20 Years NAMI
National Alliance on Mental Illness

Eastside WA

# ANNUAL REPORT 2020

# NAMI EASTSIDE

## 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

## 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!

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.

**For more information, visit our website!**

*https://nami-eastside.org/*

# LETTER FROM OUR EXECUTIVE DIRECTOR

## 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. It has been beneficial to introduce people to our services with a high level of privacy online, allowing those who may have been reluctant to join an in-person class to seek the support and education they truly need.

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

# LETTER FROM OUR BOARD PRESIDENT

Thank you to Manka Dhingra and Diane DeWitt for your 10 years of service.

## 2021 BOARD MEMBERS

DONNA LURIE
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VICE-PRESIDENT
LARRY RUSH
TREASURER
MARGARET SUNG UN ANDERSEN
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ETHAN SERACKA

## 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.

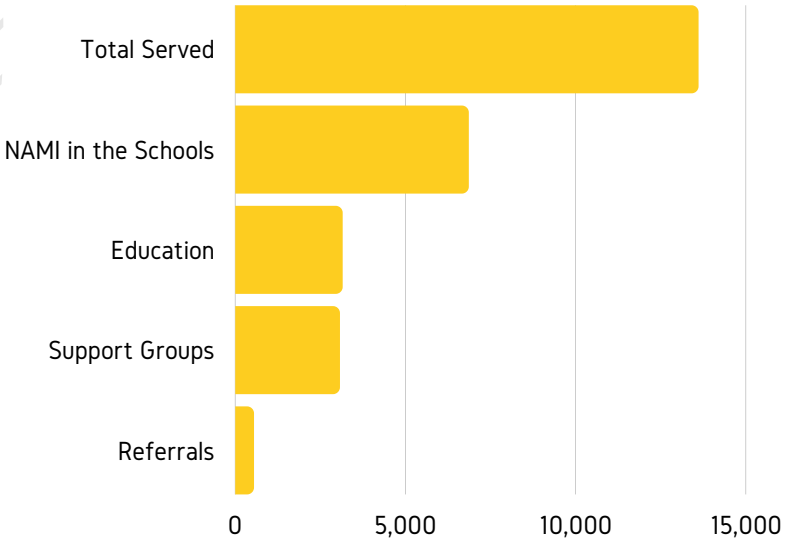
Thank you for helping NAMI to improve the lives of all of those impacted by mental health conditions. Your support makes a huge difference!

