NAMIWalks!
Join us on Sunday, May 15, 2016 by Walking with us at the NAMIWalks Northwest 5K Event located at the Vera Katz Eastbank Esplanade (near SE Water and SE Main), Portland, OR. Registration begins at noon and The Walk begins at 1p.m. Runners are welcome to begin prior to the Walk start time. Also, strollers, motorized wheel chairs, and well-behaved dogs on leashes are welcome. 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.

We offer hope when there is hopelessness.
Help NAMI Southwest Washington raise money to ensure programs and services continue to be available at no charge. Please Walk with us!
Key items to remember: When registering, select NAMI Southwest Washington as your affiliate, choose to be a Walker, to join a Team or to be a Team Captain of your own team. Please note that Walkers are not required to be part of a Team. You can search for a Team or Team Captain by name: As of 4-25-16 our teams are:

- Beacon Health Options
- Cochran Inc
- Community Health Plan of Washington
- Donnelly Boardwalks
- Friends of the Carpenter
- Garner Family and Friends
- Gates of Grace
- Grey Matter SW Washington
- La Center United
- Lifeline Walks
- NAMI Southwest Washington
- Team Trent
- The Wolff Pack
- WAMFT – Counselors of SW Washington
- Woodland Warriors

Ashley Johnson
Angie Cole
Stacie Torres
Ann Donnelly
Michelle Rouse
Brenda Gardner
Susan Ayres
Anna Schepp
Kalyn Flatt
Jared Sanford
Suzanne Arnts
Brenda Carter
Shawn Story
Jean Miller
Tricia Martinez

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

To find out how to register, see page 11.
Dear Members and Friends,

What a month this has been!!! Integration of services began on the first day of April and there was scarcely a ripple in services for anyone, it seems. Our Board members received their training in governance issues, as required by us as a State licensed mental health agency, we hired a terrific new, very experienced counselor and will be getting several interns who will be with us for significant periods of time to help us manage all the people who are coming our way for mental health services. Janet Ragan, our Director of Mental Health Services, switches from a 3-day per week job to 5-days on May 2nd.

The Clark County Jail staff has had to face two suicides by prisoners in the past several months. Our hearts go out to all of the staff and the inmates who were present and have to deal with the emotions and fallout of these, fortunately, infrequent events. Both suicides are being investigated and we will have an article in a following newsletter about decisions made. In the past several years significant changes have been made in the physical structures at the jail, however the most important change has been that jail staff has been receiving training in Crisis Intervention. NAMI SW WA helps sponsor this training as well as doing a SEE ME presentation as part of the 40-hour program. For those who don’t know, NAMIs across the U.S. sponsor CIT programs in nearly every major community throughout the U.S. However, CIT in Corrections is fairly new. In fact, our Clark County CIT training is the only one for Corrections deputies in the Pacific Northwest. This means that there are often corrections deputies from other sites in WA State as well as from adjacent states. We have great faith that whatever issues are found to have been contributing factors to these recent suicides will be corrected or other procedures will be put in place to once again ensure that family members can know that their loved ones will be safe in our very overcrowded jail.

NAMI SW WA hosted an important meeting to which all mental health providers in our SW WA region, along with all legislators from our SW WA region, county commissions/councils and other key political figures were invited. The topic of discussion was the almost $30 M in reserves that must be returned to the state from Southwest Washington Behavioral Health Regional Support Network (SWBH RSN) as one of their last actions before officially closing before June 30th. See page 10 for more information about this meeting and planned actions.

Our new Mental Health program is up and running. Janet Ragan who has been with us for over 18 months is the Director of the program. I am particularly grateful for her counseling skills as well as her administrative skills. As a small agency we all take on multiple tasks and it is wonderful to have her here and willing to do all that needed and needs to be done as we move forward in this action. Jean Miller, who has been with us as a counselor for almost a year, is here two days a week, and our new staff counselor is Dan Naser-Josue who will be working with us three days a week. (See the short story about him on page 5.) We will announce new staff additions as they come on during the summer.
May is Mental Health Awareness Month!

NAMI SW WA has chosen to focus our energies for Mental Health Awareness Month on continuing our efforts to build community awareness around trauma as we and our many partners strive to build a more trauma-informed and trauma-reduced environment in the three counties we serve: Clark, Cowlitz and Skamania.

