HOW TO COPE WITH TRAUMATIC EVENTS

Strong Feelings are Expected
After a traumatic event, emotional and physical reactions are different for each person. While it is typical to react to a stressful event with increased anxiety, worry and anger, most people bounce back. In fact, Americans consistently demonstrate remarkable resilience in the aftermath of disasters and other traumatic events.

Connect with Friends and Family
Check in with family members and friends to find out how they are coping. Feeling stressed, sad, upset are common reactions to life changing events. Recognize and pay attention to early warning signs of more serious distress. Your children, like you, will have reactions to this difficult situation; they too may feel fearful, angry, sad, worried, and confused. Children will benefit from your talking with them on their level about what is happening, to get your reassurance and to let them know that you and they will be OK and that you will all get through this together.

Take Care of Yourself and Each Other
Getting support from others, taking care of yourself by eating right, getting enough sleep, avoiding alcohol and drugs and getting some exercise can help to manage and alleviate stress.

Know When to Seek Help
Depending on the situation, some people may develop depression, experience grief and anger, turn to alcohol or drugs and even think about hurting themselves or others. The signs of serious problems include:

- excessive worry
- crying frequently
- an increase in irritability, anger, and frequent arguing
- wanting to be alone most of the time
- feeling anxious or fearful, overwhelmed by sadness, confused
- having trouble thinking clearly and concentrating, and difficulty making decisions
- increased alcohol and/or substance use
- increased physical (aches, pains) complaints such as headaches
- trouble with your “nerves”

If these signs and symptoms continue (persist) and interfere with daily functioning, it is important to seek help for yourself or a loved one.

Know How to Find Help
If you or someone you care about needs help, you should contact your health care provider to get connected with trained and caring professionals. Anyone in crisis or thinking about suicide should call SAMHSA's Suicide Prevention Lifeline at 1-800-273-TALK (8255). It is important to seek professional help if you need it.

Excerpts from http://media.samhsa.gov/MentalHealth/TraumaticEvent.aspx?from=carousel&position=1&date=3112011
Dear Members and Friends of NAMI SW WA,

2015 has quickly passed with lots and lots of important accomplishments for NAMI SW WA. We look forward to 2016 being equally loaded with big steps forward as we bring many dreams into reality.

We would like to express deep gratitude to Vicki Starr, RPh, our wonderful friend, consultant, and counselor for those experiencing issues with their mental health meds. She and her husband, Jason, provided a wonderful lunch that was shared by about 25 staff and volunteers. It is wonderful to realize that we have so many dedicated volunteers who work regularly with us...family members as well as individuals who have come to us through our support groups, our work at the jail, and other places. This has been one of our greatest gains in the past year.Thanks to all of you!!

Our application to become certified as a mental health provider agency was submitted to the State of WA. We look forward to moving through the rest of the steps that are required so that we can provide additional services to community residents over the next year.

The best thing for me is that I am taking some days off at the end of the year. For the first time in 2½ years I am going to leave the newsletter to our wonderful staff and volunteers!!

Thanks again to all of you who do such a great job of supporting all of us who care about NAMI SW WA.

See you in 2016!

Peggy
WHAT IS TRAUMA AND VIOLENCE?

What do you know about the different kinds of traumatic events that can impact your behavior health and the mental health of your family and community? Traumatic events that might impact you include physical and sexual abuse, bullying, terrorism, disaster, and neglect.

**Physical Abuse** is assault defined as the actual or attempted attempt to cause physical pain. The federal law defines child abuse as “any act, or failure to act, which results in death, serious physical or emotional harm, sexual abuse, or exploitation of a child.”

**Sexual Abuse** includes unwanted or coercive sexual contact, exposure to age-inappropriate sexual material or environments, and sexual exploitation.

**Neglect** is the most common form of abuse reported regarding children. However, neglect can also occur by not giving an adult the care they need. It can mean not providing food, clothing, shelter, medical care, mental health treatment, or medications.

**Emotional abuse** includes verbal abuse, emotional abuse, or excessive demands or expectations, and can cause cognitive, affective, and other mental concerns.

