Our History
Originally established as “Washington Advocates for the Mentally Ill” in 1978, we worked with other concerned groups across the country to launch The National Alliance on Mental Illness, or NAMI. Today, with over 40 years of experience, NAMI is the largest grassroots mental health organization in the nation.

Mission & Vision
Our mission is to address the unmet mental health needs within our community through support, referral, education, and outreach. We envision a world where all those impacted by mental illness know they are not alone, and are empowered to live a fulfilling life.

Board of Directors
Nicole Angus, President
Andreea Barbu
Rachel Bravmann
Penny Carothers, Vice President
Allegra Condiotty
James Donaldson
Lori Hanson
Eli Lieberman, Treasurer
Sean Maloney
Emmy Masangcay
Elliot Neyme
Danielle Pulliam
Emma Sanyal
Carolyn Schmertz
Jenny Vandenbelt, Secretary
Ginger Voorhees
Joseph Wilson

Staff
Gabi Augustamar
Community Resource Coordinator

Jeremiah Bainbridge
Interim Co-Executive Director
Development Manager

Kayla Harris
Communications Specialist

Katie Knoll
Development & Operations Coordinator

Katie Mahoney, MSW
Interim Co-Executive Director
Program Manager

Vince Medrano
Program Coordinator

Thank you to our previous board and staff for their service to NAMI Seattle's mission!
Board: Sophie Taylor, Samantha Wong
Staff: Muguette Guenneguez, Leah McGraw, Aislin Percival
Dear community,

As Interim Co-Executive Directors, we are honored to be entrusted with the leadership of NAMI Seattle, and to have this opportunity to reflect on 2021 with you. NAMI Seattle is the organization it is today in part due to the vision and stewardship of a long line of leaders, from our most recent Executive Director Muguette Guenneguez – who stepped down at the end of 2021 after three years of inspiring leadership – all the way back to our founding director, Eleanor Owen, who passed away in early 2022 at the age of 101.

However, our board and staff are only part of the equation. At the heart of NAMI are our community programs, which all follow a unique peer-led model. These program leaders volunteer hours – often years – of their time, care, and energy to leading the groups, presentations and classes that connect people to the mental health information and support that they can’t find elsewhere.

Over the years we have been with NAMI Seattle, in speaking with our program leaders, a theme often emerges. “I want to offer the support that I wish I’d had when I was going through this,” they will say. Or, “I want to share the information that I wish I’d had when my family was struggling.” NAMI exists not because of its leaders but because of its community – because of all the volunteers who for 43 years have shared their knowledge and experience with others, hoping to make someone else’s struggles a little easier, and their burdens a little lighter. Together, we help others who are impacted by mental health conditions realize and remember that they are never alone.

Thank you for supporting NAMI Seattle in so many ways. We are so glad to be on this journey with you.

KATIE MAHONEY & JEREMIAH BAINBRIDGE
Interim Co-Executive Directors
Support for Folx with Mental Health Conditions

Many people rely on support groups to maintain their mental health. In 2021 we offered a variety of support groups for people living with mental health conditions. We also added a LGBTQ+ Support Group, an Electroconvulsive Therapy Support Group, and a Bipolar Support Group. All our support groups are free, drop-in and peer-led. We also continued to provide our peer-led education and skills building program, "Peer to Peer", for folx living with mental health conditions. Recovery is a journey and there is always hope.

Education & Support for Loved Ones

Through support groups and educational programs and seminars, NAMI Seattle also supports family and friends of individuals living with a mental health condition. In 2021 we provided our "Family-to-Family" class as well as our "Family & Friends" seminar and its Spanish equivalent "Familia y Amigos". With information, connection, and support from these programs, family members, partners, friends, and caregivers become strong advocates for their loved one living with a mental health condition.

Youth Education

Young people who experience symptoms of a mental health condition often experience shame, confusion, and stigma that prevent them from speaking about their feelings with an adult. Our "Ending the Silence" program is an early intervention and educational presentation to engage youth in the classroom. Students learn it is healthy and helpful to talk about emotions and feelings from a young adult who shares their experience living with a mental health condition.

Community Education

Mental health is a hushed topic in workplaces, places of faith, and in many communities. Our "In Our Own Voice" community presentations consist of people with mental health conditions telling their stories to break the stigma around mental illness. We also continued to provide professional development and community leadership workshops for businesses, faith groups, nonprofit organizations, workplace managers, and other groups. These workshops aim to create communities that support mental health.

Helpline

Finding resources, navigating the mental health care system, and connecting with the right support can be difficult. Our Helpline continues to be available for anyone seeking local mental health resources or referrals. (425)-298-5315 or helpline@namiseattle.org

“My husband and I attended NAMI classes when our daughter was hospitalized. The class content and conversations with other parents were lifesavers." – Family to Family class participant
Events

**Day of Hope**

On October 9th, the NAMI Seattle community joined online for our Day of Hope. This free half-day event featured NAMI members speaking about their lived experiences, a presentation on first episode psychosis, a panel discussion about living with schizophrenia, drop-in community meetups, and a tribute to those we love or have lost. Together, we celebrated that recovery is both possible and beautiful!

**NAMIWalks**

In 2021, NAMIWalks Your Way, our biggest event to break the stigma of mental illness, went virtual again. From walking, to yoga, to painting, people got creative in finding ways to connect and show support for mental health awareness!

**Fundamental Fest**

In September, NAMI Seattle joined with the Phinney Neighborhood Association and local businesses for a free one-day fundraiser and festival in celebration of mental wellness. It included live music, free classes, guest speakers, art, resources, and more organized by rue Santé.

**Black Mental Health Town Hall**

Live on Rainier Avenue Radio, King County Councilmember Girmay Zahilay, NAMI Seattle ED Muguette Guenneguez, and a panel of mental health experts and community advocates discussed the impacts of racial, historical, and generational trauma combined with the effects of these tumultuous times on the mental health of Black people.
Thank you to our 2021 partners, volunteers, donors, staff, and community partners.

African Americans Reach & Teach Health Ministry, Navos, Nesholm Family Foundation, The Norcliffe Foundation, Seattle Foundation, Swedish, Tulalip Tribes, UW Medicine Harborview Medical Center

Moving Forward

As we reflect on where we've been and what we have accomplished with the support of our incredible community, we think about where we are going. We are excited by the increased awareness of the importance of mental health. We will continue to work to end the stigma around mental illness and provide our community the mental health information, support, and connection they can't find elsewhere.

NAMI Seattle advocates for individualized and equitable care. We believe all people have the right to safe, appropriate, respectful, accessible, and consistent mental health treatment and support options.

We look forward to growing with you and continuing to learn how best to support the mental health needs of our community.