



# Funds Distribution Report

---

**Recipient Organization:**  
**NAMI Seattle**

**Address:**  
802 NW 70th Street  
Seattle, WA 98117

**Contact:**  
(206) 789-7722  
<http://namiseattle.org>

**Organization's General Goals:**  
NAMI (National Alliance of Mental Illness) is working to address the unmet mental health needs within our community through support, referral, education, and outreach.

---

<b>Date of Award:</b>	<b>Level:</b>
2017 Q4	\$500 to \$2,500

For more information, please read the attached report from NAMI Seattle.

8802 27th Ave NE  
Tulalip, WA 98271

**TulipCares.org**

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.

### Board

Margaret Diddams  
*President*

Michele Moore  
*Vice President*

Laura Umetsu, JD  
*Treasurer*

Sunny Cheng, PhD

Eli Lieberman

Glenn McMahon

Jenny Vandebelt, JD

Rebecca Yang

### Staff

Muguette Guenneguez  
*Executive Director*

Katie Mahoney, MSW  
*Program Manager*

Jeremiah Bainbridge  
*Development and  
Fundraising Manager*

Maddy Noonan  
*Communications and  
Outreach Manager*

Faarah Misbah  
*Volunteer & Resource  
Coordinator*

Aislin Percival  
*Executive Assistant*

## NAMI Seattle

802 NW 70<sup>th</sup> Street

Seattle, WA 98117

206.783.9264

<http://namiseattle.org/>

# Charitable Contribution Report

Tulalip Tribes Charitable  
Contributions

Code: Q4 2017 14.2

Katie Mahoney: Program Manager  
Jeremiah Bainbridge: Development Director

**Web URL:** [namiseattle.org](http://namiseattle.org)

**Attn: Marilyn Sheldon, Director**

**Tulalip Tribes Charitable Contributions**

**Re: Code Q4 2017 14.2**

### **Program Report: Peer Support Network Project**

Funding from Tulalip Tribes Charitable Contributions has been instrumental in advancing our initiative to bring services to those affected by mental illness in underrepresented communities. Through the Peer Support Network Project, NAMI Seattle has crafted new relationships with organizations serving communities of color. These relationships will continue to bring meaningful collaborations as our organization continues its mission to fill the gaps in our mental health system, many of which disproportionately affect people of color.

### **Accomplishments**

The NAMI Seattle Peer Support Network Project has generated meaningful new relationships which will aid the organization in expanding support and education services for those affected by mental illness in marginalized groups, specifically populations consisting of people of color. NAMI Seattle has made significant, measurable strides in the three target areas identified in our proposal:

#### **Scope of Impact**

- After over a year of strategizing, relationship-building, and laying the groundwork we are thrilled to launch our first ever support group led by and for people of color with mental illness this summer. Starting on July 23, this free, drop-in group will meet twice a month at Valley Cities Rainier Beach Clinic. The three co-facilitators – a licensed social worker, a NAMI-certified support group leader, and an apprentice facilitator who plans to take the NAMI training next time it is offered – are all women of color from different racial and cultural backgrounds. They will also be joined by the clinic’s Peer Specialist, who will attend as both a participant and a support resource for the facilitators. While we cannot predict how many participants will attend these meetings – our support groups average from 5-20 attendees at any given meeting – the group has been generating a significant amount of interest in the community, and many of the questions and comments we receive involve the need for culturally competent drop-in support groups for people of color in Seattle.
  - One unexpected outcome of this project was that a community volunteer – who first connected us to Valley Cities Rainier Beach Clinic as a meeting space – has expressed interest in attending a NAMI training in order to become a family support group facilitator for people of color who have a loved one with mental illness. We are excited about this prospect and plan to launch this group in 2020 to complement our peer support group.
- This year, we were also able to launch a Spanish-language family support group specifically for alumni of our De Familia a Familia educational program. We plan to continue to build upon this

programming to expand our Spanish-language family and peer support groups in 2020 and beyond.

