



SPOTLIGHT

The Official Newsletter of NAMI Greater Seattle

January - February 2014

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UPCOMING EVENTS

1/13 – InterPlay Workshop

1/21 – MLK Jr. Day

1/21 – NAMI Day in Olympia

2/3 – InterPlay Workshop

2/18 – Presidents' Day

Dear NAMI Greater Seattle Supporter,

Happy New Year on behalf of NAMI Greater Seattle! Thanks to generous donors like you, NAMI Greater Seattle's 2013 year-end donations totaled over \$68,000 including United Way donor designations. In December alone we received over \$23,000 in generous donations. These are dollars that we use to fund all of the many programs that we provide in the area including Family to Family, Education the Next Generation and In Our Own Voice—just to name a few. That's \$68,000 of support that we are able to provide to the community because of you. We are very grateful for your gift. A response like this is proof that you believe in the good work that we do. Together, we'll keep doing great things for our community.

Thank you for your generosity.

Gazala

Gazala Uradnik, Interim Executive Director

Established in 1978, NAMI Greater Seattle is a founding member and local affiliate of the National Alliance on Mental Illness. The mission of NAMI Greater Seattle is to address the unmet needs of individuals with mental illness and their families through education, support, referral and advocacy.

NAMI Greater Seattle's Second Annual Holiday Auction and Annual Member Meeting



*Annual meeting attendees enjoy food and music, photos courtesy of **Gazala Uradnik***

NAMI Greater Seattle ended 2013 with our second annual holiday auction and annual meeting on December 7th.

The event was organized and implemented by an auction committee and set-up volunteers including **Lucy Woodworth, Ana Maria King, Carole Magouyrk, Amanda Olney, Jessie Balcom** and staff members **Gail Wilder, Lyndsay Campbell** and **Gazala Uradnik**. There were over 50 donated items, ranging from handmade jewelry, artwork and quilts to movie tickets and Seahawks memorabilia. Jazz and holiday music was provided by **Paul Schiavo** and his 5 piece band, Sentimental Journey. President, Lucy Woodworth presented the slate for the new Board of Directors and it was unanimously approved. Lucy also presented some of our dedicated volunteers with beautiful holiday poinsettias.

We appreciate all of our members who took the time out of their busy holiday schedules to spend time with us.

Auction proceeds, including many generous donations, totaled over \$1,700. Thank you to everyone who participated in, contributed to and attended the event.

New Board Members Join NAMI Greater Seattle Board

NAMI Greater Seattle is proud to welcome two new board members for 2014 – **Sarah Punshon** and **Gretchen Hawkins**. We are very excited to have these two new talented individuals help guide the direction of our organization for the upcoming year.

Sarah is an occupational therapist/recreational therapist currently working at the VA hospital in the psychiatric ward. She has a passion for working with people with SMI and has worked with 12-14 year old boys with diagnoses such as oppositional defiant disorder in a residential treatment center, and in acute psych locked ward settings with elderly adults and children. She relocated from the East Coast about one year ago and is very knowledgeable about NAMI and its programs. She served as a team captain for the Pittsburgh walk. She was very inspired by participating in that walk and is excited to be part of NAMI Greater Seattle.

Gretchen works as a program assistant for the Bill and Melinda Gates Foundation where she provides extensive executive level support to Portfolio Platform Leads and research fellows. In addition, **Gretchen** has served as a volunteer with NAMI Washington since 2011. She enjoys providing ongoing support to families to help foster community and hope and is often a featured speaker at universities, shelters and legal associations. **Gretchen** is also an In Our Own Voice presenter with NAMI Greater Seattle.

We also wish to thank past president, **Veronica Kavanagh**, for serving on the board for the past 6 years, thus completing the allowable three, consecutive 2-year terms.

Appreciative Living Learning Circles Reconvene

Friday night Appreciative Living Learning Circles sessions will resume at NAMI GS on Friday, February 1st and run for nine weeks, concluding Friday, March 29th. This programming is specifically intended for individuals ages 19 to 35 with a diagnosis of schizophrenia or schizoaffective disorder. Friday night groups begin with a shared meal at 5:30 pm, followed by the Appreciative Living activity and a social activity. The group normally concludes at 8:00 pm.

The intent of Appreciative Living is to provide young consumers opportunities to build supportive relationships. There is no cost associated with participation. If you are interested in attending, please RSVP by calling the NAMI Greater Seattle office at 206-783-9264 or email **Lyndsay** at office@nami-greaterseattle.org

Memorial and Honorary Donations

NAMI Greater Seattle would like to thank the following generous memorial and honorarium donors:

In Memory of Milo Locklear

Clauss, Louise
Locklear, Sandra and Jim
Thompson, Molly

In Memory of Paul Fitzpatrick

Chin, Mary
Tuzinski, Kathleen

In Memory of the friendship between Milo Locklear and Alex Carter

Locklear, Sandra & Jim

In Memory of Joel Reuter

Bunch, Thomas; Mona, Linda & David; Omni Group

In Memory of Peter Skerratt

Dilts, Hazel

In Memory of Shane Adre

Rossi, Kendy

In Memory of Margie Lee

Flesch, Loretta

In Honor of Lucy Woodworth

White, Richard & Carol
Woodworth, Paul

In Honor of Chris McCarthy

McCarthy, Michelle
Woelfle, Juanita

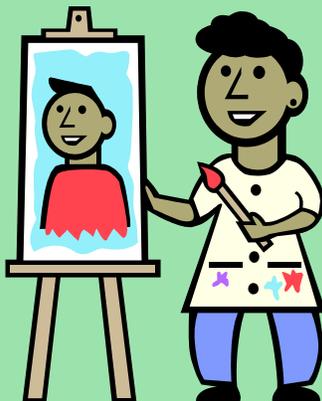
“We cannot always build
the future for our youth,
but we can build our
youth for the future.”

