

SPOTLIGHT

NAMI Greater Seattle, addressing the unmet needs of individuals with serious mental illness and their families through advocacy, public education, information and referral and self-help support groups.

Letter from the Executive Director - 1

Volunteer Spotlight - 2

Support Group Update - 2

Project Update: Lower Level Renovation - 2

Upcoming Events - 3

Memorial & Honorary Donations - 3

Other Ways to Help - 4

Letter from the Executive Director

Greetings NAMI Greater Seattle Friends and Supporters,

Notice anything different about the Spotlight? We're green this edition for a reason - happy Mental Health Awareness Month! Are you ready to "Go Green" with us for mental health this May?

We hope you'll take special note of the Seattle Foundation's GiveBIG campaign. On May 6th from midnight to midnight, when you donate to the NAMI Greater Seattle page we receive a portion of stretch funds from the Seattle Foundation, making your gift "stretch" even further. You may have already seen some of NAMI Greater Seattle's GiveBIG heroes on our social media over the last two weeks. They're so super, we're putting them in the Spotlight too!

The NAMI GS office also invites all of you to join us for the NAMIWalk on May 17th at Kirkland Marina Park. We are very excited to announce that everyone's favorite bird, Blitz the Seahawks mascot, will be at the finish line cheering all our walkers on! Come enjoy our DJ, coffee from Starbucks, ice cream from Ben & Jerry's, a beautiful view, and a great cause.

Mental Health Awareness Month is a great time to raise awareness and start mental health conversations in your community. I hope to meet many of you at these special Mental Health Awareness month events!

Ashley Fontaine

stand up against stigma

No Health without
Mental Health



Did you know?

In Washington State, about 220,000 adults live with mental health conditions and less than 30% of those individuals are receiving mental health services.

May was first recognized as Mental Health Awareness Month in 1949 by the U.S. Department of Health and Human Services. Now, 65 years later, we still have plenty of work to do in raising awareness about mental health and erasing the stigma.

So what can YOU do for Mental Health Awareness Month?

Here are some ideas to get you started:

- Join the Washington NAMIWalk
- Write a blog post about mental health
- Share your own skills and tips for maintaining your mental health via social media using #MentalHealthMatters or #MHM2014 and make your profile picture green
- Donate your favorite mental health related book to your local library or NAMI GS's library
- Share a mental health news article from the NAMI GS Facebook or Twitter feed
- Organize a "Go Green" day at your office or school
- Sponsor an In Our Own Voice presentation in your community
- Become a NAMI Greater Seattle member
- Tell people about NAMI!



Mental Health Awareness Month Events

May 6: GiveBIG

From midnight to midnight, when you donate to [NAMI Greater Seattle](#), the Seattle Foundation's stretch funds will make your donation even bigger! Plus, "Golden Tickets" of \$1000 each will be added to donations at random over the course of GiveBIG day. The more donations designated for NAMI Greater Seattle, the more chances to find a golden ticket!

May 8: 2:365 Art Book Launch & Exhibition

Presented by ucki ood & International Bipolar Foundation, 6pm-11:30pm at Sole Repair Shop, 1001 E. Pike Street. See 365 canvasses painted by artist Missy Douglas, illustrating her struggle with bipolar disorder. [Registration required](#), space is limited.

May 14: Go Green Day!

NAMI GS staff will be sporting green all day on May 14th in honor of Mental Health Month. Coordinate a green day at your office, school, or community center to raise awareness and get people talking.

May 17: NAMIWalk Washington

8am check in, 9:30am step off, bring your friends, family, and fido!
25 Lakeshore Plaza Drive, Kirkland, WA. 98033

