

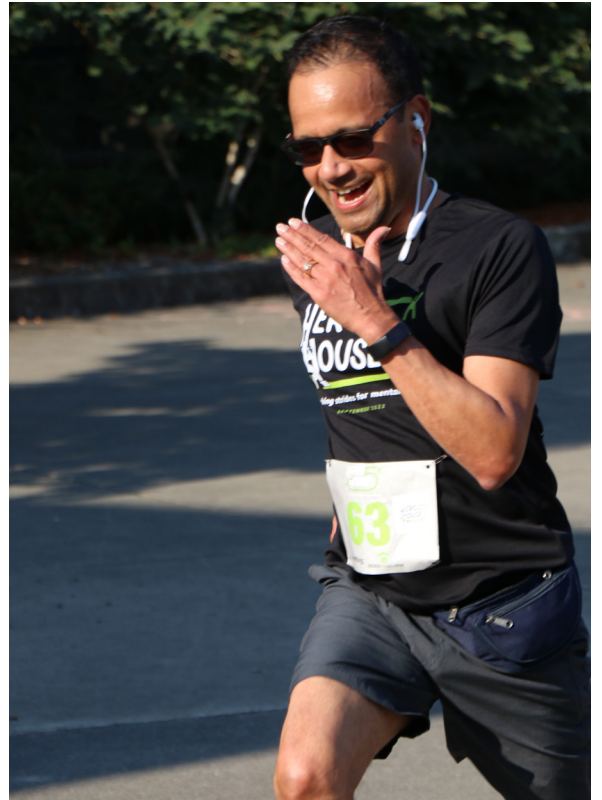


HEROHouseNW

IMPACT REPORT | 2022



Hope
Empowerment
Relationships
Opportunity



Contents

04	Message from the Board President and CEO	14	Key Partners
06	Bellevue Report	16	Fiscal Year Impact
08	Seattle Report	20	Statistics
10	Everett Report	22	Come Stand with Us
12	Our Programs	23	Board of Directors

Featuring member artwork!



A Message From the Board President and CEO

The past several years have been a time in which many of us have had to find our new “rhythm,” accepting the world as it is and figuring out how to navigate all the changes. HERO House NW certainly had to do that. Yet, we didn’t sit back and react to the changes; **we were at the forefront of the changes**, leading the charge in many aspects. This was done by our strong and effective legislative advocacy on both a state and national level, helping write language to expand Clubhouse services.

HERO House NW’s three Clubhouses, **Bellevue Clubhouse, Seattle Clubhouse, and Everett Clubhouse**, continued to grow, reaching out into their local communities, ensuring that awareness and access to the

Clubhouse were readily available to those who needed to find a place to belong, **feel needed, wanted, and expected.**

We provided support to the rest of Washington State, continuing to lead several learning collaboratives and consultation services to new and established Clubhouses statewide, which now includes 14 Clubhouses! **Our vision and mission are coming to life every day**, ensuring that everyone living with a mental illness has access to the programs Clubhouses have to offer. This includes employment, education, health & wellness, housing, and the work-ordered day.

Looking ahead to 2023, **we are excited to announce that**

we are opening our very own supported housing program! This is a huge step for our organization, knowing we can provide even better Clubhouse support to our membership.

Our dedicated board of directors, staff, members, and donors, like you, have made all of this possible. Not only have you had a helping hand in making HERO House NW the leader in our state for the expansion of Clubhouse, but you continue to ensure that our members have a place to come to every day, a community that we can call our own. Because, **as always, when we work side by side, we are stronger together.**

