2014 GRATITUDE REPORT
OUR MISSION

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

OUR VISION

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

Far too often, people with mental illness feel invisible. Their families feel helpless. No one listens. Because of you, they have a voice. Your support of NAMI Greater Seattle eases their isolation and gives them hope. You empower people with mental illness and all those who care about them to find the resources they need to live fulfilling lives.

NAMI Greater Seattle is our community’s most dedicated champion for mental health. In the past year, you enabled us to provide programs and services that made countless lives better. We share a few of our accomplishments in this report, along with some well-deserved thanks to you and all the donors and volunteers whose generosity makes our work possible.

The coming year holds many exciting opportunities for us to expand our reach and advance our mission. Our decision to close the Hofmann Houses will enable us to develop new programs and improve existing programs so that we can ultimately reach thousands more people throughout our community. NAMI Greater Seattle is stable, strong and well positioned for one of our most successful years ever moving forward.

We are deeply grateful for your confidence and support.

Sincerely,

Ashley & Lucy
PROGRAMS
Made Possible by You

SUPPORT
- Support Link
- Support Groups

REFERRAL
- Support Link
- Connections Self-Help Book
- Support Group Calendar

EDUCATION
- Family-to-Family
- King County Training and Education Scholarships
- In Our Own Voice
- Educating the Next Generation

OUTREACH
- In Our Own Voice
- Educating the Next Generation
- NAMI Informational Presentations

2015 PRIORITIES
- Entering the 21st Century
  Building an online referral database for Support Link, giving us the tools to measure community needs and feedback.
- Strengthening our Core
  Fine tuning our Family-to-Family classes and reinvigorating our Peer-to-Peer program.
- Expanding Community Partnerships
  Creating relationships to ensure that NAMI Greater Seattle support and education programs are available in diverse communities and are culturally appropriate.
Sometimes knowing we’re not alone is just enough. NAMI Greater Seattle’s vision of the world is one where all those impacted by mental illness feel connected, supported, and empowered. For family members, friends and individuals with mental illness, NAMI Greater Seattle support groups are a lifeline that reconnects them with a supportive community and ignites new relationships. Peer facilitators are the true champions of this effort, giving their time, talents, and their personal stories to create connections. They facilitated over 180 groups in 2014!

I am grateful for NAMI Greater Seattle for all the help I received when our son was first diagnosed with schizophrenia and we had no idea where to turn or look for help. NAMI was a life saver!

— Terry Proctor, NAMI GS Board Member

When a long list of phone numbers is overwhelming or when you don’t know where to turn, NAMI Greater Seattle is a helping hand. Interns, volunteers, and staff answer calls five days a week. The Support Link program is the primary way that NAMI Greater Seattle provides support, information and referral to anyone impacted by mental illness in the greater Seattle area. That means YOU, whether you’re a family member, social worker, friend, or you personally need mental health information.

SUPPORT LINK

- MITIGATES BARRIERS to accessing mental health care resources by providing referrals over the phone and via email
- CONNECTS AND SUPPORTS community members with a live person who can help
- REDUCES STIGMA by helping people understand that mental health care is essential to overall health and wellness

NAMI support groups have enabled me to take a good look at my illness and see that I am not alone.

“”
A MOTHER’S INSPIRATION

“I want to thank NAMI for the scholarships that have allowed me to attend the State Conferences on Behavioral Health and Co Occurring Disorders in Yakima.

For the first Conference I camped in my car at a nearby State Park. I was so happy to have the Conference scholarship, I felt only joy at being able to attend.

The next scholarship included lodging, travel, a special stipend for food and extras which was incredible. Staying at the Holiday Inn Express was — I’m slightly embarrassed to admit — the most exciting gift of privacy and comfort I can remember anyone giving me.

I ran from one workshop to another. I learned, asked questions, collected information. I thought of those in need of supported housing, treatments, programs — marveling at it all.

I had no idea how important access is, how promising and powerful hope and knowledge can be. Seeing the people, meeting and speaking with them, I felt excited and connected. I’m overwhelmed but inspired by what’s out there.

My 34-year-old son lives at Western State Hospital for the time being. I hope I can find the wherewithal to be more helpful to him — find a less restrictive home and community where he can live a fuller, richer life with his wife. I hope I might meet someone who can help him in his restoration. I think about him when I’m at the Conference, looking and listening for whatever might be that piece that changes everything.

Thank you for your great generosity.”

In gratitude,
Shelby

SCHOLARSHIPS OPEN DOORS

As part of our commitment to education surrounding mental health issues, NAMI Greater Seattle administers the King County Consumer Training Fund. This fund provides scholarships for people impacted by mental illness to attend local, state, or national trainings, classes, or conferences related to mental health, like the Washington Behavioral Health Conference and the NAMI Convention.

FAMILY-TO-FAMILY BRINGS FAMILIES BACK TOGETHER

This no-cost, twelve-week course for family members of individuals with serious and persistent mental illness provides information and skill building in communication, resource identification, medication, and supportive relationships. Often for the first time, families are able to tell their story with no fear of judgment in a supportive environment with people who have similar experiences.

“Think we’re exaggerating? THINK AGAIN

“Our family went from being alone and terrified to feeling we had a lifeline.”

— Patricia, F2F teacher
In Our Own Voice unmasks mental illness and builds a stronger, more informed society. These 60-90 minute presentations use personal stories to illustrate the individual realities of living with mental illness. Audience members learn to challenge their attitudes and stereotypes and to increase their understanding and compassion for individuals impacted by mental illness.

Educating the Next Generation opens honest conversations about mental illness with middle and high school students, creating dialogue that reduces stigma. In partnership with Seattle Pacific University, we send trained interns to educate younger students and engage them in activities that promote empathy and raise mental health awareness.

“Thank you for spreading awareness about mental illness. Since I am suffering with this I know how it feels. Some people don’t realize this issue in it’s importance, but I know it’s fairly serious. I just want you to know how thankful I am.”

— Sincerely, a curious student.
Contacts almost doubled after implementing supportlink@nami-greaterseattle.org email.

Received information and support through Support Link.

**Referrals**

8488

**VOLUNTEERS**

2100+ Hours

Our volunteers outdid themselves this year. They gave their time to fight stigma and raise awareness!

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**NAMI BY THE NUMBERS**

| **544** | **94** | **136** |
| ENG: Reduced stigma for high school students | Scholarships | Family-to-Family Graduates |
| **48** | **180+** | **1,385** |
| 100V Presentations | Support Group Meetings | Community Members received anti-stigma education |
FINANCES

2014 Income

- Donations $106,497
  Unrestricted donations, memorials, bequests, tribute donations, special events, United Way designations

- Grants & Contracts $6,114
  Grant funds, King County contract

- Memberships $7,306

- NAMI Walk of Washington $42,499

- Program Income $27,626
  Connections sales, Hofmann House income, investment income

**TOTAL 2014 INCOME $190,042**
(does not include in-kind)

2014 Expenses

- Direct Client Services $96,856
  Hofmann Houses, fundraising, scholarships, volunteer expenses

- Community & Individual Education $57,825
  Program expenses, special events

- Systems Advocacy $49,896
  Staff training, payments to NAMI National and NAMI Washington

- Management & General $34,301

**TOTAL 2014 EXPENSES $238,878**
(does not include in-kind and depreciation)
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