Frequently Asked Questions For Those Receiving Medicaid Benefits Through Apple Health Because It Has Been Determined You Have Been Disabled By Your Mental Health Issues.

What is changing in Clark and Skamania Counties? People enrolled in Medicaid in Clark and Skamania counties have been assigned or have chosen either Molina Health Care or Community Health Plan of WA as their provider. Both are managed care organizations (MCO).

What is an MCO? Managed care is a prepaid, comprehensive system of medical and health care delivery, including preventive, primary, specialty and ancillary health services. The term “managed care” is used to describe a variety of techniques intended to improve the quality of care as well as to reduce costs while providing improved outcomes.

What is meant by early adoption? Washington State offered some special funding to any counties in WA that wanted to integrate services prior to the 2020 deadline for the entire state to blend medical, chemical dependency and mental health services. Clark and Skamania counties decided to be an early adopter and to integrate services now. These counties have been named Southwest WA region.

Cowlitz County, which was part of our region up until July 1, 2015, is now part of a new region, joining other counties that are forming a transitional behavioral health organization (BHO) as their first step toward integration of services.

Why are we changing the current system? Before care was integrated, Medicaid clients with co-occurring disorders had to navigate three separate systems in order to access the medical, chemical dependency and behavioral health services they needed to stay healthy. These services often didn’t communicate about issues such as to which medications the client was taking and possible negative drug interactions or other side effects that might cause unnecessary trips to the emergency department and other costly interventions. The hope is that through managed care we will be better able to provide improved care with better outcomes at reduced cost.

If you have questions about integration, please call us at (360) 695-2823.
Dear Members and Friends of NAMI SW WA,

April 1st has come and gone and those of us in Clark and Skamania counties have now begun to provide integrated services for those who receive Medicaid benefits. NAMI SW WA is still finalizing contracts with the managed care organizations and other contractors that have been assigned by WA State to provide our funding. As we announced last month, we are now an officially licensed mental health care agency, certified to provide one-on-one counseling and peer services. We look forward to this new way of offering services while still providing all the usual NAMI educational, support and advocacy services we have provided in the past. We join all the other mental health agencies in SW WA (Clark and Skamania counties) and those in Cowlitz County that is now part of a new BHO (Behavioral Health Organization) with the desire to provide excellent services for those who need them.

NAMI SW WA is having three showings of Paper Tigers, a movie about adverse childhood experiences filmed in Walla Walla, WA. Two showings will be in Clark County and one will be held in our Cowlitz County office. Members and friends of NAMI SW WA are invited to attend and join the discussion that will follow. The Vancouver office dates and times are: Friday, April 15th from 2:00 to 5:00 pm and Friday, April 29th from 6:00 to 9:00 PM. At the Kelso office this important film will be shown on Tuesday, April 19th from 2:00 to 5:00 pm.

I want to encourage all our members, supporters and friends to please join a NAMI Walks team. You can find directions for doing so on page 3. This is a major fundraiser for NAMIs across the nation. We hope to double the amount we raised last year. If you have questions about how to join a team or to donate to a team please call our office and speak to Suzanne Arnits (360-695-2823).

This month we will begin our fifth Family to Family class since the beginning of 2016. Our current class in Clark County have over 20 people attending and our list for the next session is over 30 people already. Our class in Cowlitz County is finishing this week, and we plan to start another in the next month or so. Please call our office to sign up for these classes, for BASICS, Peer to Peer, Parents and Teachers As Allies, and other NAMI classes.

We are desperately in need of stacking comfortable chairs. If you belong to any organization or work for a business that is getting rid of such chairs please let us know. As always, NAMI lives on donations.

Our SEE ME team which has been quite busy this year with a number of presentations each month will participate in the third Crisis Intervention Training (CIT) for Corrections here in Clark County in early May. We are very proud of this group of people from our three counties who are living in mental health recovery and are willing to speak about their dark days, move into recovery, and the constant work they do to stay in recovery. Each story provides a vision of strength, resilience, and caring of self and others. If you are in full recovery and would like to find out more about this program call our office (360-695-2823) to talk to someone involved with the program to see if you might qualify or what you would have to do to get to that point.