As part of our activities in May we will host a large number of showings of the film *Paper Tigers* at our two offices. If others in the community would like to host a screening, please contact our office at 360-695-2823 and speak to Melinda. The almost two-hour film was made at an alternative high school in Walla Walla, WA. It features students, teachers and administrators who began working to make the school experience better...for all of them after recognizing that stressed brains can’t learn. Children under stress from mental health disorders have particularly difficult times focusing on school objectives. As our work with ACEs (adverse childhood experiences) helps us understand, almost everyone has one or more ACEs. It is when the ACEs pile up that we, and our children, are at risk of developing a mental health disorder. In fact, ACEs play a key role in the development of other chronic medical conditions such as coronary heart disease (CHD), diabetes, asthma and other pulmonary conditions, autoimmune disorders, and cancer. The only thing found so far to help reduce the effect of ACEs is resiliency. During May and for the next few months, we will work collaboratively with others in our community, especially the ACES Collaborative, to inform the community about ACEs. This will be followed by a focus on resiliency in late summer early fall.

*Paper Tigers* will be shown weekly in our two offices. Check our calendar on our website for dates and times which will change weekly to ensure that the maximum number of people can see the film and participate in the discussion that
Meet Daniel Naser-Josue

Dan, as he prefers to be called, has just joined the staff of NAMI Southwest Washington as a mental health counselor. He will be seeing both Medicaid-funded and non-funded clients at our offices in Vancouver and in Kelso.

Dan received his Master in Counseling from Western Seminary in Portland, Oregon. He is a Licensed Mental Health Counselor (LMHC) in Washington State. His clinical background includes service as a mental health clinician at Community Services Northwest and in a private counseling practice in Vancouver. Dan was born in and grew up in Seattle. He served for twenty years as a United States Air Force Officer after which he spent some time as an Environmental Planner for the State of Washington, Department of Ecology. He then received his undergraduate degree and a Certificate in Gerontology from the University of Washington, and an MBA from the University of Missouri prior to moving into the social services after which he got his credentials in counseling. This portion of his life includes volunteer experience with the Bellevue, WA Probation Department, work with the Crisis Clinic of Thurston/Mason Counties and serving as the Long-Term Care Ombudsman Program for Thurston/Cowlitz Counties. He is also a former Mental Health Ombudsman for Clark County. Besides his passion for helping those who suffer from mental illness, he also has a strong interest and affinity for military veteran programs, the elderly, and those with Alzheimer’s and other dementia.

Peer Spotlight

Disability Benefits

Cindy Falter, our Benefits Specialist for the past several years is changing jobs a bit. She will still be able to help people with benefits information but will be spending more of her time in her new role as a Peer Counselor. Fortunately Plan for Work, located in Portland, is available to pick up part of her old job. Plan for Work is a program to help people on Social Security Disability (both SI and SSDI). Plan for Work can help you understand how working affects housing, food stamps, Medicare and Medicaid. Some work incentives can only be used once; others can be used many times. In most instances, you can work and keep all or part of your benefits. Call Plan for Work to request that intake paper be sent to you. If you don’t know what benefits you are receiving, Plan for Work can help with this, too.

Community Work Incentive

Plan for Work/Disability Rights Oregon
610 SW Broadway, Suite 200
Portland, Oregon 97205
503-243-2081 or 1-800-452-1694 – FAX 503-243-1738

Our Peer Counselors in Vancouver and Kelso are busy taking lots of educational and training courses as they prepare for their very important positions. All will be trained in WRAP (Wellness Recovery Action Plan) WHAM (Whole Health Action Management). Numbers of clients are already working with our Peers to create their own WRAP programs that helps individuals think about those signs and actions that can serve as warning signs of a potential crisis, actions to take to get back on track, and items for a personal tool box that can help each person solve problems.
Thanks to the Health Care Foundation: Cowlitz County

The National Alliance on Mental Illness Southwest Washington (NAMI SW WA) wishes to publicly thank the Health Care Foundation Board for their grant award of $30,800 and a Challenge Grant of $5,000. NAMI SW WA will use the awards to expand services out of our Kelso office by increasing staff and adding essential technology. The Kelso office is located at 109 Allen St - 360.703.6722.

