Healthy D





Providing HOPE, HEALING &



Ruth Dykeman Children's Center **navos**

Rold

Healthy Mind. Healthy Body. Healthy Community.

Seattle Children's Home SINCE 1884

NAVOS.ORG

"Navos helped me every step of the way." --- NAVOS CLIENT

Providing WELLNESS and RECOVERY to the most vulnerable people in our community.

MISSION

Navos is committed to transforming the quality of life of people vulnerable to mental illness and substance use disorders by providing a broad continuum of care.

We believe that diversity, inclusion and equity are vital to living our values and achieving our mission.

VISION

A healthy community in which people thrive while managing symptoms of mental illness and substance use disorders.

DEAR FRIEND OF NAVOS,

2016 marks the 50th anniversary of the founding of Navos. Together with our legacy partner organizations, Seattle Children's Home and Ruth Dykeman Children's Center, we have collectively provided more than 275 years of service to the most vulnerable people in our community. We have proudly evolved to create a comprehensive continuum of care to meet the specialized treatment needs of young children, adolescents and adults of all ages who represent diverse cultures and backgrounds.

Understanding of, and treatment for mental illness have advanced significantly since Navos began in 1966. With the developments of new ways to facilitate healing, we now know that Recovery happens with treatment and support. And in my eighteen years as CEO at Navos I have been proud to be part of an organization that has been a leader in innovating and applying best practices in new therapies as they emerge.

As we move forward, our work is guided by our three strategic initiatives: creating the **Best Place to Work**, continuing our commitment to **Clinical Excellence** and strengthening our **Financial Sustainability**. Achieving these through a multiyear plan will put us in a strong position for years to come so we may continue to provide our critical services to the most vulnerable people in our community. Navos will continue responding to the pressing need to improve our ability to promote behavioral health and wellness, prevent behavioral health challenges and effectively treat mental health and substance use disorders, and address the primary care needs in children, youth and adults in King County.

Treatment works, and the earlier the behavioral health challenge is diagnosed and treated, the better chance for recovery, for stopping the progression of mental illnesses and substance use disorders into adulthood, and for a healthy future.

While great progress has been made, **there is still much work to be done!** As Navos continues to tirelessly advocate for those not fully empowered, we are dedicated to ensuring that Navos is an employer, provider and community partner that **promotes diversity and champion's inclusion for all.**

Thank you for being a supporter of Navos programs and for your concern for treating mental illness and substance use disorders and creating hope, healing and a healthy future for vulnerable children, youth and adults in our community.

Together, we can make the next 50 years just as innovative and dedicated to wellness as the last 50!

Thank you for being a caring person and joining with us to support and sustain critical programs and services for the most at risk in our community, giving them the help they need and hope for a healthy future.

Thanks for all the good you help make happen,

aveil M. Johnan, Ed. D.

David M. Johnson, Ed.D, LMHC Chief Executive Officer

Family Health Center Project received 2015 Community Impact Development of the Year award

NAVOS' FAMILY HEALTH CENTER OPENED ON LAKE BURIEN

Thank you to our community for your generous support, helping to create a home-like atmosphere and sanctuary that promotes healing and wellness.



INDEPENDENCE BRIDGE

Supported 30 young adults, ages 18-24, most transitioning from foster care, with their own furnished studio apartment, life skills and other critical support services.

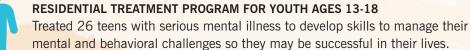




INFANT AND EARLY CHILDHOOD MENTAL HEALTH PROGRAM AGES 0-5

Helped 214 vulnerable babies and very young children and their parents/caregivers to form secure, nurturing attachments and break cycles of abuse and neglect.

RESIDENTIAL TREATMENT PROGRAM FOR CHILDREN AGES 6-12 Supported healing for 24 children removed from their homes due to abuse and neglect.



OUTPATIENT SERVICES FOR CHILDREN, YOUTH & ADULTS Helped 1,821 children and youth with emotional/behavioral disturbances develop coping skills to manage their mental health.

who was physically abused/neglected or were at imminent risk of physical abuse/neglect. Helped 4826 adults recover from the challenges of mental health issues to achieve their potential for self-sufficiency and wellness.

Supported 214 parents/caregivers to establish a safe and functional home for their child

mental illness are unemployed

EMPLOYMENT SERVICES

118 adults with serious mental illness increased their employability and self-sufficiency.



