**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 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

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**2022 HIGHLIGHTS**

- **2,630 support group attendees**
- **3,129 students received mental health education**
- **3,203 education program attendees**
- NAMI Eastside offers more programs than any other NAMI Washington affiliate!

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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/
2022 was a year of continued growth and education for NAMI Eastside. We saw first-hand the Pandemic’s impact on individuals and families, especially our underserved communities and youth. Few people have escaped the Pandemic without feeling significant changes in their lives and their mental health.

Rather than focusing on raw numbers, we focused on positive outcomes and a greater impact for those we serve. We looked at trends, the resources in place from other agencies and community organizations, and what services were lacking. We went to work to fill these gaps and provide NAMI Peer Support wherever appropriate. We listened to stakeholders in underrepresented communities to learn what was happening (or not happening) and what exactly they needed. These conversations led to some amazing programs that we created this past year.

We worked to address Youth Mental Health through the Youth Ambassador Program – empowering students to use their voices and creativity to make a difference. We listened to the Latinx community and developed Spanish language programming with Bilingual presenters to provide culturally competent support and education. Housing instability affects an unfortunate number of people in King County, and we were able to create a “Women in Transitional Housing” support group, as well as training in coping skills. These programs will continue into 2023.

Thanks to the support that we received from our partners, donors, grantors, and sponsors, we have been able to pay a minimum wage of $25 per hour and provide benefits that help combat inflation and provide work-life balance for our staff.

NAMI Eastside achieved Platinum status on Candid in 2022. This rating demonstrates our commitment to transparency and accountability, and I am proud to have been a part of this transition. Our organization was honored to receive the prestigious nomination for Washington Organization of the Year in 2022 as a recognition of our work in the mental health field. We finalized a 2-year Strategic Plan that focuses on three key areas, and we are excited about implementing them.

NAMI Eastside will have a change of leadership and organizational structure going into 2023 that will allow for new, fresh ideas and faces to take the baton and move us forward. We have a firm foundation to kick off 2023, and we are excited to continue to advocate HOPE and DIGNITY as important values will get us all through this difficult period.

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
EVERGREEN HEALTH FORUMS
NAMI SMARTS FOR ADVOCACY
MENTAL HEALTH FIRST AID
YOUTH AMBASSADORS
COPE 2 THRIVE
YOUTH MENTAL HEALTH CONFERENCE
BUILDING RESILIENCE

Our 2022 Community Partners
INDIAN AMERICAN COMMUNITY SERVICES
MUSLIM COMMUNITY RESOURCE CENTER (MCRC)
CENTRO CULTURAL MEXICANO
ENTRE HERMANOS
MOLINA HEALTHCARE
SOUND HEALTH
THE TOGETHER CENTER
LAKE WASHINGTON SCHOOL FOUNDATION

Our Sponsors
EVERGREEN HEALTH
OVERLAKE HOSPITAL
FAIRFAX HOSPITAL
KAISER PERMANENTE
TIDES FOUNDATION
PSE FOUNDATION
BLACKBAUD GIVING FUND
BENEVITY COMMUNITY IMPACT FUND
SYNAPSE
UK ONLINE GIVING FOUNDATION
GIVE LIVELY FOUNDATION
HEPATITIS EDUCATION FUND
ALASKA AIRLINES
CONNECTIONS HEALTH SOLUTIONS
WASHINGTON GIVES
SUNCOAST WEST FOUNDATION
STEPPING STONES KIDS ACADEMY
AZELBY FAMILY FUND
THE LOOKOUT FOUNDATION
WOODINVILLE UNITARIAN UNIVERSALIST
CHUMP CHANGE FOUNDATION
BRIGHT FUNDS FOUNDATION

Our Local Supporters
KING COUNTY
SEATTLE FOUNDATION
KOHL’S
KING COUNTY EMPLOYEE GIVING
SNOQUALMIE INDIAN TRIBE
EASTSIDE COMMUNITY AID
THRIFT SHOP
LAKESIDE INDUSTRIES
CITY OF REDMOND
CITY OF KIRKLAND
CITY OF SAMMAMISH
CITY OF BELLEVue
CITY OF BOTHELL
CITY OF ISSAQUAH
CITY OF KENMORE
Dear NAMI Eastside Community and Supporters,

2022 continued to test our resilience with changing world conditions, economic conditions, social and human service needs, personal circumstances, health challenges, and shifting people resources to meet the ever-increasing demand for mental health education, support, and advocacy. I am grateful to the staff, volunteers, Board members, supporters, donors, grantors, and sponsors, who all stepped up to help us meet these challenges.

NAMI Eastside stands strong and ready to take on 2023 and future challenges. We are rebuilding our infrastructure to strengthen our volunteer corps and donor base. We are assessing our programs to ensure that we truly meet the needs of all communities in East King County.

Our 2023-2025 Strategic Plan will help us focus on three key areas:

CREATE A STABLE FOUNDATION FOR NAMI EASTSIDE:
- Provide Volunteer Orientation & Stewardship, as well as continued professional development for group facilitators and presenters;
- Recruit a diverse pool of volunteers and professional staff who represent our demographics and can provide culturally appropriate services and resources;
- Focus on high-quality and dependable program delivery;
- Ensure adequate fundraising to support the organization’s mission and develop a fundraising plan that provides balance and consistency across funding streams.

