



The Alliance of Eastside Agencies' (AEA) mission is to build healthy communities in East King County through a strong human services network by providing a strong voice for Eastside health and human services and by promoting organizational excellence among providers.

BOARD: Joseph Adriano, David Johns Bowling, Brooke Buckingham, David Downing-*Co-Chair*, Debra Grant-*Co-Chair*, Lori Guilfoyle, Stan Kehl, Paula Matthyse, Pam Mauk-*Treasurer*, Leslie Miller, Helen Banks Routon, Andrea Simmonds, Sarah Steininger, Rochelle Clayton Strunk-*Secretary*, Barbara Thompson, Gina Yarwood-*Vice-Chair*.

2014 HUMAN SERVICES AWARD WINNERS:

Business of the Year: Small Threads for Kids; Elected Official: Jane Hague, KC Council; Faith Organization: Cascade Covenant Church; Not-for-Profit Staff: Karina Woodruff; Volunteer of the Year: Mabel Graham; Youth Volunteer: Alaina Blyth; Legacy Award: Sharon Anderson; Outstanding Eastside Philanthropist Award: Bill Henningsgaard; Community Impact Award: Marilyn Mason-Plunkett.

AEA eNews

Our monthly member newsletter – October 2014

AEA News!

AEA Board voted to hold the board elections in the winter this year instead of the fall. There will be some vacancies due to retirement and the board is actively seeking new members. Notify Co-chairs [David Downing](#) or [Debra Grant](#) if you are interesting in serving.

Featured Member Agency of the Month

➤ **NAMI Eastside**

NAMI Eastside has been around since 2001 and is an affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of all of those affected by mental illness. Mental illnesses are biological brain disorders that are more common than cancer, diabetes and heart disease; one in four persons will be affected by a mental illness in his or her lifetime. With effective medication and a wide range of services tailored to their needs, most persons who live with serious mental illness can achieve recovery, reduce the impact of their illness, and find a satisfying measure of achievement and independence.

NAMI Eastside offers several of NAMI's Signature Programs, all of which are peer lead. Their "Family-to-Family" class and "Family Support Groups" are for families of adults

with mental illness. The facilitators are family members that have experienced the same frustrations, pain and confusion as the attendees.

The same is true for their “Connection Recovery” support groups and our “Peer-to-Peer” class for individuals with a mental illness. The facilitators are all individuals with an illness that have reached a level of recovery that enables them to help others.

Their most popular outreach program is “In Our Own Voice”, a public education/awareness presentation given primarily in high schools but also at various community venues. It is also on the curriculum for Crisis Intervention Training for police officers and other first responders. It provides audiences with an understanding of how individuals with mental illness cope. NAMI Eastside also hosts a children’s conference each year and monthly educational forums which are open to the public.

Funding for NAMI Eastside programs and services is provided through corporate donors, foundations, city grants, fundraisers, donations, and memberships. All programs and services are free. When someone comes into NAMI Eastside’s office, they find instant understanding and support. For more information go to: www.nami-eastside.org.

Member News

➤ **Eastside Winter Shelter partnership**

The Eastside women and families’ emergency winter shelter is expected to open on November 15 at St. Peter’s Church in Bellevue. It will likely move to Redmond United Methodist Church for February – April 15. The Sophia Way has been running the shelter for many years and was able to increase the capacity, duration, and services offered incrementally over the years. Catholic Community Services has stepped up to assist and will take over the operations for this year.

Partner News

➤ **EHSF’s Annual Meeting**

Help shape the Forum’s 2015 Work Plan. December 4, 2-4 p.m.; Peter Kirk C.C., Kirkland. Click here [to register](#).

- ***Thanks for reading our newsletter. Watch for us next month.***
- AEA Board of Directors