- Grant funds helped make possible an event called Cup of Comfort, our first ever meetup for people of color involved in NAMI. This intimate gathering in January 2019 at Resistencia Coffee in South Seattle was attended by 7 people, several of whom had never attended a NAMI event before and only found out about the meetup via Facebook or word of mouth. As part of this event, a NAMI Seattle staff member led attendees in a conversation about what they look for in a support group. Exciting outcomes included:
  - One new attendee invited NAMI Seattle to lead a presentation at her workplace on Racism & Mental Health, which led us to formalize this program as a regular part of our professional development offerings.
  - Another new attendee became instrumental in starting our peer support group, and will be one of the three co-facilitators leading the group when it launches this summer.
  - Since January, many people have expressed interest in attending another such gathering, and we are in the process of scheduling our next meetup for people of color in August 2019.
- Grant funds helped support administrative costs for a record number of community outreach meetings in 2018-2019. At these meetings we were able to discuss our support group plans with many new community partners, strategize together, and incorporate additional insights and suggestions into our planning. A few highlights of these new community connections included Zia's Ray of Light Foundation (who later became one of the community honorees at our 40<sup>th</sup> anniversary gala in December 2018), Urban Indian Health Initiative, the Office of Rep. Pramila Jayapal, Treehouse, Ingersoll Gender Center, Labateyah Youth Home, and Muslim Student Association.
- In 2018 NAMI Seattle provided support groups and mental health education for over 3,800 people in the Seattle area. Of those served, over 2,200 participated in NAMI support groups. There is a high demand for support services, especially those delivered with cultural competence for diverse communities. Data and current trends indicate this group will have an annual attendance of approximately 288 people in need of support. Of those attendees, we anticipate 150 individuals will be new participants attending for the first time.

### **Expanding Partnerships**

NAMI Seattle has cultivated three partnerships focused on peer-based support programs which address the needs of people of color:

1. **Asian Counseling and Referral Service:** ACRS promotes social justice and the well-being and empowerment of Asian Americans and Pacific Islanders and other underserved communities – including immigrants, refugees, and American-born – by developing, providing and advocating for innovative, effective and efficient community-based multilingual and multicultural services.
  - a. **Key contacts: Yoon Joo Han, Behavioral Health Director, and Nidhi Berry, Clinical Case Manager (Nidhi will be co-facilitating our support group)**
2. **Valley Cities, Rainier Beach:** Valley Cities provides inpatient and outpatient mental health, substance use disorder treatment, along with support services to individuals, children, and families living in King County.

- a. **Key contacts: Donna Nickelberry, Clinic Manager, and Cecil Hart, Peer Specialist**
- 3. **Casa Latina:** Advances the power and well-being of Latino immigrants through employment, education, and community organizing.
  - a. **This year we worked with Casa Latina to provide De Familia a Familia – the Spanish adaptation of NAMI’s evidence-based Family-to-Family class series – for the first time ever in Washington state.**

### Events and Outreach

The Peer Support Network Project has benefited from community outreach events specific to the needs of communities of color, bringing resources and education to marginalized groups in need of mental health services.

- Cup of Comfort
- Muslim Student Association NW Conference
- Staff trainings at organizations serving marginalized communities: NeighborCare Health, Valley Cities, Full Life Care, OneAmerica, AppleHealth, Lake City Senior Center, Harborview/Swedish/Navos
- Cinco de Mayo event at El Centro de la Raza



## Summary

Funding from Tulalip Tribes Charitable Fund has been instrumental in expanding NAMI Seattle's initiative to bring essential mental health services to cultures and communities in need of support. During our journey to make these programs a reality, we have not only formed strong partnerships to advance meaningful changes; we have built friendships and trust with those fighting to address communities of color. NAMI Seattle looks forward to continuing to build these programs and empowering communities to voice their needs to address mental illness, with a focus on the specific needs of the individual. We will continue to fight to bring available, accessible, culturally relevant mental health services and support to all communities across Seattle.