



# nami

# Southwest Washington

## National Alliance on Mental Illness

[www.namiswwa.org](http://www.namiswwa.org)

Vol. 14.4

April 2014

### Inside this issue:

The Sandwich Generation	Pg3
Panic Attacks	Pg3
Start your day off right	Pg4
Therapy a key factor in recovery	Pg5
Jake's Crisis: In Our Own Voices	Pg6
Bulletin Board	

### CONTACT US!

**Street address:**

8019 NE 13th Avenue  
Vancouver, WA 98665

**Mailing Address:**

PO Box 5353  
Vancouver, WA 98668

**Tel:** (360) 695-2823

**Fax:** (360) 823-1088

**Email:**

[info@namiswwa.org](mailto:info@namiswwa.org)

**Website:**

[www.namiswwa.org](http://www.namiswwa.org)

**Twitter:**

@NamiSouthwestWA

**Facebook:**

[www.facebook.com/NAMISWWAWWA](http://www.facebook.com/NAMISWWAWWA)

### Resources:

**NAMI Warm Line M-F 9am-5pm**

(360) 695-2823

**Mental Health Ombuds:**

(360) 397-8470

(866) 666-5070

**Teen Talk: (after 4pm)**

(360) 397-2428

**Crisis Lines:**

(360) 696-9560

(800) 626-8137

### NOTICE:

The Crisis Family support Group facilitated by Kay Roberson now has a new time and day. It will be held every 4th Tuesday of the month from 7pm-8:30 pm.

## Corrections Program Launched in March

NAMI SW WA is very pleased to have started our work with Clark County Corrections. We are currently holding an informational support group in the new H-Pod at the jail where the Re-entry program is taking place for inmates who are to be released within six weeks. These inmates come to H-Pod during the day to learn about local organizations and services that can help them once they are out of jail. Ellery Holesapple, our USC MSW intern, and Thomas Cousino are partnering for this weekly group that uses materials from our new STRivE (formerly SWASS) program. We are also conducting an evening STRivE group at the Corrections Work Center. Ilse Schuurmans and Peggy McCarthy are partnering as facilitators of that group. Additional programs will be added in the future as we get more people trained in the program and then cleared by Corrections. We look forward to reporting more about these groups and to working with the men and women as they are released. We hope that they will join the STRivE groups that are currently offered at the Vancouver NAMI office on Wednesday evening and Friday afternoon.

## NAMI WALKS SHIRT SNEAK PEEK

Here's a sneak peek of this year's walk shirt! The backs still need to be printed with sponsor logos - as a reminder, we can still get sponsors onto the walk t-shirts if they commit by April 15, and we can get signs up at the walk if they commit by May 8. Everyone who raises \$100 or more, or volunteers to work on walk day, gets a shirt.

If you haven't signed up to walk already, please do so now. We have credibility to encourage people to participate only if we're... well.. walking the walk!



# From the Directors Desk

Dear Members and Friends,

We greatly appreciate all the membership renewals and the new memberships to NAMI that have been coming in during the past few months. Our goal is to have at least 1,000 members in SW WA by year's end. To remind all of you who may have forgotten to renew your membership we will be sending letters to you over the next few weeks. This is a great year to be a member because NAMI SW WA is hosting the NAMI WA conference in August 2014. The event we are planning will be stimulating with lots of cutting edge material from presenters, memorable because of the discussion groups we will hold for people from varied backgrounds, and fun because of the events we've planned. The events include endorphin producing morning walks along the Columbia River, a dinner at our local jail Work Center, for those who choose to attend, and a Saturday evening cookout at the County Plaza where attendees and guests will hear some great local music and watch a performance by the Stand Up for Mental Health Comedy Group. Mark your calendars today for August 15-17. Materials are going up on the NAMI WA website, and conference registration will begin soon.

NAMI SW WA has been busy creating some new formats for educational classes and support groups that we are adding because of identified needs in the three counties we serve. Of course we continue to offer our standard NAMI programs. Because of this increase in the number and reach of our programs we are in great need for committed volunteers to come forward to get things well organized. The sidebar of page 3 lists the coordinator positions we want to fill with volunteers who are willing and able to commit hours each week to working closely with Jenny, Lyn, Cindy, and me to ensure that our programs get the attention they deserve. Please look over the list and, if you are interested in any particular job, especially if you have previous experience with something such as development/grant writing, event planning, or other such issues, please call and set up a meeting with us to see what the volunteer position would entail. We look forward to hearing from a great number of people. If you can't do one of the needed jobs, maybe you have friends who have time and energy.