1 in every 5 adults experience a mental illness

ADULT INPATIENT FACILITY

986 adults with severe mental illness received treatment enabling them to return to the community.

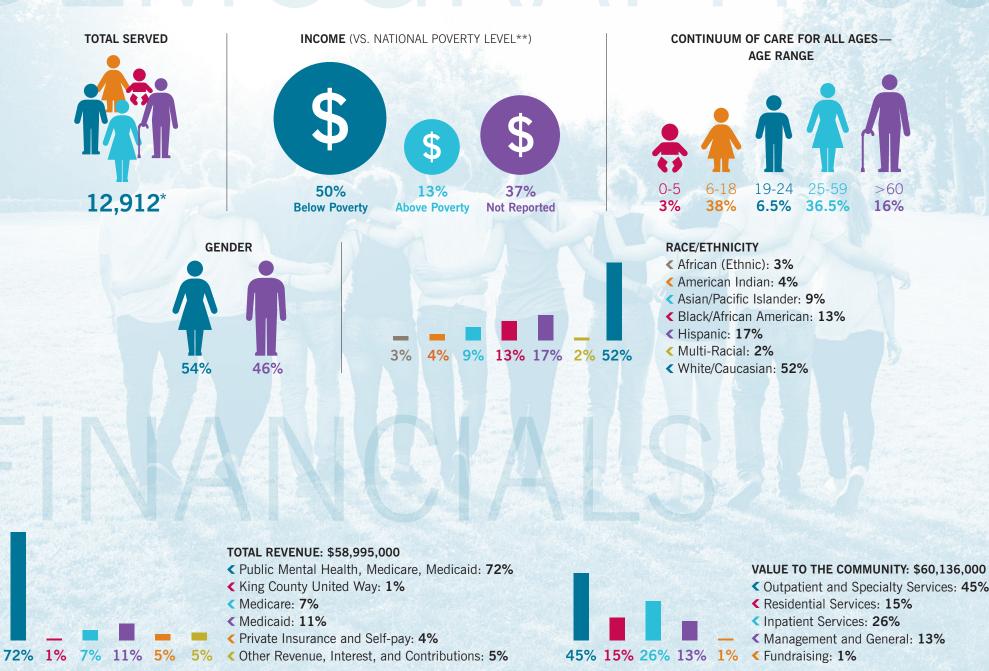


1/3 of the homeless population are people with serious, untreated mental illness

HOUSING

Provided housing and support services for 267 adults with serious mental illness who would otherwise be homeless, in jail or using emergency rooms for psychiatric care.

"I would not be here today if it weren't for the caring staff at Navos." - NAVOS CLIENT



"I found my life again thanks to Navos." -- NAVOS CLIENT

INDIVIDUALS

\$25,000+ Anonymous Estate of Kathryn Barnard

\$10,000-\$24,999

Anonymous group Bobbe and Jon Bridge Charles F. Hoffman and Marie Hoffman Judy Pigott Fred and Jan Tompkins

\$5,000-\$9,999

Rebeca Dawn Jean Ellsworth Dave Gwinn and Karen Pederson Denise Hanson Pat Kennedy and Melissa Ries Ted and Jan McCaugherty Patti and Gene Neuberger Margaret Niles and Stephen Garratt Kathleen and Allen Shoup

\$2,500-\$4,999

Brian Abeel and Leticia Lopez Steve Clark and Chris Smith-Clark Evelyn Edwards Nicholas Lovejoy Matthew and Nancy Mihlon Dominick Minotti Richard Omata and Carol Moody Nat and Poo Penrose Elizabeth and Geevy Thomas

\$1,000-\$2,499

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We are grateful to the individuals, families, corporations and foundations for their investment in sustaining our mission, programs and services.

THIS LIST REFLECTS GIFTS MADE BETWEEN JANUARY 1 AND DECEMBER 31, 2015

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Anonymous in memory of Emile Beux Anonymous in honor of Nikki Lillian Bertin in memory of Emile Beux Evelyn Edwards in memory of Emile Beux Patricia and Leonard Schroeter in honor of Ann Thompson and Grace Haynes





UNDER \$150

304 generous people each made a contribution of less that \$150 to the Navos family.

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