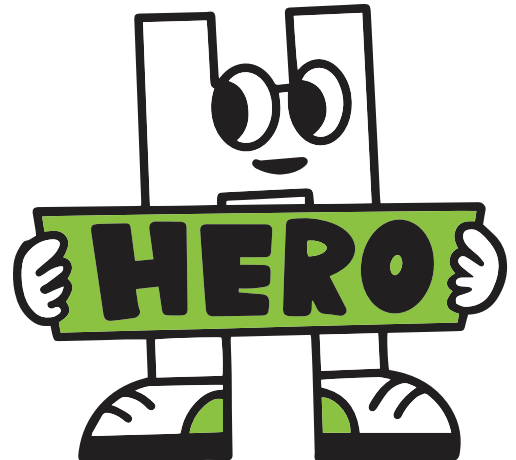


Kailey Fiedler-Gohlke
CEO



Scott Rerucha
Board President

Clubhouses



Bellevue Report

With the increase in new membership and many new staff at Bellevue Clubhouse, we were able to organize numerous events, bringing excitement and a variety of opportunities to our community! Our Clubhouse space was remodeled, upgraded and an IT grant from the Washington State Healthcare Authority made it possible to bring our technology up to date. A lot of educational supports took place within our community as we provided classes and colleague training. Finally, in September 2022, two members and one staffer were lucky to take a trip to the Clubhouse International World Seminar!



Marco Gerson

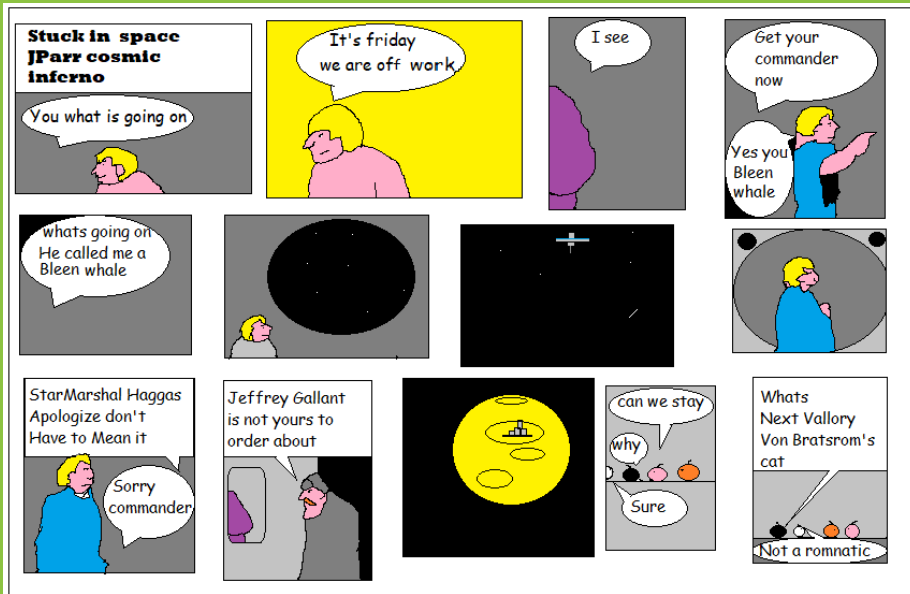


Member Story

“I have been diagnosed and dealt with bipolar and schizoaffective disorders since I was 17. There was a time when my mind was chaotic, and it became necessary to take meds and seek counseling to help these afflictions. One helpful tool in coping with my disposition was to come to the Bellevue HERO House for a respite when I wasn't doing my best. The people and staff there are kind and empathetic to everyone who comes through the door, and they tailor a game plan based on the needs and desires of the members. At first, I came to the Clubhouse to socialize and do things I may not have done if I just stayed at home. There are lots of activities and chances to better one's own situation and bond with others in the same situation. Several years later, after getting an associate

degree in human services, I came back to HERO House for assistance in finding suitable employment and was signed up for the Ticket to Work program, which meant that for nine months I could receive wages and my government checks together. I held a job at Home Depot for a year but became dissatisfied with it after awhile. This was a step in the right direction, which proved that I was capable to perform work. I am currently in college online at SNHU to get a bachelor's in human services with an emphasis on drug and alcohol addictions. I still come to HERO House on Fridays to help run the addictions encounter group. I am doing exceptionally well but still look at HERO House as a welcome respite.”

Member Artwork



Jeff



Kim Rettig



Seattle Report

Seattle Clubhouse was able to purchase multiple laptops, desktops, and tablets for members to use at the Clubhouse. With this equipment, Seattle began a technology resource program enabling members to check out devices for home use. Seattle's focus in 2022 was expanding its network of referral partners. It hosted a successful open house and helped at a luncheon for Harborview Peer Specialists and its clients. Toward the end of the year, Seattle Clubhouse finally finished its kitchen remodel and have a fully functional hospitality unit!



