NAMIWalks

Thank you to all those who turned out for the NAMIWalks Northwest in Portland, Oregon on Sunday, May 15th in support of NAMI SW WA! We had 18 teams participating this year — the largest ever! In spite of the NW drizzle, walkers were in a great mood, supportive, smiling, and dedicated to educating the public about mental health issues. There will be an announcement of the money raised in a later issue. It is not too late to support NAMI SW via the website (www.namiswwa.org) or mailing-in donations! Enjoy the photos!
From the Director’s Desk

Dear Members and Friends,

As you can see from the photos, the NAMIWalks Northwest was a success for us despite the constant rain. We had 18 teams this year compared to 13 last year. We won’t know how much money we raised for another six weeks since donations are still being accepted so, if you signed up for a team but chose not to walk because of the rain, please still send your donation in via the NAMI SW WA link to the NAMIWalks website. If you have any trouble doing that please call our office at 695-2823 and ask for Suzanne, our Walk coordinator who did a great job on the Walk both this year and last. Thanks, Suzanne!

May was a very busy month with outreach. We conducted a HomeFront class at the VA where we met the new VA peer, Steve Fischer, who attended the class to learn more about what we do at the VA. I taught this class in cooperation with Barb Besand who, as the spouse of a retired disabled veteran provided truly significant insight into the difficulties disabled vets and their families face. Josh Vance, a student intern with NAMI SW WA who is a disabled vet and psychology student at WSU Vancouver who will be getting an advanced degree in counseling with the hope of working with veterans, assisted us. One of his most important contributions, and one that will help all our future classes, is that he methodically reviewed the many pages of resources provided in the NAMI Signature materials. Josh summarized the accessibility and value of the information on each site right down to whether a resource is valuable for family members or for vets themselves, is easy or difficult to navigate and other factors that will make it easier for us to talk about these resources in the future. Thanks Barb and Josh. I hope we can repeat this class in the near future.

In May we also did our usual presentation of our four-hour SEE ME at the Northwest Regional Training Center. This quarter both EMT classes were large...about 30 students in each class. They love us, and we love them. At every session our speakers leave glowing, knowing that they have been able to share important facts about life with a mental health diagnosis that will help these newly trained EMTs to be, as they tell us, “more professional”, “more caring”, “more open to those with mental health issues”, and “more compassionate and understanding”. In addition to the EMT training, our SEE ME team did a great job at the Clark County Corrections Crisis Intervention Training where more corrections deputies were trained in crisis intervention. This means approximately 30% of corrections deputies have now completed this invaluable training.

In June NAMI SW WA will be making a large commitment to increasing the level of exercise for all our staff, volunteers, and those who come to us for services. Please check the Bulletin Board for our NAMI Walks and Talks that will no longer be an optional program. We will walk and talk daily. I have also volunteered to teach a class in “flexibility” to students at Groove Nation dance studio that is housed in our building, right next to us. As soon as they finish soundproofing the space I will teach a class there from 5 to 6 PM on Thursdays beginning later in June; the agreement is that the class will include their dance students as well as NAMI SW WA people who want to become more mindful of the ways their bodies do and do not work. We hope to see some of you there. Call for more information (695-2823).

I would also like to thank Greg Betts for his heartfelt poem you will find on page 6 of this newsletter. Gregg has been volunteering here, answering our phones two mornings a week for a number of months. He is now training his wife, Karen to answer phones so he can get more involved in other volunteer activities.

Peggy
(on the right) My friend and I, in my electric chair, would have been back sooner but we stopped for Pizza. We will do the walk and pizza next year. We had a blast!!
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

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De Familia a Familia de NAMI

De Familia a Familia de NAMI es un programa educativo de 12 sesiones gratuitas para familiares, parejas, amigos, y seres queridos de adultos que viven con una enfermedad mental. See more at: https://www.nami.org/Local-NAMI/Programs?classkey=08077626-8f77-4c30-bc3f-1c560db48a28#sthash.ukZJhipg.dpuf

NAMI SW WA and NAMI Oregon will join forces on the weekend of July 15th through the 17th to train people who are bilingual...Spanish and English...who would like to train to teach the popular Family to Family class in Spanish. The class will be held at the NAMI SW WA office at 5411 E Mill Plain Blvd, Suite 4.

The class starts on Friday morning at 9:30 AM and ends Sunday at 1 PM. Maria Algarin and Anna Gonzalez, will be coming from California to conduct the class that is open to people in Oregon and Washington. Maria has recently been appointed as a national NAMI trainer for de Familia a Familia.

If you are interested in this training, please contact us at 360-695-2823. Attendees must have already completed a Family to Family class. We have one more compacted class between now and then in which you can participate.
Click the link for Amazon Smile
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.com instead of AMAZON. 0.05% of all of your purchases will be credited as a donation.

Who All individuals struggling with mental and emotional issues

What Confidential open group (enter any week). Ten sessions providing education and tools for first steps toward a successful and sustained recovery from mental and emotional challenges.

Why: To offer hope, help, healing

When Vancouver: Tuesday, July 12 @ 3:30-5:00 p.m.
Cowlitz: Thursday, July 7 @ 1:00-2:30 p.m.

