Give More 24 - Open Houses — Two Locations

Come One — Come All

Please plan to visit the National Alliance on Mental Illness Southwest Washington (NAMI SW WA) September 24 where we will be holding two open houses, one in Kelso at our new office there and one at our new office in Vancouver! We have lots of fun planned at both locations.

Visitors will not only learn more about NAMI, especially NAMI SW WA, but also have the opportunity to receive a fun gift through hourly drawings from 10AM to 7PM! Refreshments will be served.

When visiting either of our locations, you will be able to sit in on brief informational workshops about both NAMI Signature Programs such as Family-to-Family and BASICS, and NAMI SW WA Programs like SEE ME, (Sharing Experiences and Empathy with Mental Illness Education), STRiVE Psychoeducational Program, and about teaching and modeling resiliency for both children and adults. Guests will also have the opportunity to learn about peer support, medication and benefits consultation, and much, much more. Refreshments will be served at both locations.

Also on September 24, there will be the chance to support NAMI SW WA through the Community Foundation for Southwest Washington’s 24-hour on-line giving campaign for non-profits. Go to www.give-more-24.org/#npo/nami-sw-wa. If you do not have access to a computer, we can assist you by using a computer at either office. Your support matters! There is no charge for NAMI services, however, our programs need consistent financial support.

We look forward to seeing you on September 24!

For more information, call Suzanne Arnits at 360-695-2823 or email her at suzanne.a@namiswwa.org.
Dear Members and Friends,

The summer is drawing to a close and many of us look forward to just maybe getting back to the routine of support groups, classes, frequent SEE ME programs and other outreach and away from moving trucks, paint buckets, construction, and playing with what we have been calling the adult Legos as our team of volunteers assembles the cubicles that were donated to us by CAESY Education Systems along with the beautiful conference table and chairs and lots of other equipment. Our last major task will be to move parts and then assemble a number of these cubicles in our Cowlitz office in the next few weeks. The Vancouver office is now almost complete. We have made great strides at both sites and all programs are running smoothly.

Volunteer John Baran, a mechanical engineering student at WSU Vancouver, has contributed significantly to our functioning this past month. It is he who figured out how to assemble the cubicles, and he has trained a number of young men living with autism spectrum diagnoses to work along with him to get this task done. John will be continuing his volunteer work with us during the school year as he helps us create a special youth program we will call Independence Bound. We are all excited about this since it will help fill a gaping hole in community services.

One of our big events for August was the second CIT for Clark County Corrections. This is a critical training event and still the only Corrections CIT in Washington or Oregon. We hope other NAMIs in both states will seek funding to be able to help sponsor the training in their cities or counties so that inmates as well as those deputies and other professionals who choose to carry out the very stress-filled work in jails and prisons will be safe and respected. Our SEE ME team of Ilse Schuurmans, Eric Johnson, Jason Harris, and Keri Stanberry were their usual informative selves, helping those in the audience better understand the lives of people living with mental health disorders.

NAMI SW WA presented Parents and Teachers as Allies at the WA NAMI conference in Richland, WA at the end of July. Our presenters, Keri Stanberry who is now a state trainer for PTA and Terry Gertsen, NAMI SW WA Board member and former teacher, were the presenters. They did a terrific job presenting the material and answering questions from the audience.

NAMI SW WA hosted our first genetic testing day on August 26th. Twenty people took advantage of this great opportunity to learn more about why some mental health meds may not work so well for them. The testing was conducted by Red Mountain Labs staff member Roxanne Holtz and Vicki Starr, RPh, our dedicated volunteer pharmacist who has extensive experience in mental health medications. Those who participated today will have some important information to discuss with their medication prescribers in the near future because this testing can tell them if they can or cannot metabolize various mental health medications. Medications that cannot be metabolized by an individual should not be prescribed for that person. With this information we hope to see a reduction in the number of meds that an individual is taking. This will be a cost saver as well as possibly reducing side effects that are caused by a medication that has no effect on the mental health issue for which it has been prescribed. We will do a second day of testing on October 15th. Watch this newsletter and our website for that announcement.

Again, we cannot give enough thanks and acknowledgement to all those many people who helped and continue to help us settle in to both offices...Kelso in Cowlitz County and Vancouver in Clark County. Thank you! Thank you!