NAMI SW WA is dedicated to assisting all individuals affected by mental illness through education, support, and advocacy. We offer popular NAMI National Signature Programs: peer-led Connection support groups for individuals challenged from mental health disorders; peer-led Family Support Groups for their family members; peer-led Family to Family, a twelve-week education course; peer-led Basics, a six-week course, for families newly experiencing a mental health diagnosis with a child; and Parents and Teachers as Allies, empowering teachers and school personnel to make a lasting difference in the lives of their staff. Also, NAMI SW WA’s STRivE, a psychoeducational program with emphasis on recovery, is offered. NAMI SW WA is now a Washington State Mental Health Provider Agency. We will provide one-on-one counseling and peer support services for individuals on Medicaid as well as offering short term and long term counseling for those that are below a crisis level, are uninsured or underinsured or cannot afford their deductible and co-pays. Programs and services are provided at no cost to the individual using them. Please visit www.namiswwa.org.

Thanks to the Ben B Cheney Family Foundation

NAMI SW WA in Kelso now sports a new sign over the front door. As the sign was going up, passers-by were watching carefully. This very welcome funding is also providing us with a makeover of one of the bathrooms so we can be compliant with state law by having an accessible bathroom. Work on the bathroom, which we expected to be complete several weeks ago is taking longer to get underway than planned. Changing plans and permitting seem to always take longer but we should be underway and have the work completed by the end of May. We are very, very grateful to the Foundation for this generous gift and look forward to working with the Foundation in the future.

NAMI SW WA staff and volunteers also had very productive meetings with Love Overwhelming and the Cowlitz Free Medical Clinic this past month. All of us are anticipating partnerships on a number of issues that face our clients and the Cowlitz Community at large.

We have also received some terrific resumes for people applying for the positions that have been funded through our grant from the Health Care Foundation. Interviews will start soon , and we hope to have hiring completed by the end of the first week in May. This additional funding is a terrific gift and will enable us to begin to build a stronger program in Cowlitz County.
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 smartphone 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.

Nolo’s Guide To

Social Security disability benefits Getting & Keeping Your Benefits

Here’s the step-by-step guidance you need if you’re dealing with a long-term or permanent disability. This comprehensive and compassionate book covers both Social Security Disability Insurance and Supplemental Security Income. Newly updated, it shows you how to prove a disability and explains how your age, education and work experience affect your chances. Parents will find special information about benefits available to children with a disability.

Learn how to:
find the disability criteria for your medical condition
prove the severity of a disability
appeal if you’re denied benefits
work part time while keeping your benefits
prepare for a Continuing Disability Review, and more.

Nolo's Guide to Social Security Disability is written by a former Chief Medical Consultant for the Social Security Administration whose expert deciphering of the medical portions of SSA regulations will help you determine whether your condition will qualify you to receive disability payments, including breathing disabilities, heart disease, mental disorders, speech impairments, cancer, immune system disorders -- and much more.

Plus, this book is packed with samples of all the major forms you’ll need.
Can Buy On www.Nolo.com or where you buy books. Other books include taxes, divorce & wills.

Critical Office Need

50 Identical stacking Chairs
Please contact office if you have any or can purchase and donate them.

Volunteer 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:
Organize, inventory and label storage room  DONE THANKS to Phyllis Chun
Below still needed!!
- Inventory office equipment
- Organize, inventory and label kitchen
- Label office mail boxes and filing cabinets and match keys
- Office and bathrooms cleaned weekly
- 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 military personnel and their families who are struggling with mental health issues.

Peer support group for those affected by mental illness.

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

**Peer support group for those affected by mental illness.**

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

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### Mental Health Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Provider</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Mental Health Therapy</td>
<td>Janet and Jean</td>
<td>360-695-2823</td>
</tr>
<tr>
<td>Mental Health Medication Counseling</td>
<td></td>
<td>360-695-2823</td>
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### NAMI Walks and Talks

**May 2016**

**Monday**

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

**Tuesday**

- **STRIVE - Women’s Group**: 10:30 am - 12:30 pm
  - **STRIVE - After Release**: 11:00 am - 12:00 pm

**Wednesday**

- **NAMI Walks and Talks**: 11:00 am - 12:00 pm
  - **Board Meeting**: 7:15 - 8:15 pm