Where NAMI SWWA
Vancouver Office: 5411 E. Mill Plain, Suite 4
Vancouver, WA 98661
(360) 695-2823

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

How Using an educational approach, group members will learn effective coping strategies in order to take first steps on their journey toward mental health recovery.

NAMI SW WA is re-launching our STRivE psychoeducational program with newly designed modules. STRivE First is available to all those who have just begun their recovery journey as well as to those who want to refresh their skills and add to their toolbox. This continuously revolving class will provide a certificate of completion for those who attend at least 8 of the classes.

The 10 class program includes:

Improving Self-Esteem
Managing Impulsive Behavior
Effective Communication
Stress Management
Managing Dependent and Enabler Traits

Controlling Anger
Problem Solving
Improving Social Support
Sleeping Well
Developing Healthy Boundaries
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.

Relax - You May Only Have a Few Minutes Left
By Loretta La Roche

Perhaps we’re all ready for mood-lightening now that the light and warmth of spring is here. La Roche shows, in this book, ways to “lighten up” from the tendency most of us have of often taking ourselves too seriously. She shows how to use humor in life through examples that will make you smile while showing you how to adopt a humorous attitude as you go through life. La Roche, a stress consultant and lecturer, reminds us about the health benefits of humor and shows how humor can detoxify and de-stress relationships.

A few of the things that because stress are: the need to do everything right, a tendency to label and judge the world, false expectations, and the need to blame. La Roche explains that our cluttered minds prevent us from witnessing our own comedy and reminds us how funny we can be when we take the unessential things in life too seriously. At the same time, she reminds us not to get caught up in being funny. “A sense of humor sees the fun in everyday things. It’s more important to have fun than to be funny.”

Two lists in the book are particularly worth noting. One is entitled: The ABC’s of relationships. The other, called Loretta’s Joy Journal, lists twenty-five suggestions to think about and write down daily. They may help in developing a positive outlook and the ability to appreciate ourselves and others. Examples from her list include: Think of someone you might forgive and how that might change your life. Think of a way you could surprise and delight someone you love. With application of either or both lists, your spirits will be uplifted. Enjoy the book, enjoy the season.

Reviewed by Nancy Marsh

NAMI’S Greatest Gift
By Greg Betts, NAMI Volunteer

NAMI’s Greatest Gift is not just understanding of one’s loved ones, It is the gift of understanding oneself.

NAMI’s Greatest Gift is not just learning how to care for one’s loved one, but learning how to care for oneself.

NAMI’s greatest gift is not learning how to talk to our loved ones but how to talk to ourselves.

NAMI’s greatest gift is not just understanding the mental health system and its tools to help our loved ones but how they can help and benefit us too.

NAMI’s greatest gift is not just for our loved ones only.

It is also for us as well.
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.

**Mental Health Therapy** for those on Medicaid as well as the uninsured and the underinsured.

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**Family Support Group**
Weekly
3:30 pm - 5:00 pm

**Connection Support Group**
Weekly
3:30 pm - 5:00 pm

**Mental Health Therapy**
Provided by Janet, Dan and Jean
Call 360-695-2823

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

**Mental Health Medication Consult**
Provided by Janet, Dan and Jean
By Appointment
Call 360-695-2823

**Helpline**
9-5 Monday - Friday
Call 360-695-2823

**Provides Support and Resources**

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5411 E. Mill Plain Suite 4

(360) 695-2823
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<td><strong>Paper Tigers - June 9th and June 23rd</strong></td>
<td><strong>Family Support Group</strong></td>
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**NOTE:** Times may vary.
Our office in Kelso is busy with old and new activities and events. One of the best things is the donation of a new refrigerator, kindly presented by DeWils Interiors which also donated a new refrigerator earlier this year to our Vancouver office. Thanks so very, very much!

The staff in Kelso is in place: Jan Kell is the new Office Coordinator, Windy Nein continues in her role as Assistant Office Coordinator and our two Peer Support Specialists are Blaine Hess and Sharon Smith, both of whom satisfactorily completed the WA State 40-hour Adult and Adolescent Peer Support training earlier this year. They are both in the process now of applying for their additional State certification as our employees.

We have also recently reset our offices hours in the Kelso office to better match the hours of our staff there. The new hours are Monday, Wednesday and Thursday from 10 AM to 4 PM and Tuesday from noon to 4 PM. The Kelso staff are at the Vancouver office all Tuesday morning for meetings and training. As we announced last month, Janet Ragan, MA, LMHC, Director of Mental Health Services is at the Kelso office every Monday, Dan Naser-Josue is there on Thursdays to counsel clients. Suzanne Arnits, Development, Volunteer, and Marketing Director is in the Kelso office on Wednesdays, and Peggy is there for meetings, some classes and groups.

Times of groups and some classes have also changed. Please see below or check the Kelso office calendar for new times

**Mental Wellness Tools** is an open group for those affected by mental illness. Helpful ideas and methods for mastering fear, anxiety, mental blocks, trauma, and anger. In this group you will experience relaxation and fun!

