

# ***NAMI Seattle Spotlight***

**Winter 2021**



Photo by Ashley Fontaine

# Letter from our Executive Director



Muguette Guenneguez,  
Executive Director  
NAMI Seattle

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**What a year it has been! I hope you are safe. I hope you are taking advantage of the support NAMI Seattle offers members of our community.**

**These are troubling times. Eleven months ago we could not have predicted this scenario. We have all been impacted, either directly or indirectly. So many are fragile right now; NAMI Seattle hears you. NAMI Seattle sees you.**

**Our hearts are breaking as we witness the fall-out from the effects of these crises on our communities. We are holding so much in our hearts and mind.**

**We are holding the worry of those who are sick and the sorrow of those who have already lost loved ones to this virus both here and abroad.**

**We are holding those who are unemployed as they deal with the daily struggles of their precarious situation.**

**We are holding all of the teachers and school administrators and education leaders who are trying to figure out how to support children and families, and how to do so equitably.**

**We are holding our Black brothers and sisters who are living in constant fear from a system that doesn't value them.**

**We are holding essential workers: hospital staff, therapists, bus drivers, stockers, and all who continue to go to work because our communities cannot function without them.**

**We are holding the gravity of the reality that in this moment of collective trauma and crisis, the negative effects are experienced much more drastically by those who are already vulnerable in our society – those in poverty, immigrants, the undocumented, Black, indigenous, people of color, those with disabilities, those in foster care or without safe and loving family structures.**

**Moments like this, remind us that we are all connected. We are called to be our best selves, with patience, understanding and compassion. Even during this time of physical distancing, we at NAMI Seattle are here for you. We are continuing to offer our programs, training, support and education to our community.**

**Let's continue to follow the recommendations of the Washington State Health Department. Let's check on loved ones, friends and neighbors. Together, we will get through this. You are not alone.**

**Wishing you and your loved ones a safe and happy new year.**

**Muguette Guenneguez and the NAMI Seattle team.**

# Your NAMI Seattle Staff



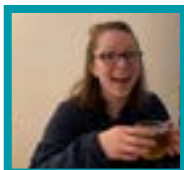
## Welcome to new staff members!

### **Gabi Augustamar (She/They)** **Volunteer & Resource Coordinator**



Gabi has a B.S. in Social Science from Portland State University. They are passionate about decriminalizing mental health, adequate access to mental health care, and how trauma impacts communities of color. In the future, Gabi wants to be a therapist to support people in healing as a form of liberation. In their free time, they love showing people the hidden gems of Seattle and trying new food!

### **Katie Knoll** **Office Coordinator**



Katie joined the NAMI Seattle team in July 2020. She has a degree in writing from the University of Washington Tacoma, and believes in storytelling as a tool for positive change. She has a background in office management, and has previously worked as a volunteer with adult English language learners. In her free time, she enjoys reading, traveling, and spending time with her cats.

### **Leah McGraw (She/Her)** **Communications & Outreach Manager**



Leah has worked in the arts, operations and project management, and even had a stint as a martial arts instructor. She has an A.A. in Communication Arts and a B.A. in Studio Art. Her lived experience fuels her passion to promote awareness and education around mental health and mental illness recovery. Her desire is to use skill sets to bring awareness, hope, education, and a bridge to recovery.

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# Programs Update



Katie Mahoney  
Program Manager  
NAMI Seattle

Happy 2021, NAMI Seattle family!

While we're hopeful that this year will see the return of some in-person programs, we're also starting to feel like we're finally – sort of, kind of – hitting our stride with online programs. They don't replace everything we love about in-person groups and classes, but they've meant we could keep connecting with so many of you over the past 10 months.

Here's a quick snapshot of the people our programs reached in 2020:

- Our peer and family support groups were attended more than 2,000 times (by both new and returning attendees)
- 950 youth, families and community members watched one of our story-sharing presentations
- 50 family members participated in educational classes (in both English and Spanish!)
- 850 people from 10 different states attended our leadership and professional development trainings

60 incredible community volunteers made this all happen (and you can, too – [fill out a volunteer application](#) to join us!)

