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 Mental Health Counseling**
- **Therapy Groups**
- **Peer Support Counseling**

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

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**Annual Donnelly Walk**

Join us for a fun and healthy event to support NAMI Southwest Washington

Saturday morning, October 22, 2016   7:30-10:30am

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. Bring your friends! (Dogs on a leash are welcome.)

Southcliff Neighborhood in the Heights
4305 Oregon Drive, Vancouver WA 98661
QUESTIONS? Call 360-695-2823
Thursday, September 22 is the one day to support NAMI SW WA through the online community giving event Give More 24! The window for giving is from 12 a.m. to 11:59 p.m. Gifts must be given online via the internet at www.give-more-24.org. Once there, use search in the upper right hand corner to find NAMI SW WA. Or you can visit our Vancouver or Kelso offices during business hours and we will assist you with your donation. Please put a reminder in your phone to donate that day.

This year, we have $5,000 in matching funds! For every dollar donated, it is matched one to one. We must raise $5,000 to receive the $5,000 match. A very special thank you to our matching fund donors, Ann and Mike Donnelly for $4,000 and Vancouver Energy for $1,000!

Please contact Suzanne Arnits at (360) 695-2823 if you have any questions.

From the Director’s Desk

Dear Members and Friends,

Our big push to meet all our financial needs by the end of the year is gathering momentum. The Cochran Inc. golf tournament on August 19th was a great success. As of press time, we did not know exactly how much was raised, but we do know that it was over $4,000. Next year’s tournament is sure to raise more money because of Cochran’s commitment to NAMI SW WA and mental health, recognizing the impact it has on their employees and families. A big surprise was the announcement of a $5,000 donation to NAMI SW WA by the Howard S Wright Construction Company at the tournament! A huge thank you to both.

On September 22nd, we participate in Give More 24, the online giving program sponsored by Community Foundation for Southwest Washington. Please go online to donate to us that day. (See more information above.) In October, we hope many of you will be able to participate in the wonderful annual Donnelly Walk in Vancouver Heights, near our Vancouver office. Our needs are great!!!

I am taking the first week of September off and will return to the office after Labor Day.

Until next month.

My very best regards,

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

Carolyn McCord is a volunteer who works the reception desk, answers the telephone and does other odd jobs as needed. Her hobbies are, planting flowers, coloring art, church and traveling. Carolyn says “My life is full of recovery, helping myself with healthy support. I breathe, have less stress, and do therapy art. I have learned to respect myself. There is hope that helps all of us to live and survive. My life is a better circle of friends. I have learned to think for myself and realize what I want in life. It’s how I truly feel inside. Always trust in Mental Health Recovery.”

Bryan Miller has been with Microsoft for 21 years. Last year when his wife, Jean, began volunteering with our behavioral health unit, Bryan approached us to see if we wanted our IT to be moved on to Microsoft 365. We did and we are now in the cloud because of him and his efforts. Bryan is the one of 12 children; fortunately for us and for the other organizations he has volunteered with, including Mercy Corps, he is still energized by being around lots of people. Bryan says, “My dad demonstrated community service to me and my sibs, and I am now modeling it for my children.”

Jean Miller volunteers one day a week as a counselor. She has a BA in Management and Organizational Leadership and two Masters degrees, one in Spiritual Formation and the other in Clinical Mental Health Counseling. She works at NAMI SW WA on Tuesdays each week where she does individual counseling and leads a Women’s Support Group at 1pm. She enjoys spending time with family and friends, the outdoors and quiet times reading, doing artwork or watching movies with her husband. As Jean says, “I am impressed by the genuine care and concern that NAMI shows for those struggling with mental health issues and NAMI’s commitment to connecting individuals to healing resources. This is a place where the hope for healing is demonstrated by our “come alongside you” attitude in your mental health journey. When I saw that, I just knew I wanted to be connected with this team.”

Windy Nein is the NAMI SW WA Assistant Office Coordinator in our Kelso office. She has participated in our activities there since late 2013. In her job, she answers the phone, greet clients, organizes volunteer activities, and keeps the data for the Kelso office. Windy was born with cerebral palsy that affects her speech. In her spare time, she is an avid scrapbooker, enjoys other handcrafts, reading, and spending time with her family and friends. Windy says, “I got involved with NAMI as a client and realized that due to my diagnosis of bipolar disorder, I could help others that are going through what I went through. And by volunteering, I worked myself into the position I currently have.”