Thanks for your constant support and interest in NAMI SW WA.

Best wishes for a lovely April. Peggy
Integration of services will not affect the services that NAMI SW WA provides to anyone who comes to us for help. All of our services will remain at no cost to the individual.

Within the next few weeks, NAMI SW WA will open our counseling services to Molina and Community Health Plan of WA clients referred to us. In addition to one-on-one counseling services, NAMI SW WA will offer peer support services and case management for those clients.

Support NAMI Southwest Washington by Walking With Us

Sunday, May 15, 2016 The Walk begins at 1 pm

NAMIWalks Northwest Event located at the Vera Katz East bank Esplanade

(near SE Water and SE Main), Portland, OR.

Runners are welcome to begin prior to the Walk start time.

Help NAMI Southwest Washington fight stigma associated with mental illness! Our mission is to help all people affected by mental illness through education, support and advocacy. We offer glimmers of hope to those who feel hopelessness this includes both those who are challenged by mental health disorders and their family members. Help NAMI Southwest Washington raise money to ensure programs and services continue to be available at no charge. Please Walk with us!

When registering, select NAMI Southwest Washington as your affiliate!

Register to Walk
Register a Team
Donate to support a Walker
Visit [http://namiswwa.org/namiwalks_northwest/](http://namiswwa.org/namiwalks_northwest/) to register, to review frequently asked questions plus much more! If you wish to donate by check or money order instead of online, please mail your check to NAMI Oregon, 54701 SE 24th Ave
You can help the National Alliance on Mental Illness Southwest Washington (NAMI SW WA) earn dollars just by shopping with your Fred Meyer Rewards Card!

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

The 10 Fundamental Components of Mental Health Recovery

1. **Self-Direction**—Recovery must be self-directed by the individual.
2. **Individualized and Person-Centered**—Recovery is based on a person’s individual strengths and is an ongoing journey.
3. **Empowerment**—Through empowerment, an individual gains control of their own destiny.
4. **Holistic**—Recovery encompasses mind, body, spirit, and community.
5. **Non-Linear**—Recovery is based on continual growth, occasional setbacks, and learning from experience.
6. **Strengths-based**—Recovery builds on capacities, resiliencies, talents, coping abilities, and inherent worth of individuals.
7. **Peer Support**—Mutual support plays an invaluable role in recovery.
8. **Respect**—Protecting the individual’s rights and eliminating discrimination and stigma are crucial in achieving recovery.
9. **Responsibility**—Consumers have a personal responsibility for their own self-care and journeys of recovery.
10. **Hope**—Recovery provides the essential and motivating message of a better future, that people can and do overcome the barriers and obstacles that confront them.

*U.S. Department of Health & Social Services, SAMHSA*

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**Recovery To Me**

Recovery to me is like a butterfly coming out of its cocoon
If you cut the cocoon the butterfly will die.
   It is the struggle. It can’t be hurried.
   It needs time to gain strength. To mature.
   Ha! Fresh air... I can fly! Watch out for that tree!
   I need more practice, more education. More everything.
   I need rest. What kind of butterfly am I going to be?
   Maybe that butterfly over there can guide me.
   I am hungry. Do you know the way? When I get
   Stronger, I want to help others, too.

*The Idea of Peer Support Is Born!*
Click the link for AmazonSmile

http://smile.amazon.com/ch/91-1065027 and learn how you can shop and support NAMI Southwest Washington. You log-in with the same username and password for Amazon, then type in NAMI Southwest Washington as the charity you want to support and select!

Every time you shop, simply log-in at smile.amazon to shop instead of AMAZON. .05% of all of your purchases will be credited as a donation.