**Accidents, illnesses, or medical procedures** can cause trauma when these incidents are extremely painful or life threatening.

- **Victim of or witness to community violence**, including gang-related violence, interracial incidents, and police and citizen disputes.

- **Victim of or witness to domestic violence** includes behaviors that are physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. Domestic violence includes violence and abuse by current or former intimate partners, parents, children, siblings, and other relatives.

**School violence** includes violence that occurs in a school setting and can include shootings, bullying, violence among classmates, and suicide.

**Bullying** is unwanted, aggressive behavior that results in a power imbalance and can occur over time.

**Natural or manmade disasters** can cause trauma and might include tornadoes, hurricanes, earthquakes, floods, wildfires, mudslides or drought.

**Traumatic grief or separation** includes the unexpected or accidental death of a parent, close friend, or primary caretaker.
Fred Meyer donates $2.5 million per year to non-profits in Washington, based on what charity their customers tell them to support.

Here’s how the program works:

- Sign-up for the Community Rewards program by linking your Fred Meyer Rewards Card number to NAMI at www.fredmeyer.com/communityrewards.
- You can search for us by our name NAMI or by our non-profit number 87058.
- Then every time you shop and use your Rewards Card, NAMI SW WA earns some change!
- You still earn Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, stop by the Customer Service Desk of any Fred Meyer store.

For more information, please visit www.fredmeyer.com/communityrewards.

Uninvited worries
of being responsible
for spreading deadly germs
if I touch anyone
cause flames
to scorch the insides
of my tummy,
licking at my heart,
to punish me.
I must scrub my hands
with soap and water
over and over and over
rubbing the skin raw
like a peeled tomato
to put out the fire
until the next worry
ambushes me.
Cloth gloves hide the secret
when I go out to play.
everyone seems to think
I’m a good boy
except my family —

I have box seats
with my lovely
on the beach
for a twilight show
in the western sky,
Dabbling my toes
at waters edge
lapping waves
massage my feet
on warm sand.
An acoustic guitar
softens the air
perfumed by Plumeria.
I sip a martini,
choose from delicacies
replenished by a waiter
in a white jacket.
Three thousand miles
from my parents
their voices still ricochet
through my mind,
“Why don’t you,
you never, you always.”
“Another drink, waiter,

We emerge
pink and soft
wanting acceptance
in the nest of our parents.
We compete for favor
like hungry chicks,
each of our natures
a survival strategy
to gain attention.
We are given a choice
to be a projection
of what they want
or be abandoned morsels
dropped for the wolves.

Poetry
by
Paul Campbell
 CHILDHOOD TRAUMA

Children who have experienced trauma see the world as a dangerous and frightening place. Unless resolved, this trauma will carry over into adulthood resulting in poorer mental health, physical health, and costs to society. Childhood trauma results from:

- An unstable or unsafe environment
- Separation from a parent
- Serious illness
- Intrusive medical procedures
- Sexual, physical, or verbal abuse
- Domestic violence
- Neglect
- Bullying

WHAT ABOUT TRAUMA TREATMENT?

Trauma treatment requires you to face the feelings and memories you have avoided. If not resolved, these feelings will return again and again, and you will not be able to control them. Treatment involves:

- Processing the feelings and memories which were generated by the trauma
- Dealing with “fight-or-flight” emotions
- Learning how to deal with strong emotions
- Learning how to trust other people

Trauma causes your nervous system to get stuck in overdrive. Treatment must address this fear. Some treatment therapies used are:

- Cognitive-behavioral therapy helps you process your thoughts and feelings about a trauma.
- Somatic experiencing helps you concentrate on what is happening in your body, using natural survival instincts to resolve the trauma.
- EMDR (Eye Movement Desensitization and Reprocessing) uses back and forth eye movements to “unfreeze” traumatic memories.