The NAMIWalks event is coming up quickly. Go to [www.namiwalks.org](http://www.namiwalks.org) and click on Find a Walk. Here you will find the Northwest walk at the bottom of the Oregon list. You will need to register (you can use your Facebook account) as a walker and can then either select your team, form your own, or walk as an individual. We hope you will select a team from Southwest Washington. As long as you select Clark/Southwest Washington as your county, your donation will come to NAMI Southwest Washington. We have two office teams; "NAMI Office Team" and "Peggy's Pals". Most of us in SW WA join the walk in Portland because it is more convenient. You can walk in either Oregon or Washington or be a virtual walker in one or both places. The important thing is that we all join in to help reduce the stigma of mental illness and to raise much needed funds for our NAMI SWWA affiliate.

Thanks so much and thanks to all of you who are coming to our programs, classes and groups. We enjoy serving you!

Best regards,  
Peggy

## President

Stephanie Welty

## Vice President

Ann Donnelly

## Treasurer

Rebecca Anderson

## Secretary

Michael Altig

## Board Members

Terry Gertsen

Nancy Johnson

Frank Randolph

Victoria Starr

Darvin Zimmerman

## Executive Director

Peggy McCarthy

## Administrative Assistant

Jenny Black

## Peer Benefits Specialist

Cindy Falter

## Parent Partner

Lyn Pattison

## MSW Interns

Ellery Holesapple

Alyssa Rice

## Burgerville Events Coordinators

Wayne Pattison

Martha Vogeler

## Year-end Respite Event Coordinator

Cindy Falter

## The Sandwich Generation by Tim Krueger

We've endured the depression generation, fought continually through the war generation, been cooled by the Pepsi generation, grown old as the baby boom generation and tried to understand the X generation. But what in the world is the sandwich generation?

The spring edition of "Esperanza" magazine describes the sandwich generation to be devoid of time and age, but rather refers to a condition of life. Rather than identify character traits, "generation sandwich" is described as a state of being. Sandwiched between the need to satisfy your own family and squeezed by the necessity of caring for older parents and relatives, sandwichers multi task themselves to death. It not only is a free ticket to exhaustion and stress, but can also draw you into your own physical illness and depression. The evidence is in- sandwichers are stressed to the max. To researchers, it appears that it's not stress in and of itself that plagues the sandwich generation, but rather the way it's dealt with on an individual basis. Taking care of everybody but yourself can lead to energy depletion and an extremely "run-down" state. Guilt can be a mitigating factor when it comes to making necessary economic compromises of leaving the children with a care giver and going to work. Throw in the daily commute and you're setting yourself up for a sandwich style disaster. Although the sandwich generation knows no racial, gender, age or ethnic boundaries, women report the greatest number of symptoms as their number of life roles spirals out of control. Part of the problem for women lies in the tendency to postpone child bearing until later ages. This makes them caretakers of younger children and older relatives simultaneously. Coupled with the fact that longevity has increased for seniors, this can put parents of the sandwich generation in the younger/older family squeeze for years. Competing priorities at middle age seems to be pushing many sandwichers to the brink.

Researchers report more employment problems, personal stress and mental and physical health problems among the sandwichers. One report notes that an overall health problem for the sandwich population has created an additional \$4 billion burden on U.S. health care costs.

Experts emphasize over and over again that avoiding overload and burnout is the key to minimizing or preventing depression for those of us squeezed in the middle. Their advice to this generation: "You can do everything, just not at the same time." If caregivers of this group don't take care of themselves, they may be the first to "go down". They advise: taking time for yourself, enlisting help from family members, looking for outside resources, listening to your body, and thinking proactively.

## Panic Attacks

A panic attack is a unexpected flood of overpowering anxiety and fear. Panic attacks may happen just once, but many people experience them over and over again. They can be triggered by specific situations - such as speaking in public or crossing a bridge. Without treatment, panic attacks can lead to panic disorder or other problems. Panic

disorder consists of repeated panic attacks, and includes changes in behavior due to anxiety over having more attacks.