May 24: Zumbathon at Greenwood Senior Center

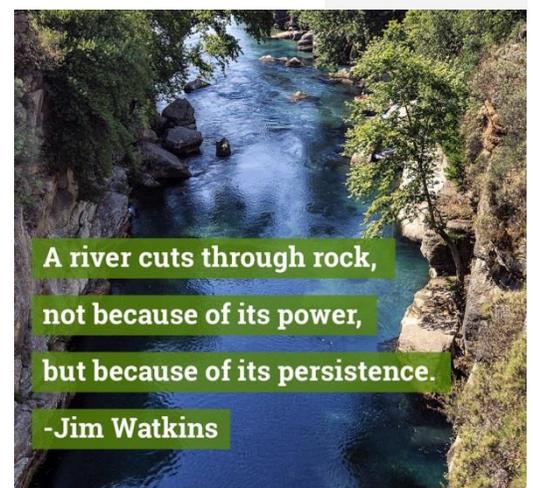
Join us at 10am in the Greenwood Room to get your Zumba on! Suggested \$10 donation. 100% of the proceeds benefit NAMI Greater Seattle. 525 N 85th St., Seattle, WA. 98103

May 29: Special Presentation of "Inner Worlds"

Join producer Phil Borges for a presentation and discussion of his upcoming documentary, *Crazywise*, at 6pm. Location TBD.

May 31: Western State Hospital Family Education Day

9am-4pm. Registration required, call (206) 756-2930.



A river cuts through rock,
not because of its power,
but because of its persistence.

-Jim Watkins

GiveBIG for our Heroes on MAY 6!



Gretchen is an In Our Own Voice speaker who has helped bring awareness to the stigmas associated with mental illness to hundreds of people, inspiring hope and compassion in others through her advocacy work.

Adanna is an intern and one of our Support Link heroes, offering guidance and compassion to callers seeking mental health resources. She spearheaded the development of a statewide resource map for individuals in rural areas, where smaller affiliates might not have regular business hours or full time staff and volunteers. We are fortunate to have heroes like Adanna answering Support Link calls Monday through Friday, 9-5!

Carrell is one of our Support Group heroes. She facilitates a self-help group every Wednesday at the NAMI Greater Seattle office – and has volunteered her time for over 15 YEARS!

Gail single-handedly manages the King County Training and Scholarship Fund while **Lyndsay** manages all our signature programs like Family-to-Family and In our Own Voice. They both answer Support Link calls and support our volunteers. But they do many other unsung and unglamorous tasks – fixing the copier, restocking toilet paper, and neither of them is a stranger to wielding a paint brush or a power tool to keep our building in shape. Many thanks to these Wonder Women!

Of course, we have to thank all the heroes not pictured here – our members and donors. Thank you for joining us in our quest to end the stigma of mental illness and inspire hope in the Greater Seattle community. You are all heroes in our eyes!

GiveBIG is a one-day giving campaign hosted by The Seattle Foundation.

<http://www.seattlefoundation.org/npos/Pages/NAMIGreaterSeattle.aspx>



Our annual NAMIWalk is right around the corner on **Saturday May 17, 2014** at Kirkland's Marina Park. Registration opens at 8am, and we step off at 9:30am sharp!

We had a wonderful NAMIWalk Kickoff Luncheon hosted by Navos on April 3rd. Good food, good prizes, and good people - including brand new In Our Own Voice speaker Melissa Estes, a NAMI Greater Seattle volunteer.



The annual walk is our LARGEST fundraiser for NAMI Greater Seattle and our 2014 goal is ambitious: we want to raise \$40,000 and have at least 40 teams total! Proceeds from the NAMIWalk help us provide programs like In Our Own Voice at no cost to our community.



Why (NAMI)Walk for Mental Health?

"I walk in the NAMI Walk of Washington because there is strength in numbers. Many people who are living with mental illness feel isolated and alone. Mental illness is widely misunderstood and because of stigma people have a hard time talking about it – even to their closest friends and family. However, mental illness is very common, with 1 in 4 families affected.

The NAMIWalk is an uplifting occasion to gather together and raise awareness. It's also NAMI Greater Seattle's largest fundraiser, making up approximately 20% of the annual income. This funding makes it possible for NAMI Greater Seattle to provide resources and referrals to help people navigate the mental health system and to offer free classes, support groups and outreach programs that improve the lives of individuals and families affected by mental illness in our community.

I personally know what a difference NAMI programs can make. This will be my 5th Walk, and each year I am overwhelmed by the generosity of my family and friends who sponsor and support me. "

Are you ready to walk with NAMI Greater Seattle?

Visit namiwalks.org/Washington to register and create your team. Blitz will be waiting for you at the finish line on May 17th!