Peggy
Family-to-Family: Our Most Popular NAMI Signature Program

If you have a loved one living with a mental health diagnosis, whether the person lives under your roof or not, Family-to-Family could be the greatest gift you could give to yourself, your other family members, or to your loved one. You must register ahead of time to take this valuable course; to sign up just call the NAMI SW WA office at 360-695-2823.

Family-to-Family is an Evidenced Based Program. Data coming from this decades-old program show that people with mental health disorders do better, stay more stable, and stay longer in recovery when their family members and other supporters have taken this class. And certainly the family members and friends do better, as well. One participant, at the end of the course, said in a very wistful voice, “I only wish we had taken this class forty years ago. Our lives and the life of our loved one would have been so different if we had!”

When you come to Family-to-Family you realize you are not alone with this issue. You begin to see the magnitude of the problem as you meet others with similar problems to those you face that often seem and are overwhelming. It sinks in that mental health issues really do affect one in every four adults in our country. Every family deals with these issues. You are able to meet and make friends who, at the end of the twelve weeks, have become part of your support system.

During the class you will:

- Gain understanding of your loved one and your own role in his/her mental health issues and recovery
- Learn skills and acquire tools to help assist your loved one recover from setbacks
- Gain better understanding of local resources that can best help you and your loved one
- Practice communication skills that can enable you to better talk with your loved one
- Learn problem solving skills
- Gain better understanding of how medications work, or don’t work
- Gain insight into how the brain works
- Increase your own understanding about what you are facing
- Become aware of the necessity for self-help as you and your other family members/caregivers gain empathy for yourself, your loved one, and others who are dealing with similar issue
- Learn valuable coping strategies
- Practice self-care skills that can help you reduce your own stress levels

In addition, you will learn the importance of and need for becoming an advocate for mental health and understand the benefits of volunteering even when your responsibilities with your loved one seem overwhelming. Participating in NAMI events such as the annual NAMI WALKS, our local Donnelly Walk, our advocacy day in Olympia where we meet with legislators, or training to become a facilitator for a NAMI group or class can provide wonderful training for you to help you deal with your own family issues or simply get you away from your own problems for a bit to help build perspective to realize more fully that you are not alone.

NAMI SW WA has Family-to-Family classes overlap in Clark County with a new class beginning in mid-September and in early October. In Cowlitz County we will offer at least two Family-to-Family classes, one beginning in October and one in late winter or spring. In Skamania County we will offer a class in the spring. Please call 360-695-2823 to get on the list. Be sure to let us know which county you live in.
Despite Winning Miss International, Raising Mental Health Awareness is Her Crowning Achievement

Elise N. Banks, MS, LPC-Intern, is a graduate of Baylor University where she received a bachelor’s degree in psychology, and the University of Houston, where she received her master’s degree in counseling. She is a licensed therapist who works with families and individuals in the Houston Texas area. She is also the reigning Miss International and her platform is Healthy Mind, Successful Life.

The start of my platform Healthy Mind, Successful Life began when I was only 9 years old, although I did not know it at the time. My grandmother was diagnosed with Alzheimer’s when I was 3 years old. Therefore, all of my memories of her are of someone who did not even know I was her granddaughter. When my grandmother passed away, right before my 10th birthday, I was able to see the devastating effects of how a mental illness can take a toll on a person and their loved ones. This experience is what prompted me to be involved with the mental health field. I never wanted another family to go through what mine did during that time.

In my efforts to “start the conversation” about mental health, I will be going to schools to talk to students about mental illness and being comfortable asking for help. I will attempt to teach them positive coping skills that they can use in their daily lives. Hopefully these skills will be able to reduce the symptoms that they are experiencing and eliminate the need for professional help. However, since a lot of people need professional help, I will continue to provide people with the resources that are available for them. As Miss Texas International, I started visiting different facilities in order to meet with staff and know what is available for those who need professional services, which is something I will continue to do. Although I am a licensed therapist, there are still resources that I am not aware of. So this has been a wonderful learning experience for me too!

As Miss International 2015, I am thrilled to strengthen my connection with NAMI in our shared mission to bring a positive light to an important topic. To have an organization that matches what my personal platform stands for is an absolute blessing, and I am honored to be a part of work that will change lives.