Member Story

Monica Comeaux



"My name is Monica Comeaux, and I've been attending Seattle Clubhouse for a year. I've been involved with a lot of Clubhouse activities in that time, such as the HERO House 5K in September, participating in our booth at the

NAMI walk, and representing Seattle at the International Clubhouse Conference in Baltimore.

At Clubhouse, I love being involved in cooking, grant writing, and planning social activities. Last fall, I was thrilled to learn that a grant proposal I helped write for Providence awarded us \$50,000. The highlight of last year was traveling to Baltimore and meeting people all over the world advocating for Clubhouses. I learned valuable tools about mental illness policy and how Clubhouses can impact people in every community, which I was able to bring into our Seattle programs. I've grown a lot in the time I have been attending Clubhouse. When I moved to

Seattle, I knew I wanted to make a change, make friends, and get more active in the community. I had been isolated and struggling to get out of the house. Now, participating in Clubhouse has given me a reason to be more active, meet new friends, and be a part of something meaningful. My fiancé has supported me through all of this, and he has been monumental to my success. I was accepted into Seattle Community College and began attending last quarter, with a goal of earning my BA in human social services. I feel fortunate to have all the support in the world from staff and my friends at Seattle Clubhouse."

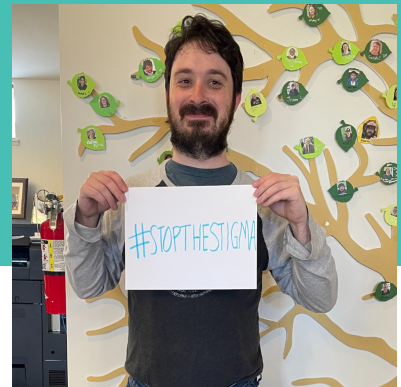
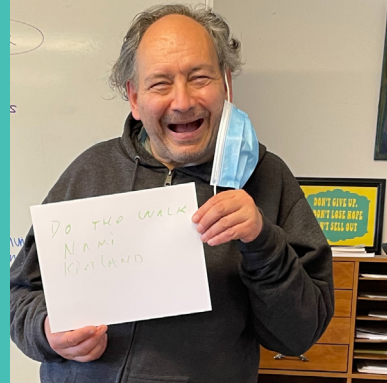
Member Artwork



Direction by Edwin Thomas Koski

WE Live Cleaning Toilets, WE Live Cleaning People
Good sugar things, fingers like for and on clothes.
Thank the shower midnight, clothes washed,
Over three- or four-days writing
Monday thru Friday
Five out, are friends rent loves,
Can doctor, nurse, secretary
Again, again, again,
This what happens here
We are cleaning ourselves,
Our room, our bathroom, our friend our lunch, our drink,
Long in heat
Crash out on our clothing our pay food
Where's the good comment?
In cleaning only.

Edwin Thomas Koski



Alex Odesskiy



Everett Report

Everett got a new program director in April! Some unexpected circumstances have led to expedited repairs and cost savings for our Clubhouse remodel. Focusing on education for 2022, we sent two staff members to colleague training, and they returned with action plans to help improve our program. And we sent another staffer and member to go to the Clubhouse International Conference in Baltimore. We have received three grants towards program expansion. We have also gained new recurring donors who donate monthly. The Washington State HCA awarded us

additional funding to go toward technology improvements and service enhancements at our Clubhouse. Our advisory board has held several successful Mingle events that bring in community members and businesses to build partnerships. We've attended tabling events in the community to spread awareness about Everett Clubhouse to increase our referrals.



Member Story

Cheryl



"I have been dealing with mental illness all of my life due to severe trauma. I have always felt like I was different/crazy. It's bad enough that I was going through very difficult times, and on top of that is feeling shame for having a mental illness. We are disrespected in our society & shown in negative ways in media and movies. That's where Everett

Clubhouse came into my life. It is a place where I feel respected, and I am accepted for who I am. I went from being isolated and very depressed into a community that is caring and kind. Instead of focusing on our mental illness diagnosis, we focus on our strengths and abilities and pursuing goals in our lives. There is a light now coming out of the darkness. WANA—We are not alone anymore. My self-esteem has increased a lot, and I am proud to talk about coming to the Clubhouse. Everett Clubhouse encourages members to learn new skills like the computer, find a job, get a GED, and attend classes. Members participate in their own recovery. We take part in a Work-Ordered Day. It is totally voluntary. We prepare lunch, perform clerical tasks, handle reception, and do general housekeeping. There are fun things we take part in. Every

