



CELEBRATING

50 YEARS

50<sup>TH</sup> ANNIVERSARY



Maria came to Navos feeling isolated, alone and hopeless as a result of her mental illness. After receiving treatment at Navos, Maria feels empowered and hopeful.

# Delivering Hope

## A real life story of Recovery

***Maria is enthusiastic about her recovery and ready to thrive in our community!***

Maria faced years of severe mental illness, numerous health issues and chronic pain, which resulted in homelessness. She was exhausted, alone, and did not want her life to go on. Maria found herself in Navos' Inpatient Hospital following a suicide attempt.

Before her discharge from Navos' Inpatient Hospital, Maria was paired with a Peer Bridger, named Joe for support—a Peer Bridger is a Navos staff member who has dealt with their own mental illness and/or addictions, and who receives significant training to provide critical support services. With Joe's support, Maria was able to begin supporting herself and her own recovery.

Joe helped Maria access numerous resources that she could not have obtained on her own because of the severity of her symptoms. This included enrollment in Medicaid, transportation to and from appointments, medical attention for her chronic illnesses and a working cell phone. Most importantly, Joe helped Maria apply for her U.S citizenship, which had always been a dream of hers.

With the support from her Peer Bridger Joe, Maria now lives in permanent community housing and is supporting herself. She continues to receive mental health treatment, and visits with her primary care provider regularly. Maria no longer feels alone or scared. She is happy, healthy and independent. Most importantly, Maria is enthusiastic about her recovery and ready to thrive in our community!

*Client name and picture have been changed to protect confidentiality.*

## A MESSAGE FROM THE CEO

# Dear Friends of Navos,



## This year we celebrate the 50th Anniversary of Navos' founding in 1966!

Together, with our legacy partner organizations, Seattle Children's Home and Ruth Dykeman Children's Center, we have provided more than **275 combined years of service** to vulnerable children, adults and families in our community. Since Navos' inception, we have prided ourselves on delivering innovative, resiliency-oriented care in order to **help clients reach their potential for recovery.**

I am proud of the many achievements Navos has made in advocating for **the most vulnerable people in our community—those with serious and persistent mental illness and often substance use disorders as well.**

These achievements have been made possible because of our compassionate staff, generous donors and critical community partners. Here are few examples of how Navos has remained a leader in the behavioral health community throughout these 50 years:

- **INTEGRATION WITH PRIMARY CARE** – Because adults with serious mental illness have been found to die 13 – 25 years before their peers, Navos became one of the first mental health centers in the nation to offer our clients a **comprehensive “healthcare home.”** Since opening our primary care clinic in partnership with King County Seattle Public Health in 2012, we have treated more than 1,300 low-income people in need of critical primary care services.

- **INTEGRATION OF SUBSTANCE USE DISORDER TREATMENT** – As more than half of adults with alcohol and drug use disorders have been found to also have a mental health illness, Navos has developed a program to treat individuals living with both mental illness and substance use disorders.

- **PEER BRIDGERS** – As you read from Maria's story of recovery on the cover, Navos' Peer Bridgers Program is critical to ensuring our clients reach their fullest potential for recovery after being discharged from Navos' Inpatient Services. The Peer Bridger's staff have lived experience with mental illness (and sometimes substance use disorders as well) and are now successful in managing their own recovery.

- **TRAUMA-INFORMED CARE** – At Navos, we are committed to a Trauma-Informed Care approach. We ask our clients, “what *happened* to you,” not “what's *wrong* with you,” to determine what experiences may have contributed to their symptoms so we may help them achieve their full potential for recovery.

- **INFANT MENTAL HEALTH** – As a leader in Washington State in Infant and Early Childhood Mental Health Services, our program provides vulnerable babies, very young children and their parents/caregivers—many of whom have high risk behaviors—with the tools needed to form secure, nurturing bonds and by doing so, to prevent future mental health problems in the years to come.

While great progress has 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 champions inclusion for all.**

Thank you for joining us as we continue to help clients reach their potential for recovery. Let's make **the next 50 years** just as innovative and dedicated to respectful partnership with clients as the last 50!

