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# 2021 Annual Report



**Produced January 2022**

**NAMI Whatcom**

**Kim Sauter, Executive Director**

**Rosemary Webb, Board President**

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## Message from Executive Director, Kim Sauter

### 2021 programs

In 2021 we offered 7 NAMI Signature Programs (listed below) and: one new program, NAMI Sharing Your Story with Law Enforcement.

- We sent 20 individuals to training to lead NAMI Signature programs;
- We held 5 Ed Forums or Community Conversations ranging in topic from A LEAP Workshop (Listen, Empathize, Agree, Partner) to Crisis Intervention training with Renee Cox , a trainer with Washington State Law Enforcement;
- We served 1,545 people in support groups (188 first time) and presented *In Your Own Voice* and *Ending the Silence* to over 600 individuals; and
- We continue to collaborate with the Whatcom County Juvenile Court Community Links program and offer presentations to civic groups as varied as the Parish Nurse Ministries and Whatcom Community College.

Two of our volunteers received special recognition: Rodger Butler, our facilitator for the Survivors of Suicide Loss support group, received the NAMI Washington Partner award; and Deana Ottum received a Community Builder Award from the Whatcom Family and Community Coalition. Congratulations to both!

### Board of Directors Update

We are so grateful for the two board members who have fulfilled their service, Gracie Lamb and Bruce Smith. We wish them well in their new endeavors. We also are welcoming 4 new Board Members, Chris Ohana, Mieka Rhoades, Blaire Sebren, and Kim Brown.

### Public Policy Highlights

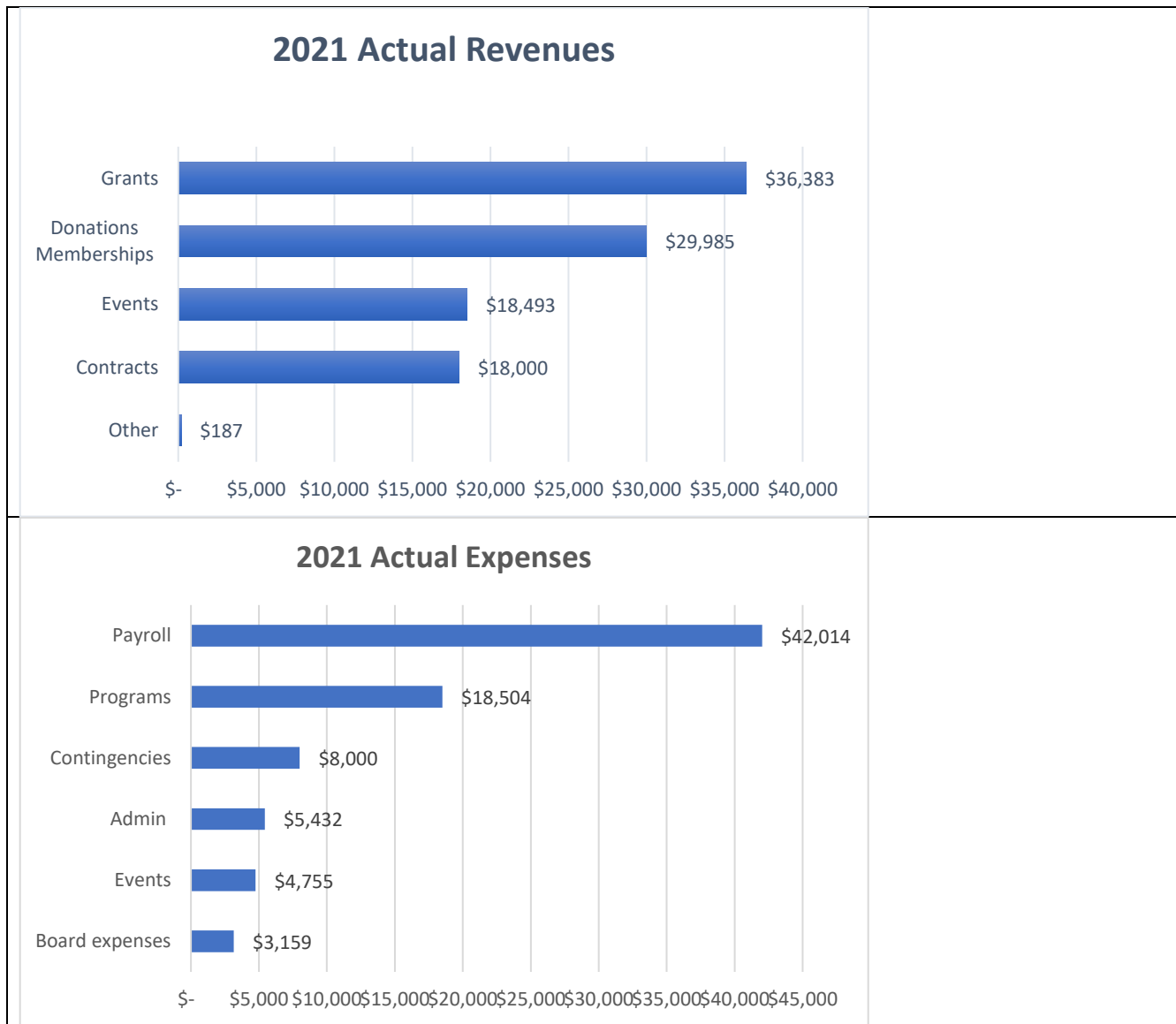
2021 NAMI Lobby Day was online, and we joined with the other 18 Washington affiliates to lobby for HB 1086 which created the state office of behavioral health consumer advocacy and HB 1477 helping the state Implement the national 988 system to enhance and expand behavioral health crisis response and suicide prevention services. Our Board member Brian Estes is trained to offer NAMI Smarts to members around the state who want to advocate in 2022. If you would like to participate this year, contact the office, Lobby Day will be held virtually February 21<sup>st</sup> thru the 25<sup>th</sup>. Locally we plan to continue Law Enforcement outreach and now have a representative on the Behavioral Health Subcommittee of Whatcom County's Incarceration Prevention and Reduction Task Force.

