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UPCOMING EVENTS:

11/11/13 Office Closed

11/28/13 Office Closed

12/7/13 Annual Meeting
and Silent Auction

12/14/13 MHFA Class

12/25-12/27 Office Closed

01/01/14 Office Closed

Depressed Cake Shop Sale Raises \$2,800 for NAMI Greater Seattle



Gray frosting covering colorful, delicious baked goods helped raise funds and spirits as the worldwide Depressed Cake Shop movement popped up on Capitol Hill on Saturday, October 5 at The Sole Repair Shop. The shop was scheduled from 10 a.m. – 4 p.m., but all pastries were sold out by noon.

NAMI Greater Seattle is incredibly grateful to **Melissa Riddington** who initiated and implemented this fantastic event. The cakes, cupcakes and cookies were donated by local bakers. We raised almost \$2,800 for NAMI Greater Seattle. If you missed out, we can't help you with tracking down gray frosting but we can encourage you to our website if you would like to make a donation at www.nami-greaterseattle.org.

Photo credit to **Teddy Yaeger** and **Alex Garland Photography**

Letter from the Outgoing Executive Director

Dear NAMI Greater Seattle Members, Partners, Volunteers and Supporters,

I am writing to let you know that I will be leaving NAMI Greater Seattle as your executive director. My last day will be Friday, November 15. I have been recruited to lead the Washington Healthcare Access Alliance.

Please know that my experience with NAMI Greater Seattle has been very enriching. I have an overwhelming respect for the consumers and family members NAMI Greater Seattle serves, whose resilience, kindness and humor amid very difficult conditions have amazed me. I am very proud of the work the NAMI Greater Seattle staff and board have accomplished since I joined the organization in 2010. Your current board president, **Lucy Woodworth**, is as committed to the mission as any individual could possibly be. Her design contributions alone have greatly elevated the face of the agency and she continues to step forward to represent NAMI Greater Seattle as a leader and advocate. NAMI Greater Seattle staff, including finance manager **Gail Wilder**, program coordinator **Lyndsay Campbell** and custodian **George Petty**, are skilled, devoted professionals with unquestionable integrity. The quality and breadth of services provided by NAMI Greater Seattle have improved and increased amid cuts in funding. This organization is poised for a strong future.

My current priority is to ensure a smooth transition. An excellent interim executive director, **Gazala Uradnik**, has already been selected and will overlap with my last few weeks in the office. **Gazala** is the fund development professional who successfully managed the 2013 NAMI Walk of Washington with her incredible organization and diplomacy. **Gazala** is uniquely qualified for this position and we were very fortunate to secure her.

The NAMI Greater Seattle board will be working with a consultant over the next few months to recruit and select the best possible permanent executive director for the organization. If you have any interest in or recommendations for this position, you may forward them to the search committee at namiedsearch@gmail.com. Recruitment information will be posted on the NAMI Greater Seattle home page in the near future.

Please join us on Thursday, November 14 from 5:00 - 7:00 pm at the NAMI Greater Seattle office for an informal reception before I leave. Thank you for your continued involvement in and support of this vitally contributive organization and please help me welcome **Gazala** into her new role.

Sincerely,

Christine Lindquist

Christine A. Lindquist, MPH

Letter from the President of the Board

On behalf of the board, I would like to express our deep appreciation to **Christine Lindquist's** for her dedicated service to NAMI Greater Seattle as our executive director over these past three years.

She has been an effective leader and her accomplishments include: increasing the number of Family to Family classes offered; increasing the number of presenters and presentations of In Our Own Voice; continuation of the Peer to Peer and the Educating the Next Generation programs; shepherding the addition of new programs which include the Appreciative Living Learning Circles and Mental Health First Aid. She has provided support and diligently attended to the needs of the Hofmann House residents. She has increased our volunteer base and added new support groups.

Christine has overseen the constant demands of the physical maintenance of the office building and the two Hofmann Houses, with many needed repairs and improvements. She has increased our communications with an active Facebook page, a bimonthly e-bulletin in addition to the Spotlight newsletter and improved website. She has represented NAMI Greater Seattle and our concerns on TV, radio and in newspaper interviews. **Christine** has strengthened our relationships with NAMI Eastside and NAMI Washington and has served on the King County MIDD (Mental Illness and Drug Dependency) committee and Seattle Police CIC (Crisis Intervention Committee). For the past two years, she was the committee chair for the successful NAMI Walks, our major annual fundraising event. **Christine** has been an adept steward of our budget, decreasing costs and adding funding. NAMI Greater Seattle ended with significant budget surpluses in both 2011 and 2012.