Thursday we have a social. We watch movies, play games, etc. I have led several writing socials. We do things outside the Clubhouse. We've attended plays, dinner out and sporting events. The Clubhouse pays half of meals or tickets. On holidays like Thanksgiving and Christmas, meals are prepared for members. There is always a place to go. ECH is such an incredible place, and it has touched my life and others in a positive way. ECH has become like a family for me, and I have some wonderful friendships. I may not ever work again, but I have support every day I go to the Clubhouse. I have good and bad days and know I have a place to go where I am around people that care about me. Here I am SEEN, I am WELCOMED, I am OK, I am HEARD I am HOPEFUL, and I can ACHIEVE many GOALS in my life."

Member Artwork

Breath, Peace & Relaxation

Why do I seek some place to look for these?

I can stop right here, right now, taking time to breathe, relax and realize that peace is mine.

Allowing one day a week to catch my breath and to watch my gratefulness.

Peace is letting my surroundings reflect who I am even it's a place in middle of process to become.

I let my favorite colors become my refuge.

Accepting a little chaos if it's particular order is leading to somewhere.

That disorder is on the kitchen table.

Might be necessary to keep different things ready to use.

I should be able to locate anything at all, by having a place for each thing and returning it to that place.

Those things out of place maybe necessary for me a particular time.

I must be captain of my own domain.

When I can't find anything, I might think I lost the battle. But, no matter, it is better for me to take a first step no matter how small. Doing this can lead me to "my within" my peace by finding a place physically or in my imagination, where I can feel comfortable. Finding and realizing my essential worth isn't hard: After I look everywhere, I look within. I am here! Evacuating my authentic self is daily work. However, once I find this marvelous treasure, I can allow it to become my outside as well. I no longer have to hide at all my foibles, my past, my disabilities or talents, all are okay. Others will accept who I am as soon as I do. My job is not to set the world right even if I think I can; the world must evolve as it meant to unfold.

Karen Dalia Smith 10/31/13



Karen Smith



Liz Heffern



Our Programs

Work-Ordered Day

The daily activity of a Clubhouse is organized around a structured system known as the work-ordered day. Members and staff work side by side as colleagues to perform the work that is important to their community. Members and staff share responsibility for running every aspect of the Clubhouse. By sharing responsibility for critical work, members and staff build relationships focused on each other's strengths and gifts. Helping each other address those needs builds confidence and self-esteem. It also creates the shared activities through which positive and helpful relationships are developed.

Education

As with employment, education is a real and immediate path back into the community. In addition to tutoring, the Clubhouses provide other in-house supports, such as utilizing the Clubhouse computers and a space to study and do their homework. The Clubhouse assists people to access educational opportunities in the community. From adult basic education through graduate school, Clubhouses assist members to pursue their individual educational goals.

Employment Program

Returning to work is one of the biggest goals our members have, and we proudly support our members in going back to work. Our Clubhouses support members through resume building, interview preparation and skill building, transportation, dress code and on the job coaching. We offer three different tiers of employment supports: Independent, Supported and Transitional Employment, all geared to the support a member desires.

Outreach

Members are always encouraged to participate in Clubhouse activities. Those who stop attending are contacted, in a variety of ways, to be informed of upcoming events as well as to check on their well-being. This is done with phone calls, emails, greeting cards, social media, newsletters, and texts. On occasion, members are visited at hospitals and/or their homes in an effort to lift their spirits when the member is struggling or isolating.

Our Programs

Transportation

We are committed to meeting members' transportation needs. Members unable to use public transportation can schedule drop-offs to and pick-ups from the Clubhouse.

Socials

Weekly events are hosted by each Clubhouse to develop social skills. Members mutually support each other in these informal settings while having fun. Socials are usually free, or low-cost to all members and include activities such as: museums, advocacy trips to the state capital, outdoor activities and game nights. Socials occur in the evenings and weekends, outside of normal business hours and we have a social on every major holiday. Socials are planned and organized during the Work-Ordered Day by members and staff.

Supported Housing

Our new Supported Housing program is building partnerships around our community to offer safe and affordable housing for our members. As we expand into the future, we will assist members in securing housing, supporting members with rental assistance, and connecting members with vital housing resources.