Seek help for trauma if you are:

- Having trouble functioning at home or work
- Suffering from severe fear, anxiety, or depression
- Unable to form close, satisfying relationship
- Experiencing terrifying memories, nightmares, or flashbacks
- Avoiding more and more things that remind you of the trauma
- Emotionally numb and disconnected from others
- Using alcohol or drugs to feel better

“We do our very best, but sometimes it’s just not good enough. We buckle our seat belts, we wear a helmet, we stick to the lighted paths. We try to be safe. We try so hard to protect ourselves, but it doesn't make a bit of difference because when the bad things come, they come out of nowhere. The bad things come suddenly with no warning, but we forget that sometimes that’s how the good things come too.”

Meredith Grey (Season 9, Ep. 23—Readiness is All)
Smoking cannabis can induce psychosis-like effects, similar to the symptoms people diagnosed with schizophrenia endure, scientists have said. While past research has come to this conclusion in the past, the mechanisms underlying these effects are less clear.

Now, a team of scientists at Yale School of Medicine have found the active ingredient in marijuana, delta-9-tetrahydrocannabinol (delta-9-THC) increases random neural activity, known as neural noise, in the brains of healthy drug-users.

Yale scientists found at doses roughly equivalent to half or a single joint, the active ingredient in cannabis, delta-9-THC, produces psychosis-like effects and increased neural activity in the brains of healthy people. Their findings suggest increased neural noise may play a role in the psychosis-like effects of cannabis.

Dr Deepak D'Souza, a professor of psychiatry at Yale, said: 'At doses roughly equivalent to half or a single joint, delta-9-THC produced psychosis-like effects and increased neural noise in humans.'

First author of the study, Dr Jose Cortes-Briones, a postdoctoral associate in psychiatry at Yale, added: 'The dose-dependent and strong positive relationship between these two findings suggest that the psychosis-like effects of cannabis may be related to neural noise which disrupts the brain's normal information processing.'

Researchers studied the effects of delta-9-THC on electrical brain activity in 24 human subjects, who took part in a three-day study. During the experiments, they received two doses of intravenous delta-9-THC or a placebo in a double-blind, randomized, cross-over and counterbalanced design.

If confirmed, the link between neural noise and psychosis could shed light on the biology of some of the symptoms associated with schizophrenia.

Dr John Krystal, editor of Biological Psychiatry, the journal in which the study is published, said the research marks an important part of the debate over whether cannabis should be legalized.

He said: 'This interesting study suggests a commonality between the effects on the brain of the major active ingredient in marijuana and symptoms of schizophrenia. 'The impairment of cortical function by delta-9-THC could underlie some of the cognitive effects of marijuana. 'Not only does this finding aid our understanding of the processes underlying psychosis, it underscores an important concern in the debate surrounding medical and legalized access to marijuana.'

Dr John Krystal, editor of Biological Psychiatry, said: 'This interesting study suggests a commonality between the effects on the brain of the major active ingredient in marijuana and symptoms of schizophrenia'

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

By mental illness, we support group for those affected by mental health issues.

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

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

Peer support group for those affected by mental illness and sustained recovery from mental illness.

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

### Schedule

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
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<tr>
<td><strong>Monday</strong></td>
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<td>ANNUAL BOARD MEETING</td>
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<td>7:15 pm</td>
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<td>STRIVE - Women's Group</td>
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<td><strong>Wednesday</strong></td>
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<td>6:00 - 7:30 pm</td>
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<td>STRIVE - After Release</td>
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<td><strong>Thursday</strong></td>
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<td>NAMI WALKS and TALKS</td>
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<td>3:30 - 5:00 pm</td>
<td>CONNECTION</td>
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<td>FAMILY SUPPORT GROUP</td>
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<td>FAMILY CONNECTION</td>
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**CLARK/SKAMANIA**

2832
(360) 695-2823
Suite 4
Suite 4
5411 E. Mill Plain

**NAMI**

Southwest
January 2016
MONDAY
3:00 pm—4:00 pm
Book Study—The Four Agreements

TUESDAY

WEDNESDAY
6:00—7:30 pm
Every 1st and 3rd Wednesday of the month
Parent and Family Support Group

CONNECTIONS Open Support Group

FRIDAY
12:00—2:00 pm
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.

