
2019 Annual Report



August 2020

NAMI Whatcom

Kim Sauter, Executive Director

Rosemary Webb, Board President

Message from the Executive Director Kim Sauter

NAMI Whatcom offers exciting new programs

NAMI Whatcom continues to grow and develop new programs to provide support to both those experiencing mental illness and those that support them. In 2019 we added a new signature program: *Ending the Silence*. This program includes a 50-minute presentation by a young adult with a mental health condition who shares their journey of recovery. This presentation provides deep insight about the warning signs of mental health conditions and what to do if you or a loved one are showing symptoms of a mental health condition. Other programs in 2019 include:

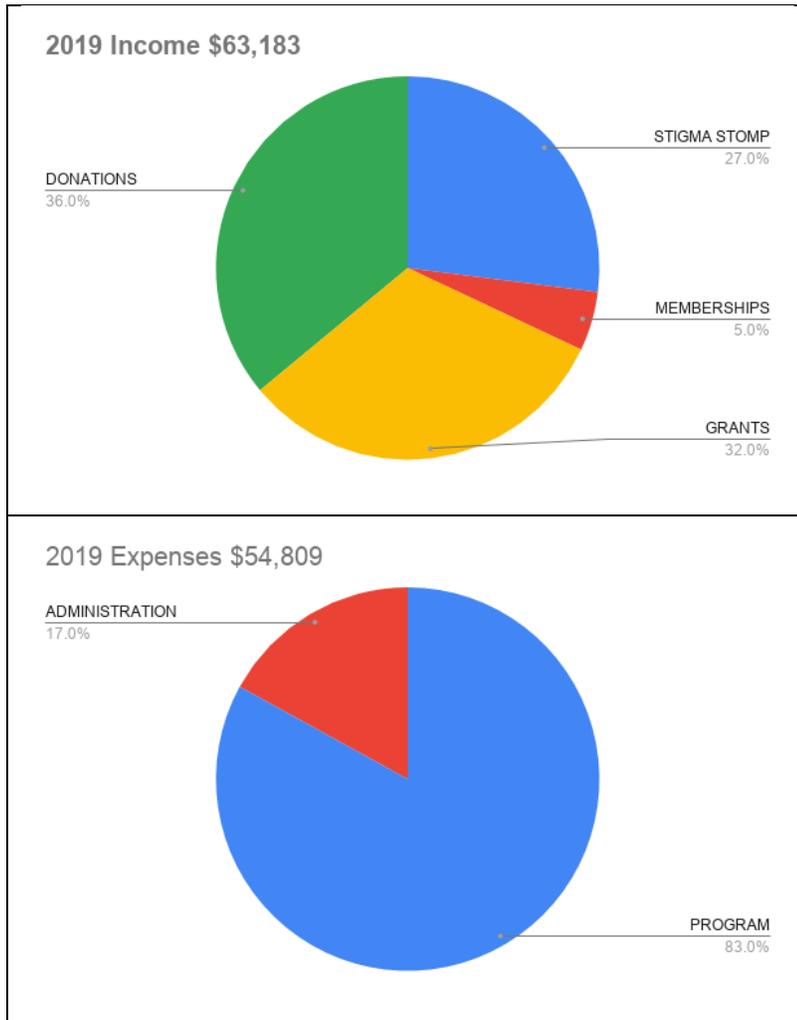
- Presentations to 160 law enforcement officers by family members and individuals who live with mental health conditions.
- Educated 180 teens about the signs and symptoms of mental health conditions, and how to get help with NAMI *Ending the Silence* presentations.
- We created connections through 90 support groups led by peer volunteers.
- We brought hope to 667 people through our NAMI *In Our Own Voice* recovery stories.
- All these sessions provide hope and improve the quality of life for those who are affected by mental illness through support, education, and advocacy.

NAMI WHATCOM MAKES A DIFFERENCE!

“The NAMI Whatcom mission of Educate, Advocate and Support all affected by mental illness is why I am a NAMI Whatcom Family to Family teacher, volunteer, Homefront teacher, and Family Support Group facilitator. I help educate Whatcom County families about mental health, provide hope to families so they do not feel alone, and teach families the options in our community. I choose to be part of NAMI Whatcom because I do not want families to go through what we have gone through as a family with a child who has schizophrenia.”

Deana, Family to Family graduate and program leader

Finances



“The fact that the speakers took personal experiences to show that it gets better for people, it’s an amazing program. I honestly loved it; you are brave enough to talk about your own experiences. I think it’s important to let kids know that it’s okay to not be okay. It helps me to know I ‘m not alone! It helped me understand.

-Student, Ending the Silence

NAMI WHATCOM MAKES A DIFFERENCE!

“Connections Recovery Support Group connects people with a mental health condition to a welcoming, safe, and secure space. It is the sharing that bonds us in our time together. It continues to be so very helpful in my own mental health journey.”

- Facilitator, Connections Recovery Group

Message from Board President Rosemary Webb

The Year Ahead

During 2020 we expect to provide more free presentations, support groups, and classes. The updated evidence-based NAMI *Family to Family* class has engaging videos and in January we debuted this class.

We are excited to be engaging more students with the *Ending the Silence* Program. This is a powerful message of telling our stories, teaching about mental health conditions, and how to help someone you love. This presentation, and others NAMI Whatcom offers, ensures that **NO ONE IS ALONE IN THIS STRUGGLE.**

NAMI Whatcom's Signature Programs are led by the enthusiasm, generosity, and talent of our incredible volunteers and donors. Learn more about how you can get involved by calling or emailing our office.

We are also excited about our signature fundraising event, the **Stigma Stomp**. This year it will be virtual but no less exciting and we will Stomp Out the Stigma of Mental Illness. Please join us on September 19 at 10:am for this memorable event. Register [here](#) for the Stigma Stomp.



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
Russ Sapienza, Peer Emeritus

Contact Us

Mailing Address

PO Box 5571, Bellingham 98227

Office

800 E. Chestnut St., Suite 1C Bellingham
Phone: 360.671.4950
E-mail: namiadmin@namiwhatcom.org
www.namiwhatcom.org