### Equity, Diversity, and Inclusion

As with many organizations, we have been working on equity, diversity, and inclusion in how we, as an organization, engage with the community we serve, as well as the composition of our board, and volunteers. For example, a number of our Board of Directors attended NAMI Washington sponsored

EDI trainings with Erin Jones. This year we have an opportunity to send a community member to attend a series of EDI consultations with Lucy Yee Management Consulting to assist NAMI Whatcom to further racial equity in our own work. We are also participating in *Compartiendo Esperanza*, a pilot project reaching out to the Spanish speaking community. NAMI Whatcom is striving to provide resources and services to a more diverse community which will only strengthen us as an organization.

## Finances



In 2021 we were able to receive grants from NAMI Covid Funds, Norcliffe Grant via NAMI Washington, Division of Behavioral Health and Recovery Grant via NAMI Washington, *Compartiendo Esperanza* Via NAMI Washington, First Federal Foundation, the Resilience Fund of the Whatcom Community Foundation. We received more community member donations and Facebook fundraisers than in previous years. Our main fundraiser, the Stigma Stomp was successful raising in \$15,780.

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## Message from Board President Rosemary Webb

### **The Year Ahead**

2021 was an incredible year for NAMI of Whatcom County! We broke records in the number of persons served through our Signature Programs and we broke records in the funds raised by our annual Stigma Stomp Fundraiser. THANK YOU ALL, our sponsors, donors and record-breaking number of participants! And we also received record breaking donations from our Whatcom community members in 2021; and this after the challenges and hardships we all faced since the pandemic began. Thank you all for your support and commitment to the work of NAMI in our community!

Because of your great response to the work of NAMI Whatcom in 2021, the Board of Director's is inspired and challenged to expand our outreach goals for 2022. We are committed to expand a message of hope and "You are not alone" to our community.

NAMI Whatcom is planning on being more pro-active with Educational Forums, School presentations, and special interest discussions on topics such as self-care and wellness for all persons. We have plans to expand our Peer Support Group outreach focusing on our core values such as KINDNESS, LISTENING and EMPATHY.

NAMI Whatcom Signature Programs are led by the enthusiasm, generosity, talent and commitment of our incredible volunteers and in partnership with our donors. We recognize we could not succeed in our mission if not for our wonderful volunteers.

Learn more about how YOU can get involved by checking out our website at [www.namiwhatcom.org](http://www.namiwhatcom.org) or calling or emailing our office.

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We are also excited about our signature fundraising event, **Stigma Stomp**. At this time, it is too early to know if the event will be virtual or in person. Nevertheless, please save the date for Saturday, October 1, 2022 at 10am as we Stomp Out the Sigma of Mental Illness.



## *LET'S MOVE FOR MENTAL HEALTH*

### **Our Team**

#### **Staff**

Executive Director: Kim Sauter, MS  
Peer Coordinator: Amy Armstrong

#### **Board of Directors**

Rosemary Webb, President  
Brian Estes, Vice President  
Bruce Smith MD, Treasurer  
Tom Scott, Secretary  
Gracie Lamb, Membership  
Chris Ohana,  
Mieka Rhoades,  
Russ Sapienza, Peer Emeritus

### **Contact Us**

#### **Office**

800 E. Chestnut St., Suite 1C Bellingham

#### **Mailing**

PO Box 5571, Bellingham 98227  
Phone: 360.671.4950  
E-mail: [namiadmin@namiwhatcom.org](mailto:namiadmin@namiwhatcom.org)  
[www.namiwhatcom.org](http://www.namiwhatcom.org)