Another change 2020 brought was the expansion of NAMI Seattle's program department. When I started at NAMI Seattle in 2015 I was the only program staff member. Now there are three of us – myself, Aislin Percival (Program Coordinator), and Gabi Augustamar (Volunteer & Resource Coordinator). I am thrilled to be working with both of them, and can't wait to see what we'll accomplish in 2021.

We've got some exciting things in store for the new year, including a new [LGBTQ+ support group](#), the return of our [parent support calls](#), new programming for our Cup of Comfort BIPOC community meetup group, and expanded [resources](#) for youth, restaurant workers, and more. I know there's no telling what this year will bring so we're trying to take it one day at a time, but we are so grateful to be weathering these storms in community with all of you. We hope to see you (live or online) at some NAMI Seattle programs in 2021!

-Katie Mahoney

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## Volunteer Appreciation

### A special THANK YOU! To ALL of our volunteers!

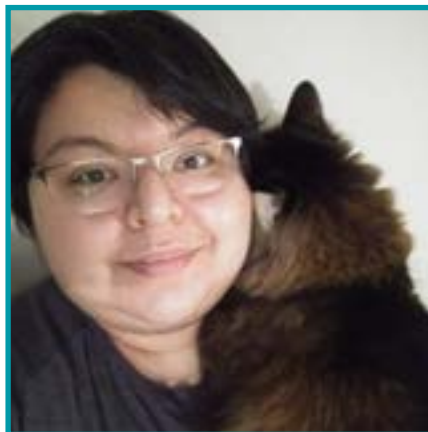
To our over Our 65 NAMI Signature Program leaders, Helpline volunteers Denise Grizzell & Emma Sanyal, Support Group Facilitators, Parent support call facilitator Heather Vargas-Lyon, and our new Communications Volunteers: Heena Vahora, Kyle Krauskopf, Ronan Hagarty, Jane Covert-Bowlds, Gemma Kim, Grace DeMun, and Laura Umetsu

We appreciate you and we could not do this work without you! You make this work possible!

### Spotlight

#### Vince

Peer co-facilitator for the [Connection Support Group](#) and the [LGBTQ+ Support Group](#)



My name is Vince and my pronouns are he/him/his. I'm a Southern Arizona native currently living in WA and working on my MSW degree. My life goal is to work with people with schizophrenia-spectrum disorders with an equity and strength-based lens. I have schizoaffective

bipolar type myself which helps drive my passion for patient-led advocacy efforts.

Several years ago I volunteered with NAMI Southern Arizona and I found it very rewarding. When I moved to WA I decided that I wanted to do it again but in a more leading role, which is why I chose to be a group facilitator.

My most memorable experience actually happens often. Sometimes group members spend time appreciating each other and appreciating the group; some people even make a heart with their hands! I love that the other co-facilitators and I are able to foster a sense of community and hope in our groups.

# Development Update



Jeremiah Bainbridge  
Development Manager  
NAMI Seattle

This year, all of our NAMI community members showed their support for mental health in a big way! Our success this year was driven by just under 1,000 individual gifts. NAMI Seattle is all about community and connection, and we have kept our community strong during these challenging times. From the bottom of my heart, thank you!

