NAMI OPEN HOUSES AND GIVE-MORE-24

On September 24, NAMI hosted two open house events that were phenomenally successful! Between the Clark/Skamania and Cowlitz offices, we had over 100 people stop in and learn about NAMI services and resources. We send a BIG THANK YOU to the staff and many volunteers who made these events possible! Everyone was amazing. In addition, we want to thank the community partners who were present, especially Clark County Crisis Line and SHIBA, who were at the Clark office all day and significantly helped to make the day a success.

The Give-More-24 online fundraising campaign on September 24 was also a success. We send another BIG THANK YOU to everyone who made a contribution to NAMI SW WA! Your donations will make a difference in the lives of those affected by mental illness!
Dear Members and Friends,

September was a whirlwind of activity as we prepared for our two Open Houses, one in Clark and one in Cowlitz County, in conjunction with the Community Foundation Southwest Washington’s second annual Give More 24. Our goal was to have both our new website and a new Facebook page up and running prior to these events. These activities kept us running, especially Suzanne Arnits, our Development and Marketing Director. She worked very hard. I can’t say tirelessly, because the challenges were immense, especially with Facebook, and I know there were many days where the numerous technical challenges really wore her to a frazzle. We wanted to ensure we had these social media avenues ready to go. In the process she, and we, learned a great deal. Suzanne also taught many people we worked with through her questions about the intricacies of both programs. At this point, NAMI SW WA has several Facebook pages that are active. We ask that you please connect to our new page at namisouthwestwa rather than at any old address. In case you wonder why we just don’t take the other pages down: we believe it is impossible to remove a Facebook page. If you know differently, please contact Suzanne at our office to let us know how to accomplish this! Suzanne was able to work around this issue, and we are very, very grateful to her and her team (that included Board Member Scott Brickley and former Board Member Angela Rheingans) for all their work on these projects. And please “like” this Facebook page!!

October also has some big NAMI events. We hope you will participate in any or all of them especially the Donnelly Walk, an annual fall event that helps us raise additional funds to keep our programs going. This year the walk is on Saturday, the 24th and, as usual, guests for the walk will have the opportunity to walk, run, or bike around the lovely Vancouver Heights neighborhood with its colorful fall foliage. This event takes place rain or shine. A terrific breakfast is served to all participants with the centerpiece of the meal scones that Ann and Mike Donnelly bake prior to the event. If you’ve never had their scones it is worth attending the event to have one or two. They are scrumptious. Guests are asked to contribute $25 per person (or more, if you can) for this opportunity to get a little exercise, have a lovely breakfast/brunch and some great conversation. Please join us.

We will also start a new Family to Family and a BASICS class in October, both at the Clark office. If you are interested in attending either, and are not already on our class list, please call us right away so you can participate. Both classes require pre-registration. We just graduated a group of 10 from Family to Family. If you are unsure if this class would be helpful for you or not, please call our office and we will have one of these people call you to talk about it. Every one of them found the class life-changing, or so they reported to us at their last class. We will start a Family to Family class later this fall in Cowlitz County.

Thanks to all of you who chose to support NAMI SW WA through Give More 24 and through our other programs in September.

Best to all of you as we move into Fall.

Peggy
PUTTING A PLAN IN PLACE TO HELP YOUR CHILD SUCCEED IN SCHOOL

School is where most children spend the majority of their time during the day. Their experiences at school can play a major role in their development. It's important that these experiences are as positive and helpful as possible. A child with a mental health condition may have additional obstacles at school, and as a parent, you play a critical role in your child's education. There are laws in place, including the Individuals with Disabilities Education Act (IDEA), that not only protect the rights of children with disabilities, but also give parents the right to oversee how the school handles their child's education. These are called “procedural safeguards.”

