

Delivering HOPE at Navos



Pictured here, Governor Jay Inslee and Sandra during his visit to Navos in July.

A real life story of Recovery

"My name is Sandra, and I was homeless when I first came to Navos. I had been living in a boat in my brother's back yard after leaving Western State Hospital where I had been treated for six years.

From living in the boat, I was accepted into Navos' PACT housing program where I lived for six years. With my Navos housing I received services in my own home from a team of staff including substance use disorder counseling, vocational counseling, therapy, nutrition from a nurse, primary care, and a peer* helping me every day until I learned to take medication on my own, take the bus to appointments and manage my everyday activities by myself.

After a history of abusive relationships, prostitution, and drug use, at the age of 52 I have my first home. I am in the process of graduating from Navos housing to an apartment of my own. Last week I applied for a job at Safeco field, and met with my new outpatient counselor.

I also go back to Western State Hospital as a volunteer once a month to do inspirational talks on how to leave Western and move into the community into a supportive housing program like the one I was in. For the last two years, I have chaired an AA meeting each week and I'm proud to say I am 12 years clean and sober. I thank the team at Navos and their housing and for helping me gain my confidence back and learn the skills to stay healthy.

I did the work to be successful but I credit the team at Navos for giving me a safe and respectful place to live, being consistent, patient, holding the hope, and challenging me to go the next step."

*A peer is a former client who has received training and is hired to provide support and hope to clients in treatment.

"I am graduating from Navos housing to an apartment of my own."

WHY I SUPPORT NAVOS



Brian Abeel is Director of International Accounting Operations for Boeing Shared Services Group.

A message from Brian Abeel, new Board Member at Navos

I first became aware of Navos three years ago, shortly after my wife, Leticia, and I moved to Burien from Seattle. We attended a holiday gathering where Navos' CEO, David Johnson, spoke to our neighborhood group. David informed us about the construction that would result on Navos' Lake Burien campus, formerly Ruth Dykeman Children's Center. He promised they would continue to be good neighbors and they have lived up to that promise.

About a year after this event, our youngest daughter began to experience what we now understand is severe mental illness. Initially, we thought she was being an extremely belligerent teenager, then a few months later she experienced a complete psychotic break. She was hospitalized three times in quick succession and the third time was for ten weeks. This was a frightening and chaotic period for us. Working through the triage system of mental health resources, our daughter was placed at the top of a list to enter the "CLIP" Program (Children's Long-Term Inpatient Program). This intensive treatment program is at Navos and it is there at Seattle Children's Home/Navos, that our daughter finally landed in a compassionate and effective program which promotes healing for mental health recovery.

At Navos, for the first time, we as parents became partners in the process of treatment and recovery. Our fears were replaced with feelings of hope. Our daughter thrived there, as she connected with the staff and teachers, as well as the other children. She set goals, began to learn about emotional regulation and coping skills, and acknowledged for the first time that she had an illness. After four months, Navos gave us our daughter back.

Today she is a Junior in high school getting mostly A's and B's, active in sports and clubs, and excited about going to college and what the future holds for her. This last summer she secured and performed well at her first job. While she continues to struggle in some significant ways with the aforementioned regulation of her emotions and insight into how best to cope with them, she is still young and we no longer fear that she will require care for the rest of her life.

Meanwhile, Leticia and I have attended two Navos events. Leticia spoke of our experience at this year's Growing Hope Luncheon event, and deepened our connection with David Johnson and the wonderful staff members. We were both asked if we were interested in joining the board of directors. I happily determined to make my application, and this past summer I was voted onto the board. Because I have an accounting background, I'm enjoying serving on the Finance and Operations Committee.

It's a privilege to serve as a volunteer board member for Navos. Through Navos' amazing team of experts, care ethics and advocacy, we are making a large difference in the lives of families, like mine, every day. Giving back now, through our time and financial support, is the least we can do. Our family is forever grateful to Navos.

*Thank you
Navos for
bringing our
bright-eyed
girl back
to us."*

Pictured here is Leticia Lopez, guest speaker at our Growing Hope Luncheon in May, with Molly Shen from KOMO TV 4.