-Jeremiah Bainbridge

**Did you know you that there are many ways to contribute -- even doing your regular shopping?**



**Click for details!**

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# Communications & Outreach Update



Leah McGraw  
Communications and Outreach Manager  
NAMI Seattle

**2020 has been a year like no other, calling for a new way to reach out to our community. In addition to programs going online, we hit the virtual stage, partnering with community organizations to bring our diverse community together for supportive and informational programming.**

**We look forward to extending our inclusive and informative programming in 2021. We already started off the year with two events: [Black Mental Health Town Hall](#) in partnership with [King County Council Member Girmay Zahilay](#). Additionally, our Ending the Silence program was brought to the virtual stage in partnership with [PNW Parent Education](#). Attendance has been on the rise in these events with Ending The Silence reaching over 100 attendees.**

**Check out [our past event page](#) for links to recorded shows. Keep an on our [website](#) and social media (links at bottom of page) for info on upcoming events.**

*-Leah McGraw*

**To bring you these events in 2020, we collaborated with both organizations and individuals in our diverse community:**

## Community Organizations:

[The Arc of King County](#)  
[Central District Forum for Arts](#)  
[Menrva Labs](#)  
[Pathlight Mood & Anxiety Center](#)  
[African Americans Reach & Teach Health Ministry \(AARTH\)](#)  
[City of Seattle](#)  
[King County](#)  
[Seattle Treatment Services/ADD Health Counseling Services](#)

## Community Individuals:

[Artist Kyle Krauskopf](#)  
[Sharon Nyree Williams](#)  
[Lauren Du Pree](#)  
[Dani Tirrell](#)  
[Clinical Psychologist Dr. Katrina Sanford](#)  
Candace Jackson  
[Erika Dalya Massaquoi](#)  
[Eric Dorsa](#)  
George Dicks  
Reverend Blake Johnson

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# 2020 virtual event snapshots

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## [Small Drawings / High Hopes](#)

**April 10<sup>th</sup> – 16th, 2020**



**A virtual art show with lived experience mental health discussions**

**[Artist Kyle Krauskopf](#), who, over the past year, has become a valued volunteer.**

**Blogs about emotions and topics to be covered were posted leading up to this week-long event. 30% of proceeds go to NAMI Seattle.**

**Check out the [blogs](#) and [art!](#)**



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## [Webinar:](#)

# [I/DD and Mental Health :](#) [Living with an](#) [Intellectual/Development Disability](#) [and a Mental Health Condition](#)

**July 15th, 2020**



Partnered with [The Arc of King County](#)

Gain a better understanding of or learn how to support loved ones living with I/DD and a mental health condition with a therapeutic and informative panel discussion. Panelists with lived experience will share their perspectives and insights.



**[Watch a RECORDING](#)**  
**[of the live event.](#)**

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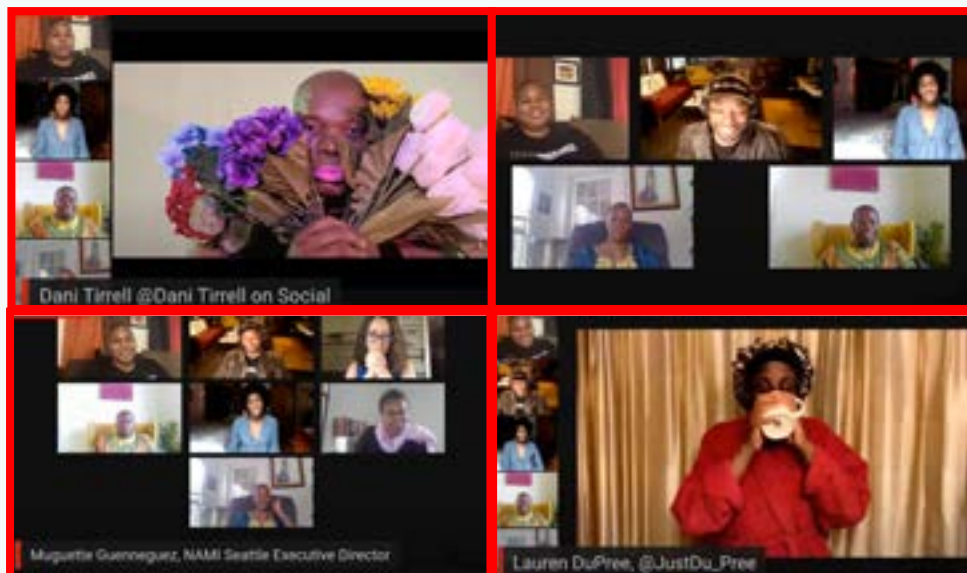
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## **Black Artists Coping Event**