“In the depth of winter, I finally learned that within me there lay an invincible summer.” – Albert Camus

“In the end, some of your greatest pains become your greatest strengths.” – Drew Barrymore

“Success is not final, failure is not fatal: it is the courage to continue that counts.” – Winston Churchill

“Anyone can hide. Facing up to things, working through them, that’s what makes you strong.” – Sarah Dessen

Who is a Peer Support Specialist?
Peer Support Specialists are people who have: 1) been diagnosed with a mental illness and/or some form of addiction 2) demonstrated resiliency and perseverance in their own recovery efforts and 3) completed 40 hours of intensive Peer Support training. Peer Support Specialists offer unique insight and a valuable perspective that differs from the traditional clinical approach.

How Can a Peer Support Specialist Help?
1) Identify personal strengths. 2) Develop coping skills. 3) Build peer relations and create stronger natural support network. 4) Enhance social skills. 5) Increase their understanding of mental illness and/or addiction. 6) Develop a Wellness Recovery Action Plan (WRAP) and much, much more.

How can I access NAMI SW WA Peer Support Services?
It’s easy: call or come into the Vancouver or Kelso office.

Cooking & Nutrition

Fun with Healthy Eating

Wednesday: April 20, 2016
3:00-4:30pm
9 Weeks of Classes

Call to Register
NAMI SW WA Office: 360-695-2823
Brenda Harrison: Instructor from WSU Extension
What is AIR?

AIR (Anonymous. Inspiring. Relatable) is the new NAMI app, a free, mobile-based social network designed for individuals living with mental health conditions and their family members/caregivers.

NAMI AIR is intended to provide another way for people to find and give support, to connect with others through smart phone and computer tablet.

- AIR encourages users to anonymously share their stories and receive feedback in the form of social interactions such as “like”, “hug” and “me too.”
- Also allows users to access information on how to get help, learn more about NAMI and connect with the NAMI HelpLine.
- Air Facilitates personal connections with others who may be going through, or have been through, similar situations. Users are anonymous but not alone.

Go to: https://www.nami.org/Find-Support/Air-App for more information.

REBECCA’S ROSE  By Jane Hennessy

This small, easy to read book, tells a story that will give all of us more understanding of what it is like to have a family member diagnosed with schizophrenia. The book may help to give you more compassion for those with that brain disorder and their caregivers.

Rebecca started having hallucinations at the age of eighteen. For years after her diagnosis, the burden of care fell on her patient mother. When her mother became ill and died, the supervision of Rebecca fell to her sister, Jane, author of this book. It was a major burden for Jane, because she had a husband and two small children. Rebecca was often confused, demanding, and disagreeable. Jane’s two brothers preferred to not to be involved, and her father had a pattern of remoteness.

During the early part of Jane’s active involvement with her sister’s condition, few medications were available for treating schizophrenia and they were not effective for Rebecca. In fact, during a two-year period, Rebecca was hospitalized sixteen times. When clozapine became available, Jane tried for three years to have it prescribed for her sister. After it was finally approved, Rebecca refused to take it. By that time, her father was the legal guardian, and as such he could override her refusal to take the medication. Clozapine was not a cure, but it was helpful in dealing with some of Rebecca’s troubling symptoms. As we follow Rebecca’s life, we learn that she, like many people who become more stable and want to be like everyone else, was married briefly. After a pregnancy followed by the adoption of her baby, and the annulment of her marriage, the ever-present need for supervised housing was finally resolved with her living in a supportive rehabilitation facility. By the end of the book, she was capable of sharing some good times with Jane.

In one notable instance, she was able to express appreciation for her help. In the book’s interesting epilogue, Jane describes the five types of schizophrenia and the research attempts to find its sources. Although new medications exist, the serious problem of patients continuing to take them is ongoing. The growth of psychiatric rehabilitation services that are helpful to patients and also provide relief to their families.

