WELCOME, KOFI!

NAMI SW WA is very pleased to meet and welcome Kofi Danso, one of the very talented and fortunate young leaders from Africa who was selected to participate in President Obama’s Young African Leadership Initiative (YALI) in partnership with the Mandela Washington Fellowship for Young African Leaders. He is one of 25 very bright men and women between the ages of 25 and 35 who have come to Portland State University for the next five weeks. They will be joined during their final week which will be spent in Washington DC by 974 other young African leaders who are attending similar programs at other universities around the nation. Sadly, one of the participants died in an unfortunate accident in Virginia last weekend.

Kofi is a registered mental health nurse working in Accra, the capital of Ghana. In addition to his daily work as a community mental health nurse providing public health education, caring for clients with mental health disorders, prescribing and managing medications and many other tasks, Kofi also teaches part-time at a School of Nursing. At NAMI SW WA, he will be witnessing our outreach, advocacy, support and educational programs, our behavioral health unit, and visiting local agencies including Clark County jail as we compare work and procedures in the US and Ghana.

We will be hosting a special SEE ME program for Kofi on Thursday, July 21. If you would like to attend in order to meet him and to witness SEE ME please call 695-2823. A light lunch will be served.

In the photo above, Kofi is responding to music by a group of African drummers, mostly from Ghana, who provided entertainment for Kofi and his colleagues at the welcoming ceremony at PSU on June 22nd. For those who wondered as we did: Kofi means Friday which is the day of the week on which he was born.
From the Director’s Desk

Dear Members and Friends,

As always, we have had a busy month as we completed one Family to Family and started another, and as we began to make appointments for counseling through our behavioral health unit. We also welcomed Kofi Danso, a licensed psychiatric nurse practitioner from Ghana (see the story on Page1). This, along with all our usual day-to-day activities made the month fly by. We are now halfway through another year.

Our group of volunteers has grown considerably over the past year in both our offices so we are introducing you to them this month and next in our newsletter. We hope you enjoy reading about all these wonderful people who choose to take time from their busy lives to work with us, many in very crucial positions that are very, very important to our day-to-day operations. When you meet them, please try to find a way to say thank you. We could not operate without them. In fact, during this fiscal year, we will be close to clocking 8,000 hours of volunteer time. Our volunteers do everything from answering phones, welcoming people, cleaning the office, doing accounting, teaching classes and facilitating support groups, to being on our Board of Directors. These are valuable activities that we could not manage without their dedicated help.

In June we had another successful genetic testing for the ability to metabolize mental health medications. Twelve people got their cheeks swabbed for cells that are sent to a lab that runs the test to identify active enzymes. It is these enzymes that are necessary for breaking down a medication...oral, topical, or injected...so that it can be used by the body. When we are not able to metabolize or break down a medication, it will be of no use to us. We are changing our procedure a bit on future tests. All who want to be tested will be required to attend a testing orientation to learn more about the test and get the form that must be completed and signed by a prescriber. Watch for information about our next orientation and testing date.

We are launching our newly revised STRivE psycho-educational program in both offices in July. STRivE First Steps will begin in Cowlitz on Thursday, July 7th from 1:00pm to 2:30pm and in Vancouver on Tuesday, July 12th from 3:30pm to 5:00pm. This ten-week program is open to any person with a mental health disorder who wants to learn recovery skills and acquire tools that will help you on your journey.

We have great news about Family Support...beginning September 6th, we will hold a second family support group at the Community Health Building on Fourth Plain on the VA campus. This group, open to any family member or supporter of a person living with a mental health disorder, will be held from 6:30 to 8:00 PM every Tuesday evening. We are very pleased to say that Kay Roberson, who currently leads our Thursday afternoon group at the NAMI SW WA Vancouver office will facilitate this group, as well. We are grateful to CRISIS Services for enabling Kay to do two groups for us.

We hope everyone has a lovely July 4th!

Best to you,
Peggy
Meet Our Staff and Volunteers

Note: not all staff and volunteers are listed in this month’s newsletter. You’ll meet more in the coming months

Michael Altig is a local mental health counselor and works with children and adolescents in his Christian counseling practice. He joined our Board in 2012 and served as Secretary since until recently. He is now chairing our Governance Committee, one of our most important Board committees. In his spare time Michael builds and competes with model planes that are powered by rubber band engines. Michael and his wife are the parents of an adult son.

Becky Anderson has been an extremely active volunteer in many capacities with NAMI SW WA for over a decade after taking the Family to Family class when her daughter adopted three children with mental health disorders. In addition to becoming Treasurer in 2013, Becky teaches F2F classes at least four or more times per year, BASICS, and NAMI SMARTS, our advocacy training class. She is a WA State trainer for BASICS and SMARTS. She and her husband have two adult children.