**Thursday**

- **STRIVE**: 6:00 - 7:30 pm
  - **STRIVE - After Release**: 3:00 - 4:00 pm
  - **FAMILY SUPPORT GROUP**: 11:00 am - 12:00 pm

**Friday**

- **Paper Tigers**: 3:30 - 5:00 pm
  - **NAMI Walks and Talks**: 11:00 am - 12:00 pm
  - **NAMI Walks and Talks**: May 27th 2:00 pm - 4:00 pm
  - **NAMI Walks and Talks**: May 13th 5:00 pm - 7:00 pm

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### Other Services

- **Disability/Work Incentives Counseling**
- **Mental Health Therapy** for the uninsured and underinsured, Limited term
- **Mental Health Medication Counseling**
- **Mental Health Therapy** for the uninsured and underinsured, Limited term
- **Mental Health Therapy** for the uninsured and underinsured, Limited term
- **Mental Health Therapy** for the uninsured and underinsured, Limited term
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>3:00 pm-4:00 pm</td>
<td>Book Study Support</td>
<td>Office is open 1:00</td>
<td>Parent and Family Support Group Mindfulness, Music and Movement</td>
<td>12:00-2:00 pm</td>
<td>Recovery through the Arts</td>
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<tr>
<td>4:00 pm-5:00 pm</td>
<td>Emotional Wellness Support</td>
<td>1:00-3:00 pm</td>
<td>6:00-7:30 pm</td>
<td>1:00-3:00 pm</td>
<td>12:00-2:00 pm</td>
</tr>
<tr>
<td>5:00 pm-6:00 pm</td>
<td>Emotional Wellness Support</td>
<td>2:00-3:00 pm</td>
<td>7:30-9:30 pm</td>
<td>2:00-3:00 pm</td>
<td>1:00-3:00 pm</td>
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</table>

RECOVERY THROUGH THE ARTS

- Paper Tides (May 19th)
- Discussion on Wellness
- Mindfulness, Music and Movement

MENTAL HEALTH THERAPY FOR THE UNINSURED AND UNDERINSURED

- Limited Term.
- Peer support group for those at-risk of mental illness.
- 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.
- Peer support group for those affected by mental illness.
Cowlitz Corner

Our Cowlitz office staff is busy with outreach, classes, and groups. We are planning some important partnerships with other organizations in the community.

We will begin interviewing for our office coordinator position and for two peer counselors during the first week in May. We have stopped taking applications for these positions now but hope to be able to add more staff in the next months as we expand our mental health services. These staff positions will be in place quickly and our peers should be off on a running start with additional training and new responsibilities.

We will be tracking numbers of people into our office in Kelso to see if the new sign, shown below, helps to improve our visibility in the county.

Two peers from Clark County, both trained in Stand Up for Mental Health, presented at the Friday, April 29th Breakfast for Champions held in Cowlitz County. Eric Johnson, a long-time NAMI volunteer, Connection support group facilitator, and member of the NAMI WA Board of Directors and Molly McNab each presented their own comedy routine developed in the comedy training and refined over the years. Drew McDaniel, head of Cowlitz County Crisis made one of his stunning presentations titled Compassion Fatigue, Beaches, Bacon and Burnout.
SW WA Provider Advocacy for Our Early Adopter Region

Our SW WA mental health providers were surprised over the past six months or so as information leaked out regarding large amounts of money that had been withheld, as part of contractual requirements, by our Regional Support Network. Any unspent dollars must be returned to the WA State and the federal governments, also as required by contract agreements. The amount was substantial...close to $30M. Every agency was thinking of all those projects, programs, and people these dollars could have helped bolster. We sent letters and talked to our legislators who worked to the best of their ability to allow SW WA to keep at least a portion of the money; we were hoping for about 50%, knowing that the state finances are very tight right now. This failed in a recent vote by the full legislature.

Clark and Skamania counties decided in 2015 to become the only early adopter region in WA State. This decision was made in part because we will not only be helping to set the process for integration of services for the entire state of Washington, but by choosing to become the only early adopter region, certain financial benefits were to be provided to help us accomplish what has not been done before in Washington. However, when the entire legislature voted on returning any of the unused funds to SW WA, they were not thinking of this. As a result, only $1.5M of the unused funds will remain in SW WA and these are specified for crisis services only.

