

Give HOPE for the Holidays

This holiday season, help children, youth, adults, and families in our community that are in need. Most Navos clients are low-income and don't have the means to purchase basic hygiene items, winter clothing, gifts for their children, or provide a Thanksgiving dinner.

HERE'S HOW YOU CAN MAKE A DIFFERENCE

- Support the Winter Clothing & Basic Hygiene Drive.
- Adopt a family or child and help make this holiday season a special one.
- Host a Holiday Giving Tree at your place of business, church, or community organization.

Help us make this holiday season truly special for the vulnerable children, youth, adults, and families that we serve. For more information email us at events@navos.org or call 206-933-7196.

It's easy to support our programs and services for low income children, youth, and adults with mental and emotional illness by participating in our **REWARDS PROGRAM** partnerships.



AMAZON: AmazonSmile When you shop through the AmazonSmile website, 0.5% of the purchase price will be given to Navos, and you will enjoy the same wide selection of products as on Amazon.com. To participate:

- Visit smile.amazon.com and sign-in using your Amazon log-in & password.
- A prompt will ask you to select a charity, select Navos.
- When you shop through smile.amazon.com, Navos will receive a donation.



BARTELL DRUGS: "B" Caring Card Sign up for the "B" Caring Card at Bartell Drugs, and up to 4% of your purchase will be donated to Navos. To participate:

- Pick up a "B" card at any Bartell's location, and register by calling 800-931-6258
- When you shop, present your card to the cashier and earn donations for Navos.



RITE AID: KidCents Program KidCents allows Rite Aid customers to round up their purchase to the nearest dollar and donate the change to support kid-focused charities. To participate:

- Visit www.kidcents.com and become a Rite Aid Wellness+ member, and enroll in the KidCents program.
- When you receive your card, log on to www.kidcents.com click "Select a Charity" on the menu, locate Navos, and click "Select this Charity" button.



FRED MEYER: Community Rewards Program Use your Fred Meyer rewards card to help Navos earn donations. To participate:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Navos at www.fredmeyer.com/communityrewards. Search for Navos by name and link your Rewards Card.
- If you don't have a rewards card, sign up at Customer Service.
- You will continue to earn your Rewards Points, Fuel Points, and Rebates, just as you do today.

MISSION

Transforming the quality of life of people vulnerable to mental illness and addictions by providing a broad continuum of care

VISION

A healthy community in which people thrive while managing symptoms of mental illness and addictions.

FOCUS

We serve the most vulnerable in our community: low-income people with serious and persistent mental illness, providing a full spectrum of services to an ethnic, age, and gender diverse population.

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PROVIDING HOPE



NAVOS MENTAL HEALTH SOLUTIONS FALL 2014 NEWSLETTER

INTEGRATED CARE AT NAVOS IS WORKING

Navos is a leader in integrating primary care with behavioral care to address the wellness needs of our clients. Our approach is to create a healthcare home community that treats the whole person. Here is a story of recovery.



My name is Beverly, I am 60 years old and my diagnosis is bipolar disorder and alcohol dependence.

My journey with mental health issues began in the late 1990's. At that time I was using crack cocaine and alcohol, and was in and out of Harborview's psychiatric inpatient treatment program. I learned that I needed both mental health and chemical dependency treatment. Although I tried counseling and psychiatric medication, I went back to using drugs and alcohol which led me to becoming homeless and suicidal.

I went to Rainier Neighborcare Health Clinic to get back on medication and that is where I learned about Navos. I enrolled with Navos in June of 2012, but for most of that first year I was reluctant to go to my appointments. I also enrolled at the

Public Health Seattle King County Clinic at Navos, where I learned that I had diabetes. At first I had a hard time believing that I was sick, I did not follow my doctor's medical advice on how to manage my diabetes, and I did not show up for many of my appointments; I was in denial about my health issues. The staff at Navos stayed in contact with me, they would not give up and finally I agreed to receive treatment for my diabetes, which was at a dangerous level. I needed a lot of reassurance and help from the Public Health medical team at Navos, to learn how to manage my diabetes.

During my treatment at Navos I learned the coping skills that I needed. My medical and mental health has improved and for the past year I have been working in the Navos catering department. I am now taking my psychiatric medications on a regular basis, my diabetes is at a manageable level, I keep my appointments with my case manager, and I have not used drugs or alcohol for the past year.

I am thankful that the staff at Navos did not give up on me. It is a community there and everyone helped me with my recovery.

"I still have times when I feel like giving up, but because of the support from my Navos treatment team, I am able to get through the rough times."

A MESSAGE FROM THE CEO

Dear Friends of Navos,



Thanks to the recent humane decision of the State Supreme Court about the illegality of psychiatric boarding, we can be glad for a future in which those who are in acute crisis battling psychiatric symptoms won't have to experience the angst and danger of receiving no treatment or inadequate care when they are deemed to be at their most vulnerable and in a time of greatest threat.