Wellness

Our Clubhouses support members to lead healthy lives in many different capacities. Our focus on mental wellness shows that our Clubhouses are a powerful demonstration of the fact that people with mental illness can and do lead normal, productive lives. Many of our wellness activities include healthy meals, yoga, meditation and wellness walks, socials that are wellness focused and many other wellness-related activities.

Key Partners

Business

3R Technology LLC	Thriftstore	NAMI Eastside
ABM	Electronic Business Machines	NAMI Seattle
Amazon	Eli Lilly and Company	NAME Snohomish
Aramark	Evergreen Court	Newcastle Fruits and Produce
Backflip, LLC	Farms for Life	NFIA
Bellevue LDS Church	Flatstick Pub Kirkland	Perkins Coie
Boston University	Fountain House	PhRMA
Boxhill Farm	Frontstream	Premera Blue Cross
Central Welding Supply	FSorb	Providence Health & Services
Circle of Friends	Goodwill Industries	Washington
City of Bellevue	Google	Renton Area Nonprofits Unite
City of Bothell	Haggen	Rerucha Studios
City of Issaquah	Home Depot	Rise Properties
City of Kirkland	Harmony Construction	Rupert
City of Redmond	John Knox Presbyterian Church	Safeway (Kirkland)
City of Renton	Kalish Family Fund	Sammamish Farmers Market
City of Sammamish	King County Mental Health	Sears
Clubhouse International	King County Mobility Coalition	Seattle Foundation
Coburn Law	Lake Washington Institute of	Twyford Law Office
Copper Kettle Coffee Bar	Technology	Washington Access Fund
Costco Wholesale	Legacy Group Capital LLC	Washington Recovery Alliance
Dept. of Transportation	Lilly Foundation	West Valley Community Church
Metro Transit	Lotus Communications	YMCA Bellevue
Downtown Seattle	Microsoft	Washington Healthcare
Association	Molly's Market	Authority
Eastside Community Aid		

Individual

Bob Agopsowicz	Scott Bassage	Michael and Jessica Brown
Donald Allen	Jonathan R. Beard	Randy and Janet Burns
Chris Anderson	Jesselle Benson	David and Jennifer Burroughs
Lois and Robert Anderson	Constance Berlinger Barnes	Frank Busichio
Peter Anderson	Raymond E Bly	Jeanette Carter
Anonymous	Chad Bolstrom	James Charles
Daniel Warren Banks	Phil Boyer	Amanda Chen
Cynthia Barrientos	Sean Brannen	Uli and Gayle Chi

Steve Chittenden
Paula Clark
Emma Close
Larry Clum
Lisa Coleman
Monica Comeaux
Tess Cruickshank
Benjamin Curtis
Savinay Dangi
Donna Day
Anca Donogh
Catherine and Patrick Eakin
Thomas and Joan Eble

Linda Diane Eilers
Davood Fanaeian
Patricia Fiedler
Stephan and
Kailey Fiedler-Gohlke
Bruce Florsheim
Andrea Foegler
Sally Fouche
Virginia (Ginny) Gannon
Jesse Gelis
Janet Gilman
Caroline Gomez
Nancy Granger
Francisco Guarnido-Franquelo

Christopher Gurdjian
Jon Hansen
Lesa Hastings
Robert Hause
Gretchen Hawkins
Susan Hawkins
Ricadio Hidalgo
Denise Iselin
Piya Iselin
Bernadette K Jacobs
Jarrett Johnson
Jill Johnson
Steven Juergens

David and Kristine Jung
Isabelle Kalisa
Suzanne Kalish
Jessica Kasper
Sharon Kates
Amy Kennedy
Alicia Kerlee
Leroy Kloes
Ronald Kocol
Ed and Carolyn Lake
Will Leslie
Merry L'Esperance
Joe Levin
Michael and Cheri Levy

Lori Loescher
Laura Luethe
Carin Mack
Julie F. Mahler
Janice Marshall
Tucker Maxwell
Margaret A McClure
Donald Miller
Mark Mirabile
Saranne Moreschi
Scott Moser
Isabel Nelson
Leslie Newman
Justin and Yini Nordin