COLLABORATE WITH OTHERS TO IMPROVE BEHAVIORAL HEALTH SERVICE DELIVERY IN EAST KING COUNTY:
- Promote resources for parents and partners of persons with mental health conditions;
- Expand our mental health education and coping skills presentations to schools, parents, community groups, and workplaces;
- Serve as a Connector and a Catalyst for a better integrated behavioral health system in King County; Support the establishment of crisis response facilities in East King County & advocate for adequate staffing & funding of facilities
- Reduce barriers to access mental health services;

BUILD A SENSE OF BELONGING AND HOPE:
- Increase visibility & access to NAMI programs & supports throughout East King County;
- Promote & magnify the voices of those with lived experience;
- Establish an Advisory Council to increase community awareness of NAMI resources and programming;
- Articulate our NAMI Values - Who we are, Why we do this work, and what we bring to the table in behavioral health.

I look forward to working with all of you in 2023. Volunteering and supporting NAMI Eastside pays many dividends to the volunteer and donor – increased knowledge and skill, an increased sense of connection, and the satisfaction of helping address the mental health needs of our community.

Thank you!

Donna Lurie
NAMI Eastside Board President
2022 People Served

- Total Served
- NAMI in the Schools
- Education
- Support Groups
- Referrals

2022 Revenue
- Total: $577,235
- Direct Revenue: 47%
- Grants: 8%
- City/Government: 12%
- Fundraising: 4%
- Affiliate: 29%

2022 Expenses
- Total $562,536
- Program Expenses: 51%
- Professional Fees: 5%
- Facility: 4%
- Fundraising: 4%
- Other: 5%
- Operations: 6%
- Program Salaries & Benefits: 22%
- Administrative Salaries & Benefits: 5%
THANK YOU TO OUR 2022 VOLUNTEERS

Adrienne Helander
Alec Yildrim
Allie Clark
Amber Walker
Amy Sakoda
Anita Paul
Barb Olsen
Bob Krulish
Bradley Hansen
Brian Gannon
Brianna Kuplent
Cathy Williams
Charles Rudash
Chezere Braley
Cole Swanson
Corinne Clark
Dan Jakab
Danit Erlich
David Combs
David Lippmann
Donna Lurie
Gary McVey
Ginny Gannon
Greg King
Hamid Ramezani
Harrison Baldwin
Jadyn de Jesus
Jaime Diaz
Jeliel Pena de First
Jesse Levine
Jim Holtzman
Joe Stevens
Jordan Hardman
Jules Hancock
Julie Cook
Kim Isner
Laura Van Tosh
Lena Bernal
Linda Geere
Linda Sherry
Marc Oommen
Mark Griffin
Mayra Meraz
Melissa Shirts
Merry Burdick
Michele Nilsen
Narima Amin
Nina Weaver
Olivia Seidel
Paul Charbonneau
Sarah Dyer
Sita Prasad
Stephanie Hindman
Stephanie Nannariello
Stephen Magaldry
Steve McDonald
Sudhir Ralhan
Taanvi Arekapudi
Taris Ross
Thomas Kaiser
Vaishnav Vijayakumar
Victoria Stashkevich
Victoria Walls
William Spengler

“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

Aftab Farooqi  
Aimee Kommini  
Alka Manchanda  
Amy Altschuler  
AmyLynn Schenxnader  
Ana Venketaramani  
Angie Ravenscroft  
Anita Akerkar  
Ann Crabtree  
Ann Reynolds  
Anne Fitch  
Archana Verma  
Asad Hassan  
Balciunas Family  
Barbie Young  
Beth Goldberg  
Bharath Kumar Arekapudi  
Bipasha Mukhrjee  
Brandon Blinn  
Carmen Almajose  
Caroline Grace  
Carrie Aull  
Chandra Pinapala  
Chris Meija  
Cole Swanson  
Colette Ulloa  
Darshana Shanbhag  
David Lippman  
Deepak Tak  
DeWitt and Thompson  
Dhingra, Manka  
Donna Lurie  
Eduard Kassner  
Ellen Wastell  
Eric Dubee  
Erich Eiselt  
Frank & Joan Cohee  
Frida Kumar  
Gabe Newell  
Gail Steinitz  
Glenn Gregg  
Hesusa Kroll  
James Husband  
Janice Vache  
Jaqueline Shaw  
Jared Nieuwenhuis  
Jay Johnson  
Jennifer Loschen  
Jennifer Michaels  
Jennifer Sprague  
Jess Goldberg  
Johanna Johnson  
John & Aracelly Schultz  
John Balciunas  
Jon Egge  
Judith McIntosh  
Julie Beard  
Julie Metteer  
Julie Schroeder  
Kala Narayan  
Kali Clark  
Kara Burr  
Karen Yoneda  
Kathryn Rothberg  
Kathryn Yates Stevenson  
Kelly Crowe  
Khizer Sheriff

“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
Our Staff

Barbie Collins Young, Outgoing Executive Director
Marc Oommen, Incoming Executive Director
Deepti Shankar, Director of Development
Jason Cunningham, Events and Operations
Lena Bernal, Housing Programs and Support Groups
Alec Northrop, Marketing and Communications
Alexandra Arias, Community Outreach
Jeliel Pena de First, Community Engagement
Edie Myers-Power, Youth and Education Programs
Chezere Braley, Office Assistant

Contact us!
info@nami-eastside.org
425.885.6264

New Office Location!
NAMI Eastside
16035 NE 87th Street
Suite 122
Redmond, WA 98052

https://nami-eastside.org/

Thank you to all of our supporters in 2022. We look forward to 2023!