Craig Pridemore joined the NAMI SW WA Board in 2016. In his public life he is the CEO of Columbia River Mental Health, one of the largest community mental health agencies in Clark County. Prior to this position he was a member of the WA State Senate, representing District 49 from 2005 to 2013. Craig and his dog can frequently be seen at various Columbia River, Clark County and NAMI SW WA events.
New Family Support Group

Tuesday Evenings at 6:00-7:30pm
Support for Families and Friends of People living with a mental illness

1601 E Fourth Plain Blvd, Building 17
Vancouver, WA 98661
Room C210A (Center for Community Health Building on Veteran’s Administration Campus)

Thursday Group 3:30-5:00pm is still at the NAMI Office
5411 E Mill Plain BLVD Suite 4 Vancouver WA 98661

These groups are held as a joint venture with Clark County Crisis services

Click the link for Amazon Smile
http://smile.amazon.com/c/h/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.

Upcoming NAMI Leadership Training Opportunities

NAMI SW Washington will be offering leadership training in Vancouver this fall. These free trainings prepare volunteers to lead NAMI Programs. If you are interested in becoming a leader/facilitator for Connection, BASICS, Peer to Peer or Family to Family, please contact Phyllis Chun (phyllis.c@namiswwa.org) or call 360-695-2823 for more information. Training will be on weekends.

Clark County Crisis Services
(360) 696-9580 or (800) 626-8137
https://www.clark.wa.gov/community-services/crisis-services

NAMI SW WA
(360) 695-2823
www.namiswwa.org
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

Editor Needed

We are seeking someone who can write our newsletter. This person should know publisher, proper grammar and who has a creative imagination. Please submit writing samples if you are interested. If you fit this description, please contact Cindy Falter at 360-695-2823. We would appreciate your assistance in creating our newsletter.

Book Review

Life is Too Short! Pull the Plug on Self-Defeating Behavior and Turn on Self-Esteem by Abraham J. Twerski, M.D. Reviewed by Nancy Marsh

This month’s book is all about self-esteem. The illustrated cartoons and the section titles may influence you to check the book out of the Vancouver library system. Here are the book’s sections: Defeating the Self Image Delusion, Understanding the Problems of Low Self Esteem, Turning on the Power of Self Esteem, Dealing With Problems Along the Way, Understanding Self Esteem. That last title contains valuable advice for parents on helping children develop self-esteem.

You will be interested in Twerski’s explanation about the adverse reaction some people have to constructive criticism or to derogatory remarks. He explains why self-image plays a part in co-dependence: the role self-image plays in dealing with disappointment, why narcissist people may forcefully demand love and respect, the difficulty people have in dealing with anger, the role shame and guilt play in self-image.

The author states that most addicted people have negative self-images prior to being addicted to alcohol or other drugs. Alcoholics Anonymous and Narcotic Anonymous, as well as other organizations, have programs that try to strengthen coping strategies even as they work on correcting various distorted self-perceptions.

This book, of less than 200 pages, will give you something to think about even if you presently have a good self-image. It presents a way out of the prevalent self-destructive and self-defeating behaviors that many people exhibit in their lives. The cartoons entertain as they show our all-too-human selves.
Customer Re-enrollment
If you have your card already assigned to us, you will need to re-assign card. Fred Meyers anticipates this will be a yearly process. please visit www.fredmeyer.com/communityrewards

Fred Meyer donates $2.5 million per year to non-profits in Washington, Based on what charity their customers tell them to support.

You can help NAMI Southwest Washington (NAMI SW WA) earn dollars just by shopping with your Fred Meyer Rewards Card!

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

Bernard Altman (1924-2016)

Bernard Altman passed away late afternoon on Thursday, September 8th after two weeks of hospitalization at PeaceHealth Southwest Medical Center in Vancouver, WA., with his daughter, grandson, and son-in-law beside him. His wife, Marcia, is currently residing at Canterbury Inn in Longview following several recent healthcare issues. Bernie was born in New York City and traveled west after completing college there. He and Marcia met and married in Comerton, MT where they both taught in a small high school. They were two of the four teachers in that school. He and Marcia were married for 69 years.

Bernie and Marcia moved to Kelso after their marriage. He taught history and government at Huntington Junior High School for almost thirty years before his retirement in 1976.