Christine has put her heart and soul into leading NAMI Greater Seattle with integrity, boundless energy, an upbeat attitude, a sense of humor and compassion. We will all miss her greatly and thank her for her service.

The NAMI Greater Seattle board is working to ensure that the transition to a new executive director will be as smooth as possible. We welcome **Gazala Uradnik** as our part-time, interim executive director and thank dedicated staff members, **Gail Wilder** and **Lyndsay Campbell**, who will be working to keep things rolling in the months ahead.

Please feel free to contact me with any questions. Leave a message at the NAMI Greater Seattle office at 206-783-9264 and I will promptly get back to you.

Lucy E. Woodworth

Lucy Woodworth

Board President, NAMI Greater Seattle

★ WISH LIST ★

NAMI Greater Seattle is grateful for all of your monetary donations throughout the year and particularly at the end of the year. We have some additional items on our wish list that will help keep our office supplies up to date. We go through these items during many of our classes and group sessions. If you would like to donate any of the following items for our office, we would greatly appreciate it! Just drop off any of the items below between **9am to 5 pm, at the NAMI Greater Seattle office at 802 NW 70th Street, Seattle WA 98117**

Plain, white, 8.5" x 11" copy paper Plain, white 11 x 17" copy paper Toilet paper
Paper towels Liquid hand soap Kitchen size trash bags Kitchen sponges

MEMORIAL DONATIONS

NAMI Greater Seattle would like to recognize the following generous, memorial contributions:

In Memory of Paul Fitzpatrick:

Altizer, Elde Lundgren, Karen & Tom Beauchamp, Kristina McNeely, Marguerite
Couillard, Bernadette Mills, Nikos & Rebecca Cummings, Marie Newland, Joann Doll, Nancy
 Peterson, Susanne Doughty, Sonia & Kawika Reilly, Dominic Fittante, Ann Reinhardt, Pat &
Duane Fitzpatrick, Anne Schreiner, Glenn Foreman, Rose Ann Schreiner, Sam Girard,
Audrey Shoup, Leni Granquist, Carl & Bonnie St. Louise Parish School Hunt, George Walker,
Thomas Kennedy, Kristina Weber, Linda Kim, Boram Wetzel, Allison & Eric Winner, Julie

In Memory of Milo Locklear:

Donohue, Frances Hyle, Judy Johnson, Teri & Neil Malinoski, Rosalyn Samuels, Kyle
Wyffels, Melanie

In Memory of Joel Reuter:

Mona, Linda and David

NAMI Greater Seattle
Holiday Auction
December 7, 2013

The **NAMI Greater Seattle Annual Meeting** is scheduled for Saturday, December 7th from 1-3:30 p.m. Our annual meeting is a potluck so please bring appetizers and/or holiday cookies to share. We will be providing light appetizers and drinks.

Some amazing items have been donated for this year's auction, including original art and jewelry, ski lift tickets, movie tickets, restaurant gift certificates and passes to the Woodland Park Zoo, EMP and MOHAI. This is a perfect place to get some great gift items for the holidays and support a great cause!

As a special treat, our long time family to family instructor and support group facilitator **Paul Schiavo** and his band mates will be playing traditional music including holiday favorites.

Please join us!

NAMI Greater Seattle Annual Meeting and Holiday Auction
Saturday, Dec. 7, 1:00 - 3:30 pm
St. Alphonsus School, Wilson Room 5816 15th Ave. NW, Seattle
Please bring: appetizer and/or holiday cookies



Western State Hospital Holiday Gift Drive

Western State Hospital is looking for donations for their Holiday gift drive. Donations for patients must be new and unwrapped. The items can be delivered to Volunteer Services during work day hours. The address is Building 8, Room #107, 9601 Steilacoom Blvd. SW, Tacoma, WA 98498-7213. Parking is available directly in front of the building for your convenience.

Please contact **Laurel Lemke** at 253-756-2722 to schedule a drop off time. Alternate arrangements will be made for evening and weekend deliveries. Please place your name and address with all packages so we may send an acknowledgement and donation receipt after the holidays.



Mental Health First Aid (MHFA) is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. MHFA USA is managed, operated, and disseminated by three national authorities. NAMI Greater Seattle is excited to have partnered up with **Dwayne Stone, MS**, to offer MHFA to the NAMI community.

Mental Health First Aid is an 8-hour interactive training course, designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The program helps the public identify, understand and respond to signs of mental illness. MHFA introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments. The goal is to help support an individual until appropriate professional help arrives. MHFA is intended for friends and family of individuals with mental illness or addiction, key professionals (police officers, human resource directors and primary care workers), school and college leadership, faith communities, or anyone interested in learning more about mental illness and addiction.