**Open Mental Health Support Group** is an open group for those affected by mental illness but not in crisis.

**Recovery Through the ARTS** is a place to learn to express your emotions through art. This is an open group for those affected by mental illness.

**Music Group** is a group for those affected by mental illness who wish to experience a soothing, unique, stress-free environment. We take music requests, offer wisdom, and knowledge. There is bonus take home materials provided.

**Family Support Group** is a gathering of caregivers of individuals with a mental illness where family members and loved ones can talk frankly about their challenges and help one another through their learned wisdom. Our group is facilitated by trained NAMI members and participants are encouraged to share actively in the work of the group.

All groups and classes take place at 109 Allen Street, Kelso, WA 98626. Drop-ins are encouraged. All programs and services are offered at no cost to the participant by NAMI SW WA.

A huge thank you to DeWils Interiors for a much needed new refrigerator in our Kelso office!
Compassion Fatigue Impact on Physical and Mental Health of Caregivers

Have you ever cared for a loved one with a physical or mental disability and felt a feeling of exhaustion and a need to just escape from the situation and then feel guilty about it? If so, you might be suffering symptoms of something called “compassion fatigue”. Also known as secondary trauma or burnout, it is a more common in our society than many people realize. The signs of compassion fatigue are many and varied. They include self-blaming, bottled up emotions, feelings of isolation, compulsive behaviors and poor self-care.

Compassion fatigue can affect anyone in a caregiving role. It can affect family caregivers, medical providers, mental health workers, and therapists alike. It can manifest itself in both physical and mental symptoms. In its most extreme form, caregivers can actually start to feel and experience the same symptoms as those whom they care for. Understanding that compassion fatigue can seriously impact both the physical and mental health of caregivers and, correspondingly, the quality of care provided to those cared for, is key in preventing its occurrence.

In a recent presentation to staff and volunteers of NAMI SW, Drew McDaniel, MSW, Director of the Cowlitz County Crisis Program, emphasized the importance of self-care and wellness in helping to deal with the problem of caregiver compassion fatigue. His message is clear, we must build an awareness of what compassion fatigue is and its symptoms. Understanding this, it is also important to take positive action to deal with it. Among the steps that can be taken, caregivers can be kind to themselves, self-education, acceptance of where you are in the situation that you face, balancing of work and life, relaxation techniques and vacation time. These are all useful in combating compassion fatigue.

For those who want to know more about compassion fatigue and how it may be affecting them, checking the website of the Compassion Fatigue Awareness Project at www.compassionfatigue.org may be helpful. The website contains valuable information and resources. For those interested, it contains self-test/assessment tools.

You yourself, as much as anybody in the entire Universe, deserve your love and affection.
Bulletin Board

- **Family to Family**: A new class will begin the week of June 20th and continue for 12 weeks into early September. This NAMI Signature program is an essential for those family members/loved ones who live with or support, in any way, an individual with a mental health diagnosis. It provides participants with new skills and tools that help redirect communication so that it becomes helpful and supportive rather than antagonistic and problematic. It helps participants learn to determine helpful and workable boundaries that can assist the individual with his/her decision to move into recovery and to stay there. We welcome anyone eligible into this class. Call 360-695-2823 to enroll.

- **De Familia a Familia** (See page 4 for more information): There is a requirement for becoming an educator for this very necessary program: you must have completed a Family to Family class and since we don’t have de Familia a Familia in our area you will have to complete the class in English first. We are very committed to offering this class in Spanish and hope to have numerous people sign up to become class leaders. To ensure that you are ready to take the training we will offer a condensed Family to Family training for a group of people in mid- to late June, depending on your schedules. If you are interested in participating to help us reach this important goal of being able to offer de Familia a Familia on a regular basis in SW WA, please contact us at 360-695-2823 right away.

- **Paper Tigers**: We are continuing to show this wonderful film that chronicles the lives of some teenagers in Walla Walla, WA who were facing the effects of adverse childhood experiences (ACEs) in high school and how, by working with caring and intentional faculty and staff of their school, were able to gain resiliency skills and overcome the effects of their ACEs.

  - 5411 E Mill Plain Blvd. Suite 4, Vancouver
    - Friday, June 17th 4-6pm
    - Friday, June 24th 4-6pm
  - 109 Allen Street, Kelso
    - Thursday, June 9th 2:30-4:30pm
    - Thursday, June 23rd 2:30-4:30pm

- **Blood Pressure Readings**: NAMI SW WA is partnering with the SW WA Healthy Living Collaborative to help people better manage their blood pressures. We have easy to use cuffs in both our offices and trained volunteers are available to take your blood pressure every time you come to either of our offices. Personal information will not be provided to the Healthy Living Collaborative; the only data we are collecting for them is the range of blood pressures from normal to very high. If your blood pressure is high you will be encouraged to seek medical help. For many people, especially those who have “white-coat” hypertension where your blood pressure is raised whenever you walk into a medical office, we hope that having your blood pressure taken at NAMI will be more relaxed for you allowing your blood pressure to remain more normal for you, whatever that normal is. Please join us in this very worthwhile program.
□ 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

Thank you for being part of the team!

NAMI National Alliance on Mental Illness