See more at: http://www.nami.org/Blogs/NAMI-Blog/August-2015/Despite-Winning-Miss-International,-Raising-Mental#sthash.4s4K8kR6.dpuf

Tips to Increase Your Motivation

*Motivation is the powerful engine that moves you toward success and accomplishments in every area of your life.*

1. Think and analyze your desire, to find out whether you really want to achieve it, and whether it is worth the effort and time.
2. Make your goal very clear. Writing it down will help.
3. Think often about your goal or desire.
4. Visualize your goal as already accomplished, and shut your mind to doubts and disbelief.
5. Read books or articles about the subject of your goal.
6. Read about people who have achieved success. This is quite inspiring.
7. Think often, about the benefits you will gain by achieving your goal. This will increase your desire and motivation.
8. Visualize, and think about how you would feel after achieving your goal.
9. Repeat positive affirmations such as: “I have the desire and inner strength to achieve my goal”, Repeat this affirmation often, with attention and belief.
10. Start taking small steps toward your goal right now. Don’t wait for the right opportunity.
Hello Cowlitz Friends and Supporters,

We wish to send an overdue but warm and sincere “thank you” to our friends at Cowlitz Family Health Center, particularly Mr. Eric McCrandall, Facilities Manager, for his time and assistance in helping us find donated furnishings for our new Kelso office building. It has been both humbling and encouraging…the folks that pop up when help is most needed.

August has been a busy month in our Cowlitz office and the calendar for September is already brimming! Our NAMI Connections open support group now meets twice a week on Mondays and Thursdays from 12-1:30 PM. We’ve had several new members and expect even more when school starts and summer vacations are over.

We welcome anyone experiencing mental health symptoms whether formally diagnosed or not. We’re also excited to get back to our Parent/Family Support group meetings every Wednesday evening from 6-7:30 PM at our Kelso office. We’ve had several inquiries so hope to meet some new families. Caregiving/supporting a mentally ill family member can be overwhelming and exhausting. For many, the tendency is to try to handle all within the immediate family while becoming isolated and ignoring their own needs for rest, relaxation and down time. By joining together we can lend each other support, share difficulties and successes, community resources and have a collective stronger voice.

On Tuesday, October 6th our NAMI SWWA STRivE Psycho-Educational classes will be starting in our Cowlitz office. This FREE 36 class series is divided into 3 units of 12 each followed with a certificate of completion. Classes include information on specific diagnosis • treatments and medications • self-esteem building, effective communication, • chronic pain • co-occurring disorders • anger management • problem solving, • development of an individual crisis plan and so much more. If you are affected by mental illness and/or addiction and are interested in learning about tools necessary for a successful and sustained recovery, please call our Kelso office at 360-703-6722 to reserve yourself a space. We also send out a great big thank you to Adam Pithan, Cowlitz County Drug Court Director and NAMI SWWA Board of Directors member. We are so grateful for the expertise and professional experience that he brings to the STRivE curriculum while volunteering as co-instructor for this excellent series.

On September 24th, we will hold an Open House in conjunction with Community Foundation SWWA Give More 24. Our Kelso office will be open from 10 AM to 6 PM during which we will introduce guests to our many programs, staff and volunteers. Please join us for refreshments and hourly drawings for gifts. On this special day, donations are welcome.

And last but certainly not least, September 26th, from 9 AM-12noon is the Discovery Recovery Walk sponsored by Peace Health at Lake Sacajawea Park. Most local agencies that support those on the road to recovery from addictions and/or mental illness will have tables set up with their program information as well as staff on hand to speak to and ask questions. Speakers in recovery are scheduled to share their compelling stories about the circumstances surrounding the beginnings of their illness, their dark days, what led them to treatment and what keeps them in recovery. So come have a cup of coffee, gather information, hear great stories and win one of tons of free drawings. We look forward to seeing you there!

Janie Gislason, Cowlitz County Coordinator
ANNUAL Donnelly Walk 2015

Join us for a fun and healthy event to support NAMI Southwest Washington

Saturday, October 24, 2015
7:30—10:30 am
Southcliff Neighborhood in the Heights
4305 Oregon Drive, Vancouver, WA 98661

Please save this date—Saturday morning October 24—and bring your friends to this informative, healthy, self-guided walk-run or bike ride in the Heights area of Vancouver. The walk will be followed by breakfast hosted by Ann & Mike Donnelly and their friends. The suggested donation to NAMI SW WA is $25-$100. Walkers, runners, cyclists or just supporters, their friends and leashed dogs are welcome.
MONDAY
STRIvE After Release
1-2:30 pm

TUESDAY
STRIvE Women’s Group
1:00-2:30 pm
FAMILY SUPPORT
2nd, 3rd & 4th Tuesday
7-8:30 pm
BOARD MEETING
2nd Tuesday
7:15-8:45 pm
NAMI WALKS and TALKS
11:00 am-12:00 pm
Mental Health Therapy
for the uninsured and underinsured. Limited term.