Some symptoms of anxiety attacks include: shortness of breath, sweating, nausea, heart palpitations, shaking,

*(Continued on page 4)*

Outreach Coordinator:  
Sandy Frischman

Library Coordinator  
Martha Vogeler

Open Volunteer

Coordinator Positions:

County Coordinators

- ⇒ Clark
- ⇒ Cowlitz
- ⇒ Skamania

Development/

Fundraising

Education

Membership

Media/PR

Newsletter Editor

NAMIWalks

Project

Public Policy

Support Services

Volunteer

*(Continued from page 3)*

light-headedness, and fear of dying. Constant worry about having another panic attack can actually bring on an attack that is not tied to a specific situation. This is called anticipatory anxiety or “fear of fear.” You begin to avoid certain situations or environments or places where you cannot escape if you have a panic attack. At its worse, this phobic avoidance can lead to agoraphobia (extreme or irrational fear of crowded spaces or enclosed public places).

Panic attacks are treatable. Cognitive behavior therapy is the most widely used form of treatment and focuses on the thinking patterns and behaviors that are triggering the attacks. Once you learn that nothing disastrous is going to happen, the experience of panic becomes less terrifying and panic attacks diminish. In exposure therapy, you are exposed to the physical sensations of panic in a safe and controlled environment.

This allows you to learn new and healthier ways of coping.

Medications also can be used to reduce some of the symptoms of panic disorders. These include antidepressants and benzodiazepines.

How can you help yourself? First, become educated. Simply knowing about panic can help a lot to relieve your symptoms. Secondly, avoid smoking and caffeine. Stimulants can provoke panic attacks in some people. The third way is to learn how to control your breathing. Deep breathing is a coping skill you can use to calm yourself down when you begin to feel anxious.

Lastly, practice relaxation techniques. Activities such as yoga, meditations, and progressive muscle relaxation strengthen the body’s relaxation response and increase feelings of happiness and calmness.

## Start your day off right

Sometimes it is very confusing trying to decide what to eat for breakfast. You are in a hurry, and you rush out the door without eating anything. Skipping breakfast will just encourage you to overeat later in the day. You should have a good breakfast that combines good carbs and fiber with some protein. This will give you energy, make sure you are not hungry, and help you make good eating choices for the rest of the day.

**Here is a list of good breakfast foods:**

- Oatmeal – eating oatmeal regularly may lower your cholesterol
- Whole wheat bread – whole wheat contains more fiber than white bread.
- Cereal – chose cereals with more than 5 grams of fiber and less than 5 grams of sugar
- Eggs – eggs are a good source of protein and vitamin D
- Greek yoghurt – provides twice as much protein as regular yoghurt
- Wheat germ – 2 tablespoons provides 15% of your daily vitamin e
- Flaxseed – flaxseed is a great source of omega-3 fatty acids
- Coffee – coffee is the number 1 source of antioxidants in the US
- Tea – tea is a good source of antioxidants, especially green tea
- Almond butter – almond butter is an excellent source of protein if you don’t eat eggs
- Barley

*(Continued on page 5)*

**Need space? Read all those books on mental health already?**

**Donate them to the NAMI Library and share them with the mental health community.**

**Register to Walk!**

**The NAMI Northwest**

**Walk is on**

**May 18th**

**in Portland**

***Fruit should be eaten not juiced. Juice is missing the necessary fiber our bodies need and there is evidence that drinking juice raises the risk for developing type 2 diabetes***

## Need help finding a therapist?

therapists.  
psychologytoday.com

Is a great tool/search engine to help you find a therapist in your area, and narrow the results down by approved insurance, specialization, etc.

(Continued from page 4)

### Some healthy fruits are:

- Bananas – adding bananas will help you feel full longer
- Grapefruit – grapefruit have fat-burning qualities
- Watermelon – watermelon is an excellent way to hydrate in the morning
- Blueberries – eating blueberries regularly can help improve your memory
- Strawberries – this fruit is good for your heart
- Cantaloupe – cantaloupe contains a daily allowance of vitamin A which will keep your skin looking young
- Kiwi – this fruit is loaded with vitamin C
- Cranberry juice – chose small portions of the non-sugared juice
- Raspberries – high in fiber, vitamin C and vitamin K

## Therapy: A Key Factor in Recovery

Some people diagnosed with a mood disorder have been in therapy for years, often with the same therapist, but don't feel like they're making much progress toward recovery. Improvements are not occurring. Problems still dominate their daily lives. Many have become disheartened and feel they are trapped in a dysfunctional rut that neither they nor their therapist can do anything about.