July 31st, 2020



**Partners:** [Central District Forum for Arts and Ideas](#) and [Menrva Labs](#).

**Featuring Artists** [Sharon Nyree Williams](#), [Lauren Du Pree](#), [Dani Tirrell](#), and [Clinical Psychologist Dr. Katrina Sanford](#).

**Artists share their creative work and, with the support of Dr. Katrina Sanford (Counselor, PsyD), embark upon a conversation around how they are mentally surviving during these times of the pandemic and social unrest.**

**[Watch a RECORDING of the live event.](#)**

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**Cup of Comfort:**

**Healing amidst Anti-Blackness during COVID-19**

**August 12<sup>th</sup> 2020**



Candace Jackson and curator, educator, and entrepreneur [Erika Dalya Massaquoi](#) led an interactive discussion around what Black folx need during this time of unrest – specifically in the Seattle community and around mental health, culminating with Certified Peer Specialist, speaker and trainer [Amabel Narvaez](#) leading an activity that fostered community and connection.

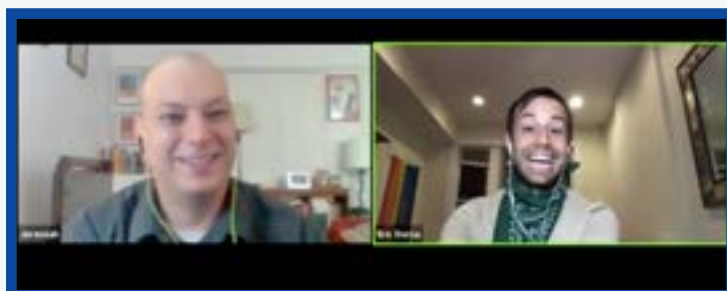
**Making Room For the Mess**

**October 9<sup>th</sup>, 2020**



Partnered with [Pathlight Mood & Anxiety Center](#)

With LGBTQ advocate, actor, comedian, and drag queen, [Eric Dorsa](#), and NAMI Seattle's Development Manager, Jeremiah Bainbridge.





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## Mental Health

&

## African Americans Forum

December 12<sup>th</sup> 2020



Sponsored by

African Americans Reach & Teach Health Ministry  
(AARTH)

With

City of Seattle and King County

**Muguette Guenneguez, Executive Director**  
NAMI Seattle

**George Dicks, Mental Health Practitioner**  
*Geriatric and Minority Mental Health Specialist for African  
Americans*

**Reverend Blake Johnson, CEO**  
ADD Health Counseling Services

Topics discussed:

- **Mental Health: Common & Complex**
- **Racial, historical, generational trauma in the Black community**
- **Personal experiences of those among us striving and thriving The Systemic impact**
- **How to address mental health in your community**
- **Next steps for leaders and community members**

# 2021 Virtual Lobby Week!

Monday, February 15<sup>th</sup> - Friday, February 19<sup>th</sup>, 2021



Don't miss this year's virtual lobby week with your state legislators!  
With all meetings online, attending is easier than ever!

Our stories are powerful, and we can fight for change through our lived experience. We are the most effective community to educate legislators about mental illness and the need to change our current "mental illness" system to a "mental health" system.

Be a part of this exciting event!

