
Carolyn Casey

In Memory of Emma Thomas
Trez & Mike Buckland

In Memory of Jerome Kidd
Trez & Mike Buckland

In Memory of Judy Guich
JA Guich

In Loving Memory of Dr. J Michael Gallagher
Julia Murray
Lauren Gallagher
Julianne Owens Brunelli

In Memory of Eileen Cavanagh
Eileen was an In Our Own Voice leader, and a funny, engaging, and compassionate woman whose loss was sudden and unexpected. Eileen left a sizeable gift to NAMI Seattle upon her passing, and we know she would be happy to hear that thanks to her gift, NAMI Seattle was able to offer health insurance to employees for the first time. We are humbled by her generosity and grateful she chose to leave a legacy at NAMI. She is greatly missed.

If you've been "thinking about" volunteering to lead a NAMI signature program, there's no time like the present!

To learn more about NAMI before you take the plunge, join us for our next Meet & Greet on February 12, or our next volunteer orientation.

Details are available at: www.namiseattle.org/events.

STORYTELLERS WANTED!

Our volunteers are the lifeblood of NAMI signature programs. We need community members like you, who are willing to share their story with others. Signature program trainings are offered at no cost to volunteers by NAMI Washington, and will give you the skills and confidence to lead a NAMI program with us in Seattle. Check out these two upcoming opportunities:



Training: April 7th, 2018
Application Deadline: March 23, 2018

Ending the Silence is a 50-minute mental health presentation for middle and high school aged youth that helps them learn early warning signs of mental illness and tools to help themselves, friends or family members in need of support.



Training: April 28th, 2018
Application Deadline: April 13, 2018

In Our Own Voice is a unique 60 minute public education presentation that offers insight into the hope and recovery possible for people living with mental health conditions.

For more information, or to request or submit your application, contact NAMI Seattle's Program Manager, Katie Mahoney: katie@namiseattle.org.