Your rights as a parent include (but are not limited to):

- An explanation of these rights and the way to make a formal complaint
- Participation in meetings about the special educational needs of your child
- Confidentiality and access to the educational records of your child
- The right to grant or deny consent for many actions that a school can take for your child
- The use of IDEA dispute-resolution procedures, and the right of appeal
- The right to disagree and challenge the decisions of the school
- An independent educational evaluation (IEE) for your child
- The right to be notified in writing before a school takes certain actions related to your child’s education

While knowing your rights can help ensure that your child is treated fairly by his or her school, occasionally additional resources are needed to help your child succeed. IDEA includes more than 13 categories of disability, including mental health conditions, which determine whether your child can receive special education services. However, just because a child has learning and attention issues doesn’t mean that he or she is eligible for services. In order to receive education services, the student must be evaluated.

Either a school official or a parent may request an independent educational evaluation (IEE), but parental consent is always required for an evaluation to occur. The school then conducts the evaluation at no cost to you.

You have the right to have an IEE of your child done by an outside professional. The school must consider this in any decision about an individualized education plan (IEP), but it does not have to adopt the recommendations. IEPs are only required for public schools, but many private schools also offer IEPs or similar procedures.

When a child between the ages of 3 and 21 receives special education services, IDEA requires that the school work with the parents and children to develop an IEP. Through an IEP, students may be provided with special education services, curriculum or assignment modifications, or accommodations.

Some examples of accommodations include (but are not limited to):

- Alternative assignments.
- Shorter papers or tests (or more time to complete tests).
- A different or adjusted curriculum.
- An atypical grading system.
- Having instructions read aloud.
- Ability to record lessons.
- Use of a calculator or other technology.
- Working in a quiet room away from noise or distraction.
- Extra break periods.
- Sitting at the front of the classroom.
(Continued from Page 3)

PUTTING A PLAN IN PLACE...

The goal is to find a balance between giving your child the tools to succeed without providing them with an unfair advantage. Having too few accommodations can leave a child frustrated and affect his or her learning and development. Too many accommodations can leave a child poorly prepared for their post-IEP life.

If you don’t believe that your child needs an IEP, or you have not qualified your child as a student with a disability under IDEA, you may request a 504 plan. A 504 plan can be helpful when more substantial interventions are not needed.

In most cases, 504 plans do not allow for a change in curriculum, and they cannot place children in special education classrooms. They can provide certain services, such as counseling, speech therapy or other general services. If your child qualifies, a 504 plan must be provided for free.

As a parent, you have the right to invite anyone involved in your child’s care to the IEP meeting to be part of the team. At a minimum, your child’s IEP team will include:

- The child’s legal guardian(s).
- At least one general education teacher.
- A special education teacher.
- A special school district representative.
- A school psychologist or other professional in the field of psychology.
- In certain cases, your child.

You should also bring someone with you to IEP meetings to help support you, such as the child’s case manager, therapist, psychiatrist or psychologist, or someone they recommend.

There must be one IEP team meeting each year to review the plan. Through these meetings, the IEP adapts as the child progresses through school. Each child must have a new IEP at least every three years.

See more at: http://www.nami.org/Blogs/NAMI-Blog/September-2015/Putting-a-Plan-In-Place-to-Help-Your-Child-Succeed#sthash.4Qh4nQR1.dpuf

Check out the NEW NAMI SW WA website at namiswwa.org!

There you will find information about current classes/activities their description, time, and location.

Scroll down a little and on the right click “View Full Calendar”. We are keeping the calendar up to date on a timely basis.

Learn more about NAMI SW WA by clicking on the tab “About NAMI Southwest Washington” under the navigation list to the left. On other tabs learn about NAMI Signature courses and about NAMI SW WA’s unique offerings. Enjoy exploring and visit often!
NEW TESTS AND PROCEDURES: TMS for Depression

Depression is a treatable condition, but sometimes standard treatments aren't effective. Transcranial magnetic stimulation (TMS) may be used when standard treatments such as medications and talk therapy (psychotherapy) don't work.

Transcranial magnetic stimulation (TMS) is a procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. Transcranial magnetic stimulation may be tried when other depression treatments haven't worked. With TMS, a large electromagnetic coil is placed against your scalp near your forehead. The electromagnetic used in TMS creates electric currents that stimulate nerve cells in the region of your brain involved in mood control and depression.