**Registration ends Friday, February 5th @ 5pm!**

[Register here!](#)

Rest assured you won't be thrown into this new experience alone. We've got you covered. **February 18<sup>th</sup>-12<sup>th</sup> is Prep Week!**

[Click to learn more about Lobby week and Prep Week](#)

[Click for NAMI Washington 2021 Legislative Priorities](#)

[Click for Lobby Week Schedule](#)

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## Mental Health Training



## Scholarships

## Available!

NAMI Seattle administers the King County Consumer Training Fund scholarship program, which offers scholarships of up to \$500 to eligible King County residents who wish to attend a mental health conference or training. See the application for eligibility criteria. [Click here to apply!](#)

## NAMI Seattle Board of Directors



On January 1st, the NAMI Seattle Board of Directors welcomed eight new board members. Although each of these volunteer leaders brings unique personal and professional experiences to the board, they are united in their commitment to addressing unmet mental health needs in our community. As individuals in recovery, family members supporting loved ones managing mental health conditions, and professionals in the mental health field, our board members' firsthand experiences inform their efforts to guide NAMI Seattle in alignment with the organization's values and vision of a world in which individuals impacted by mental illness know that they are not alone and are empowered to live fulfilling lives. With immense excitement and gratitude, we welcome:

**Rachel Bravmann**  
**James Donaldson**  
**Lori Hanson**  
**Elliott Neyme**  
**Danielle Pulliam**  
**Carolyn Schmertz, JD**  
**Ginger Voorhees**  
**Joseph Wilson**

The NAMI Seattle Board of Directors also extends its deep gratitude to Laura Umetsu and Michele Moore, volunteer leaders who concluded their board service in 2020. We are grateful for the knowledge and heart that Michele and Laura have and will continue to bring to NAMI Seattle's mission. Thank you, Michele and Laura, for your many contributions!

*-Nicole Angus, Board President*

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# 2021 Board Roster

## Leadership

### **Nicole Angus**

*President & Executive Committee Chair*

**Board member since January 2020**

**Coach and Consultant, Groundswell Strategies**

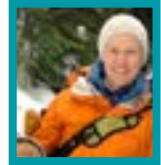


### **Penny Carothers**

*Vice President & Philanthropy Committee Co-Chair*

**Board member since January 2020**

**Principal**



### **Eli Lieberman**

*Treasurer & Finance Committee Chair*

**Board member since January 2019**

**Sustainable Energy Coordinator**

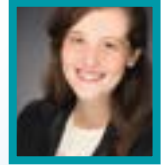


### **Jenny Vandenbelt**

**Secretary**

**Board member since January 2019**

**Attorney**



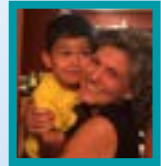
## Returning Members

### **Emma Sanyal**

*Board Development Committee Chair*

**Board member since January 2020**

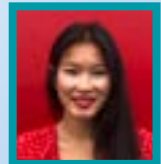
**Stay-at-Home Mom**



### **Samantha Wong**

**Board member since January 2020**

**Senior Administrative Assistant**



### **Sean Maloney**

**Board member since January 2020**

**Self-employed**



### **Sophie Taylor**

*Public Policy Committee Chair*

**Board member since January 2020**

**Teacher**



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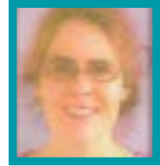
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**Carolyn Schmertz, JD**  
Board member since January 2021  
Unit Secretary, UW Medical Center



**Danielle Pulliam**  
*Philanthropy Committee Co-Chair*  
Board member since January 2021  
Database Associate, Seattle Humane



**Elliott Neyme**  
Board member since January 2021  
Building Manager, Northgate Villa

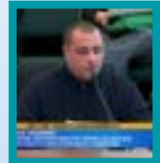


**Ginger Voorhees**  
Board member since January 2021  
Volunteer

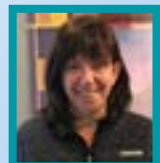
**James Donaldson**  
Board member since January 2021  
Executive Director and President, Your Gift of Life Foundation



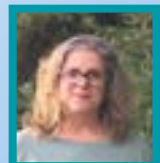
**Joseph Wilson**  
Board member since January 2021  
Courtesy Clerk, Safeway



