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

**ANNUAL Donnelly Walk**

Join us for a fun and healthy event to support

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

Bring your friends and family to this informative, healthy self-guided walk/run/bicycle ride in the Vancouver Heights neighborhood. 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 are welcome. (Dogs on a leash are welcome also.)

Southcliff Neighborhood in Vancouver Heights
4305 Oregon Drive, Vancouver WA 98661
From the Director’s Desk

Dear Members and Friends,

September was a busy month for NAMI SW WA. Lots of good things happened as we said a goodbye to summer sun and welcomed the wonderful colors of fall.

Our mental health counseling group really began to take off, and we can still take clients with no waiting period. We also received our licensure from the State to have a prescriber on staff. We will introduce him next month.

Our behavioral health and substance abuse partners in SW WA prepared a great proposal that was sent to Governor Inslee requesting almost $19 million in funding to create a Diversion, Crisis Stabilization, and Involuntary Treatment Facility in Vancouver. If we are funded for this, it will be the first such facility in WA State. I want to thank all our members and friends, especially the family members, who wrote letters of support that have gone along with the application. If you planned to write a letter but did not get it turned in in time to go with the proposal, please bring or send them to us at NAMI SW WA at our main office and we can send them on to the Governor.

Our office staff and volunteers in Kelso turned out in full force to support the Discover Recovery Walk that took place on Saturday, September 24th. This is our fourth year of participation. One of our volunteers, Debbie Archer was a speaker who represented a family who has been affected by mental health issues. Thanks, Debbie. You did a great job! Our team in Kelso was able to get numerous certificates from many business sites in Cowlitz County that were given away to Walk attendees, helping to make the event an even greater success. All of us are grateful to Michelle Waltz, the organizer of this event every year.

We invite all our members and friends living in SW WA to participate in our annual Donnelly Walk in the Vancouver Heights area on Saturday, October 22nd. See our front-page announcement and plan to attend to enjoy the relaxed time to visit with others interested in the work we do. I hope to see you there, munching one of Ann’s terrific scones.

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

Janet Ragan is the Director of Behavioral Health Services at NAMI SW WA. She initiates development, planning and implementation of strategy for the mental health program. Janet is responsible for overseeing and developing NAMI SW WA hiring, supervision, evaluation, and scheduling for mental health services. In addition, ensuring provision of training to mental health staff, interns, and supervisees.

Janet has professional background of clinical experience in community mental health and private mental health counseling. She is experienced in individual and group counseling, supervision and training of mental health interns, and supervision of licensing candidates. Janet is a longtime community advocate on behalf of adults and children experiencing sexual abuse and or assault and individuals experiencing mental illness as well as families and loved ones of those individuals. She holds a bachelor’s degree in social science from Washington State University and a master’s degree in counseling from George Fox University.

Shannon Roberts is originally from Tennessee, and made her way to Vancouver in 2013 via the US Navy and a tour in England as a government contractor. She relocated back to the states and through various sets of circumstances brought her brother to Washington to live with her in March 2013. She did not realize though, that he was suffering with schizophrenia and therein started the frantic, anguished search for help for her brother and for herself. “I volunteer at NAMI SW WA to gain more awareness in how to help and deal with my brother. I've never been a caretaker, and as a matter of fact, lived and travelled alone for many decades. I am now more on the controlled side after attending Family to Family classes and helping out by volunteering at NAMI SW WA. What life savers the NAMI classes and especially the staff are!”

Kim Schneiderman recently joined the NAMI SW WA Board after completing several terms as President of the NAMI Oregon Board. In her professional life, Kim is Vice President of Client Services at Geneva Woods Pharmacy and Healthcare where she helps to bring innovative solutions, some of which she designed, to institutions, agencies, and now individuals. Kim first became acquainted with NAMI after attending a Family to Family class. She is the mom of an adult daughter.

Sharon Smith is a certified peer support counselor living with a diagnosis of bipolar disorder. When she was first diagnosed in 1982, she began to educate herself about bipolar disorder. She was first introduced to NAMI on one of her psych ward visits. After leaving the hospital, she began attending the NAMI STRivE group where she found the comradeship she had been seeking. Today, she is employed by NAMI SW WA. As Sharon says, “Together with the people I serve, I continue to learn about mental illness.”
Give-More-24 Update

What an exciting 24-hour online crowdfunding event Give-More-24 was on Thursday, September 22! We raised $3,050 from 38 donors. We earned matching gifts from the Vancouver Energy Community Fund for $1,000 and Ann and Mike Donnelly for $2,050 which equals $3,050 making the total raised $6,100! In addition, we were randomly selected to win the “Power Lunch Prize”! Wow, that means $7,100! We raised seven times more than last year. Thank you so much to those who donated and/or promoted this event!

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.

We have new chairs!!!

Thanks to an incredibly generous donor, we now have 50 matching chairs purchased through a commercial office furniture vendor; twenty are armless. This order replaces the mish-mash of second-hand chairs we used for support groups, meetings, and trainings. The chairs are extremely comfortable with a mesh back that flexes and are built to accommodate large and small frames. They are tough, cleanable, stackable, and glide on rollers!

Thank you so much to our anonymous donor.