Reviewed by Nancy Marsh

Volunteer needs & opportunities

The National Alliance on Mental Illness Southwest Washington (NAMI SW WA) is dedicated to helping ALL people affected by mental illness through education, support, and advocacy, whether they are individuals living with a diagnosis, family members, or friends and coworkers. NAMI SW WA’s service area is Clark, Cowlitz, and Skamania counties in Washington State. NAMI is a nonprofit run mostly by volunteers. No charge for services.

This is our mission. We need your support and help to better carry out this mission!

Our Volunteer Needs:

- Inventory office equipment
- Organize, inventory and label storage room
- Organize, inventory and label kitchen
- Label office mail boxes and filing cabinets and match keys
- Office and bathrooms cleaned weekly
- Educational coordinator
- People wanting to be trained in NAMI Signature classes
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.

STRIVE - Women’s Group
1:00 am - 2:00 pm
MONDAY

NAMI Walks and Talks
11:00 am - 12:00 pm
MONDAY

Support for friends and family of people who are affected by mental illness.

Mental Health Therapy for the uninsured and underinsured. Limited term.

Provided by Janet and Jean, Tuesday, Wednesday, Thursday.

Mental Health Medication Consult
By Appointment
Call 360-695-2823

Disability/Work Incentives Counseling
With Cindy Falter
By Appointment
Call 360-695-2823

Helpline - 95-5 Monday-Friday
Call 360-695-2823

By Appointment

Mental Health Medication Consult
Provided by Janet and Jean

2823
(360) 695
Suite 4
Mill Plain

CLARK/SKAMANIA

NAMI Washington

April 2016

STRIVE - After Release
3:00 pm - 4:30 pm
TUESDAY

NAMI Walks and Talks
11:00 am - 12:00 pm
TUESDAY

NAMI Walks and Talks
11:00 am - 12:00 pm
WEDNESDAY

NAMI Walks and Talks
11:00 am - 12:00 pm
THURSDAY

NAMI Walks and Talks
11:00 am - 12:00 pm
FRIDAY
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>3:00 pm – 4:00 pm</td>
<td>Book Study</td>
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<td>4:00 pm – 5:30 pm</td>
<td>Emotional Wellness Support</td>
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<td>TUESDAY</td>
<td>1:00 pm – 4:00 pm</td>
<td>Office is open; T.O.</td>
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<td>Thursday Afternoon</td>
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<td>WEDNESDAY</td>
<td>6:00 pm – 7:30 pm</td>
<td>Mindfulness, Music and Movement</td>
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<td>1:00 pm – 3:00 pm</td>
<td>Peer and Family Support Group</td>
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<td>4:00 pm</td>
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<td>Tuesday Afternoon</td>
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<td>Provide Support and Resources</td>
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<tr>
<td>FRIDAY</td>
<td>12:00 pm – 2:00 pm</td>
<td>Recovery through the Arts</td>
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<td>2:00 pm – 3:30 pm</td>
<td>Discussion on Wellness</td>
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<td>3:00 pm – 4:00 pm</td>
<td>Emotional Wellness Support</td>
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Call 360-695-2823
BY APPOINTMENT w/Chindy Fetter

Call 360-695-2823
BY APPOINTMENT
MENTAL HEALTH MEDICATION CONSULT

PROVIDED BY JANET
Wednesday Afternoon

uninsured. Limited term.
MENTAL HEALTH THERAPY

PROVIDED BY JANET

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

Mental Illness:
Peers support, Group for those at-risk
Diagnosis:
People who have a mental health diagnosis:

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

Support for friends and family of people with mental illness.

Peer support group for those at-risk.
COWLITZ CORNER

If you have been wondering why our Kelso office was closed the last part of April it is because we are making some changes!

NAMI SW WA is very, very pleased to announce that we have received two grants to support our Cowlitz NAMI office. The first came from the Ben B Cheney Foundation that will provide funding for signage for our office at 109 Allen Street in Kelso as well as the money to convert one of the restrooms in this very old bank building to an accessible restroom. This is required by law in order for us to offer state licensed mental health services at this site.