WEDNESDAY
STRIvE
6:00-7:30 pm
NAMI WALKS and TALKS
11:00 am-12:00 pm
Psychoeducation and tools for a successful and sustained recovery from mental illness.

THURSDAY
NAMI WALKS and TALKS
11:00 am-12:00 pm
CONNECTION Support Group
4:30-6:00 pm
Peer support group for those affected by mental illness.
Support for friends and family of people who have a mental health diagnosis.

FRIDAY
NAMI WALKS and TALKS
11:00 am-12:00 pm
Mental Health Consultation w/Cindy Falter
BY APPOINTMENT
Call 360-695-2823
Mental Health Medication Consultation
BY APPOINTMENT
Call 360-695-2823
Mental Health Benefits Consult
w/Cindy Falter
BY APPOINTMENT
Call 360-695-2823
Mental Health Helpline
- 9 to 5 Monday-Friday
Call 360-695-2823
Provides support and resources
5411 E. Mill Plain
Suite 4
VANCOUVER
(360) 695-2823
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**Support Groups:**
- **Psychoeducation and Tools for a successful and sustained recovery from mental illness.**
- **Support for friends and family of people who have a mental health diagnosis.**
- **Peer support group for those affected by mental illness.**

**Mental Health Therapy**
- For the uninsured and underinsured. Limited term.

**Mental Health Medication Consult**
- By appointment or call 360-703-6722.

**Mental Health Benefits Consult**
- By appointment or call Vancouver Office at 360-695-2823.

**HELPLINE**
- 109 Allen Street, Kelso, WA 98626
- (360) 703-6722
- (360) 695-2823
- Monday-Friday 10-4
- Call 360-703-6722 or 360-695-2823 for an appointment with Janet Ragan, MA, LHMC.

**Call**
- (360) 703-6722
- (360) 695-2823

- Call 360-703-6722 for an appointment with Janet Ragan, MA, LHMC.
- Call 360-695-2823 for an appointment or call 360-703-6722 for the uninsured and underinsured.

**Recommended Support Groups**
- Support for friends and family of people who have a mental health diagnosis.
- Peer support group for those affected by mental illness.
- Psychoeducation and tools for a successful and sustained recovery from mental illness.
For the second year, Community Foundation for Southwest Washington is coordinating a 24-hour on-line giving campaign for non-profits providing services in Southwest Washington—Clark, Cowlitz, and Skamania counties. Donations must be given on-line during this 24-hour period, however if you do not have access to a computer, please drop by either our Vancouver or Kelso office and we will be able to assist you!

Open Houses — Two Locations — Come One — Come All
Please plan to visit NAMI SW WA September 24th where we will be holding an open house! We have lots of fun planned at both offices. Visitors will be given the opportunity to receive a fun gift through hourly drawings from 10 am to 7 pm! Refreshments will be provided.

Our Open Houses Will Offer:
- Brief informational workshops about NAMI Signature Programs and NAMI SW WA Programs
- Ongoing demonstration of SEE ME — Sharing Experiences and Empathy with Mental Illness Education
- Learn about Resiliency for both children and adults and becoming Independent Bound
- Learn about NAMI SW WA’s Peer Benefits Specialist, Individual Counseling, and Medication Consultation
- Literature to take home and the opportunity to visit with staff
- Make an appointment or sign-up for a class or a peer support group

Your support matters!!! There is no charge for NAMI services.


Questions? Contact Suzanne Arnits, 360-695-2823 or suzanne.a@namiswwa.org

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RESILIENCE, HARD-WON WISDOM FOR LIVING A BETTER LIFE
By Eric Greiten

For those of us who suffer from or have a loved one suffering from mental illness, resilience is a necessity for the sometimes daunting journey. There are up and downs and to be able to find the courage to deal with tough situations is vital. Some of us appear blessed with the ability to rebound after a hard punch while others seem to crumble. Life is far from fair, but a truly inspiring message by the author is that resilience isn’t just a trait the lucky possess, but can be learned by anyone who has any desire to try.