Mike Anderson is a Commander in the Corrections Branch of the Clark County Sheriff’s Department. In his position he builds bridges between Corrections and the public. Many people tell stories of the kindness Commander Anderson has shown to them when they call Corrections to find out about their loved one in jail. He joined the NAMI SW WA Board in 2016. He lives in Clark County with his wife. One of his sons is following in his footsteps in Corrections.

Suzanne Arnits is responsible for fundraising, social media, and our volunteer program. She has been with NAMI SW WA since December 2014. She enjoys caring for her dog, Oreo, a Jack Russell Terrier. She also likes to garden, staying up with current events and reading science fiction and watching movies. According to Suzanne, “NAMI’s Mission resonates with my personal life... everyone is affected by mental illness... and with my professional work where every day I interact with individuals who desperately need our services.”

Greg Betts is a NAMI SW WA volunteer peer who works on the front desk, newsletter, health fairs, and odd jobs around the office. He is preparing to become a group facilitator. He came to NAMI SW WA in search of information to understand both loved ones and his own mental health issues. He took in a cat and calls him Mr. Megwees.

Karen Betts is a new volunteer. She works the front desk, helps fold the newsletter, goes with her husband to the health fairs and special events. Karen hopes to get involved with group facilitation. She loves to do word search games.

ATTENTION: Peer, Volunteer, Staff and interns (excludes Administrative staff: Peggy, Suzanne, Janet & Melinda)

Take time to fill out a KUDOS CARD for fellow team members to let them know you appreciate them!

Collect ten, give them to Peggy or Janet and get a DUTCH BROS or REGAL MOVIE CARD. They will hand them out at the first of the month.
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=08077626-8ff7-4c30-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.

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Convirtanse En Maestro Certificado de NAMI

Para ser un exitoso maestro de NAMI Familia a Familia, necesita responder a los demás de una manera sin prejuicios, necesita ser un buen oyente con un oído empático, y usted necesita estar dispuesto hablar sobre su experiencia como miembro de la familia de una persona que vive con una enfermedad mental.

Los alumnos deben demostrar las calificaciones necesarias para convertirse en un buen maestro/a de NAMI al final del entrenamiento. A los alumnos, se les puede pedir a mejorar sus habilidades en áreas claves y repetir el entrenamiento antes de que puedan certificarse.

Temas para el entrenamiento incluye:
- Programas educativos de NAMI
- Enseñanza de procesos grupales en el modelo educación mutuo de NAMI
- Uso de conferencias y discusiones para expresar estas modalidades
- Estrategias del desarrollo comunitario
- Competencias específicas de procesos para facilitar discusiones
- Atributos específicos del líder
- Principios para ayudar a las familias a sobrellevar el trauma

Personas interesadas deben entregar su aplicación al viernes, 1 de julio.

El entrenamiento será disponible en español a El entrenamiento será gratis y es oportunidad como voluntario: no será pagado.

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Detalles:

Entrenamiento de Familia a Familia
Certificado de NAMI Oregon
El 13-17 de julio, 2016

Fecha del entrenamiento:

Viernes, 13 de julio
3:30 AM-6:00 PM

Sábado, 14 de julio
8:00 AM-3:30 PM

Domingo, 17 de julio
8:00 AM-1:00 PM

El entrenamiento será disponible en español.

El entrenamiento será gratis y es oportunidad como voluntario: no será pagado.

Dirección:
NAMI SW [oeste] Washington
345 E Mill Plain Blvd
Vancouver, WA 98661
www.namiw.org
wwwNamios.org

Para más información:
Yvette
503-344-5050
Yvette@Namios.org
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 to shop instead of AMAZON. .05% of all of your purchases will be credited as a donation.

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
- Controlling Anger
- Problem Solving
- Improving Social Support
- Sleeping Well

STRivE First Steps

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.

StrivE First Steps

John Baran
NAMI SW WA congratulates John...or as he is known around here by his friends, Johan...on getting his short story, My Super Power, in the Salmon Creek Journal, published by Washington State University, Vancouver. We printed this story in February 2016 newsletter. In it Johan describes the special attributes he holds because he lives on the autism spectrum. In addition to his writing skills, Johan is also gifted with the abilities to speak passionately and memorably about his life with Aspergers, his incredible math skills, his love of teaching and sharing knowledge with others, especially students who are struggling with math which comes so very easy for him, and his patience with those who are not as capable as he is with technology. We are very grateful that Johan volunteers with us in Vancouver and is an integral part of our SEE ME panel of speakers.
Check Out the Heart Quilt

Board Member Michael Altig proudly hung the quilt made by his wife, Marilee, at our Board meeting on June 14th. This beautiful heart made in shades of reds and pinks hangs in our entry way welcoming all to NAMI SW WA and expresses perfectly the heart feelings we hope are present in every contact we have with the public and with one another here in our office in Vancouver and in Kelso. Marilee, we thank you so very much for putting so much time, talent, and love into this lovely wall hanging.