NAVOS WELCOMES WASHINGTON STATE GOVERNOR, JAY INSLEE AND KING COUNTY EXECUTIVE, DOW CONSTANTINE

On Wednesday July 20th, Navos was chosen by Governor Jay Inslee to announce recommendations by the Community Alternatives to Boarding Task Force to provide community-based alternatives to psychiatric boarding for severely mentally ill individuals — because of our experience and success providing housing and supports for this most vulnerable population.

NAVOS WELCOMES UNITED STATES SENATOR PATTY MURRAY AND REPRESENTATIVE RUTH KAGI, FROM THE 32ND DISTRICT

U.S. Senator Patty Murray and Representative Ruth Kagi, recently toured Navos' Lake Burien campus where a continuum of care is provided for children, youth and families experiencing a behavioral health or substance use disorder issue. Representative Kagi stated that our Family Health Center is "a great example of the continuum of care for children. This is a very impressive complex, kudos to David Johnson for his vision and outstanding leadership. I would love to see this model expanded and replicated."



DOROTHY DIXON ALLEN GUILD PROVIDES 25+ YEARS OF SUPPORT

Thank you to the Dorothy Dixon Allen guild (DDA) for their continued and generous support for the children and youth we serve in our Residential Treatment Programs on Lake Burien. Pictured are new kayaks donated by the Guild members for our kids in treatment to use on the lake. Special thanks to Poo Penrose, DDA guild President, and all of the guild members for making this possible!

NAVOS/HARBORVIEW MEDICAL CENTER'S PEER BRIDGER PROGRAM AWARDED THE COMMUNITY HEALTH LEADERSHIP AWARD

The Peer Bridger program was awarded an Annual Community Health Leadership Award, by the Washington State Hospital Association. The Peer Bridger program was established in 2013 to help patients in the inpatient psychiatric units of Navos and Harborview make a successful transition to the community after being discharged and to reduce re-hospitalizations.

Peer Bridgers have "lived experience" with mental health and substance use challenges and have been trained to help and inspire others. They connect with participants during hospitalization and help them on their road to recovery after discharge.



Pictured here is Cindy Spanton, Director of Hospital Extension Services.



NAVOS HOSTS VOLUNTEERS AS A PART OF THE 2016 UNITED WAY OF KING COUNTY DAY OF CARING

Our thanks to the employees from Microsoft and Mainspring Wealth Advisors who spent the day refurbishing the dock on our Lake Burien campus, and organizing the toy and clothing rooms for our clients.

There are plenty of opportunities to get involved with Navos' work and mission year-round, from "liking" us on Facebook, to joining us for a tour on one of our three campuses, to attending our Growing Hope Luncheon on May 11, 2017.

Save the Date!
Thursday, May 11, 2017

Growing HOPE Luncheon



SHERATON HOTEL,
1400 SIXTH AVENUE, SEATTLE
RECEPTION: 11AM-12PM
PROGRAM: 12PM-1PM



EMCEE:
Elisa Jaffe
KOMO Newsradio

There is no cost to attend. A suggested minimum donation of \$150 will be requested during the event. If you are unable to attend, please join our virtual table and make a secure donation at growinghopeluncheon.org.

PROCEEDS WILL HELP TO SUSTAIN CRITICAL PROGRAMS AND SERVICES FOR LOW INCOME PEOPLE WITH MENTAL AND EMOTIONAL ILLNESS.

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.

The Navos Continuum of Care

Services to the most vulnerable in our community.



Ages
0-5



Ages
6-12



Ages
13-21



Ages
18+



Ages
60+

BOARD OF DIRECTORS

Tom Powers
PRESIDENT

Don Gillmore
FIRST VICE PRESIDENT

Rebeca Dawn
SECOND VICE PRESIDENT

Patti Neuberger
TREASURER

Carrie Holmes
SECRETARY

Brian Abeel

Bobbe J. Bridge
BOARD MEMBER EMERITUS

Jean Ellsworth
BOARD MEMBER EMERITUS

Charles F. Hoffman

Janice Jackson-Haley

Matt Mihlon
PRESIDENT EMERITUS

Tom Mitchell

David M. Johnson, CEO



Ruth Dykeman
Children's Center



Seattle
Children's
Home SINCE 1884



navos.org

LIKE US ON FACEBOOK