*Donna Lurie*

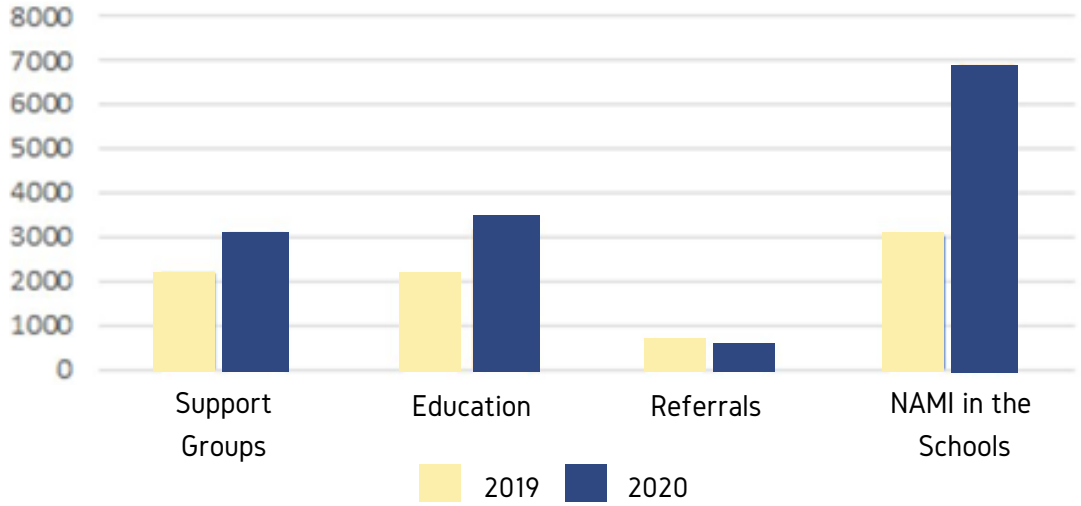
NAMI Eastside Board President

# THE FIGURES

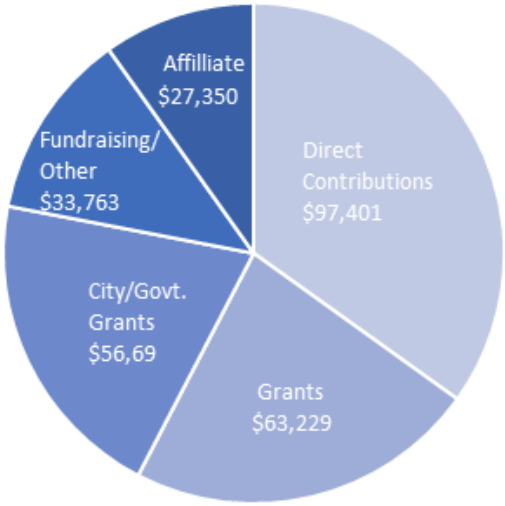
## 2020 People Served




## NAMI Eastside reach expanded in 2020

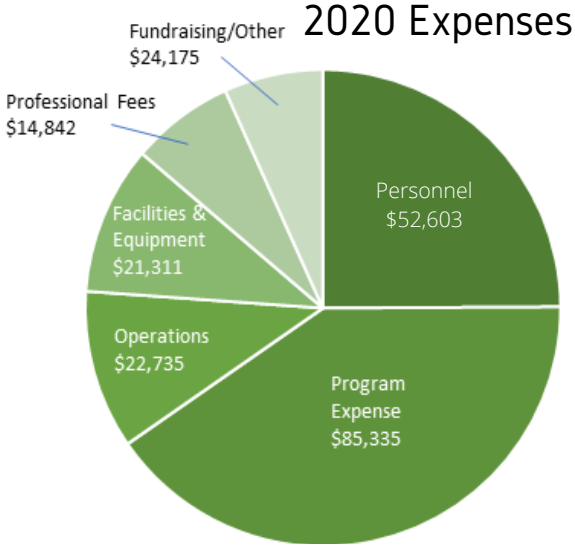



## 2020 Revenue




Total: $252,698

## 2020 Expenses




Total $211,051

# THANK YOU TO OUR 2020 VOLUNTEERS

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Alice Ermlich
Anita Paul
Barb Olsen
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Brenda Freeman
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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+

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Brett Burns
Darshana Shanbhag
Diane DeWitt & Curtis Thompson
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> 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

Alan Moritis
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Will Leslie

*Every dollar helps!*

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Anonymous
Anonymous
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Brooke Buckingham
Byron Shutz
Carol Zumbrunnen
Carolyn Aull
Carolyn Hayek
Catherine Thruelsen
Cheryl Marshall
Chloe Hertzberg
Chrysteil Hunter
Claudia Conaway
Cophairniq Galasso
Corrina Miller
Craig ZumBrunnen
Damir Tomsic
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Mary Mott
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Masumi and Gerald Rinaldi
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Sally Malan
Sandra Hutchison
Sandra Melo
Sara Norris
Sara Yashar
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Suchitra Iyer
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

# Our Staff

**BARBIE COLLINS YOUNG**
Executive Director

**JENNIFER CURTIS**
Development Director

**ELLEN WASTELL**
Program Manager

**HELENA AYAN**
Development & Communications Coordinator

**BRENDA FREEMAN**
Resource & Support Intern

## Contact us!


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425.885.6264

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PMB 444
Redmond, WA 98052

https://nami-eastside.org/


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