Following that decision, on Sept. 5, the Center for Medicare and Medicaid Services announced a decision to permit the State of Washington to use Medicaid dollars to pay for services in IMDs. An IMD, or "Institute for Mental Diseases," is a freestanding psychiatric hospital larger than 16 beds which serves adults age 21 to 65. According to the Washington State Hospital Association, "This should have huge positive implications for our state and Medicaid patients needing psychiatric services."

This means that Washington State will now only pay half the cost of those hospitalizations instead of the full cost. For every dollar the state pays, the feds will match with a dollar. This will mean that the State's "worst scenario planning" now has relief for some of the millions they thought they would have to fully fund to be compliant with the State Supreme Court Decision.

The state is still working on the details of the implementation of the IMD waiver. The match will cover 'acute' services, so likely the first 30 days of a patient's hospitalization. This will save the state money because the RSNs will no longer rely on state-only dollars to pay for services. More good news: we will no longer be subject to legislative cuts to state only dollars to the degree we are now.

The waiver takes effect on October 1, 2014 and is currently in place until December 31, 2016. There is reason to be optimistic that the federal government will cooperate in renewing this waiver future years, especially with significant need for new waiver requests being submitted for CD services in 2015.

As Navos expands and evolves, we are grateful for the support of our donors and supporters. Should you have any questions, please contact me at david.johnson@navos.org

With appreciation,

David M. Johnson, Ed.D.

David M. Johnson Ed.D.
Chief Executive Officer

"I received the chance for a new beginning with the help I received from Navos."



Pictured here from left to right are Betsy Jones, Health and Human Potential Policy Advisor to King County Executive Dow Constantine, U.S. Representative Jim McDermott, from the 7th District, David Johnson, Navos' CEO, and Gena Palm, Chief of Children, Youth, & Family Programs.

On October 23rd, a community open house was held to celebrate the completion of a new program, Independence Bridge. Navos, with our partners Ruth Dykeman Children's Center and Seattle Children's Home developed Independence Bridge in response to a shortage of housing and support systems for youth and young adults exiting the foster care system.

Every year, approximately 500 youth in Washington exit the foster care system, not by being reunited with family or other guardians or by being adopted, but simply by turning 18. Research has shown that leaving the system by "aging out" without a permanent family is correlated with a range of destructive outcomes such as early pregnancy for young women or parenthood for young men, criminal involvement, and homelessness, lack of employment or dropping out of school.

Living in Independence Bridge, youth and young adults will experience a safe and affordable community with access to a range of programs and services to help them form a strong foundation for their adult lives. The facility includes 24 studio apartments, a resident manager unit, community kitchen, common laundry rooms, library, computer alcove, and TV lounge. Residents will have access to a range of individualized support services including mental health services, chemical dependency treatment, primary medical care, employment services, educational support, life skills mentoring, financial planning, legal advocacy and peer support.

Independence Bridge has been made possible by: Washington State Housing Trust Fund, King County Housing Finance Program, and King County Housing Authority, The Pink House Foundation, Safeway Foundation, the Kawabe Memorial Fund, and generous individual donors.

We are collecting donations to ensure that each tenant at Independence Bridge, many of whom are homeless, have the basic items for their apartment, including bedding, pots & pans and other kitchen supplies, towels, and cleaning products. It costs \$400 to set up one apartment. To donate or for more information on Independence Bridge or the new Behavioral Healthcare Center for Children, Youth, and Families, please contact Alice Braverman at 206-933-7032 or alice.braverman@navos.org.



One of the apartments in the Independence Bridge building.



WHY I SUPPORT THE PROGRAMS AT NAVOS, A MESSAGE FROM JUDY PIGOTT

Judy Pigott knows about wellness. As the founder of Personal Safety Nets, Judy, a Washington native, has created a non-profit organization that addresses the resources we weave together to create a more caring, connected, and community-minded circle for ourselves, our friends, family, and workplace.

Judy has been a supporter of our programs and services since 1985. She kindly agreed to talk to us about why she supports Navos as a donor, table captain for our annual luncheon and someone who has connected Navos to new partners and additional resources in the community.

WHEN ASKED WHY, JUDY RESPONDED:

"I support Navos because I love the fact that Navos invites everyone to recognize that we are all touched by mental illness. Mental illness affects the business professional, the person on the street, the very young and the elderly, it does not discriminate."

"I love the approach that Navos takes, by celebrating hope, new construction, and bravery, with the courage to hold up those in our midst with mental illness. Far too many people with mental illness in our community are incarcerated, many are so marginalized they die on our streets."

"We can put an end to the stigma and change how we look at mental illness if we are willing to speak up and have the courage to address our systemic issues."

"If people want to see changes to mental health, Navos is the organization to support."

Growing HOPE Luncheon

growinghopeluncheon.org

Join us Wednesday, April 29, 2015 and be a part of the solution.

LOCATION: SHERATON HOTEL, 1400 SIXTH AVENUE, SEATTLE
RECEPTION: 11AM-12PM, PROGRAM: 12-1PM
EMCEE: MOLLY SHEN, KOMO 4 NEWS



RSVP by April 15th at events@navos.org

SUPPORT OUR MISSION

- Become a table captain and bring your friends and colleagues
- Sponsor the event and become our event partner