The second funding was awarded a week later from the Health Care Foundation in Cowlitz County. This generous funding will provide us with the ability to hire an office manager and a peer support specialist. The peer support specialist we will hire must have taken the state peer training, passed the test, and be ready for certification. This funding will also allow us some to purchase much needed IT equipment for that office. Work on the restroom renovation is beginning this week. The jobs will be posted by the end of the week. Please call our office at 360-695-2823 if you are interested in applying.

In the meantime, we have been holding the evening classes and groups on schedule. The office will open this week with regular office hours and daily support groups this week. Call if you want to make sure we are open. We are very sorry for any inconvenience this caused anyone. The office should be open during the usual hours, 10 AM to 4 PM as usual this week. All evening groups will be held, as usual. Call if you need more information (360-695-2823 or 360-703-6722).
Do You Have a Family Member or Friend who is a Veteran or Military Service Member Living with Mental Illness? You are not alone!

NAMI Homefront is a free, six-session class for family, friends, significant others of Veterans, and Military Service Members with mental health conditions.

Topics include . . .

- PTSD, Bipolar Disorder, Depression, Anxiety, Schizophrenia, and more . . .
- Basics of Brain Biology & Medications
- Dealing with Crisis & Relapse
- Navigating the VA Medical System & DOD
- Communication & Empathy Skills
- Self-Care, Fighting Stigma and Advocacy

**New Vancouver Class!**

Friday afternoons 2:00 – 4:30 pm
April 22 – May 27, 2016
1603 E Fourth Plain Blvd, Vancouver, WA 98663
Building 11, Room 157
All classes and materials are at no cost to attendees!

To Register:
360-695-2823
info@namiswwa.org

Presented in partnership by the VA Portland Health Care System & NAMI SW WA
Bulletin Board

- **Family to Family Class** - Saturdays, starting April 16th for 6 weeks. 10am - 3pm. Each week, the group will cover 2 modules. 5411 E Mill Plain Blvd, Suite 4

- **Cooking and Nutrition Class** - Wednesdays, starting April 20th for 9 weeks. 3:00pm - 4:30pm. Taught by Brenda Harrison, Instructor from WSU Extension. Call 360-695-2823 to register. A fun and interactive 9 week program to learn about...
  - Healthy eating and cooking for less
  - Planning meals
  - Saving money at the grocery store
  - Keeping food safe
  - Being active

Each week you'll prepare and taste new recipes!
Participants receive:
- Water bottle
- Cutting mat
- Grocery shopping list
- Produce brush
- Measuring cups and spoons
- Stretch band and physical activity booklet
- Recipes and recipe organizer
- Graduation certificate
- Reusable grocery bag

- **Homefront Class** - Friday afternoons, staring April 22nd for 6 weeks 2:00 - 4:30 pm. (see flyer on previous page for more information.)

- **NAMI Walks** - Sunday, May 15th at 1pm. See page 3 for more information.

- **Paper Tigers showings**: NAMI SW WA is having three showings of Paper Tigers, a movie about adverse childhood experiences filmed in Walla Walla, WA. Two showings will be in Clark County and one will be held in our Cowlitz County office. Members and friends of NAMI SW WA are invited to attend and join the discussion that will follow. The Vancouver office dates and times are: Friday, April 15th from 2:00 to 5:00 pm and Friday, April 29th from 6:00 to 9:00 PM. At the Kelso office this important film will be shown on Tuesday, April 19th from 2:00 to 5:00 pm.

“Resilience is accepting your new reality, even if it’s less good than the one you had before. You can fight it, you can do nothing but scream about what you’ve lost, or you can accept that and try to put together something that’s good.”
— Elizabeth Edwards

“The human capacity for burden is like bamboo—far more flexible than you’d ever believe at first glance.”
— Jodi Picoult, My Sister’s Keeper
☐ 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.namiswwa.org and click on Join NAMI