**Lori Hanson**  
Board member since January 2021  
Director of Strategy and Planning, Microsoft



**Rachel Bravmann**  
Board member since January 2021  
Retired



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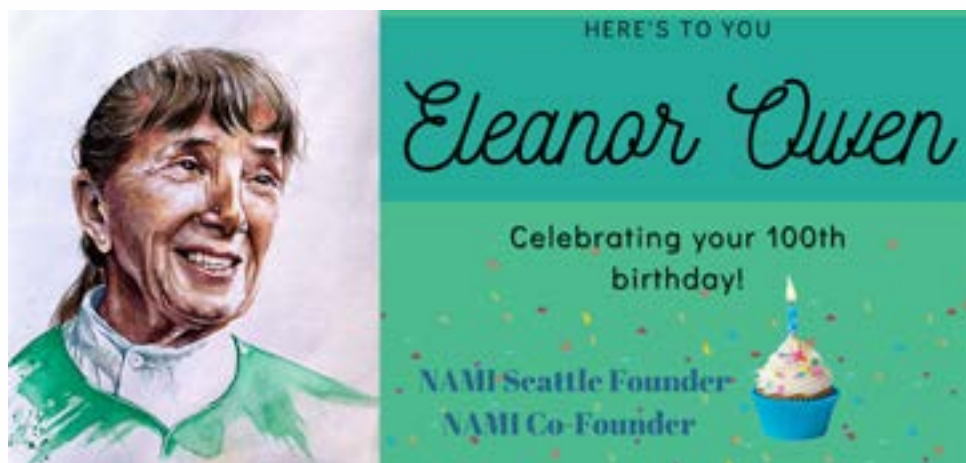
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On January 22, Eleanor Owen celebrated her 100<sup>th</sup> birthday. If you’ve been around NAMI for a while, you likely know the name. You might know of her role in starting—and then leading for more than twenty years—NAMI Seattle, the first mental health organization in Washington state (then called WAMI) and co-founding the national nonprofit, the National Alliance for the Mentally Ill (NAMI). You might also think of her many mental health legislative victories, her unrelenting and fierce style of advocacy, and the nickname associated with it: the Barracuda.

If you’ve met Eleanor, you know the strange sensation of connecting her outsized impact on mental health in this country with her diminutive stature. She reminds you of a hummingbird: tireless energy, tiny size. In a boxing ring she’d barely be a featherweight, but anyone she’s gone toe-to-toe with will tell you she punches high above her weight.

Eleanor did not set out to remake Washington and the nation’s mental health systems. Though her childhood was marked by her father’s undiagnosed bipolar disorder and her sister’s mental health struggles, Eleanor put that behind her and made a life for herself in the dramatic arts. As a young woman and mother, she sewed costumes and displays for local department stores, taught classes, raised two children, and received two degrees from the University of Washington.

When her son Jody developed schizophrenia at 17, her life as she knew it ended. Her consuming passion and drive became getting him help. Eventually, her experience and her passion led to helping all the sons and daughters, sisters and brothers, fathers and mothers whose lives were marked by a system that seemed created to hinder instead of help those seeking treatment and support for mental health conditions.

On January 22, we celebrate Eleanor’s life and her unparalleled legacy. Though few of us can claim anywhere near her energy, we join in her cause every time we speak up and speak out and every time we do not accept the status quo.

Wherever you are on the journey, we’re here with you.

Penny Carothers

Board Member, NAMI Seattle





# In Honor of

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All who suffer

Asha

Becca Schelling

BLM protesters and POC who need extra support right now.