Bernie, as he was known to all in the Kelso-Longview community, was a well known and long time vocal advocate of social justice. In 1979, he and Marcia joined with others in the community to help found, first, the Alliance on Mental Illness in Cowlitz County that eventually, with other similar groups across the nation, became the National Alliance on Mental Illness (NAMI). Bernie and Marcia served as co-presidents of NAMI Cowlitz County until its merger with NAMI Clark County to become NAMI SW WA in 2013. They have both remained active with NAMI SW WA until the present. Their ongoing advocacy for those dealing with mental health issues will be remembered for many years.

Bernie was also very active and will be long-remembered in the Kelso-Longview community through his work with the Retired Teachers Association and AARP.

Bernard Altman is survived by his wife, Marcia; their daughter Rosalie Ruth Olds of Renton, WA; their son David Jack (Hillery) Altman of Kelso; a grandson Anthony Scott Olds of Bellevue; and his son-in-law Christopher Toal of Renton. He was preceded in death by grandson Aaron Thomas Olds who died after a battle with cancer in 2014.

Bernie Altman will be greatly missed by family, neighbors, and his large community of friends and acquaintances.

A memorial service will be held at Canterbury Inn. The date will be announced.

A donation fund to assist with expenses from Bernie’s two-week hospitalization has been created at Fibre Federal Credit Union. The account has been established in Rosalie Altman’s name and flagged as a donation account for Bernie Altman. Fibre Federal members can electronically transfer money to this account by calling any Fibre Federal office and requesting a transfer from his/her account to this special account. Other donors can visit a Fibre branch to donate or mail a check to a Fibre Federal branch office noting on the check that the funds should be deposited in the Bernie Altman fund account. Fibre Federal has an office at 822 Commerce Avenue in Longview, WA. The phone number there is 360-473-8750.
Psychoeducation and tools for a successful and sustained recovery from mental illness. Drop in.

Support for friends and family of people who have a mental health diagnosis. Drop in.

Support for families of military personnel who are struggling with mental health issues. (call to sign up)

Peer support group for those affected by mental illness. (drop in)

Mental Health Medication Consult
Provided by Janet, Dan, and Jean

Thursdays, Wednesdays, Tuesdays

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

There are sometimes unforeseen circumstances that cause a group or class to be cancelled. Please call ahead of time to confirm.

MONDAY
NAMI WALKS and TALKS
Buck (Movie) - Sept 12th
12:00 am - 1:00 pm
3:00 – 5:00pm

MENTAL HEALTH THERAPY
for those on Medicaid as well as the uninsured and the underinsured.

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SUNDAY
MENTAL HEALTH THERAPY
for those on Medicaid as well as the uninsured and the underinsured.

There are sometimes unforeseen circumstances that cause a group or class to be cancelled. Please call ahead of time to confirm.
### Office Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>10:00 - 4:00 pm</td>
<td>Office Hours 10 - 4</td>
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<tr>
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<td>1:00 - 3:00 pm</td>
<td>STRive First Steps (Drop-in)</td>
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<tr>
<td><strong>TUESDAY</strong></td>
<td>1:00 - 3:00 pm</td>
<td>Family Support Group</td>
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<td></td>
<td>1:00 - 3:00 pm</td>
<td>Paper Tigers (Movie) - Sept 13th</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
<td>1:00 - 3:00 pm</td>
<td>Office Hours 10 - 4</td>
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<td>1:00 - 3:00 pm</td>
<td>STRive First Steps</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td>10:00 - 12:00 pm</td>
<td>Office Hours 10 - 4</td>
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<td></td>
<td>1:00 - 3:00 pm</td>
<td>STRive First Steps (Drop-in)</td>
</tr>
</tbody>
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### Services

- **Psychoeducation and tools for a successful and sustained recovery from mental illness. (Drop-in)**
- **Support for friends and family of people with a mental health diagnosis. (Drop-in)**
- **Peer support group for those affected by mental illnesses.**

**Mental Health Therapy**
- Provided by: **Janet and Dan**
- Monday and Thursday

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

**Disability/Work Incentives Counseling**
- Provided by: **Jane and Dan**
- Monday and Thursday

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

**Contact Information**
- Address: 109 Allen Street, Kelso, WA 98626
- Phone: **(360) 703-6722**
- Cell: **98626**

**American Recovery Connection**
- Provided by: **American Recovery Connection**
- Call: **360-695-2823**

- **Helpline:** 9-5 Monday-Friday
- **Office Hours:** 10:00 - 4:00 pm
- **Disability/Work Incentives Counseling:**
  - By Appointment
  - Call: **360-695-2823**

