ANNOUNCING

NAMI SW WA is Now Offering
Adult Mental Health Counseling Services
to individuals insured through
Washington Apple Health (Medicaid)
Molina or Community Health Plan of Washington.

We provide therapy to adults
living with symptoms of mental illness:
  • Individual Counseling
  • Therapy and Psycho-educational Groups
  • Peer Support Specialists

In addition we provide all the traditional
NAMI SW WA support groups
and classes

Call or walk-in and ask for an appointment
to speak with one of our intake therapists.

5411 E. Mill Plain Blvd. Suite 4
Vancouver, WA 98661
Phone: 360-695-2823
From the Director's Desk

Dear Members and Friends,

The NAMI SW WA Mental Health Services program is finally open for business and is doing intakes on people who are part of Apple Health and able to receive services from managed care organizations (MCO) Molina Healthcare or Community Health Plan of Washington (CHPW). Right now we have no wait list so those wishing to have counseling can be seen right away. We hope this will help to cut down on the wait time that many people are experiencing. Over the next months we will be adding additional counselors to our staff, as the need increases.

Our big challenge in July was working with Valant, the company from Seattle that is designing the electronic medical record system we will be using, hopefully beginning August 1st. Valant has been contracted by a number of other agencies in SW WA, as well, however we are the first to be able to use the specially designed software since our needs are relatively simple compared to the larger agencies. Very fortunately for us and for Valant, Melinda McLeod, our executive assistant has tested software programs in a previous job. We hoped to be able to go live next week, but we can’t until all the many issues are solved. Until then, Becky Anderson, our wonderful Board Treasurer, who in a previous job, did medical billing is doing that task using paper and the systems set up by the managed care companies.

July was filled with lots of great times with our guest, Kofi Danso, who is here with us as he participates in President Obama’s Young African Leadership Initiative. See the article in this newsletter about what he has managed to squeeze in during his time with us. He will be returning to his home and job in Ghana, in West Africa, after spending time in Washington DC beginning July 31st. We will all miss him. He has become a familiar face in our offices, at classes, groups, and meetings and in our communities as he has visited the courtrooms, jail and other agencies. We have learned from him just as he has learned from us.

We have two major fundraising events in the fall: Give More 24 and the Annual Donnelly Walk. We hope everyone will plan to participate in both. Give More 24 takes place on September 22nd and has the possibility to reach every resident of our three counties through online giving. Check this issue of our newsletter and next for more information about this day of giving hosted by the Community Foundation of Southwest Washington. This year we are inviting community members to come to our Vancouver office to help create a large wall mural and leave behind a handprint to show your support of NAMI SW WA.

The Annual Donnelly Walk is a time to see old friends and meet new people who are becoming supporters of NAMI SW WA. Ann and Mike Donnelly have been strong supporters of us for well over a decade now, after taking a Family to Family class. Ann currently serves as our Board President. The Walk takes place close to our Vancouver office on Saturday, October 22, 2016. Those who choose to can walk, run, or bicycle around the lovely neighborhood that will be in full fall colors or simply relax and chat with other supporters. A fantastic buffet breakfast is available from 7:30 AM to 10:30 AM featuring Ann’s truly wonderful scones, scrambled eggs, sausages, and fresh fruit. We ask for a $25 donation per person but guests can donate whatever they can. We greatly appreciate all donations.

Enjoy the rest of your summer,

Peggy
Meet Our Staff and Volunteers

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

Rebecca Anderson: Rebecca is a volunteer and teaches Basics and Family to Family and Community Resources. Her interests are: reading, watching TV (love police dramas and Big Bang Theory), and hanging out with her children. They currently have one cat named Jamny. Becky has been a NAMI volunteer for 5 years. “NAMI has given me the courage to speak up about my own mental illness and given me the chance to speak to others about how difficult it is to raise 3 children battling mental illness also. I always hope that when I speak with someone that my experiences will empower them in their battle with mental illness.”

Phyllis Chun joined NAMI SW WA in May, 2016 as our Program Coordinator. She recently retired after a career with the Federal Highway Administration in Vancouver, WA. With her new found free time, she is interested in giving back to the local community. She is in the process of learning about the NAMI SW WA programs and support groups and will be scheduling and organizing the classes and support groups offered by NAMI SW WA. She will also organize the training for facilitators and trainers.

