



nami | Eastside^{WA}
National Alliance on Mental Illness

2021

Annual Report



2021 Highlights

Our Mission

The mission of NAMI Eastside is to provide advocacy, education, support, and public awareness so that all people impacted by mental illness and mental health conditions can lead healthy and productive lives.

Our Successes

- Created Spanish-language programs such as Compartiendo Esperanza
- Expanded community reach & partnerships with local police departments, shelters, and transitional housing organizations
- Raised funding through our annual gala & increased donations for NAMI staff expansion
- Provided health insurance, market salaries, & a culture of self-care for our staff



15,353 People served through support groups, classes, programs, and educational forums

8,401 Students served through NAMI in the schools' *Ending the Silence & Our Own Voice* presentations

New Programs

- Youth Ambassadors
- Suicide Prevention
- Mental Health Support & Awareness
- Lunch'n'Learn for businesses & organizations

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 people in the United States affected by mental illness.

LETTER FROM OUR EXECUTIVE DIRECTOR

Dear Friends,

NAMI Eastside saw 2021 as an opportunity to step back and survey the landscape of mental health concerns in our communities. If we are to fill the gaps in the behavioral healthcare system, we had to dig in and acknowledge where those gaps were. We found that our signature support groups and educational programs were extremely effective for the population at large, but there were specific needs that were not being addressed. These would take a specialized strategy, and the solution would require listening to those communities.

We addressed several of these in 2021, with the creation of the NAMI Eastside Youth Ambassador Program, focusing on the youth mental health crisis. We began our Spanish-speaking culturally competent programming and hired a Spanish-speaking community outreach coordinator. We continued to uncover unmet needs in underserved communities and turned our attention to housing insecurity. As we continued our listening process, we also understood that these communities had to be part of the conversation and solutions. It would be the key to serving them to the best of our ability.

We are looking to the future, analyzing the trends and demands that we are seeing in the mental health needs of the community, and striving to fill the gaps to meet those needs. We know that we will need to do more as the needs increase, so please consider getting involved as a volunteer, or by supporting NAMI Eastside with a donation.

Sincerely,

Barbie Collins Young

Barbie Collins Young (she/her)
NAMI Eastside Executive Director



Our Programs

In Our Own Voice
Ending the Silence
Spiritual Retreats
Family to Family
NAMI Smarts for Advocacy
Evergreen Forums
Connection Support Groups
Wellness Recovery Plan
Mental Health & First Aid
Youth Mental Health & First Aid

NEW:

Youth Ambassadors
Custom Education for Businesses &
Organizations

COMING SOON:

Suicide Prevention & Education

Community Partners

Centro Cultural Mexicano
Muslim Community Resource Center
Indian American Community Services
Lake Washington School Foundation
Issaquah Food & Clothing Bank
PFLAG Eastside
Sound Health

NEW:

Entre Hermanos

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LETTER FROM OUR BOARD PRESIDENT

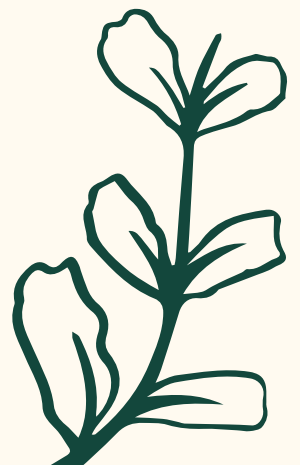
Dear Friends,

2021 felt like a roller coaster ride as we navigated the ebbs and flows of the COVID-19 pandemic. We had shifting expectations, losses of all kinds, and frustrating disappointments. The pandemic continues to disproportionately impact youth and communities of color physically, economically, and psychologically. We are partnering with Entre Hermanos to introduce the NAMI Initiative Compartiendo Esperanza (Sharing Hope in Spanish). We continue to work with Entre Hermanos, Centro Cultural Mexicano, Indian American Community Services (IACS), Muslim Community Resource Center (MCRC), PFLAG Eastside, Molina Health, Sound Health, and other community partners to help reduce cultural and linguistic barriers to mental health resources. NAMI Eastside recruited additional board members in 2021 to improve our diversity and our talent pool.

NAMI programs and resources offer light, hope, and comradery during these difficult times. In trying to follow my own advice, I discovered strength and perseverance in the strategies we offer in building resilience, finding sources of joy and gratitude, coping with uncertainty, and maintaining human connection through creative means. I hope that our classes, presentations, and support groups have been a source of comfort and inspiration for our members and constituents.

I believe the watchword for 2022 and beyond will be 'adaptability.' To paraphrase Charles Darwin, it is NOT the strongest, biggest, or smartest that survives - it is the adaptable. The people and the organizations that continue to adapt are the ones who are most successful.

Where Do We Grow from Here? Through the hard work of staff and volunteers at NAMI Eastside, our community survived AND thrived through 2021. Together, we overcame obstacles and adapted to ever-changing conditions to serve over 15,000 people. We added ...



LETTER FROM OUR BOARD PRESIDENT

professional staff and technical producers to improve and expand member support and programming. We continue to seek interested individuals to be trained as group facilitators and presenters so that we can double the number of people that we serve in East King County.

New Directions and Rejuvenation – Stay tuned for a Strategic Planning Survey. We need your feedback to help guide a strategic plan for 2022 – 2025. This roadmap will be our "north star" for continued growth and community engagement. We have much more work to do. I cannot thank you enough for your support of NAMI and for how your daily perseverance inspires me. Our support for each other will power us through 2022 and beyond.