Upcoming NAMI Signature Training Opportunities

NAMI SW Washington will be offering NAMI Signature training in Vancouver this fall/winter. These free trainings prepare volunteers to lead NAMI education programs and support groups. If you are interested in becoming an educator/facilitator for Connection, Basics, Peer to Peer, Family to Family, or Family Support, please contact Phyllis Chun (phyllis.c@namiswwa.org) or call 360-695-2823 for more information. Training will be on weekends.
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 help our staff create our newsletter. This person should know proper grammar, have experience writing informative articles including articles on mental health and have a creative imagination. S/he must be willing to work with tight deadlines. If you fit this description, please contact Cindy Falter at 360-695-2823. We will ask for some writing samples. We appreciate your assistance in creating our newsletter.

Donnelly Walk

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

Bring your friends and family to this informative, healthy self-guided walk/run/bicycle ride in the Vancouver Heights neighborhood. 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 are welcome. (Dogs on a leash are also welcome)

Thank you Cochran, Inc

(photo at left - Suzanne Arnits and Scott Brickley waiting for the “helicopter drop” at the golf tournament.)

Thanks so much to Cochran, Inc. for making NAMI SW WA their charity of choice for the second year at their annual golf tournament in August. The amount raised was $8,680 which includes $5,000 from an anonymous corporate donor! This partnership began when Cochran employee Scott Brickley, a NAMI SW WA board member, asked for their financial support. Cochran, Inc.’s commitment to bring mental health concerns to the forefront at the workplace demonstrates cutting-edge corporate values. Also, we thank everyone on the golf committee especially Jesse, Angie, Brad, Robin and Clayton!
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.

Thank you Nin Dickinson!

This lovely art was created by Nin Dickinson. Nin and the other members of our recent Family to Family class presented the framed art piece to NAMI SW WA at their last class.

Nin wrote the following to describe it: “Hi, my name is Nin and the summer 2016 Family to Family class wanted to do something to thank NAMI SW WA for all it does for our loved ones who daily slay the dragon of illness and strive to grow. So... I envisioned a garden where with the proper education = soil, love=pods of flowers shaped as intertwining hearts, every flower bouquet - our families, can find hope and thrive - the sunrise can grow, thrive and bloom no matter what life brings. Ups and downs in life = undulating hills, can all be surmounted. In breath, there is hope. Under each flower are the fingerprints of those who took the class along with center flowers that are a merging of those whom we love. I pray we one day unlock the answers to the secrets of a cure but until then it is up to each of us to tend our gardens. Because if you don’t tend your garden, my Grandma would remind you, all you’ll get are weeds.”

Blessings,

Nin Dickinson
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. (Call to sign up)

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

Support for friends and family of people undergoing mental illness and sustained recovery from mental illness. (Drop in)

To Recover

STRIVE First Steps

220 W. Mill Plain Blvd

5411 E. Mill Plain Blvd Suite 4

5411 E. Mill Plain Blvd Suite 4

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

MONDAY

Buck (Movie) - October 10th
3:00 – 5:00 pm

TUESDAY

STRivE First Steps
Family Support Group*
3:30 – 5:00 pm
6:00 – 7:30 pm (see below)*

BOARD MEETING
2nd Tuesday of every month
7:15 – 8:45 pm

WEDNESDAY

Women’s Support Group
Paper Tigers (Movie) - Oct 19th
10:00 – 11:30 am
3:00 – 5:00 pm

THURSDAY

FAMILY SUPPORT GROUP
Weekly
3:30 – 5:00 pm

Peer Support Group
Support Group, Weekly
3:30 – 5:00 pm

FRIDAY

MENTAL HEALTH MEDICATION CONSULT
BY APPOINTMENT
Call 360-695-2823

DISABILITY/WORK INCENTIVES COUNSELING
BY APPOINTMENT
Call 360-695-2823

HELPLINE - 9-5 Monday-Friday
Call 360-695-2823

NAMI Southwest
Washington
Oct 2016

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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.
Kelso: 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

Kelso 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 recovery.

Thanks to everyone who joined us at the Discover Recovery Walk. It was wonderful meeting such amazing people who are committed to helping those in our community with their recovery. It was a great success; we look forward to next year. A BIG thanks to our sponsors who made the walk possible. We would also like to thank the following businesses for their donations for the raffle drawings: Bruno’s Pizza, Dutch Brother’s Coffee, Forever Fit, The Espresso Express and Subway.

We’re already looking forward to the end of the year when we gather items to give to those in need in our community. We want to show them we care and are here to support them in their recovery. If you have small items such as pens, notebooks, travel size hygiene items, warm hats, gloves, mittens, socks, gift cards, or small packages of tissues that we could put in gift bags, please bring them to our office. No food items other than wrapped candies. We give away pounds and pounds of wrapped candies. Please watch for bagged, wrapped candy to gift to us. Thank you.

Thanks to everyone who is helping with outreach. We are happy to have Father Ochs from St. Rose Catholic Church on board and look forward to working with his community.

DID YOU KNOW?
These 3 famous people suffered from mental illness:

- Calvin Coolidge, the thirteenth President suffered from depression
- Buzz Aldrin, famous astronaut who flew to the moon in 1960 suffered from depression and alcoholism
- Ludwig Van Beethoven a famous German composer suffered from bi-polar disorder
Bulletin Board

- **New Family Support Group**: We have added a new Family Support Group. It is held 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. NAMI SW WA is partnering with CVAB who will facilitate a peer support group at this same time and location.

- **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
  - Wednesday, October 19th, 3-5pm
  - 109 Allen Street, Kelso
  - Tuesday, October 4th, 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, October 10th, 3-5pm
  - 109 Allen Street, Kelso
  - Thursday, October 20th, 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.

- **A New HomeFront** class starts on November 4th through December 16th - 1:00-3:30pm. (No class on November 11th or 25th) The last 2 classes will be on December 16th. 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