A great number of others, however, who are experiencing successful recovery, credit the services of good therapists in having been instrumental in helping their continual progress. Many of them believe they would never have been able to cope and endure the terrible symptoms their brain illnesses were putting them through if it hadn't been for the many benefits they received from therapy. Quite a number of research specialists in recovery methods, techniques and case study results support these convictions: therapy is often a key factor in the probability of a person's successful recovery.

For those experiencing progressive recovery through the ongoing and able support of a therapist, there are several significant factors that continually appear in common:

- There is always a good match between the client and his or her therapist; their personalities seem to fit.
- The client feels safe with their therapist, someone trustworthy whom they can confide in.
- The therapist is not overconfident or condescending...not a know-it-all.
- The client and the therapist have total, mutual respect for one another.
- The therapist sincerely believes they can help the client.
- The client believes he or she will get better with their therapist's help.

Therapy seems to work for a number of reasons, but two which stand out above all others are these:

- A good therapist never solves anybody's problems; they guide a person to become capable of solving their own.
- An effective therapist does not teach you to depend on them or anyone else; they help you to learn to depend on yourself.

## frankie & alice

### *In theaters April 4!*

Always at the forefront of women's issues, from Halle Berry, Academy Award® winner turned film producer, comes a must-see, award-worthy film **FRANKIE & ALICE** - a moving psychological drama inspired by a woman suffering with multiple personality disorder in early 1970s Los Angeles

**FRANKIE & ALICE** is inspired by the remarkable true story of an African American go-go dancer "Frankie" with multiple personalities (dissociative identity disorder or "DID") who struggles to remain her true self while fighting against two very unique alter egos: a seven-year-old child named Genius and a Southern white racist woman named Alice. In order to stop the multiple voices in her head, Frankie (Halle Berry) works together with a psychotherapist (Stellan Skarsgard) to uncover and overcome the mystery of the inner ghosts that haunt her.

## Jake's Crisis: In Our Own Voices by Becky Anderson

My nine year-old grandson, Jake, has multiple diagnoses including ADHD, anxiety disorder, separation disorder and anger management problems. He gave me permission to write about a recent family experience we had that turned out well. Jake and his siblings are adopted.

A few weeks ago, Jake had a meltdown. His mom called a friend whose son has similar issues and she called me, but the meltdown continued. Quickly, he was out of control, throwing things, spitting, hitting and cursing at everyone in range. His behavior had escalated to the point his mom had to call the crisis line and ask for CIT assistance.

Jake was aware that his mom had called for help. He took the phone and called me to ask if I could come and get him. He needed to leave the house, and I was his only option.

His grandfather and I agreed to pick him up to avoid police involvement. By the time we got there he was totally exhausted. Saying very little, he fell asleep in our truck. Once we got home he went right to bed and back to sleep.

The next morning I asked him what had happened and, as usual, it had involved the computer and his time on it. He does not like to be interrupted or bothered when it is his turn as one in four members of the household, all wanting to have time on the computer.

I took him to school and made arrangements for him to stay with us until after his next therapy and psychiatry appointment, scheduled sequentially on a single afternoon. His mom met us at the office. In therapy he talked about what had happened and his feelings about what he had done and his therapist made suggestions about different behaviors he might use in the future. When he and his mom met with the psychiatrist his mom mentioned that Jake had been born addicted to methamphetamine. It had taken a year for Jake to totally withdraw from the drugs side effects.

The psychiatrist picked up on this issue right away and said there is a drug that can be taken with the other meds that will help with the short circuit in his brain caused by the meth exposure prior to birth. This is the first time any professional has really listened to his mom and agreed that it was an issue. Needless to say, we were very happy that the psychiatrist listened and had a solution to this ongoing issue that we, as a family, have dealt with for the last eight years. We look forward to seeing how Jake reacts to this new medication and if it does help with the issues he continually has with his temper and anger.

It is so very important to tell your prescribing physician everything, even if you think it might not be important. Hopefully, our experience will help some other family down the road who might be dealing with a similar issue.