How TMS helps relieve depression isn't completely understood. It's thought that magnetic pulses stimulate nerve cells in the region of your brain involved in mood control. This stimulation appears to affect how this part of the brain is working, which in turn seems to ease depression symptoms and improve mood.

Little preparation is needed. TMS isn't invasive, doesn't require anesthesia and can be performed in a doctor's office. Transcranial magnetic stimulation (TMS) is the least invasive of the brain-stimulation procedures used for depression. Unlike vagus nerve stimulation or deep brain stimulation, TMS doesn't require surgery or implantation of electrodes. And, unlike electroconvulsive therapy (ECT), it doesn't cause seizures or require complete sedation with anesthesia. However, TMS does have some risks and can cause some side effects.

TMS often causes minor short-term side effects. These side effects are generally mild and typically improve after the first week or two of treatment. They can include:

- Headache
- Scalp discomfort at the site of stimulation
- Tingling, spasms or twitching of facial muscles
- Lightheadedness
- Discomfort from noise during treatment

More study is needed to determine whether TMS may have any long-term side effects.

Transcranial magnetic stimulation is usually done on an outpatient basis in a doctor's office or clinic. It requires a series of treatment sessions to be effective. Generally, sessions are carried out daily, five times a week for four to six weeks. It's not yet known if TMS can be used to treat depression for the long term, or whether you can have periodic maintenance treatments to prevent depression symptoms from returning. The effectiveness of TMS may improve as researchers learn more about techniques, the number of stimulations required and the best sites on the brain to stimulate.

Excerpts from http://www.mayoclinic.org/tests-procedures/transcranial-magnetic-stimulation/basics/definition/prc-20020555

NAMI SW WA has a new Facebook Page: namisouthwestwa. Please “LIKE” our page! To do this, log into your Facebook profile and at the top click “find friends”. Then in the search box, top left, start typing NAMI Southwest and several NAMI pages will pop-up to select. Choose the one that has a gold emblem, is in Vancouver WA, and has about 130 likes. Once you like what you see, please “invite” your Facebook friends to like our NAMI SW WA Facebook Page as well. The opportunity to “invite” all or selected friends just shows up. Because you have just “liked” the correct NAMI SW WA Page, your friends will automatically be attached to that page if they choose to accept your invitation.
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 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.

5411 E. Mill Plain, Suite 4
Vancouver, WA 98661
360.695.2823
info@namiswwa.org
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.

Support for families of military personnel who are struggling with mental health issues.

Peer support group for those affected by mental illness.

2823
(360) 695-2823
Suite 4
NAMI Clark/Skamania

5411 E. Mill Plain

MONDAY
NAMI WALKS and TALKS
11:00 am - 12:00 pm

TUESDAY
STRivE - Women's Group
10:00 - 12:00 pm

FAMILY SUPPORT
3rd Tuesday of every month
7:00 - 8:30 pm

BOARD MEETING
7:15 - 8:45 pm

THURSDAY
FAMILY SUPPORT GROUP
Weekly
3:30 - 5:00 pm

CONNECTION
Support Group
4:30 - 6:00 pm

FRIDAY
INDEPENDENCE BOUND
4:00 pm - 5:30 pm

NAMI WALKS and TALKS
11:00 am - 12:00 pm

DNA Genetic Testing October 15th
9:00 am - 4:00 pm

STRivE - After Release
3:00 pm - 4:30 pm

WEDNESDAY
NAMI WALKS and TALKS
11:00 am - 12:00 pm

STRivE
6:00 - 7:30 pm

NAMI WALKS and TALKS
11:00 am - 12:00 pm

TUESDAY
STRivE - Support Group
10:00 - 12:00 pm

MENTAL HEALTH THERAPY
for the uninsured and underinsured. Limited term. For the uninsured and underinsured.