Sharon O'Brien
Douglas Ochsner
James and Lina Odom
Kathy Pace
Lee D Palmer
Brian Parker
Scott and Joan Perry
Micah Phan
Carroll Phillips
Bryce Phillipy
Mitchell Pohl
Chris and Diane Pottinger
Terry Proctor
Marcia Rainey

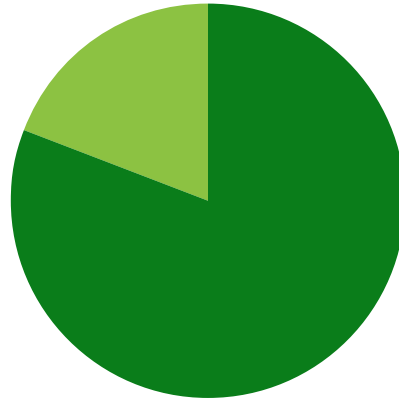
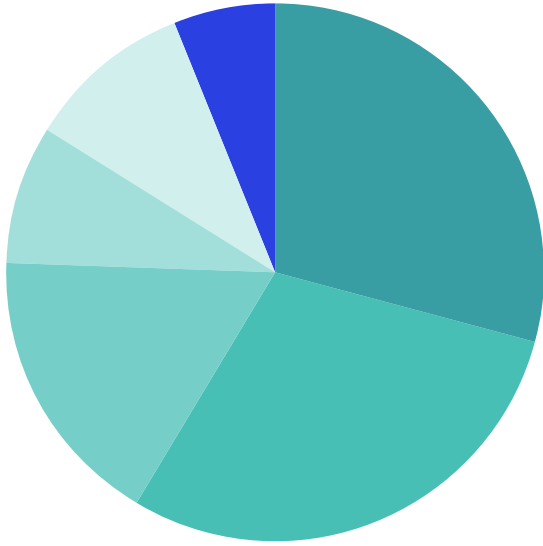
Sudhir Ralhan
Eric Raven
Alana Redmond
Scott and Areerat Rerucha
Jerry Ringo
Dayne Ryan
Meghna Sareen
Minna Schiller
Tina Schmid
Yash Sharma
Susan Shoults
Kelly Simpson
Scott Sinclair
Greg S Slatter

Karen Mae Smith
Irene Song
Arlene Spencer
Mia Spencer
Pauline and Al Spokoyny
Nicholas Stanton
Kristin Steinmetz
Christopher Steward
Sheila Stickel
Rosemary Struiksmma
Jonathan and Stacie Stutz
Dave and Kelly Swan
Noah Tannen
Heidi Tribble

Lisa Tuengel
Duy Vo
Amy Watson
Mandy Wes
Rebecca Wilder
Lynn Wilkinson
Tammy Williams
Joshua Winters
Susan Wong
John Wuertz
Richard Wuhrman
Craig Zajac
Veronika "Vee" Zwicke

2022 Fiscal Year Impact

Expenses



■ Program
■ Admin

Program: 81% of total = \$1,876,962.25

■ Career Development:	35% (\$656,936.78)
■ Work-Ordered Day:	35% (\$656,936.78)
■ Meals + Snack Bar:	20% (\$375,392.45)
■ Social + Recreation:	10% (\$187,696.22)

Admin: 19% of total = \$440,275.09

■ Management:	12% (\$278,068.48)
■ Fundraising:	7% (\$162,206.61)