I chose this book over many others because the author is a retired Navy Seal, and I wanted to hear about resilience from a different perspective than we who face mental health issues often do. This time, I decided not to read psychological theories. I admire anyone who has been to war in the Middle East and come back to live a successful and productive life and I wanted to learn how he found fortitude through such a horrible experience.

The author did not disappoint. He is not only a warrior, but an impressive scholar. The book is a series of letters written to a fellow Seal who returned home from the Middle East, floundered and became an alcoholic. They are the author’s sincere and practical attempts to show his friend how to find the resilience he so badly needed. The letters spell our convincingly that we can almost all build up this precious capacity. He draws heavily on quotes and stories of the lives of famous historical figures whose wisdom as stood the test of time. From Homer to Gandhi, he urges us to look at what has worked through human history. He gives practical ways to flex the resilience muscle until we feel strong enough to withstand life’s vicissitudes. The inspiration I derived from the book is that life can deal one a terrible blow, but we have a choice in how we react.

Much of this “program” for building resilience is seen unfolding every day at NAMI. Reaching out, finding a mentor, teaching others, being a part of a community are all echoed in his book. The beauty of this work is in the inspiring way he reminds us that we can live life with dignity and fortitude. I found myself buoyed up by his uplifting and extremely practical approach. It is available at the Vancouver library.

Reviewed by Susan Correa

“I am not what happened to me, I am what I choose to become.”
Carl Jung

IN MEMORY
All of us at NAMI SW WA extend our condolences to the family of Zach Moritz who died recently. A memorial service will be held at Columbia River High School in Vancouver on Sunday, September 20 at 1:30 PM.
Please check out our new NAMI SW WA website and Facebook page. Both will be launched on September 1st. Both are still Works in Progress, however Suzanne Arnits and her team, including Board Member Scott Brickley, just-retired Board Member Angela Rheingens, and others have worked long and hard to create these important methods of publicizing all the many wonderful activities in which NAMI SW WA is involved. Temporarily our old sites may still pop up, however they will not be maintained and should drop out of existence in the near future. Hats off to Suzanne and all who helped her on these two often frustrating but very important projects!

NAMI SW WA website: www.namiswwa.org
Facebook: http://www.facebook.com/namisouthwestwa

High school teens, especially those diagnosed with autism spectrum disorder (ASD), are invited to attend our new weekly program Independence Bound, created and led by John Baran, a WSU mechanical engineering student. John has spent a considerable amount of time volunteering with us this summer, helping us move, construct our cubicles, and helping other young people to get involved with NAMI activities. The program will begin Friday, September 11th, 4 to 5:30 PM at our Vancouver office, 5411 East Mill Plain, Suite 4.

Please attend our NAMI SW WA Open Houses in our Vancouver and/or in our Kelso office on September 24th as part of Community Foundation Southwest Washington’s Give More 24. Both offices will have events, discussions, prizes, refreshments and more. Learn about NAMI SW WA and all the wonderful things we do in our communities.

Family-to-Family: The next Family-to-Family class will take place in Washougal beginning in September.

We will open at least two more classes this fall, one at our Cowlitz office, one at our Vancouver office and, hopefully, one in Skamania County. Dates for these classes will be announced on our website and in future issues of this newsletter. Please call 360-695-2823 to pre-register.

Genetic Testing: The next genetic testing date will be October 15th.

BASICS: We are trying to set a date for a BASICS class, for families with children

Healing Wishes
NAMI SW WA staff and volunteers send healing wishes to Angie Corll from Cowlitz County as she recovers from brain surgery. Angie was one of our volunteers who played a key role in helping us recognize the need for and the development of STRivE, our psychoeducational program. Angie is recovering in Seattle before returning to her home in Cowlitz County.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!

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
5411 E. Mill Plain Blvd Suite 4
Vancouver, WA 98661

To use a credit card and join online, go to: www.nami.org

□ ANNUAL MEMBERSHIP - $35.00
□ OPEN DOOR ANNUAL MEMBERSHIP - $3.00
□ MEMBERSHIP SCHOLARSHIP - FREE
□ DONATION $ ____________