MENTAL HEALTH MEDICATION CONSULT
BY APPOINTMENT
Cindy Falter
(360) 695-2823

BENEFITS CONSULT
BY APPOINTMENT
Cindy Falter
(360) 695-2823

Support for friends and family of people who have a mental health diagnosis.

Psychoeducation and tools for a successful and sustained recovery from mental illness.

By mental illness, Peer support group for those affected with mental health issues.

Support for families of military personnel who are struggling with mental health issues.

Peer support group for those affected by mental illness.

5411 E. Mill Plain
Suite 4
NAMI Clark/Skamania

MONDAY
NAMI WALKS and TALKS
11:00 am - 12:00 pm

TUESDAY
STRivE - Women's Group
10:00 - 12:00 pm

FAMILY SUPPORT
3rd Tuesday of every month
7:00 - 8:30 pm

BOARD MEETING
7:15 - 8:45 pm

THURSDAY
FAMILY SUPPORT GROUP
Weekly
3:30 - 5:00 pm

CONNECTION
Support Group
4:30 - 6:00 pm

FRIDAY
INDEPENDENCE BOUND
4:00 pm - 5:30 pm

NAMI WALKS and TALKS
11:00 am - 12:00 pm

DNA Genetic Testing October 15th
9:00 am - 4:00 pm

STRivE - After Release
3:00 pm - 4:30 pm

WEDNESDAY
NAMI WALKS and TALKS
11:00 am - 12:00 pm

STRivE
6:00 - 7:30 pm

NAMI WALKS and TALKS
11:00 am - 12:00 pm

TUESDAY
STRivE - Support Group
10:00 - 12:00 pm

MENTAL HEALTH THERAPY
for the uninsured and underinsured. Limited term. For the uninsured and underinsured.

MENTAL HEALTH MEDICATION CONSULT
BY APPOINTMENT
Cindy Falter
(360) 695-2823

BENEFITS CONSULT
BY APPOINTMENT
Cindy Falter
(360) 695-2823

Support for friends and family of people who have a mental health diagnosis.

Psychoeducation and tools for a successful and sustained recovery from mental illness.

By mental illness, Peer support group for those affected with mental health issues.

Support for families of military personnel who are struggling with mental health issues.

Peer support group for those affected by mental illness.
MONDAY
10:30 - 11:15 am
NAMI SW WA Walks and Talks

11:30 am - 1:00 pm
Discussions on Wellness

TUESDAY
10:30 - 11:15 am
NAMI SW WA Walks and Talks

11:30 am - 1:00 pm
Discussions on Wellness

1:00 - 2:30 pm
STRive Psychoeducational Group

WEDNESDAY
10:30 - 11:15 am
NAMI SW WA Walks and Talks

11:30 am - 1:00 pm
Discussions on Wellness

1:00 - 3:00 pm
STRive Psychoeducational Group

THURSDAY
10:30 - 11:15 am
NAMI SW WA Walks and Talks

11:30 am - 1:00 pm
Discussions on Wellness

12:00 - 1:30 pm
Connections Open Support Group

FRIDAY
10:30 - 11:15 am
NAMI SW WA Walks and Talks

11:30 am - 1:00 pm
Discussions on Wellness

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.

109 Allen Street
Kelso, WA 98626
(360) 703-6722
(360) 695-2823

MENTAL HEALTH THERAPY for the uninsured and underinsured.
Limited term.

Wednesday Afternoon
Provided by Janet
MENTAL HEALTH MEDICATION CONSULT
By Appointment
Call (360) 703-6722

MENTAL HEALTH MEDICATION CONSULT
By Appointment
Call (360) 695-2823

PROVIDED BY JANET

PSYCHOEDUCATIONAL 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.
Hello Cowlitz Members, Friends, and Supporters,

