ABOUT NAMI SEATTLE

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

VISION
A world where all those impacted by mental illness know they are not alone, and are empowered to live a fulfilling life.

STAFF
Muguette Guenneguez, Executive Director
Katie Mahoney, MSSW, Program Manager
Jeremiah Bainbridge, Development & Fundraising Manager
Maddy Noonan, Communications & Outreach Manager
Faarah Misbah, Volunteer & Resource Coordinator
Aislin Percival, Office Coordinator

2019 TEAM

BOARD
Margaret Diddams, PhD, President
Michele Moore, Vice President
Laura Umetsu, JD, Treasurer
Sunny Chieh Cheng, PhD
Eli Lieberman
Glenn McMahon
Jenny Vandenbelt, JD
Rebecca Yang

Thank you to our previous board and staff members for their dedicated service to NAMI’s mission:

Ashley Fontaine, Executive Director
Lyndsay Campbell, Development & Operations Manager
Gideon C. Elliott, Administrative & Communications Associate
Amina Mohamud, AmeriCorps Member, HelpLine Coordinator

Sarah Punshon, Board President
Mindy Meyring, Board Member

Jen Dold, Board Member
Terry Proctor, Board Member
When I first encountered NAMI Seattle, I was in a bad place in my life.

I love that I’m not the only person I’ve heard say that. Other members echo that they, too, were in crisis or had family members in crisis before they found this community. Our darkest moments bring us together.

Five months before I learned about NAMI, I escaped from domestic violence. I thought I was fine: I found safe housing and I had physically recovered. But as you know, and as I learned, physical health is not the whole picture. Emotionally, I was shattered. A history of depression became something more intense. I started spiraling, and eventually, I tried to take my own life.

In the hospital, I was diagnosed with PTSD and bipolar disorder. Until that point, everything I knew about having a mental illness or being in a mental hospital came from movies and books. I thought people who entered institutions never came out. I thought people with bipolar disorder were angry and violent. I wondered if I would ever hold a job again, ever make new friends or start a family. Who would love someone crazy like me?

Two NAMI Seattle members came to speak at the hospital. They were part of an incredible NAMI program called “In Our Own Voice” in which people living with mental illness share their experiences, presenting in settings as diverse as corporate offices and jails. One of the presenters had been a patient in that very hospital.

They talked about their continued struggles. Recovery isn’t something we achieve, it’s a journey we walk, a journey I fumble through every day. What I learned, what I desperately needed to know, is this: even if the illness doesn’t go away, life goes on. These people had been where I was, and now they were living socially connected lives and they could name reasons for being happy.
On the last day of 2018, I had the pleasure of celebrating 40 years of NAMI Seattle’s history with you. That day, I could easily name at least two reasons for being happy. For one, I was holding my new baby daughter. It doesn’t matter if she screams or coos with delight, I thank the heavens I didn’t die, so I get to hear her.

And second, I was happy because I wasn’t alone. I was surrounded by more than 100 other people who don’t assume I’m violent, incompetent or unloveable because of my diagnosis. I was surrounded by people who have dealt with similar challenges, lost loved ones to suicide, or fought hard to keep loved ones out of jail and off the streets. Instead of hiding these stories, we share them with each other and the world.

**We show up bravely, because we know that people with mental illness deserve the care and support it takes to survive and the love it takes to live well.**

I am proud to serve as Board President this year, for an organization that does so much to bring hope and community to people when they need it most. Thank you for being part of NAMI.

*Margaret Diddams  
BOARD PRESIDENT*
MAKING IT HAPPEN

YOUR INVESTMENT IN ACTION

Here are a few recent accomplishments we are especially proud of:

DE FAMILIA A FAMILIA

Finalmente! It took three years of outreach and recruiting, and the support of two very dedicated bilingual Family-to-Family teachers to launch Family-to-Family in Spanish. We are so proud and excited to have our first cohort of volunteer teachers to provide De Familia a Familia! NAMI Seattle is the first affiliate in Washington state to offer De Familia a Familia.

PEER-TO-PEER RELAUNCH

We held our first Peer-to-Peer course with the fully revised national curriculum, and trained a cadre of new teachers to support this program in 2019.

841 TEENS

learned the signs and symptoms of mental health conditions, and how to get help, through the Ending the Silence program.

2,200+ ATTENDEES

found connection and belonging among their peers at a NAMI support group.

710 COMMUNITY MEMBERS

heard personal stories of mental health recovery through the In Our Own Voice program.
I wanted to thank you all for the incredible coordination and inspirational presentations ... It was one of the best presentations I’ve seen and I know our AmeriCorps team learned so much that will help them this school year as they work closely with students, schools, volunteers, and other stakeholders.

I am so impressed by this series and will continue to recommend it to others in the education field.

Alexis, Reading Partners Seattle

Family-to-Family was my lifeline for 12 weeks of learning, support, connection, and caring. The teachers were outstanding.

This course deepened my compassion for my daughter and for all people struggling with mental illness. I am fired up to find ways to advocate effectively for support for programs for recovery-based services.

NAMI Seattle’s free and low-cost community programs are made possible by generous supporters like you, and the following grant partners:

- Kaiser Permanente
- The Nesholm Family Foundation
- The Norcliffe Foundation
- The Tulalip Foundation
Every day I am thrilled to work with my talented colleagues to address the unmet mental health needs in our community. NAMI Seattle is growing. Our services must reach underrepresented communities that have been historically marginalized. To that end, NAMI Seattle has adopted a Racial Equity Statement to reminds us that every community is impacted by mental illness, some more than others due to institutionalized racism and bias.

NAMI Seattle is working diligently to increase its visibility and impact in our communities. We are building bridges and connections with community leaders, youth leaders and local businesses. Our Program Manager, Katie Mahoney, is designing an interactive workshop for Nonprofit and Business Leaders to help them create a workplace culture and policies that support and sustain folx with mental health conditions.

We are building a movement to battle stigma, to provide resources, education, and ensure that access to mental health support is available to anyone who is ready to seek help. Our movement grows stronger every day.

Onward!

Muguette Guenneguez
EXECUTIVE DIRECTOR
THANK YOU

For believing in recovery.
For trusting us with your stories.
For 40 years of changing lives.

Here's to 40 more.

www.namiseattle.org