



NAVOS INFANT MENTAL HEALTH THERAPISTS HELP VULNERABLE FAMILIES STAY TOGETHER AND BECOME STRONG

Navos has been a leader in advancing Infant & Early Childhood Mental Health in Seattle, and across the county. We work hard to keep children safe and families together whenever we can. For more information about our program, contact Haruko Choosakul at haruko.choosakul@navos.org

When you look at smiling and giggling two-year-old Jeffrey and his mother Melina, you would never guess the rough starts in life they both experienced. For his safety, Jeffrey, at only five months old was temporarily removed from his home by Child Protective Services, and placed in foster care.

Because his mother Melina had also experienced severe neglect as a small child, she didn't have the parenting and nurturing skills needed to support and care for Jeffrey, and he was showing the signs of neglect. She had never learned these skills that so many of us receive from our parents early on in life. Their child welfare social worker referred Jeffrey and Melina to Navos' Infant Mental Health Program, so that Melina could get the help she needed, with the hope of being able to return Jeffrey to his mother's care.

After meeting with a Navos therapist, skilled and certified in Infant Mental Health, Melina was diagnosed with post-partum depression (PPD). While PPD is not uncommon, it is prevalent among those with a history of trauma, such as Melina. The therapist also observed that Jeffrey was reluctant to be fed by his mother and that Melina appeared uncomfortable being physically close to him.

The therapy sessions took place in Melina's home, which is part of the specialized approach to this therapy, in order to provide a more relaxed and comfortable environment, and also to allow Jeffrey to get used to spending time there. During the course of treatment, Melina began to open up about her own worries about parenting Jeffrey and her traumatic history and experiences of neglect as an infant. The Navos therapist provided a safe environment for Melina to practice new, healthy ways of interacting with Jeffrey, as well as learn how to read his cues. Over time, she learned to trust herself in providing physical comfort and soothing sounds and facial expressions. As Melina experienced being heard, listened to, and supported during sessions, Jeffrey began to signal more for his needs to be met. He was no longer the quiet infant facing away from his mother but a child who would smile and giggle with his mother, as well as cry and accept her comfort.

Two years later, and because of their treatment together, Jeffrey was able to return to his mother's home. During these later sessions, the two of them could be seen sitting on the floor together, smiling, making eye contact, with his mother playing in ways that promoted physical connection and enjoyment. Today, Jeffrey is a thriving toddler who is walking, talking, and constantly smiling, and Melina is an engaged and happy mother who loves and cares for her son. The two enjoy spending time together, and their bond is undeniable.

A Message From the CEO

Dear Friends of Navos,



After learning the results of the state and national elections, we have been eager to understand what the implications are for healthcare, and particularly behavioral

healthcare, and for the lives of those we serve, (and for Navos employees as workers in this field).

We see every day how our staff partner with clients to surmount what once seemed insurmountable, and how bright futures unfold after years of despair. We see families thrive even though they were on the path to disintegration when we first encountered them. We see powerful Peer Support Specialists, clients working in our catering and café businesses, and folks employed throughout the community, even though there was a time when each of them thought they might never again contribute in a meaningful way. We have significantly improved billing systems and medical records in place of some that seemed impossible to learn. We see beautiful buildings and campuses that have replaced run-down predecessors.

As we face uncertainty about what the exact funding streams and revised goals will be in this next chapter for community behavioral health and psychiatric inpatient services, it could feel threatening to us. But I am not threatened; I believe without doubt, that we will find the right ways to make the best of the new realities and we

will continue our 50 year tradition of seeing opportunities and being among the first to turn them into realities that better the lives of our clients and give us the experience of making the differences we want to make.

We at Navos have worked with determination to live with integrity and not just rhetoric to promote equity and inclusion. We have been honest about our shortcomings in the past and have set goals to be different in the future to ensure that our clients and staff have all voices heard, all potential given opportunity to succeed, and to empower others in many ways. With these aspirations so sincerely held in our culture it is especially painful to find reason to worry about the safety, much less the opportunities, of racial, ethnic and sexual minorities and continued discrimination against, and abuse of women. As we have dedicated our careers to creating better futures for people with disabilities it is especially painful to see those with disabilities discounted.

But for all that could discourage us, we must remember who we are, the challenges we have overcome, and the spirit of resilience that *is* Navos. We have played a big role in finding new answers for the future of behavioral health in the past, often in times of adversity, and we will do so again.

I remain confident that together, we can work to make an even better future for our clients, and our staff, and the Navos mission.

With gratitude,

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

At Navos, Beverly overcame alcohol and drug addiction, and homelessness. She now works in Navos' Café & Catering.



"If I kept going on the road I was going on I don't think I'd be living today. Navos is what saved my life."

NAVOS ANNOUNCED PLANS TO AFFILIATE WITH MULTICARE HEALTH SYSTEMS

Throughout Navos history, we have constantly sought to develop better programs and services to address the changing health needs of vulnerable children, youth, families and adults in our community. In that spirit, on January 10, 2017, we announced that Navos will be affiliating with MultiCare Health Systems to improve services to the community. By combining our professional talents and clinical strengths, we will be in a better position to serve more vulnerable children, youth and adults in need of our help and benefit from more fully integrated physical and behavioral health care to ensure the health of the whole individual and family. Together, we will help ensure the people of our community are healthy in body — and in mind.



NAVOS CEO, DAVID M. JOHNSON SHARED EXPERTISE WITH SENATE APPROPRIATIONS COMMITTEE

On February 15, 2017, David Johnson was invited to Washington DC, to share his expertise by speaking to the Senate Appropriations Subcommittee about the ways the Affordable Care Act (ACA) has benefitted those with behavioral health needs in our state, and about the potential damage of scaling back the Medicaid expansion and policies of the ACA.



NAVOS RECEIVED GOLD AWARD AT 2017 WASHINGTON LEADERS IN HEALTH CARE AWARDS

On Thursday March 2, 2017, Navos was recognized with a gold award at the Seattle Business Magazine 2017 Washington Leaders in Health Care Awards in the category of “Innovative Healthcare Delivery” for our Peer Bridger Program. 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.

NAVOS LAUNCHED NEW WEBSITE

Thank you to the Gesner-Johnson Foundation for your generous gift to develop our new website, which we launched December of 2016. The website will also be offered in Spanish, which currently is in development. **Visit our new website at navos.org**

YOU'RE INVITED:
Thursday, May 11, 2017

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

PRESENTED BY **MultiCare** 
BetterConnected

Proceeds are needed to continue our work of Saving Lives, Strengthening Families, and Creating a Healthy Community. There is no cost to attend. A suggested minimum donation of \$150 will be requested during the event.

If you are unable to attend, you can make a gift to Navos today, and help us continue to change lives for the better! Make your secure gift online at navos.org



EMCEE:
Elisa Jaffe
KOMO Newsradio

Growing
HOPE
Luncheon

To RSVP or for Sponsorship information, contact events@navos.org

SAVING LIVES • STRENGTHENING FAMILIES • BUILDING A HEALTHY COMMUNITY



Ages 0-5



Ages 6-12



Ages 13-21



Ages 18+



Ages 60+

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

VALUES

- We choose HOPE
- We embrace DIVERSITY
- We EMPOWER the individual
- We provide COMPASSIONATE CARE
 - We do WHAT IS RIGHT
- We deliver COORDINATED SERVICES
- WE ALL HAVE THE RIGHT TO A QUALITY OF LIFE
 - We are Navos

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