Patti Cruz completed Family to Family class last year and volunteers at the front desk. She works at Daybreak Youth Services and came to NAMI for additional education and support. She enjoys camping with her husband and dogs.

Cindy Falter is a Certified Peer Specialist with NAMI for 5 years. Started volunteering there helping people understand disability work incentives with knowledge of Social Security. She said “I am a Peer counselor, WRAP trainer, and group facilitator. I love helping others with their journey to recovery. NAMI has been very good to me and in accommodating my disabilities. My stuffed animals and I rarely fight, and they don’t make messes so I live a peaceful life.”

Terry Gertson joined the NAMI SW WA Board almost three years ago. She is trained to teach Peer to Peer. Terry has been a teacher and a substitute teacher in the public school systems in Clark County. She is a writer, plays great fiddle music, and is a talented ballroom dancer who especially loves to tango. She and her husband have four adult children.

Vancouver Rocks: Check out NAMI SW WA
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

Please save this date—October 22, 2016 Saturday Morning
Bring your Friends to this informative, healthy self-guided walk-run in the Heights area of Vancouver. The walk will be followed by breakfast hosted by Ann & Mike Donnelly and their friends. the suggested donation to NAMI SW WA is $25 but any amount can be given. Walkers, runners, cyclists or just supporters. Their friends and leashed dogs welcome.

Southcliff Neighborhood in the Heights
4305 Oregon Drive, Vancouver, WA 98661

GIVE MORE 24!

SEPTEMBER 22
SOUTHWEST WASHINGTON’S DAY TO GIVE

Powered by the Community Foundation

Mark your calendar or add this event to your phone. Plan to donate online to NAMI SW WA anytime over a 24-hour period — from 12:01 a.m. to 11:59 p.m. on Thursday, September 22!
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.

Needed!! Bigger Signage

This is the outside of our office. As you can see, we need better signage. We also need signage for the marquee columns in the front of the building and on side. Total cost of $6,300.

Meet Our Staff and Volunteers

Blaine Hess is a Peer Specialist who will soon be Certified. He facilitates emotional wellness groups, mindfulness and music group, wellness tools, STRivE, and (WRAP) Wellness Recovery Action Plans. His interests include continuing study of trauma informed care and anger management. He has a fluffy female tuxedo cat named Space Bug, who is not of terrestrial origin. “NAMI has helped me in my own recovery from mental illness to a degree that I can’t calculate. I work for NAMI because I have dedicated myself to helping reduce peoples’ suffering”.

Eric Johnson has been a dedicated NAMI SW WA volunteer since 2006 when he was hired as the first NAMI intern in Vancouver. Since moving to SW WA he has served on the SWBH RSN Quality Review Team, as President of Val Ogden Center Board of Directors, and is currently a member of the WA State NAMI Board of Directors. He is a trained Connection support group leader and facilitates a weekly group at our Vancouver office. He is trained as a comic for Stand Up Mental Health, Peer Support Counselor, and in our STRivE psycho-educational program. Also participates regularly as a speaker in our SEE ME program.

Diane Kemptner is a retired RN volunteering at NAMI since February 2016. She has competed in the Hagg Lake swim and swam across the Columbia River Twice. She loves to read and annoy her husband. “I am volunteering at NAMI to express my gratitude for the help and support we received as we were reeling from our daughter’s mental health crisis.”

Jan Kell is a parent of an adult son living with a diagnosis of catatonic schizophrenia. Referred to NAMI by her son’s therapist. Jan and her husband signed up for the Family to Family classes and learned to NEVER ever give up hope! Jan is retired from law enforcement where she was a 911 operator/police/fire/medical dispatcher in the Portland Metro area for a number of years. She admits to being an adrenalin junkie although her hobbies of playing with her pets, gardening and traveling mean that she has some relaxed downtime. Jan says, “I'm honored to be working with a very dedicated team as the NAMI SW WA Kelso Office Coordinator. I also facilitate the Family Support Group. I'm so thankful for what NAMI has given me, and I want to do the same for others.”