On Wednesday, April 27th, NAMI SW WA hosted an advocacy meeting at the North Pacific Union Conference of the Seventh-day Adventists in Ridgefield, WA. Representatives from mental health provider agencies, managed care organizations, peers, county employees and others welcomed a number of our SW WA legislators, county council and commission members, and our Clark county lobbyist, Mike Burgess, to join us in a two-hour discussion about next steps. We are very grateful to Senators Ann Rivers and Annette Cleveland, Representatives Sharon Wylie and Paul Harris and to Clark Counselor Marc Boldt and Skamania Commissioner Chris Brong for their active and informative participation and willingness to openly discuss what happened and how we might approach alternative pathways to funding important gaps in our mental health programs in our two county region.

Plans are already underway for follow-up meetings of the provider agencies and of the larger group. One goal is to review the Needs Assessment results created this spring by the Community Foundation of SW WA. Possibly using this document as a guide, our goal is to create a regional plan including costs that will be presented to the governor and his budget committee in the next several months as they begin to prepare the 2017-18 budget. We will work closely with our legislators all the way.

NAMI SW WA will have monthly updates on the progress of this activity as part of our advocacy work. If you have questions or would like to get involved as part of the work groups or as a peer with a story to tell that will help us to demonstrate effectively why we need what we eventually ask for please call NAMI SW WA at 360-695-2823 or notify any other community mental health provider of your desire to participate.
**Bulletin Board**

- **NAMI Walks** - Sunday, May 15th at 1pm. See page 1 for more information.
- **Paper Tigers Documentary** - Join us and watch the documentary Paper Tigers and stay for discussion once it is done. Paper Tigers chronicles a year in the life of 6 Lincoln High School students in the community of Walla Walla, WA. The kids who come to Lincoln have a history of truancy, behavioral problems and substance abuse. After Lincoln's principal is exposed to research about the effects of Adverse Childhood Experiences (ACEs), he decides to radically change the school's approach to discipline. With the aid of diary camera footage, the film follows six students. From getting into fights, grappling with traumatic events in their lives, and on the cusp of dropping out, they find healing, support and academic promise at Lincoln High.

  "Vancouver Office dates and times:"
  - Thursday, May 13th: 5:00 – 7:00pm
  - Tuesday, May 24th: 10:30am – 12:30pm
  - Friday, May 27th: 2:00 – 4:00pm

  "Kelso Office:"
  - Thursday, May 19th: 1:00pm – 3:00pm

- **Volunteer Orientations:**
  - Vancouver office: Every last Friday of the month at 3:00 pm
  - Kelso office: Every last Wednesday of the month at 3:00 pm

- **A new BASICS class** starts on Thursday, May 12th and goes for 6 weeks. Please call 360-695-2823 to sign up.

- Please call 360.695.2823 to sign up for the next Family to Family or Homefront classes.

- **Register for NAMIWalks** - Visit [http://namiswwa.org/namiwalks_northwest/](http://namiswwa.org/namiwalks_northwest/) to learn how to register, to review frequently asked questions plus much more! If you or someone you know wants to donate by check or money order instead of online — this is called offline donations — please mail to NAMI Oregon, 54701 SE 24th Ave Ste E, Portland, OR 97202 and in the reference write for NAMI SW WA as well as the Team name, if relevant. Offline donations can be turned in on Walk Day or mailed before or afterwards. On the day of the Walk plan to carpool, to be dropped off, or to use mass transit. Arrive early if possible.

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**Feeling Stressed? Do You Know Your Blood Pressure?**

NAMI SW WA Peers in Vancouver and Kelso have been trained to take blood pressures using top-of-the line blood pressure monitors that provide almost fool-proof readings for accuracy. This training and the Bluetooth-smart devices came through a partnership with the Healthy Living Collaborative in SW WA. NAMI SW WA will be checking blood pressures at our classes and groups as well as for individuals coming in to our office daily. We will record ranges only, with no identification involved. However, if you have a need to have your blood pressure sent to your primary care provider (pcp) these cuffs have the ability to do that, possibly saving you a trip to another office. This may be especially helpful to all those who have white-coat hypertension in which your blood pressure increases the minute you walk in to your provider’s office.

Please help us make this program successful by using our devices on a regular basis!!
□ 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