MENTAL HEALTH THERAPY for the uninsured and underinsured. Limited term, limited service.

MENTAL HEALTH MEDICATION CONSULT
BY APPOINTMENT

PROVIDED BY JANET
provided by Janet on Wednesday afternoon.

PROVIDED BY WENDY FISHER
provided by Wendy Fisher on Tuesday.

PROVIDED BY THE ARTS
provided by the arts on Monday.

RECOVERY THROUGH THE ARTS
provided by the arts on Thursday.

DISCUSSION ON WELLNESS
provided by the arts on Friday.

CONNECTIONS OPEN SUPPORT GROUP
provided by the arts on Saturday.

SUPPORT FOR FRIENDS AND FAMILY OF PEOPLE WHO HAVE A MENTAL HEALTH DIAGNOSIS
provided by the arts on Sunday.

BENEFITS CONSULT
BY APPOINTMENT

MENTAL HEALTH MEDICATION CONSULT
BY APPOINTMENT

BENEFITS CONSULT
BY APPOINTMENT

109 Allen Street
Kelso, WA 98626

(360) 703-6722

109 Allen Street
Kelso, WA 98626

(360) 703-6722

82-2754

January 2016
NAMI
Washington

Southwest

PROVIDES SUPPORT AND RESOURCES
Call 360-695-2823
Monday-Friday

HELPLINE - 8-5

CALL 360-695-2823
BY APPOINTMENT

BY APPOINTMENT

BY APPOINTMENT

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CALL 360-695-2823
BY APPOINTMENT
“Forgiveness is giving up the hope that the past could have been any different.”
— Oprah Winfrey

“When you’re born a light is switched on, a light which shines up through your life. As you get older the light still reaches you, sparkling as it comes up through your memories. And if you’re lucky as you travel forward through time, you'll bring the whole of yourself along with you, gathering your skirts and leaving nothing behind, nothing to obscure the light. But if a Bad Thing happens part of you is seared into place, and trapped for ever at that time. The rest of you moves onward, dealing with all the todays and tomorrows, but something, some part of you, is left behind. That part blocks the light, colours the rest of your life, but worse than that, it's alive. Trapped for ever at that moment, and alone in the dark, that part of you is still alive.”
— Michael Marshall Smith, Only Forward

Dear NAMI SWWA - Cowlitz Friends and Supporters,

With the flipping of the calendar and 2016 rolling in, all of us here in the NAMI SW WA Kelso office wish each and every one of you a very Happy and Healthy New Year!

Most of us look forward to the holiday season as it approaches.... The lights, the gatherings, the music, cultural traditions. Buying, giving and receiving just the right gifts... we get caught up trying to give our kids everything that we wished for when we were their ages. It’s hard not to get carried away with high hopes and unrealistic expectations. Sometimes we stretch ourselves too thin, unable to say “NO” and fall into the trap of trying to create that perfect holiday memory or “Norman Rockwell” moment.

Now, with the holiday season behind us, post-holiday blues is not uncommon and reportedly experienced more frequently in women. But among folks living with mood disorders or other mental health diagnoses, the shorter days of winter along with the cold, rainy and grey weather can add to feelings of sadness, loss of energy, trouble concentrating, changes in sleep patterns, social isolation and not wanting to get out of bed in the morning. We wonder... What’s wrong with us? Why can’t we just be happy? We sometimes obsess on wanting to just be “normal”. Many of us are resistant to being on medication and are ashamed or embarrassed to be diagnosed with a “mental illness”. If any of this sounds like you or someone you know.... I urge you to reach out to your local NAMI office.