Vancouver Rocks: Check out NAMI SW WA
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

Familia a Familia

NAMI SW WA in conjunction with NAMI OR hosted a Familia a Familia Train the Trainer class on July 15th through 17th. This is a NAMI Signature class and it is taught entirely in Spanish. There were 2 instructors who flew in from California and ten participants. Seven were from Oregon, and the remaining three were from Washington. The class was a great success and the participants are looking forward to teaching on their own. Special thanks to KeriLee Stanberry for graciously keeping this wonderful group supplied with food, beverages and anything else they needed. NAMI SW WA is planning to hold a Familia a Familia class in the fall.

Me daa si, Kofi!

Kofi Danso is our guest from Ghana, Africa. He is one of 1,000 participants in President Obama’s Young African Leadership Initiative. Kofi has been coming to our office every Thursday for the last 5 weeks, and has learned much about NAMI SW WA, and we have learned from him. His goal is to create a NAMI-like organization in Ghana that can eventually expand to all of Africa to help meet the great need for better mental health services throughout that continent. We will continue to work with Kofi over the next years and hope to see him when he possibly returns to the U.S. to earn a PhD which he feels will better help him meet his goals at home.
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.

Mental Health Therapy provided by Janet, Dan, and Jean.

Mental Health Medication Consult provided by Janet, Dan, and Jean.

Disability/Work Incentives Counseling provided by Janet, Dan, and Jean.

Call 360-695-2823

Psychoeducation and tools for a successful and sustained recovery from mental illness.
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(Mental Health Services in Kelso, WA 98626)
COMING OF AGE ON ZOLOFT
By Katherine Sharpe
Reviewed by Nancy Marsh

When the author was a college student, just starting to take Zoloft, she discovered others in her age group were also taking antidepressants. Prozac first came on the market in 1987, soon to be followed by a host of drugs termed: selective serotonin reuptake inhibitors, or SSRI drugs. They provided a new approach to mental problems by addressing the chemical imbalances in the brain. With their use, tranquilizers fell out of favor.

Later, people who began using the antidepressants in their teens, started to question whether the medications were controlling them or changing their authentic thoughts and emotions. Sharpe, in her research, addressed this issue. She interviewed forty people ranging in age from eighteen to forty years old who had used psychotropic drugs, then reported their experiences in the book.

She first needed an accurate definition of depression. She also wanted to know if the medications were treating a disease or a personality. She relates that depression is presently defined as something that exists for over two weeks. It becomes pathological when it is exaggerated or out of proportion to what a situation warrants. Women are two times more likely to have depression; and isolation plays a large part in the condition.

With the introduction of SSRI drugs, talk therapies were down-graded. The experts of today know that a combination of medication and talk therapy can be quite successful. The book describes scientifically validated, Cognitive Behavioral Therapy (CBT), and some of the various dysfunctional beliefs it addresses: all-or-nothing thinking, catastrophizing, jumping to conclusions, and negative thinking.

Sharpe states that millions of people are grateful for their antidepressant medications. Some take them for only a short time during the turbulent adolescent years. Others use them longer. Finding the right SSRI for individuals can be problematic. They are harmful if they prevent a deeper look at what in life is wrong. Widespread use of the medications has helped to remove some of the stigma of mental illness.

This book is available in the Fort Vancouver Library system.

Discover Recovery Walk: Cowlitz County
A fun Walk/Run to celebrate those in recovery from addiction and mental illness
Saturday, September 24th

☐ Free
☐ First 200 registrants will receive a free T-shirt
☐ Water and snacks
☐ Resource booths
☐ Raffles
☐ Speakers When: Saturday September 26, 2015
☐ Registration 8:15 AM
☐ Walk/Run 9:00 AM
☐ Festivities end at 12:00 pm

Lions Shelter @ Lake Sacajawea Longview, WA
COWLITZ CORNER

July has been a busy time for outreach and training. Our peers, Sharon Smith and Blaine Hess, have been trained in our newly designed STRivE First Steps, and are offering that program every Thursday from 1 to 2:30 pm. See this newsletter for the topics that are covered each week. This psycho-educational program is drop-in, however a certificate can be earned by those who attend 8 of the 10 classes. Sharon and Blaine have also been busy doing outreach in the community, visiting other agencies, churches, businesses, and other services for people with mental health disorders. Dan, one of our licensed mental health counselors, spends one or two days a week at the Kelso office conducting peer training.