Brian & Dawn Levy

Chad Russell Benson

Cooper & Lucia Bassett

Denise Grizzell

Donna Lurie

Dr. Lisa Vila

Eastside giving circle

Eastside Giving Circle - A group of community members combining our funds to make a difference

Ed & Mary Sullivan

Eleanor Owen

Eli Lieberman

Elise and Owen Bargreen

Erin Eggert

Felix Calkins

Frank and Jess Charlton

Grace Weaver

Greta Hewitt

Harris Heller

Hogue Family Gift

In memory of Chad Benson and in honor of his father Brad

Jac

James Herink

Jeff Pratt

Jeremy Tinley

Jesus Christ

Joseph E. Langer

Katie Scofield Art

Katie Thomas

Larry Lundy

Laurel Clark

Leighann - My BFF "Niece"

Leslie and Harold Goldfarb

Lindsey

Lucy Woodworth's birthday

Mark and Susan Hornor

Marshall Bonnes

Morgan Stephenson

Muguette Guenneguez

Myles Gaskin

Parker Steinle

Patrick

Reema and Jasmine and Lynne

Scooter Ward, Cold, Cold Army

Stephanie Baumann

Susan Posten

The 2018 Team at Free By The Sea, including Dr. Kevin McGinley. A "true" dual diagnosis program.

Tim & Mary Anne Osborn

Tom Nelson

Vincent Inch

Washington State Housing Finance Commission Fund Drive

Wendy Schaefer

# ***In Memory of***

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**Alex Dold**

**Andrew**

**Arthur Olswang (z”l)**

**Bill Holguin**

**Brett Busch**

**Chad Benson**

**Charleena Lyles**

**Curtis Rogers**

**Dakotah George**

**Danny and Wild Bill**

**David Garnatz**

**Donald E. Anderson**

**Dr. Thomas Carpenter**

**Dylan Ravenfox**

**Ed Konek**

**Eileen Cavanaugh**

**Eric Menter**

**Erich Lauffer**

**Fred O’Neill**

**Frederick O’Neill**

**Gail McDaniel**

**Grandma Umetsu**

**Greg and Tracey**

**Greg W.**

**Joan McNally**

**John E Piatt**

**Joseph E. Langer**

**Judy Cook**

**Julie Goodman**

**Karen Esther Schoeld**

**Laura Meins**

**Lucien Guenneguez**

**Marie Moran**

**Megan Rickey**

**Michael McCarthy**

**Norma Koykka**

**Parker Steinle**

**Pauline Moore O’Neill**

**Philip Nicholas Milan**

**Robert Hassan**

**Robert Mauzay**

**Sherrill Lamppin-Bohart**

**Sonia Ortega**

**Spencer Mullis**

**Stephen “Zach” Martin**

**Tom Farley**

**Tommy Fotheringham &  
Richard Dickinson II**

**Zack Maness**



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### Honoring the memory of Chad Benson



Chad with his dad, Brad Benson  
Chad passed away on May 16, 2020

**Chad was a wonderful soul and positively touched the lives of those around him. He will be greatly missed. His father, Brad Benson, was his strongest advocate. They have both been an active and integral part of the NAMI Seattle community since 2014. Click [here](#) to read more about Chad and his journey with his dad.**

### Honoring the memory of Brett Busch



Brett passed away on June 4th, 2020

**Special thanks to Allstate of Capitol Hill for honoring the memory of Brett Busch through their [online giving drive](#). Generous donors gave over \$10k in Brett's memory. We are proud to honor Brett's life by putting these funds directly to work through our free mental health programs and services. Brett will be greatly missed, but always treasured.**

# ***Thank you***

***From the NAMI Seattle Team***

**NAMI Seattle operates a mental health referral and information Helpline to connect callers to the support and resources that they need.**

**Voicemail or Text: [\(425\) 298-5315](tel:4252985315)**

**We return all voicemails we receive.**

**Email: [helpline@namiseattle.org](mailto:helpline@namiseattle.org).**

**802 NW 70th Street  
Seattle, WA 98117**

**Phone: (206) 783-9264**

**Fax: (206) 784-0957**

**[info@namiseattle.org](mailto:info@namiseattle.org)**