Our Mission:
To improve the quality of life for all those affected by mental health conditions through advocacy, community awareness, education and support.

Our Values:
- Support with respect, dignity, and autonomy
- Offering hope through programs that educate, support, and aid recovery
- Being part of a diverse and inclusive community
- Eliminate boundaries by providing free services to those in need

NAMI EASTSIDE

2020 HIGHLIGHTS

13,061 People Served
People served through support groups, classes, programs, and educational forums.

6,351 Students Served
Students served through NAMI in the Schools’ Ending the Silence and In Our Own Voice presentations.

77 Volunteers
Thank you to our committed volunteers for facilitating important support groups, programs, classes, forums, and advocacy.

Programs Delivered
NAMI Eastside offers more programs than any other NAMI Washington Affiliate!

For more information, visit our website!
https://nami-eastside.org/

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
Dear Friends,

2020 has a reputation of its own, and while many people do not have positive experiences to report, we at NAMI Eastside have found some light in these difficult times. 2021 is the 20th Anniversary of NAMI Eastside, and we are proud of the solid foundation that we have built and our mission to grow, thrive, and support our community.

One of our goals is to reduce the stigma surrounding mental health, to make it more comfortable to have conversations about struggles with mental health. We have found that the pandemic has leveled the playing field for all people when it comes to their mental health. Those who were experiencing difficulties before the pandemic often have exacerbated symptoms, and those who were unaffected before are reporting new signs of anxiety, depression, and other mental health challenges experienced during the pandemic. Everywhere you turn, people are talking openly about mental health and embracing its importance. This means that they are also seeking help, especially the free services that NAMI Eastside offers.

Our support groups, classes and forums had to pivot on a dime to online services to ensure that every person was still receiving the help they needed. In 2020, we saw an increase in the number of people that we served which proved the online platform was not restrictive but rather eliminated some of the boundaries that stopped many people from seeking help. NAMI Eastside served nearly 14,000 people in 2020. People could join a group or class in the comfort of their home, without relying on driving or logistics. This is especially helpful for the disabled community, and those with physical conditions that limit them in daily life.

Funding has proven to be challenging for many non-profits, and we have had to change the methods that we use to raise funds. However, we are grateful to the many individuals and corporations that have stepped up to ensure that NAMI Eastside can continue to deliver services to so many in need.

Barbie Collins Young
Executive Director
Our Programs
FAMILY SUPPORT GROUPS
CONNECTION PEER SUPPORT
SPIRITUAL SUPPORT GROUPS
ENDING THE SILENCE
IN OUR OWN VOICE
FAMILY TO FAMILY
FAMILY AND FRIENDS
PEER TO PEER
WELLNESS RECOVERY ACTION PLAN
EVERGREEN FORUMS
NAMI SMARTS FOR ADVOCACY
NAMI HOMEFRONT
MENTAL HEALTH FIRST AID

Our 2020 Community Partners
INDIA ASSOCIATION OF WESTERN WASHINGTON (IAWW)
MUSLIM COMMUNITY RESOURCE CENTER (MCRC)
CENTRO CULTURAL MEXICANO
MOLINA HEALTHCARE SOUND

Our Corporate Sponsors
EVERGREEN HEALTH
OVERLAKE HOSPITAL
FAIRFAX HOSPITAL
KAISER PERMANENTE
PHRMA

Our Local Supporters
KING COUNTY
SEATTLE FOUNDATION
ONEREDMOND
LUCKY SEVEN FOUNDATION
BELLEVUE ROTARY FOUNDATION
EASTSIDE COMMUNITY AID THRIFT SHOP
PRIDE FOUNDATION
CITY OF REDMOND
CITY OF KIRKLAND
CITY OF SAMMAMISH
CITY OF BELLEVUE
CITY OF BOTHELL
CITY OF ISSAQUAH
CITY OF KENMORE
Dear Friends,

I am honored to serve in the position of President, Board of Directors. NAMI Eastside’s mission is very compelling to me. Throughout the course of my professional career, I saw the struggles of employees and employers trying to address the impact of mental health conditions in the workplace. More than 40 percent of adults are currently experiencing mental health conditions as a result of the COVID Pandemic, and youth suicide rates have been increasing.

The COVID Pandemic has disproportionately impacted communities of color physically, economically, and psychologically. NAMI Eastside has been reaching out to leaders of BIPOC communities to create a Multicultural Steering Committee. This Committee has begun to address language and cultural barriers that interfere with access to mental health support. We work with our community partners to advocate for improved mental health access, funding, programming, and services. No one is alone, and no community should have to go it alone in addressing the mental health needs of community members.

We thank our partners at India Association of Western Washington (IAWW), Muslim Community Resource Center (MCRC), Centro Cultural Mexicano, Molina Healthcare, Entre Hermanos, Consejo Counseling, and all of our community partners for joining us in this collective effort. Working together, we can accomplish so much more and provide hope and recovery to those in need.

While we are as active as any NAMI affiliate of our size, the demand for additional programming services has never been higher. When we call upon you for help this year, please make yourselves available to share your expertise and support as we ramp up our activities for 2021.

Thank you for helping NAMI to improve the lives of all of those impacted by mental health conditions. Your support makes a huge difference!