Fall 2015 has officially arrived bringing with it colder nights. Several homeless drop-ins looking for housing and support services have followed. We hear many stories heavy with childhood abuse, addictions, mental health challenges, incarceration, psych hospitalizations and unsuccessful suicide attempts. We welcome our new visitors with a cup of hot coffee or tea and a handful of cookies and try to offer hope. We remind them to acknowledge and give themselves credit for the strength it’s taken to get through all the traumas and ongoing struggles as well as the courage it takes to reach out for help from strangers in a seemingly unfriendly and uncaring or busy world. It is our hope that with kindness, encouragement and 1:1 peer support that these folks will be able to follow through with referrals and appointments, getting their immediate physical and safety needs met. We also hope that they will be able to set goals for themselves and surround themselves with people and community that support them in achieving those goals. Only after this challenge is met will they be able to begin the arduous and life affirming work toward achieving their greatest level possible of physical, mental, emotional, and spiritual wellness.

September's Give More 24 and Open House went wonderfully. We had many visitors looking for help for mentally ill family members. There were also a few newcomers looking to see what NAMI was all about and several staff members from other community providers exchanging information and literature. Many thanks to the SW Washington Community Foundation and its corporate sponsors for all the planning and advertising it takes to pull off such a successful event.

Saturday, September 26th, was the Discover Recovery walk at Lake Sacajawea Park. It's gotten bigger and better every year! NAMI SW Washington supplied two of the three speakers and our booth gave out boxes and boxes of health bars, many NAMI stretch bracelets and tons of flyers, newsletters and program information. A big, big thank you goes out to Michele Waltz for her MANY hours of meetings, emails and phone calls to bring so many local providers in both addictions recovery and mental health recovery together to share information about their programs with the public. Thank you also to Peace Health and other sponsors for their generosity and community support.

Our STRivE psychoeducational classes are scheduled to start in October. Please call the office at 360-703-6722 to reserve a spot soon!

Our Family Support meetings are going to be rescheduled for every other Wednesday night from 6:00 to 7:30 pm instead of weekly. On October 7th, we are most honored to have Bernie Altman as guest speaker. For those of you unfamiliar with local NAMI history, Bernie and his wife became part of the small group of Cowlitz County's founding NAMI members over 30 years ago. They are both in their 90’s and still supporting the mission. We love when Bernie drops into the office and are so honored that he has agreed to speak. We hope you all put this date on your calendars.

Until next month, be well and remember that the path to recovery begins with a single step.

Janie Gislason, Cowlitz County Coordinator
BOOK REVIEW

RESILIENCE, Two Sisters and a Story of Mental Illness
By Jessie Close with Pete Earley
Reviewed by Nancy Marsh

Jessie Close grew up in a family of four children, one boy and three girls. One of the girls became the actress, Glenn Close. Jessie, the youngest sibling and author of this book has written one of the most honest accounts of a person’s life you’re likely to read.

The children’s father, a doctor, was emotionally remote. Both parents were frequently out of the country, unavailable to give their children guidance and emotional support. The family member most affected was Jessie. As a teenager she tried to get attention by being a rebel and taking risks.

At age seventeen, she married another rebel who turned her onto drugs, robbed her of self-confidence, and eventually became physically abusive. That was the first of her five marriages and toward its end, she attempted her second suicide.

From this time on, Jessie’s life was full of constant ups and downs. Including many risk taking behaviors including self medicating with alcohol and drugs common to people with bipolar disorder. Jessie also became the mother of two sons and one daughter.

As Jessie’s symptoms became more serious, she was hospitalized. Her diagnosis at that time was borderline personality disorder and bipolarism.

Jessie once asked her sister, Glenn, to do something about the stigma of mental illness. As a result, Glenn raised money and developed the organization, Bring Change 2 Mind. You may have seen the television ad that was part of that campaign. Filmed in Grand Central Station, it shows how extensively individual and families in this country are touched by mental illness.

Jessie’s book, available in the Fort Vancouver Library system, was published in 2015. Jessie’s symptoms are being controlled with medication and she continues advocating for the mentally ill. We wish her well.

Do you have some spare time to volunteer for NAMI SW WA?