~Franklin Delano Roosevelt

DID YOU KNOW...

- It takes one entire ream of paper for us to print all the materials for just one Family to Family class? We are always looking for paper donations. Thanks to our donors in November for sending us paper. If you would like to donate computer paper we welcome it!
- That we are always looking for new grant opportunities to help us expand and continue our programs and support groups. If you know of any grant opportunities or foundations that would support us, please contact our office and let us know!

St. James Cathedral Mental Health Ministry is proud to announce a Creative Arts Workshop



Gilda Kabbani, an accomplished artist, has joined the Mental Health Volunteer Ministry and is excited to share her art and craft talents. You will engage in various forms of creative art including water colors, pencil drawings, collage, beading, sculpting, seasonal crafts, and more. The art sessions will be held in Gallagher Center every other Saturday beginning January 25th, 10 am – 12 noon.

It is free, fun, and no art experience or talent is necessary! Create your own masterpiece!

Info & RSVP: Nancy Granger 206-382-4269

The weekly knitting group led by **Christina DeCarufel** will resume on Monday, January 14th and run from 4:30 to 6 pm. This group is open to all interested individuals. No prior experience in knitting is needed and supplies are provided.

InterPlay Workshops

Free InterPlay workshops will be offered Sunday, January 13th, February 3rd and March 10th from 2:00 pm - 4:00 pm at the Greenwood Public Library - 8016 Greenwood Avenue North in Seattle.

InterPlay is a playful and creative movement class appropriate for all ages and abilities. This event is free of charge and is open to everyone. Please RSVP by calling 206-783-9264.



Mark your calendars for our annual NAMI Walk which will take place on Saturday May 17, 2014 at Kirkland's Marina Park. The annual walk is our LARGEST fundraiser for NAMI Greater Seattle. Last year we raised over \$30,000 for NAMI Greater Seattle. This year we want to increase that number to \$40,000--we need your support to make this happen.

Sign up today to become a team captain or to register as a walker.

Visit namiwalks.org/Washington to register for 2014 and see these new features:

- Streamlined Registration - Personal and Team Pages are automatically created
- Add video to your personal page
- Connect to your friends, family and donors through Facebook and Twitter
- Email donors with and e-card
- Read messages you've received...and so much more

**It is never too early to get started!
Register Today!**

Lillian's Garden

Carrie Knowles, author of the book *Lillian's Garden*, hopes that her book will become a catalyst for parents and counselors to start a conversation with teenagers about some of the tough real life issues they face. In her book, **Knowles** highlights a mother's struggle with depression. Here is a brief synopsis of the book:

“Just when Helen thinks she can take charge of her life, a devil-hunting itinerant preacher upsets the delicate balance she has managed in a family locked in secrets and headed for trouble. When Helen breaks down, her husband, Richard, angry and ashamed, commits her to a mental institution without telling their children where their mother has gone. “

Lillian's Garden is a novel about failure and finding redemption through learning how to ask for what you want and accepting what love has given you. If you are interested in learning more about the book, here is a link to **Ms. Knowles's** website: <http://carrieknowles.com/books/>

Ms. Knowles has generously donated a copy of her book along with a reader's discussion guide to our NAMI Greater Seattle Library. If you are interested in checking the book out, please stop by our office.

Scholarships are now available

from the King County Consumer Training Fund to attend local, state, or national trainings, classes or conferences focused on mental health issues. Eligible applicants must be residents of King County affected by mental illness as a consumer, family member or advocate.

Professional mental health employees and other paid staff of publicly funded mental health agencies are not eligible. This includes consumer to provider trainees.

There is an annual limit of one scholarship per year, per person for a maximum of \$500.

Mental Health First Aid

Date: February 22, Saturday

Time: 9am-5:30pm

Place: St. James, Downtown Seattle

Contact: Lyndsay Campbell, 206.783.9264

Cost: \$100.00 (Scholarships for those living in King County are available, please request application)

Presenter: Dwayne R Stone, MS

Supported by Community Psychiatric Clinic
And NAMI of Greater Seattle

What is Mental Health First Aid?

Mental Health First Aid is a one day 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. Mental Health First Aid teaches:

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, eating disorders, substance use disorders, and self-injury.
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care.



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*Standing Up and Speaking Out
for Persons with Mental Illness
and Their Families since 1978*

Founding member and Affiliate of the National Alliance on Mental Illness

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

NAMI Greater Seattle Board for 2014: Lucy Woodworth - President, Linda Worthington – Vice President, Molly Maloney - Treasurer, Carole Mougyrk – Secretary, Linda Batch, Gorm Nykreim, Amanda Olney, Maryam Borghey, Sarah Punshon, and Gretchen Hawkins.

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There are so many ways to partner with NAMI Greater Seattle to ensure that our vital work is continued. If you appreciate what we do, please consider contributing your support in one of the following ways:

1. Make a charitable donation of any size to NAMI Greater Seattle
2. Arrange to donate a vehicle, running or not--all you need is the title
3. Become an office volunteer
4. Make sure your NAMI Greater Seattle membership is up to date
5. Become a Team Captain for the NAMI Walk and designate NAMI Greater Seattle as your affiliate