Our next training will be December 14th, from 9 am to 5:30 pm, at the NAMI Greater Seattle office at 802 NW 70th Street, Seattle WA 98117. For more information, please contact **Lyndsay Campbell** at office@nami-greaterseattle.org or by phone at 206.783.9264. The cost is \$100 but scholarships are available for residents of King County.

The Seattle OCD & Hoarding Disorder Support Group Sponsors a Free Presentation

Post-Traumatic Stress Disorder (PTSD) A Primer for Individuals with OCD and/or Hoarding Disorder

Sally A. Moore, Ph.D.

*Licensed Psychologist and Director of Research
Anxiety and Stress Reduction Center of Seattle*

Saturday, Nov 16th, 10 am - noon

**Glaser Auditorium, Swedish Medical Center
747 Broadway in Seattle**

Presentation Highlights: *Definition of posttraumatic stress disorder (PTSD) for individuals suffering from OCD and/or hoarding disorder. Description of the research on the relationships between traumatic events, PTSD, and OCD and hoarding disorder. therapy options for PTSD with a focus on commonalities between PTSD treatment and treatments for OCD and hoarding disorder.*

Scholarship funds

Scholarship funds are once again available for individuals wishing to attend conferences, trainings or classes. Eligible applicants are those served by the publicly funded mental healthcare system and their advocates who reside in King County.

Please call **Gail Wilder** for an application at: 206-783-9264

NAMI Day in Olympia

JANUARY 20, 2014

Plan to attend our annual NAMI Lobby Day! This will be a short session, so things will be moving fast. We will meet from 9:00-10:30 a.m. in for a briefing before heading to the Capitol. Please note our **new meeting location: First Christian Church, 701 Franklin Street SE, Olympia.**

Now would be a good time to connect with your elected representatives before the bustle of session. The public policy team, led by **Sandi Ando**, have been busy working on the following initiatives:

- Working with our lobbyist and other organizations to gather sponsors for signature legislation.
- Serving on the state steering committee developing plans to change the Adult Behavioral Health System.
- Tracking and testifying before the Insurance Commissioner, Health Care Authority and other entities to protect full access to services.

All these efforts are incredibly valuable. Nothing, however, is as important as YOUR presence in front of the lawmakers so plan to come to Olympia and make a difference. If you would like additional information please contact the office: office@namiwa.org or 206-783-4288.

NAMI WALK 2014

SAVE THE DATE: MAY 17, 2014

Our Walk Date has been secured for our 2014 NAMI Washington Walk. Please mark your calendars for Saturday May 17, 2014. Our location remains at the Kirkland Marina Park. If you are eager to sign up to walk or to start a team, please email our Walk Manager, **Gazala Uradnik**, gazala@gfsfund.com for more information. It is not too early to sign up for the Walk. Just go to the Walk website to sign up or join a team: www.namiwalks.org/washington



Friday Children's Conference Calls

Date: November 15, 2013 from 8:00 a.m. to 9:00 a.m. Pacific Time

Topic: Diagnosing Borderline Personality Disorder with **Dr. Blaise Aguirre**

Dr. Aguirre will address the controversy around diagnosing borderline personality disorder (BPD) in adolescents, challenge the stigma around BPD and highlight current and effective treatment options.

Friday children's conference calls with **Dr. Ken Duckworth**, NAMI's medical director and a child and adolescent psychiatrist, take place on the third Friday of every month. The calls are toll free and are scheduled from 11:00 a.m. to 12:00 p.m. E.T. To access the toll-free call, please dial 1-888-858-6021; access number 309918#.



National Alliance on Mental Illness
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Seattle, WA 98117-5135

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Interim Executive Director: Gazala Uradnik, MHSA
Finance Manager: Gail Wilder
Program Coordinator: Lyndsay Campbell
Custodian: George Petty

NAMI Greater Seattle Board for 2013: Lucy Woodworth - President,
Maryam Borghey – Vice President, Molly Maloney - Treasurer, Carole
Magouyrk – Secretary, Veronica Kavanagh – Past President, Linda Batch,
Gorm Nykreim, Linda Worthington and Amanda Olney.

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Help Us Grow Our Resource Library

Did you know that NAMI Greater Seattle has a fantastic resource library? Did you know that you can check out books on a variety of mental health issues and other topics such as living a health life, setting up trusts, budgeting and more? The books are free to be checked out by our members.

We could use more books! If you have a nonfiction book that you have recently purchased and no longer need, please consider a donation to our library.

In addition, you can purchase a new book from Amazon and donate it to the NAMI Greater Seattle resource library. Please visit the Amazon link on our home page, or go to <http://astore.amazon.com/nagrse-20>.