



National Alliance on Mental Illness

nami | Eastside WA

ANNUAL REPORT 2022



NAMI EASTSIDE

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

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!



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 OUTGOING EXECUTIVE DIRECTOR

Dear NAMI Eastside Community and Supporters,

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

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 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 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

LETTER FROM OUR BOARD PRESIDENT

2022 BOARD MEMBERS

DONNA LURIE

PRESIDENT

ETHAN SERACKA

VICE-PRESIDENT

BOB KRULISH

TREASURER

MARGARET SUNG UN ANDERSEN

SECRETARY

ANNE FITCH

PRIYA NAGAR

RICHARD TAYLOR JR.

GIRISH JOSHI

PAUL CHARBONNEAU

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.

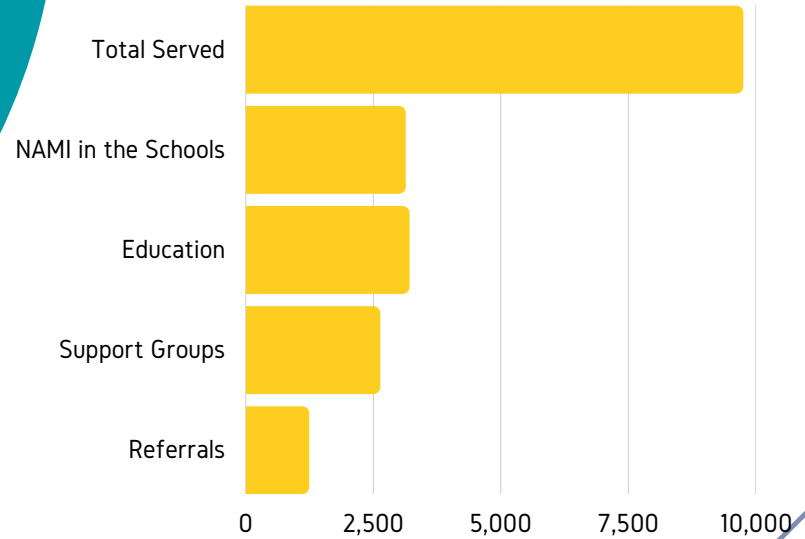


Thank you!

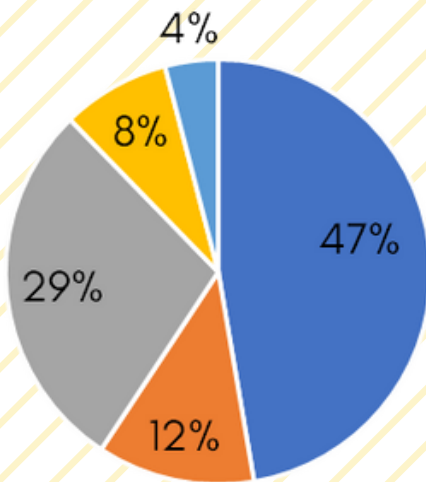
Donna Lurie
NAMI Eastside Board President

THE FIGURES

2022 People Served



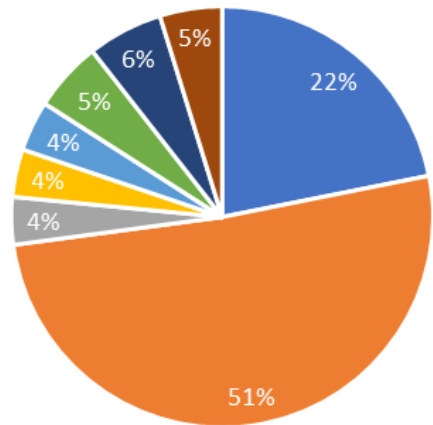
2022 Revenue



Total: \$577,235

- Direct Revenue ■ Grants
- City/Government ■ Fundraising
- Affiliate

2022 Expenses



Total \$562,536

- Program Expenses ■ Professional Fees
- Facility ■ Other
- Fundraising ■ Operations
- Program Salaries & Benefits
- Administrative Salaries & Benefits

THANK YOU TO OUR 2022 VOLUNTEERS

Adrienne Helander
Alec Yildirim
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 Altchuler
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

Imagine the lives you've touched!

Kim Sarnecki
Kristie Neklason
Larry Applegate
Latha Nath
Len Stockman
Leslie Barber
Lisa McDonald
Lucia Kelley
Lucy Abbott
Lynne Robinson
Mallory Van Abbema
Mamtha Banerjee
Marc Oommen
Margaret Sun Un Anderson
Mark & Marie Syzgala
Mark Boulter
Matt Bernstein
Melody Hooper
Michele McLaughlin
Michelle Cullen
Mohammad Amman
Monica Puri
Neal Black
Ngoc Nicholas
Pam Hay
Parul Houlahan
Patil Srikanth
Patricia Gustafson

Paul & Karen Gardiner
Peggy Sue Bridgman
Penny Sweet
Pooja Dave
Rajeev & Priya Nagar
Reena Saxena
Renee Cox
Richard Nichoalds
Richard Palmer
Richard Wuhrman
Ruthann Baker
Sara Thein
Sarah Chambers
Sarah England
Sarah Perry
Satish Iyer
Scott Ludwig
Sharon Iboshi
Sharon Morrison
Shima Star
Shira Burtness
Shruti Sardesai
Stephanie Nannariello
Sunday Bozman
Susan Hill
Susanna Kuehl
Susie Kroll
Tana Senn

Tanya Sharma
Terry Rudy
Theresa Miceli
Toby Nixon
Tom & Melanie Ness
Toyohiko Matsumoto
Tracy Strash
Trevor Laib
Valerie Horvath
Valerie Horvath
Vidhyashankar
Balasubramanian
Wesley Sprague
Yamin Lin

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!