Donna Lurie
NAMI Eastside Board President
THE FIGURES

2020 People Served

<table>
<thead>
<tr>
<th>Category</th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Served</td>
<td>15,000</td>
<td></td>
</tr>
<tr>
<td>NAMI in the Schools</td>
<td>10,000</td>
<td></td>
</tr>
<tr>
<td>Education</td>
<td>5,000</td>
<td></td>
</tr>
<tr>
<td>Support Groups</td>
<td>1,000</td>
<td></td>
</tr>
<tr>
<td>Referrals</td>
<td>450</td>
<td>150</td>
</tr>
</tbody>
</table>

NAMI Eastside reach expanded in 2020

2020 Revenue

Total: $252,698

- Grants: $63,229
- City/Govt. Grants: $56,69
- Direct Contributions: $97,401
- Fundraising/Other: $33,763
- Affiliate: $27,350

2020 Expenses

Total $211,051

- Personnel: $52,603
- Program Expense: $85,385
- Operations: $22,785
- Facilities & Equipment: $21,311
- Professional Fees: $14,842
- Fundraising/Other: $24,175
THANK YOU TO OUR 2020 VOLUNTEERS

Adrienne
Alex
Alice Ermlich
Anita Paul
Barb Olsen
Bob Krulish
Bradley Hansen
Brenda Freeman
Brian Gannon
Brianna Kuplent
Caroline Lichtenberger
Cathy Williams
Cole Swanson
Corinne Clark
Daksha Magesh
David Combs
Diane Kim
Dinah Aldrich
Earline Anderson
Ellen Wastell
Emily Dahm
Gail Kowall
Ginny Gannon
Harrison Baldwin
Jaime Diaz
Janet Carey
Janet Sjoholm
Jenessa Katz
Jesse Levine
Jim Holtzman
Joe Stevens
John Yu
Ken Schoenfeld
Kim Isner
Kimberly Barrios
Kristina Henniger
Laura Van Tosh
Leslie Walls
Linda Oliver
Linda Sherry
Marie Claudio-Diaz
Mark Griffin
Meghna Sareen
Merry Burdick
Michele Meaker
Mike Mathias
Miyama Mannan
Monica Herrera
Narima Amin
Nina Weaver
Olivia Seidel
Paul Charbonneau
Paulette Evans
Peggy
Poco Soldano
Rob Taskett
Sarah Frost
Scott Rulon
Sita Prasad
Stephen Magladry
Steve McDonald
Sudhir Ralhan
Sue Hogeboom
Thomas Kaiser
Trina Marvin
Victoria Walls

“Going to support group shows my daughter I love her and am invested in her recovery.”
Sarah
THANK YOU TO ALL OF OUR DONORS & SUPPORTERS

$1000+
Anonymous
Brett Burns
Darshana Shanbhag
Diane DeWitt & Curtis Thompson
Donna Lurie
Elizabeth Ludwig
Gary Chimes
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Manka Dhingra
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Vishal Mansabdar

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Sue and George Rockwell
Terri and Joe Gaffney

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Balwinder Kaur
Bipasha Mukherjee & Sriram
Rajagopalan
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Diane Shaeffer
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Gayatri Srinivias
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Taran Arora
Tristan Fitterer
Usha Rao

“Mental illness is not the fault of parents
Cole, Presenter”

Every effort has been made to ensure the accuracy of our donor list. If your name is misspelled, omitted or incorrectly reported, please contact our office at 425-885-6264
Imagine the lives you've touched!

$100-$249

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Aliana & Rod Ustanik
Alka Manchanda
Amy Soto
Andrea Johnson
Anisha Sachar
Anjali Singh
Ann & Curtis Johnson
Ann & Mark Stevens
Ann Byar
Ann Crabtree
Anonymous
Anonymous
Bari Clemons
Bob Hasegawa
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Charlotte & Earl Sutherland
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Hold Your Crown
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Laura Ruderman
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Linda & Richard Kozarek
Linda Joy
Linda Totsi-Lane
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Lisa Reents
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Malissa Burchfield
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Mark & Carol Shafer
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Mary Beth & David Mead
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Matt Van Gundy
Maya Subramanian
Michele Vossler
Mike Pudmaroff & Victoria London
Molly Evans
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Nanda Tewari
Narima Amin
Naveen Narendran
Ngoc Nicholas
Oswald & Rayma Norton
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Patricia Marcus
Patrick Angelel
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Anonymous  
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Carolyn Hayek  
Catherine Thruelsen  
Cheryl Marshall  
Chloe Hertzberg  
Chrysteil Hunter  
Claudia Conaway  
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Sujatha Khangaonkar  
Tom & Theresa Mahoney  
Tom Lane  
Wendy Rader-Konofalski  
Wilda Luttermoser  
Wuyi Weng

The very first thing I learned in NAMI is that I am not alone. There are many like me struggling to support loved ones who have mental health conditions.  

Sita, Facilitator
Thank you to all of our supporters in 2020. We look forward to 2021!

Contact us!
info@nami-eastside.org
425.885.6264

Mailing Address:
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PMB 444
Redmond, WA 98052

https://nami-eastside.org/