



Online Meeting Minutes: Jan 18, 2022

Guest Speaker: Barbie Collins Young, Executive Director, NAMI Eastside, barbie@nami-eastside.org

- NAMI Eastside is beginning its 21st year serving Eastside communities with mental health supports
- NAMI Eastside is one of 19 NAMI affiliates in WA state, all independent nonprofits
- Provides programs, services and classes for individuals, their families/caregivers, and their communities
- Supports are led by trained facilitators with lived experience
- Always free and confidential
- One exception, Mental Health First Aid class has a cost to cover licensed materials
- Support groups can be general or specialized, and are offered most days of the week
- Currently exploring introduction to support groups materials to acquaint people with how they work and who attends. Want people to feel more comfortable in attending / participating in support groups
- In 2020, statistics revealed 1 in 5 people were experiencing a mental health issue, and 2021 numbers are expected to double. These numbers are understated as they are only from those who sought assistance
- In the pandemic, everyone is experiencing some level of PTSD, and NAMI Eastside is ramping up staff and services to help address the increase in need
- NAMI Eastside is part of HealthierHere/Unite Us network enabling NAMI staff to connect people with a range of resources. NAMI works to provide a “warm handoff” in place of a list of organizations for people to contact.
- Currently focusing on supporting those experiencing homelessness and transitional housing, connecting individuals and families with resources
- In 2020, NAMI Eastside served more than 13,000 people, and in 2021 expected to exceed 18,000 people
- Program “Ending the Silence” in schools with student led conversations to other students, parents and staff to break down stigma, education on mental health issues, how to have conversations, and how to access resources
- Program “In Their Voices” is about conversations of lived experience, shared with students and also law enforcement, providing space to share what would have benefited individuals in schools and when interacting with law enforcement
- Faith Net Meetings engage with faith-based organizations sharing NAMI Eastside as a resource, as well as invite members to learn how to be facilitators and educators. NAMI Eastside provides the training, as well as a mentor for newly trained individuals.
- In 2021, Youth Ambassador program in schools, a platform to understand mental health conditions as well as share student voices. More info on website under the Volunteer tab/Youth Ambassador
- Concern for how self-care is promoted but not always modeled by parents, school staff, etc. We all need to be doing better at creating a culture of self-care and making it okay and a priority
- Referrals to NAMI Eastside can be made by emailing info@nami-eastside.org
- Also Brenda Freeman, Resource Specialist, can provide referrals through Unite Us Brenda@nami-eastside.org

City of Issaquah, Hannah Roberts, Human Services

- City is seeking public feedback on Human Services Strategic Plan. Multiple ways to participate: email, complete survey, meet 1:1 with Hannah or Monica. Also, [Join us](#) for Community Input Workshop on **Tuesday January 25, 2022, 3:00 - 4:30 pm**
- Hiring a 2nd Behavioral Health Coordinator position, <https://www.governmentjobs.com/careers/issaquahwa/jobs/3383765/behavioral-health-coordinator?pagetype=jobOpportunitiesJobs>

Issaquah Sammamish Interfaith Coalition, Elizabeth Maupin

- Interfaith Advocacy Days will be February 6-9 (<https://fanwa.org/interfaith-advocacy-day/>)
- Housing and Homelessness Advocacy Days will be February 1-3 (<https://www.wliha.org/hhad>)

Issaquah Community Services, Lori Birrell

- Annual fundraising campaign almost to goal, seeking last \$19,000 to reach goal
- In 2021, served 1,100 individuals/354 households with \$270,000 in support. 20% increase over prior year
- Would like an INN Directory to be able to connect with folks between meetings
- INN List assisted with connecting food from a Starbucks to Warming Center at senior center, and Jan Bennett for TC4.

Issaquah Food & Clothing Bank, Outreach, Caelann Wood

- Now 4 months in to position. Yay!
- Currently providing a lot of assistance with getting folks identification/licenses by providing transportation, funds, etc. ID is required to access many state and federal resources
- Providing cell phones to individuals, covering initial costs until person able to be enrolled in government programs
- Providing clothing and cold weather gear for those experiencing homelessness, and also providing gift cards to Value Village to shop for clothing.

Everyone 4 veterans Theresa Cheng

- E4V provides dental care and assistance to low income combat veterans
- Requests for assistance are lower, likely due to access barriers with pandemic

KCLS, Zlatina Encheva. Issaquah/Sammamish/Fall City Adult Services librarian

- KCLS branches are open
- Many services provided online, check out website for events and programs
- Some branches have experienced break-ins, though little to no money is on site
- KCLS conducting a community partner survey, link to be shared