Are you interested in volunteering but not sure if you would be able to help and or find value in the time spent at NAMI SW WA? Please call and arrange for a time to stop by. For Vancouver call 360-695-2823 and ask for Suzanne and in Cowlitz call 360-703-6722 and ask for Janie. You will be trained and we will place you in a volunteer position that you are comfortable doing.

Volunteer opportunities in Clark/Skamania:

- Experienced data entry person, a plus if experienced with Microsoft Excel
- Comfortable with answering phones and greeting people who come into our offices
- Willing to do light housekeeping such as vacuuming, cleaning the restrooms and emptying the garbage
- Available once a month to help with mailing the newsletter and other projects
- Represent NAMI SW WA at events with another volunteer

Volunteer opportunities in Cowlitz:

Volunteers are needed Monday – Friday during business hours - 10 a.m. – 4 p.m. Duties will include answering the phone, greeting visitors, providing NAMI SW WA information. If you wish, you can represent NAMI SW WA at events with another volunteer. Ideally the volunteer will be available one full day each week or a minimum shift of 3 hours. We are also looking for people to be trained to teach NAMI classes.
Bulletin Board

- Thursday, October 1st from 3:30 to 5:00 pm, we will begin a weekly Family Support Group at our Vancouver office.
- Our Cowlitz office holds its Parent and Family Support Group from 6:00 to 7:30 pm every other week on Wednesday starting October 7th.
- Our Vancouver office holds a monthly Family Support meeting on the 3rd Tuesday of every month from 7:00 to 8:30 pm.
- Family-to-Family: A new class will begin Thursday, October 1st at the Vancouver office from 6:00 to 9:00 pm. If you are interested in participating in this class, please call our office at 360-695-2823. If the class is full you will be added to the list for the next class.
- BASICS will begin October 14th from 10:00 am to 12:00 pm for 6 weeks at our Vancouver office.
- The annual Donnelly Walk will take place on Saturday, October 24th beginning at 7:30 AM. Please plan to attend this fun fundraising event. No reservations needed.
- Independence Bound is a Friday afternoon group for teens affected primarily by autism spectrum disorder and/or social anxiety issues. The group meets from 3:30 to 5:00 pm. Kids will make friends and gain a feeling of accomplishment while improving their communication skills and comfort levels of being around others. If you want more information, please call us at 360-695-2823.
- Our second genetic testing will take place on October 15th from 9:00 am to 5:00 pm. If you want to participate, call 360.695.2823 to get the forms from Melinda. Give the forms to your prescriber to complete and return them to us to schedule your appointment. This test will help you determine if you are able to metabolize a wide panel of mental health medications.

Resources:

NAMI SWWA Help Line
M-F 9am-5pm
(360) 695-2823
(800) 273-TALK Suicide line
(800) 950-NAMI Info line

Mental Health Ombuds:
(360) 397-8470
(800) 666-5070

Teen Talk: (after 4pm)
(360) 397-2428

CRISIS LINES

CLARK COUNTY
(360) 696-9560
(800) 626-8137
SKAMANIA
(509) 427-3850
COWLITZ
(360) 425-6064
(800) 803-8833

Journalism TRAINING Class Held at NAMI SW WA
Melanie Maiorino, the SW WA Ombuds, led a training class for those who want to become advocates for mental health issues. This _ hour class taught many skills to those who want to learn to write effective letters or to present their case to law makers and other decision makers to help make change for themselves or those they love and care for.

BUILDING A TRAUMA-INFORMED NATION: Moving the Conversation into Action
On September 29 and 30 NAMI SW WA hosted local mental health activists and advocates through a partnership with U.S. Health and Human Services in a 10-hour Webinar on this most important subject: how can we work together to reduce the level of trauma in every community throughout the nation.
- ANNUAL MEMBERSHIP - $35.00
- OPEN DOOR ANNUAL MEMBERSHIP - $3.00
- MEMBERSHIP SCHOLARSHIP - FREE
- 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
5411 E Mill Plain Blvd, Suite 4
Vancouver, WA  98661
To use a credit card and join online, go to
www.nami.org