With gratitude,

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

*I received the chance for a new beginning with the help I received at Navos. Through my recovery I have reconnected with my family, friends and community.”*



**Behavioral Healthcare Center for Children, Youth & Families receives the 2015 Community Impact Development of the Year Award.** This prestigious award recognizes Navos' Lake Burien Campus for providing a safe, therapeutic environment where young children who have suffered abuse, neglect and other significant traumas, and youth with significant mental and emotional illness receive the treatment and support they need to heal.

**Architects from Mithun and staff from both Navos and Mithun at the 2015 NAOIP Night of the Stars Awards Program.**



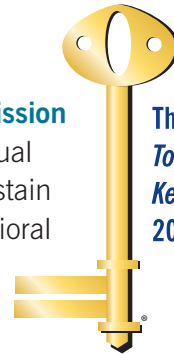
**Work begins on the second floor of Navos' Lake Burien Campus.**

With the success of the campus's phase one opening in February 2015, plans are underway to complete the second floor of the Outpatient building. With this expansion, the Center will be able to provide additional outpatient behavioral health and primary care services for vulnerable children, youth, & families in South King County.

**The Behavioral Healthcare Center for Children, Youth & Families sits on a 7.5-acre site overlooking bucolic Lake Burien.**

**Navos' Inpatient Hospital recognized by the Joint Commission as a "Top Performer on Key Quality Measures."**

This annual program recognizes accredited hospitals that attain and sustain excellence. Navos is proud to be the ONLY inpatient behavioral hospital to earn this honor in Washington State.



**The Joint Commission's Top Performer on Key Quality Measures® 2014**



**Navos hosted 30+ volunteers as part of the 2015 United Way of King County Day of Caring.**

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

**Microsoft employees organized the toy and clothing rooms for Navos' 2015 Annual Holiday Drive, which served more than 450 low-income clients.**

**World Mental Health Day Proclamation bestowed upon Navos by City of Burien.**

Navos is proud to be recognized as a leader in the King County mental health community as we work to transform the quality of life of those vulnerable to mental illness and addictions.

**Navos Peer Support Specialist, Sherry Harrison, accepting the Proclamation on behalf of Navos.**



PRESENTED BY **MultiCare**   
BetterConnected

You are  
invited

# Growing HOPE Luncheon



## Thursday, May 19, 2016

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



EMCEE:  
**Molly Shen**  
KOMO 4 News



2016 EXPANDING HORIZONS  
AWARD RECIPIENT:  
**Katherine Switz**  
Founder, Stability Network

**RSVP BY THURSDAY, MAY 10, 2016**

at [growinghopeluncheon.org](http://growinghopeluncheon.org)  
or by calling 206-933-4087

Proceeds will help to sustain critical programs and services for low income people with mental and emotional illness.

**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 donation at [growinghopeluncheon.org](http://growinghopeluncheon.org).



## SAVE THE DATE: GiveBIG is Tuesday, May 3

By donating through Seattle Foundation's GiveBIG event, you can **STRETCH** your gift through the Give BIG match pool and help us sustain critical programs and services for low income people with mental and emotional illness. Your gift ensures at risk children and youth receive the support they need to recover and heal!



Helping abused and neglected young children heal



Providing at risk youth with hope and wellness



# NAVOS IS CELEBRATING

# 50 YEARS

Serving the most vulnerable in our community

Helping people reach their potential for recovery



Delivering innovative, trauma-informed care



Together with our partners Seattle Children's Home and Ruth Dykeman Children's Center, we have provided 275 years of service to vulnerable children, families and adults in our community.

JOIN US for a 50th Anniversary Celebration on Thursday, May 19, at the Seattle Sheraton!

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*Because of Navos, I have my life back! For so many years, I felt sad and hopeless. I have Navos to thank for where I am today!"*

– MARIEL, NAVOS CLIENT



## MISSION

Navos is committed to transforming the quality of life of people vulnerable to mental illness and addictions by providing a broad continuum of care. We believe that diversity, inclusion and equity are vital to living our values and achieving our mission.

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Children's Center



50<sup>th</sup> ANNIVERSARY



  [navos.org](http://navos.org)