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

- **Disability/Work Incentives Counseling:**
  - By Appointment
  - Call: **360-695-2823**

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

- **Mental Health Therapy**
  - Provided by: **Janet and Dan**
  - Monday and Thursday

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

- **Disability/Work Incentives Counseling**
  - Provided by: **Jane and Dan**
  - Monday and Thursday

- **Helpline**
  - Call: **360-695-2823**
  - Hours: Monday - Friday
STRivE First Steps
(enter at any week)

Who All individuals struggling with mental and emotional issues
What Confidential open class (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: Tuesdays @ 3:30-5:00 p.m.
Cowlitz: Mondays & Thursdays@ 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

Vehicle Donation
(877)999-8322
A free, convenient service for converting that extra car, truck, or RV into a tax deductible donation benefiting NAMI SW WA. You can donate online or call 844-888-6264 to make your donation. Don't donate your car or truck to some charity you have never heard of. Our trusted service makes sure your vehicle is properly handled so you get your tax deduction and your charity (NAMI SW WA) gets the benefit of your donation. If you have any questions contact Suzanne Arnits 360-695-2823. 
http://namivehicledonation.org/affiliate/?id=911065027
Welcome to the Cowlitz Corner. We look forward to helping you along your journey with mental illness.

We’re excited for the Discover Recovery Walk. Please join us on Saturday, September 24, 2016 at 9am - Noon at Lake Sacajawea. There is no registration fee, however we appreciate donations. Registration is onsite at 8:45 am. Resource booths and support are available from many local community organizations. Enjoy the camaraderie with your friends and family in a relaxed, friendly, and accepting environment. Water and snacks will be available and there will be drawings for a number of prizes! Free Walk t-shirts are available to the first 200 participants. The Walk will begin at the Lion’s Shelter on Nichols Street and go around Lake Sacajawea. If you want a shorter walk, you can go to any one of the cross streets that lead back to starting site. Guest speakers, several from NAMI SW WA will be there. See you on the 24th!!!

On Tuesday, Sept 6th, Debbie will assist you in making a refrigerator magnet. All supplies will be provided. This special art project group will meet from 2:00 pm - 4:00 pm.

Both STRivE First Steps, our psycho-educational program, and our Family Support Group have grown. It’s great to see new faces and share their experiences. We are adding a second STRivE group this month that will be held on Mondays from 1:00 to 2:30 pm. The Family Support Group will be moved to Wednesday afternoon from 1:00 to 2:30 pm.

Thanks to everyone who is helping with outreach. We are happy to be working with Columbia Wellness and look forward to beginning some interesting projects in cooperation with them.

Mental Health Tips:

On average it takes 30 days to form a new habit. Whatever your goal is for change, start out setting a small goal everyday even if it’s getting out of bed. Soon it will become a habit.

Positive affirmations result in a boost of self-esteem. Be kind to yourself, say something positive to yourself daily.

To help reduce anxiety, it may be as easy as breathing. Try this exercise. Take a long, slow breath in through your nose, first filling your lower lungs, then your upper lungs. Hold your breath to the count of “three.” Exhale slowly through pursed lips, while you relax the muscles in your face, jaw, shoulders, and stomach.
NAMI SW WA

Bulletin Board

- **New Family Support Group!** We have added a new Family Support Group. It is on every Tuesday from 6-7:30pm at 1601 E Fourth Plain Blvd, Building 17, Room C210A (Center for Community Health Building on Veteran’s Administration Campus). Please feel free to drop in any week. Or, come to our Family Support Group at our main office (Thursdays 3:30-5pm). Both of these groups are listed on our calendar on page 7 of this newsletter.

- **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, September 23rd 3-5pm
  - 109 Allen Street, Kelso
  - Tuesday, September 13th 1-3pm

- **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, September 12th 3-5pm
  - 109 Allen Street, Kelso
  - Thursday, September 22nd, 10-12pm

- **Blood Pressure Readings:** NAMI SW WA is partnering with the SW WA Healthy Living Collaborative to help people better manage their blood pressure. 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.

- **HomeFront:** Class starts on October 7th and runs from 1:00-3:30pm. It will be held at our NAMI SW WA office at 5411 E Mill Plain Blvd, Suite 4. Family members of veterans living with TBI, PTSD and/or mental health disorders can call 360-695-2823 for more information. This is held in conjunction with the VA.
□ 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