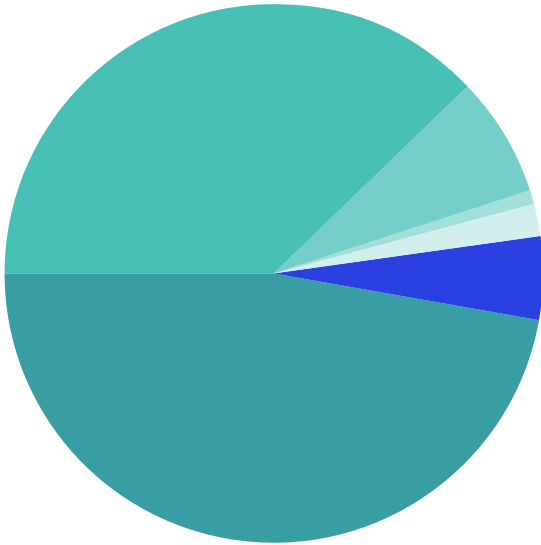
TOTAL

\$2,317,237.33



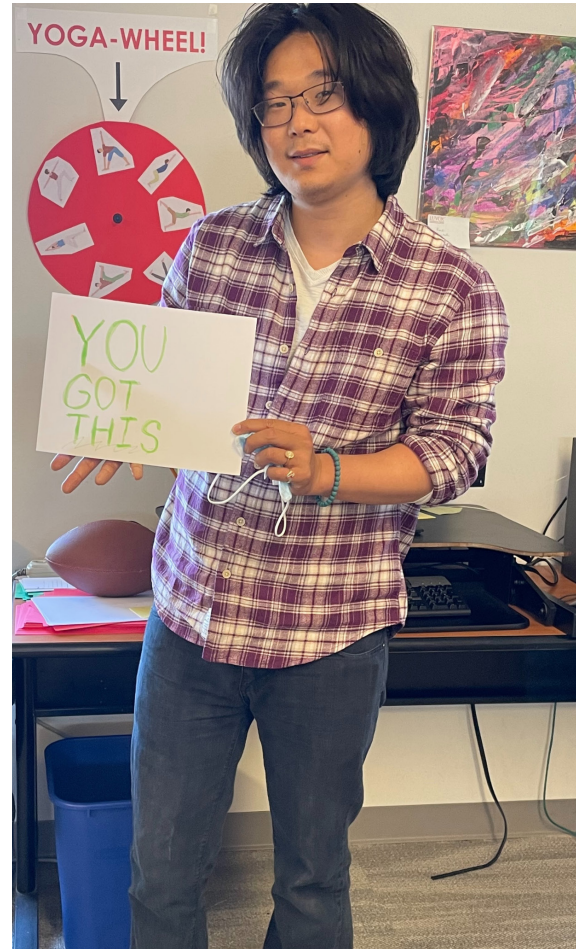
2022 Fiscal Year Impact

Revenue



King County/Cities:	38%	(\$901,911.10)
Individual Donors/Fundraising Events/ Foundations:	7%	(\$171,608.75)
Washington DVR/FCS:	1%	(\$21,371.50)
HERO House Cafe/Tenant Rent:	2%	(\$41,348.43)
Program Grants:	5%	(\$130,000.00)
Washington State Health Care Authority:	47%	(\$1,107,701.28)

TOTAL **\$2,373,941.06**



Statistics



Member Visits

Seattle	1,125
Bellevue	6,578
Everett	1,366



Average Monthly Active Membership

Seattle	19
Bellevue	81
Everett	18



New Members

Seattle	17
Bellevue	32
Everett	15



Additional Stats

Members supported in employment	47
Members supported in education	19
Members supported in housing	17



Come Stand with Us

Event Helpers

We could use your assistance to prepare for our special events by working with our board, members, and staff. Various responsibilities are available: decoration, selling tickets, and clean-up.

Give Now

- Set up a monthly or yearly contribution via our website.
- If your employer matches gifts, be sure to apply for matching funds.
- Name HERO House NW as a beneficiary in your will, estate plan, retirement, or life insurance.
- Give stock or securities for tax benefits.

For more information on HERO House NW, please check out our nonprofit profile on www.guidestar.com and visit our website at www.herohousenw.org

Board Membership

Are you interested in serving a role of governance for the organization and helping HERO House NW become sustainable?

If so, email your interest to:
KaileyF@herohousenw.org

Ways You Can Help

You can help HERO House NW assist those with mental illness by using planned giving and estate planning. HERO House NW is a 501(c)3 nonprofit organization.

For information on ways to give, including annuities and charitable lead trusts, see the Planned Giving page on our website: <https://www.herohousenw.org/ways-to-give>. We recommend you contact an estate or financial planner to assist you in filing the correct paperwork and getting the right tax benefits from your gift.

Our Tax ID is 01-0925282

Board of Directors



Scott Rerucha
Board President and
Treasurer



Savinay Dangi
Vice President



Lesa Hastings
Secretary



Lisa Coleman
Director



Meg McClure
Director



Sudhir Ralhan
Board Member



Veronika Zwicke
Director



Kailey Fiedler-Gohlke
CEO



Michael Brown
Chief Program Officer

Map