Here at our NAMI SW WA Kelso office, we are excited about our new groups and support services. In addition to our current support groups, we are welcoming in the New Year with a Recovery Through the Arts, Discussions on Wellness and a Book Study group. Our Parent/Family support group continues on the 1st & 3rd Wednesday of every month from 6pm – 7:30pm. In addition, we are offering the NAMI Family-to-Family educational series starting mid-January, free to family, friends and significant others of people living with mental illness. Call the Kelso office at 360-703-6722 for more information. We are located at 109 Allen Street in Kelso, WA and are open Mon – Fri 10a - 4pm. All of our programs and services are at no charge to the customer. We welcome you to stop by and meet our staff, have a cup of coffee and pick up program flyers and free mental health informational pamphlets.

Remember, the journey toward mental and emotional wellness begins with a single step.... It is best traveled with the support and encouragement of those on similar paths. We look forward to meeting you and hearing your unique and special story....

Janie Gislason
NAMI SWWA Cowlitz County Coordinator
Mark your calendars to participate in the NAMIWalks Northwest benefiting NAMI Oregon and NAMI Southwest Washington.

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

**Book review: Overcoming Obsessive Compulsive Disorder**

*By David Veale and Rob Willson*

Reviewed by Nancy Marsh

Two people out of every hundred have OCD sometime in their lives. The authors of this book state that OCD is not a sign of madness or psychosis...it’s simply a disorder. Some symptoms of the disorder are well known: obsessive hoarding, compulsive checking and re-checking, health anxieties and a need for order and symmetry. These habits consume both time and energy and often constrain the lives of those with OCD. Common in OCD are frequent, distressing and unhelpful ways of thinking. Shame and depression often accompany those thoughts.

From the book, you will learn there is an Obsessive–compulsive personality disorder (OCPD) having only a small resemblance to OCD. A person with OCPD is a perfectionist, and may be inflexible, rule-bound and overly devoted to work. Although not as common, OCD people may also have OCPD.

The authors state: “Only one specific psychological therapy has been shown to work for OCD...cognitive behavior therapy or CBT. Other approaches are rarely helpful.” They say to run from a therapist whose focus is only on the past or one who prescribes medication only. It’s best to find a practitioner experienced in working with OCD who will focus on the practical benefits of change.

Understanding forms a large part of recovery for OCD sufferers. Recovery takes place when goals for working through problems are set and achieved. Sometimes medication is indicated concurrent with CBT. The authors include a list of selective serotonin reuptake inhibitors (antidepressant medications) that work for OCD clients.

You’ll find self-assessment forms and progress charts in this book, along with a great deal of helpful and interesting information.

“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

~ Brené Brown
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
(866) 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

Bulletin Board

Please note that our office will be closed on Thursday, December 31st and Friday, January 1st in observance of the New Year. Happy Holidays from NAMI SW WA staff, volunteer staff, peers and Board members!

- Family to Family classes are planned for all three counties, beginning in January or February. The class for Vancouver will begin on Thursday, January 28th from 6pm—8:30pm and will continue for the following 11 weeks.

  If you live in Cowlitz or Skamania County please make sure your name is on our signup list. We will set those dates over the next few weeks and will call you to let you know the start date. Both of those classes will probably be compacted into longer class times over a shorter period of time.

- BASICS classes are planned for all three counties, as well. Dates have been confirmed for Skamania County: January 30th and February 6th, 2016. 8am—5pm. Lunch will be provided. Please call 360-695-2823 to reserve your place.

- NAMI Southwest Washington will hold its Annual Meeting on Tuesday, January 12 beginning promptly at 7:15 p.m. at the Vancouver Office. NAMI members, volunteers, peers and donors are welcome. Light refreshments will be available. At the meeting, the board will conduct a short business meeting, and then volunteers, peers, community members and corporations will be recognized for their contributions toward furthering NAMI SW WA’s Mission.

- The next Genetic Testing will be in March of 2016. No specific date has been set yet. Please call Melinda at 360-695-2823 to get your paperwork and reserve your spot.

- Starting in January, Connections Support Group (Peer support group for those affected by mental illness) will be 3:30pm to 5:00pm every Thursday. This is the same time as the Family Support Group (Support for friends and family of people who have a mental illness). We are trying these two groups at the same time because of people needing rides. Hope to see you all in the New Year!
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!

□ 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

Thank you for being part of the team!