We need readers to share their personal experience.  
Please submit articles to [office@namiswwa.org](mailto:office@namiswwa.org)

## Bulletin Board

 Alyssa Rice, our MSW intern from University of Southern California, gave birth to a baby girl on St. Patrick's Day, Monday March 17<sup>th</sup>. Both mom and baby are doing well and both will be coming to our Vancouver office in the near future, Alyssa to work and the baby to enjoy lots of good attention.

 **In Our Own Voice** training will be held at NAMI SW WA Vancouver office on April 5<sup>th</sup> and 6<sup>th</sup>. To participate in this terrific class for mental health service consumers you will need to complete an application. We can possibly get a few more people into the class by the first of the month so call the office if you are interested in learning to help us reduce the stigma of mental health issues by telling your story to the public. All participants in the class will be part of our new outreach team that will be going into the communities in our three counties very soon.

 Our **Parent Support Group** that meets on Wednesdays from 10:30-12:30 at the Vancouver office will not be held in April. Lyn will be having fun in Hawaii for a bit and then having some eye surgery when she returns. We will see her again in May.

 The new **STRive: Lessons in Living** support group (which we called SWASS during its development over the past few months) is going strongly at a number of sites. Please feel free to come to this drop-in education and support group. In Cowlitz County the group meets at the County Health Dept. on Thursdays from 6:00-7:30 PM, at the Vancouver office on Wednesdays from 6:30-8:00 PM. This same program, which has been created by our NAMI volunteers because of need identified in our communities, is being offered at the Clark County Corrections Re-entry program and in the Work Center. All these groups provide valuable tools that will help enable anyone to function better in daily life. Please join us!

 Our **Support the Supporters** group is having a rough time getting underway, yet we know there is a great need for it. People keep saying they are coming but then don't show up for the group. These are the same people who are discussed in Tim's article on the Sandwich Generation in this newsletter...those of you who are so busy caring for others that you don't take care of your own selves! This group is scheduled to meet on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday at the Vancouver office from 4-5:30 PM. Please give yourself a gift by attending in April.

 Our teen support group, **Road to Recovery**, got off to a great start on Monday, March 23 at the Vancouver office despite the fact that Alyssa Rice is on maternity leave. We thank Oliver Stanchfield, the Camas High student who asked to develop this group last fall as part of his senior project. Charla Struys is facilitating the group and Alyssa will join her when she returns. Oliver designed a great brochure for the group; if you know a high school who would like to have or needs brochures call 360.695.2823 and we will get some to the school.

 Our **Connection Group** facilitated by Eric Johnson has responded to a suggestion from group member Pat Turpyn to conduct a NAMI fundraising project. They will sponsor an evening at the Vancouver Earth, Glaze, and Fire on Main Street where NAMI members and friends can join together to prepare clay molds to be made into pendants, bracelets, and other jewelry that will be made by Connection and sold at community events as well as at the NAMI 2014 conference art show to raise money for our affiliate. The event at Earth Wind and Fire is scheduled for Friday, May 9 from 8:00-12:00 PM as part of Mental Health Awareness Month. Please mark this date on your calendar and plan to join us for an evening of fun. Space is limited so let us know if you are planning to attend

It is during our darkest moments that we must focus to see the light.

Aristotle Onassis

Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.

Martin Luther

Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!

NAMI Southwest Washington  
P.O. Box 5353  
Vancouver, WA 98668  
  
RETURN SERVICE REQUESTED

Nonprofit Org.  
US Postage  
PAID  
Vancouver, WA  
PERMIT NO.790



National Alliance on Mental Illness

- ANNUAL MEMBERSHIP - \$35.00
  - OPEN DOOR ANNUAL MEMBERSHIP - \$5.00  
(No one is refused membership due to economic hardship)
  - DONATION \$ \_\_\_\_\_
- ★ We are a registered non-profit organization 501(C) (3) and donations are tax deductible.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State & Zip: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_  
E-Mail: \_\_\_\_\_

- NAMI Membership Includes:**
- ★ NAMI National Advocate Magazine, quarterly
  - ★ Washington Friday Facts, weekly e-mail by request
  - ★ NAMI SW WA Newsletter, monthly
  - ★ Member Discounts on NAMI Events & Materials,

Please return your payment and completed form to:

NAMI Southwest Washington  
P.O. Box 5353  
Vancouver, WA 98668

To use a credit card and join online, go to [www.nami.org](http://www.nami.org)  
Or use your credit card to join or donate at [www.namswwa.org](http://www.namswwa.org)