We sincerely hope to have the bathroom remodeled by the end of August. Suzanne is busy creating the detailed scale plan that is required by the city and the remodeling company that will do the work. The next step will be to then have our contact at WA State DSHS inspect the Kelso office so we can begin offering mental health counseling there to people on Apple Health.

Jan and Windy continue to do a great job of managing the Kelso office, taking care of volunteers, conducting groups and other activities and, generally, making people feel at home. We are very grateful to them!!

Vancouver Rocks: Check out NAMI SW WA

Meet Our Staff and Volunteers

**Peggy McCarthy** came to NAMI Clark in mid-2013. That fall we became NAMI SW WA. Prior to this she owned a medical education company that worked world-wide for almost 30 years. One of the first projects her company did was called Going Home, a program that was created for all those affected but the closing of the state mental hospitals in the early 1980s. The program was distributed throughout the U.S. and was the first NAMI partnership right after NAMI was founded. As Peggy says, "Being at NAMI SW WA now is, for me, like going home. I love what I do and all the people I work with." She is the mom of two adult daughters.

**John McDonald** I’ve been coming to NAMI for about 4 years. Since December its felt like I’ve made leaps and Bounds from setting up SEE ME and pushing the paper work behind them, to even running a support group in the jail. I love to be in environment where people are accepted and welcomed to be themselves.

**Melinda McLeod** came to NAMI SW WA in June 2015 and is so happy to be here. In her job, she wears multiple hats, overseeing every day-to-day activity of the offices including room assignments, IT, personnel and much, much more. As Melinda says, “You name it, I've probably dabbled in it. I work at NAMI SW WA because I love the mission and the services we provide” In her personal life, she is a talented artist who also likes to knit, hike, read and watch movies. She and her husband have an adult daughter.
Resources:

NAMI SW WA Help Line
M-F 9am-5pm
(360) 695-2823
(800) 273-TALK Suicide line
(800) 950-NAMI Info line

Mental Health Ombuds:
(360) 397-8470
(866) 666-5070

Teen Talk: (after 4pm)
(360) 397-2428

CRISIS LINES
CLARK COUNTY
(360) 696-9560
(800) 626-8137

SKAMANIA
(509) 427-3850

COWLITZ
(360) 425-6064

For all NAMI SWWA courses
CALL (360) 695-2823
to sign up or visit or website to register.
Classes fill up quickly so sign up soon.

Bulletin Board

- **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, August 29th 3-5pm
    - 109 Allen Street, Kelso
    - Thursday, August 18th 10am-12pm

- **Buck**: This is a multi-award winning, richly textured and visually stunning documentary film, that follows Buck Brannaman from his abusive childhood to his phenomenally successful approach to horses. A truly American story about an unsung hero and one of the most successful documentaries of the year, BUCK is about an ordinary man who has made an extraordinary life despite tremendous odds.
  - 5411 E Mill Plain Blvd. Suite 4, Vancouver
    - Monday, August 15th 3-5pm
    - 109 Allen Street, Kelso
    - Monday, August 8th 10am-12pm

- **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.

- **Give More 24**: Mark your calendar or add this event to your phone. Plan to donate online to NAMI SW WA anytime over a 24-hour period — from 12:01 a.m. to 11:59 p.m. on Thursday, September 22!

- **HomeFront**: NAMI SW WA and the VA plan to hold HomeFront beginning early October. The date and time are not set yet. Family members of veterans living with TBI, PTSD and/or mental health disorders can call 360-695-2823 or let your

**Fred Meyer Rewards card**: Fred Meyer is going through a Customer Re-enrollment. All customers should have received an email directing them to re-enroll their Rewards Card with the nonprofit they’re currently linked with. You can sign into your Rewards Card account at www.fredmeyer.com/communityrewards. You will always be notified ahead of time of any potential future re-enrollment periods as Fred Meyer is anticipating this be a yearly process.
□ 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