Go to: [https://www.nami.org/Find-Support/Air-App](https://www.nami.org/Find-Support/Air-App) for more information
If you like to read about interesting people, you will enjoy this book. Each of the well-known personalities described by this prize winning journalist, Claudia Kalb, had eccentric personality traits or disorders that affected their lives. While reading about them, we might see glimpses of ourselves or of others we know. The book explains many of the conditions these individuals had and the reasons for them. We read how the subjects dealt with their problems, were able to overcome them, or were consumed by them.

Among the twelve celebrities mentioned in the book are: Marilyn Monroe, Frank Lloyd Wright, Abraham Lincoln, Howard Hughes, and Betty Ford. The other cultural icons featured in the book were also adults who made outstanding contributions to society even during their many challenges. They exhibited a range of disorders: depression, narcissism, obsessive compulsions, eating disorders, gender dysphoria, hoarding anxiety, ADHD, gambling and other addictions, Asperger’s Syndrome, and borderline personality disorder.

Whether or not the individuals overcame their conditions, this book will maintain your interest as well as your curiosity. It’s inspiring to see how productive most of the people were, even as they struggled with difficult conditions. George Gershwin became a music trailblazer when he was able to focus his intense energy on a passion for music. Fyodor Dostoevsky eventually overcame his gambling addiction of many years. You’ll read that his autobiographical novel, The Gambler, showed the thought processes driving someone with gambling disorder. We know that Lincoln was highly functioning even while suffering bouts of depression. Betty Ford turned her addiction and recovery into activism that resulted in a treatment center.

We hope you enjoy this “good read”.

The book is available in our NAMI library.

If you have any over-due books, please return them to the NMAI office so they’ll be available for others to read.
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.

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

Provided by Janet, Dan and Jean

**Mental Health Medication Consult**
By Appointment

**Disability/Work Incentives Counseling**
With Cindy Falter
By Appointment

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

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**NAMI Southwest Washington**
**July 2016**

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<td>NAMI Walks and Talks</td>
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<td>Board Meeting</td>
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Cowlitz Corner

STRivE First Steps will begin in our Kelso office on Thursday, July 7th 1-2:30pm. Peers Sharon Smith and Blaine Hess have been training for this program now for a number of months. STRivE is a psycho-educational program that can be of significant help to get people into and to stay in recovery by teaching and reinforcing skills such as communication, setting boundaries, self esteem, problem solving and many other very useful skills and tools. Dan Naser-Josue, MA, LMHC will be working with them during this first round of classes.

We welcomed two new volunteers this month, Becky Myhre and Dani Maron-Oliver. You will be able to read more about them in future newsletter. We very much appreciate that they have chosen to spend time with us, helping out in the office.

The Kelso office hosted Kofi Danso on Thursday, June 30th. We met staff on the Peace- health Behavioral Health unit as well as the coordinators for Mental Health and Substance Use Specialty Courts. Kofi enjoyed seeing and hearing about these programs as he is comparing programs here to those in Ghana. One major difference is that in Ghana only about 2% of people in jails and prisons there are people with mental health disorders compared to well over half the prison and jail population in the U.S.

Meet Our Staff and Volunteers
(cont from pg 3)

Scott Brickley came to NAMI after completing the Family to Family (F2F) class several years ago. He trained to become a F2F class leader and was asked to join our Board and then to take on the role of Vice-President. Currently he has moved into the role of Secretary. Scott works for Cochran Electric which, through his advocacy on behalf mental health, has become a corporate sponsor for NAMI SW WA. Scott and his wife have two adult sons.

Ann Donnelly has been on our board since 2012 where she has served as Vice President and, for the past almost three years, President after being asked to stay in this position to see us through the transition of integration. Ann came to NAMI after taking the Family to Family class. In her private life, Ann has a doctorate in geology and is a consultant in the petroleum industry and is very active in local politics. She and her husband have two adult children.

Ted Engelbrecht completed Family to Family several years ago and was asked to join the NAMI SW WA Board shortly thereafter. He is on the faculty at Concordia College where he teaches international religion. Ted and his wife and one son moved about three years ago to Vancouver from Viet Nam where he was involved in missionary work. Ted and his wife, who works in a local public school, are the parents of three young adult children.
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Family to Family: A new class will begin on Friday, July 8th from 1:00pm - 3:30pm continue for 12 weeks to September 23rd. 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
  - Monday, July 18th 3-5pm
  - Friday, July 29th 4-6pm
- 109 Allen Street, Kelso
  - Thursday, July 7th 10am- 12pm
  - Monday, July 25th 1-3pm

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.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!