Sincerely,

Donna Lurie

Donna Lurie (she/her)
NAMI Eastside Board President

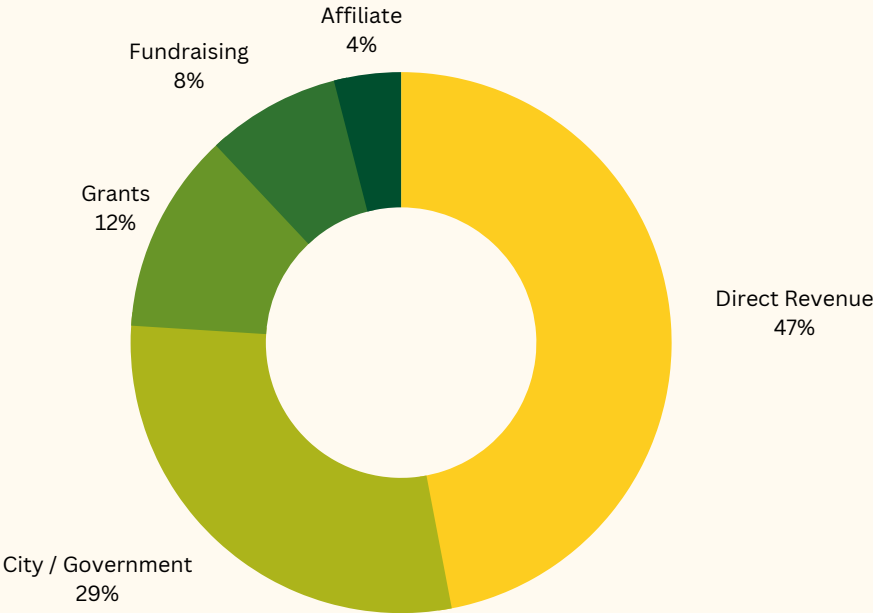
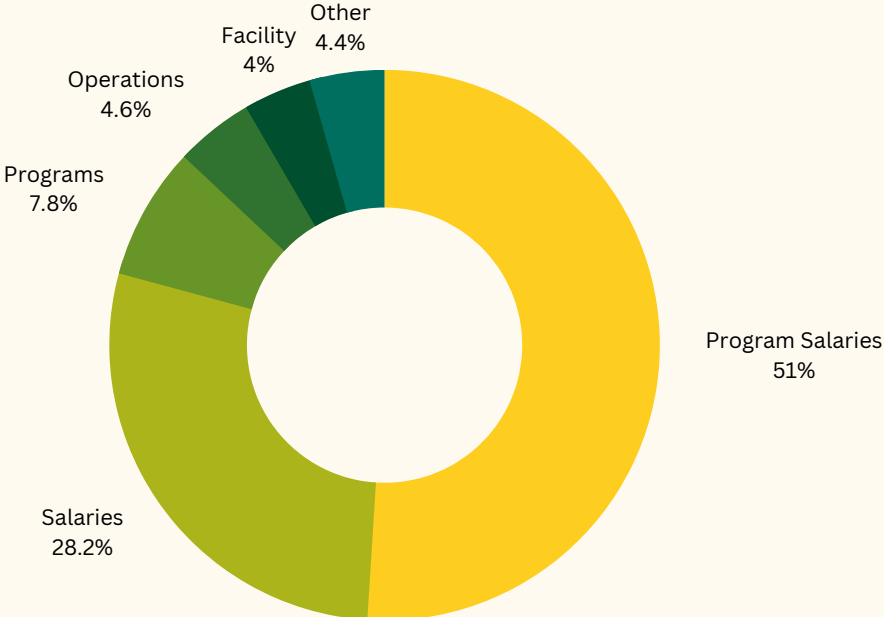


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- David Combs (he/him)
- Anne L. Fitch (she/her)
- NEW! Richard Taylor Jr. (he/him)
- NEW! Girish Joshi (he/him)

NEW
Multicultural
Advisory
Council

THE FIGURES



Total Expenses: \$332,396

Total Revenue: \$550,833

THANK YOU TO OUR VOLUNTEERS



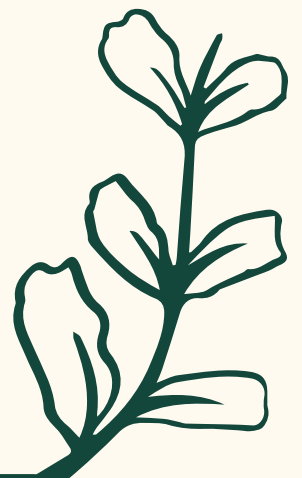
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"I was going to my psychologist once a week and was still having trouble, and she suggested I try going to a NAMI group. It forever changed my life. I owe my life to NAMI Eastside. I have learned so many things from different people and made quite a few friends. I've been going to NAMI Eastside groups for six years and have been facilitating for four. It sounds like a long time, but it goes by so quickly. After all that NAMI Eastside has done for me, the least I can do is pay it forward." -Brianna



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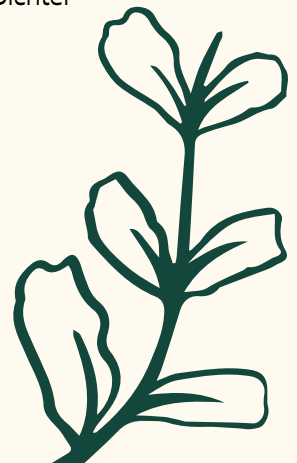
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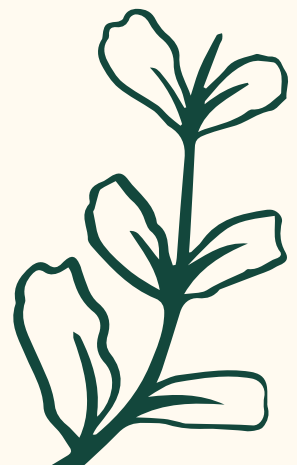
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