



Funds Distribution Report

Recipient Organization:
NAMI Seattle

Address:
802 NW 70th St
Seattle, WA 98117

Contact:
(425) 298-5315
<https://www.namiseattle.org>

Organization's General Goals:

The mission of NAMI (National Alliance on Mental Illness) is to address the unmet mental health needs within our community through support, referral, education, and outreach. Our vision is a world where all those impacted by mental illness know they are not alone, and are empowered to live a fulfilling life.

Date of Award:	Level:
2021 Q3	\$2,501 to \$5,000

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

8802 27th Ave NE
Tulalip, WA 98271
TulalipCares.org

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

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NAMI Seattle

Tulalip Tribes Charitable Contributions Report

802 NW 70th Street Seattle, WA 98117 | Phone: (206) 783-9264
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Q3.2021 14.2



In Our Own Voice

NAMI Seattle's In Our Own Voice presentations change attitudes, assumptions and ideas about people with mental health conditions. By telling their first-person stories of diagnosis and recovery, presenters humanize and destigmatize the often misunderstood experience of mental illness. Audiences come away from the presentation with a better understanding of mental health conditions, recovery, and treatment. Most importantly, they are assured in the knowledge that help is available and they are not alone.

With the generous support of Tulalip Tribes Charitable Contributions, NAMI Seattle made a positive impact in our community through In Our Own Voice. These presentations are particularly effective in healthcare settings, where stories of lived experience help nurses and healthcare professionals better relate to their patients, recognize stigma, and provide more well-rounded care.



98%

98% of audience members surveyed after In Our Own Voice presentations in 2022 agreed that they would recommend the presentation to others.

2022

In 2022, NAMI Seattle provided presentations for 59 participants in Swedish's RN residency training. Leaders at Swedish have said, "[We] consistently receive feedback that In Our Own Voice is a highlight of the RN Residents' experience in our program." 98% of audience members surveyed after In Our Own Voice presentations in 2022 agreed that they would recommend the presentation to others. In 2023, these presentations have continued to be requested often, with staff often noting how impactful In Our Own Voice has been. During 2022, NAMI Seattle also provided presentations for the Swedish Behavioral Health Unit and the UW Psychiatry graduate seminar, hosted at Harborview Medical Center, as well as for businesses, college groups, and community organizations.

Day of Hope

With support from Tulalip, NAMI Seattle held its second annual online webinar, Day of Hope, in 2022. Day of Hope, an event to highlight the beauty and possibility of recovery, was a welcome addition to NAMI Seattle's free programming, and included an In Our Own Voice presentation from long-time NAMI Seattle volunteer, Julie. This program was open to the community, helping to fight the stigma of mental illness and bring hope to others sharing similar experiences.



Julie, a NAMI Seattle volunteer, leading a virtual In Our Own Voice presentation at Day of Hope, 2022.



Still from NAMI's In Our Own Voice presentation, presented at Day of Hope, 2022

"The presenters shared truly insightful ideas regarding leading with empathy and how to connect with individuals experiencing mental health challenges."

-In Our Own Voice attendee

Impact

In 2022, NAMI Seattle served:

- 263 people through In Our Own Voice
- over 2,000 through all programs.

In total, In Our Own Voice reached more than 260 people in our community in 2022 thanks to the meaningful support of Tulalip Tribes Charitable Contributions. The real stories of resilience and recovery told by NAMI presenters empower those affected by mental illness. These stories continue to educate our whole community on the realities of living with a mental health condition, dispelling stereotypes and misinformation. Throughout its history NAMI has proudly shown the humanity behind mental illness. Programs such as In Our Own Voice have been, and continue to be, vital in advancing the conversation around mental health. **Thank you for showing people from all walks of life that they are not alone when struggling with their mental health and for providing a beacon of hope when facing dark times.**