

SEPT - OCT 2014

Our Mission: NAMI Greater Seattle addresses the unmet mental health needs within our community through support, referral, education, and outreach.

Letter from the Executive Director

Dear NAMI Greater Seattle Friends and Supporters,

Today the 2014 NAMI National Convention in Washington, D.C. officially begun! I look forward to learning more about NAMI's plans for 2015 and bringing back fresh energy and new connections with other NAMI affiliates across the country.

We took the opportunity to kick off our "Why I Join" campaign at the Open House last month, asking our members to share the story of why they became a NAMI Greater Seattle member, or how NAMI has touched their lives. Of course our staff and board participated, too. Will you take a moment at the next NAMI Greater Seattle event to write a few words and take a quick photo?



We hope that more of you will share your personal tales and put a face to mental health. Your stories inspire us!

All the best,
-Ashley Fontaine

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August Open House

We had a great turnout for our Open House on August 13th. The root beer floats were a big hit!

Some of our members shared why they're part of NAMI Greater Seattle for our "Why I Join" campaign, like Greg:

Thank you to all who came out for the grand tour! Keep your eye out for more "Why I Join" stories over the next few months.



Make a Recurring Gift to NAMI Greater Seattle! By Board President, Lucy Woodworth

I recently signed up to make a recurring monthly donation to support NAMI Greater Seattle, and you can too!

NAMI GS now offers the opportunity to set up a monthly donation through its website via Paypal. For me, this means I can increase my contribution by breaking it down into smaller, more affordable, donations each month.

I am so grateful to NAMI Greater Seattle for the assistance it has provided me through Family-to-Family, Support Link and support groups. I donate so that others may receive the same help. NAMI Greater Seattle receives the majority of its income from individual donations: almost 60% in 2013! Individual donations by NAMI GS supporters are the most sustainable funds for the nonprofit.

Please sign up to give a recurring donation to NAMI Greater Seattle on the website at <http://www.nami-greaterseattle.org/give/>. You can choose whatever amount fits into your budget; just click the donate button and then check the "make this recurring (monthly)" box.

Other Ways to Support NAMI Greater Seattle:



Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to NAMI Greater Seattle at www.fredmeyer.com/communityrewards.

You can search for us by name, or by our non-profit number **83973**. Then, every time you shop and use your Rewards Card at Fred Meyer, you help NAMI Greater Seattle earn a donation!

Upcoming Events

October 10: Depressed Cake Shop NAMI Greater Seattle!



4pm-8pm at The Coterie Room, 2137 2nd Ave., Seattle, WA

Get some sweet sad treats and support NAMI GS during Mental Illness Awareness Week.

See pages 2-3 for more details or <http://www.nami-greaterseattle.org/dcs>

October 25 & 26: HealthFest

10am-5pm at the Seattle Center Armory, 305 Harrison St. Seattle, WA

Explore health, human service, nutrition, education and employment opportunities. Free flu vaccines, assistance with health insurance, workshops, and emergency preparedness demonstrations. More information at <http://seattlecenter.org/healthfest>



October 23-26: Seattle/King Co. Clinic with RAM (FREE!)

FREE Dental, Vision & Medical Care



Key Arena, 401 1st Ave. N., Seattle, WA 98109

Do you need specific medical, dental, or vision services? Visit this clinic! All are welcome and no ID or proof of citizenship required.

Free parking at the 1st Ave. N. and Thomas St. parking garage. For more information including when you should arrive to receive services, visit: <http://seattlecenter.org/skclinic>

September 10 & 11: King Co. Behavioral Health Conference

This free conference is FULL, but NAMI Greater Seattle could still use a few volunteers to assist at our information table. As a volunteer, you'll have a great opportunity to network with other attendees. Contact Program Manager Lyndsay Campbell directly at office@nami-greaterseattle.org

September 18: Bridging the Gap: Mental Health Conference



Provided by University of Washington Continuing Nursing Education in partnership with NAMI Greater Seattle, Nikkei Concerns, Seattle Keiro, UW Hospital, Harborview Medical Center, and Washington State University.

Featured Topic: Enhancing Your Competence with Suicide Risk Assessment and Safety Planning.

For more information or to register: <http://goo.gl/PYfdSE>

September 20: Stampede Over Stigma

1pm at Magnuson Park, 7400 Sandpoint Way NE, Seattle WA 98115

Join the 2nd annual Stampede Over Stigma to run, bike, or walk and raise awareness about mental illness and the stigmas that surround it. Proceeds benefit Circle of Friends. Register at: <http://www.stampedeoverstigma.org>





Depressed Cake Shop NAMI Greater Seattle



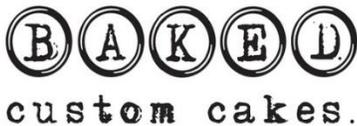
The Depressed Cake Shop is a pop-up bakery featuring desserts donated by local bakeries to raise money and awareness about depression and other mental illnesses. These sweet treats are gray on the outside, but don't be deceived, the inside might surprise you!

Join us for The Depressed Cake Shop and support NAMI Greater Seattle during Mental Illness Awareness Week. We have great raffle prizes plus champagne and sparkling cider for purchase to accompany your dessert.

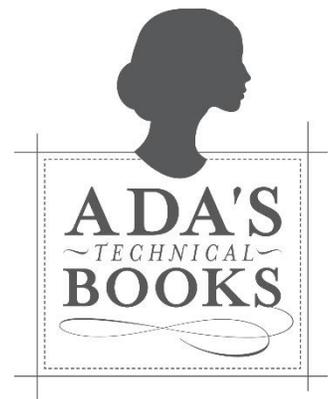
Friday, October 10th, 4pm-8pm
The Coterie Room
2137 2nd Ave., Seattle, WA 98121



We are so pleased to highlight the bakeries and *SWEET* businesses (hah, get it?) participating in the 2014 Depressed Cake Shop NAMI Greater Seattle. Special thanks to The Coterie Room for hosting us!



Organic Artisan Ice Cream



stuffed cakes™



Posthumous Degree Conferred to Milo Locklear



It was with tears of sadness and joy that the family of Milo Locklear accepted on his behalf a posthumous degree from Phoenix University at ShoWare Center on June 21, 2014. Building upon the Associate's Degree he earned in Running Start during high school, Milo's goal was to finish his Bachelor of Science in Business with an emphasis in Hospitality Management.

After researching different programs he chose Phoenix University and completed one course before passing away last September Milo loved everything about learning at Phoenix U, especially the team cohort approach, and he was looking forward to graduating.

Said the Locklears in their petition: "We want to thank the Academic Affairs Board for having this process in place and for allowing the story of one your 'everyday' students to be heard..."

Thank you for hearing the story of our son, one of these 'everyday' students, his efforts and challenges in striving for his degree. **Milo never gave up his dream!** We feel quite certain that this is what Milo would want, for us to be proud of what he did manage to achieve academically, to see his college diploma hanging on the wall alongside his sister's. What an incredible honor and a coming full circle that would be. We are hoping our petition will be received and considered with open minds and hearts; thousands of students and families like ours across the country are affected by mental illness every day of the year."

NAMI Greater Seattle assisted the Locklear family by writing a letter of support for their petition. Milo's mom Sandra participated in her first NAMIWalk this year and is looking forward to attending the National Convention next month in Washington D.C. Says Sandra Locklear, "We want to thank NAMI Greater Seattle from the bottom of our hearts! **This truly is about acknowledging the struggles of real people.**" The Phoenix University Class of 2014 all applauded when Milo's big bear, tie slightly askew, waved to them from the stage.

[Read more about [Milo](#).]



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