### Clark/Skamania Office

**Hours:** Monday–Friday 9:00 am–5:00 pm  
**Address:**  
Location & Mailing Address:  
5411 E. Mill Plain, Suite 4  
Vancouver, WA  98661  
**Tel:** (360) 695-2823  
**Fax:** (360) 823-1088

### Cowlitz Office

**Hours:** Mon, Wed & Thurs 10:00 am - 4:00 pm  
Tues - 1:00pm - 4:00pm  
Closed on Fridays  
**Address:**  
Location:  
109 Allen Street  
Kelso, WA  98626  
**Tel:** (360) 703-6722  
**Fax:** (360) 823-1088  
**Mailing Address:**  
5411 E. Mill Plain, Suite 4  
Vancouver, WA  98661

### Social Media

**Email:** info@namiswwa.org  
**Website:** www.namiswwa.org  
**Facebook:** facebook.com/namiswwa

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## 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**

## NAMI SW WA—BHS

National Alliance on Mental Illness Southwest Washington Behavioral Health Services (NAMI SW WA—BHS) is an adult outpatient clinic located in Vancouver, Washington offering individual and group therapy to Medicaid insured individuals. We are a group of psychotherapists, interns, and certified peer counselors dedicated to providing quality, confidential, and individualized mental health services in a warm, comfortable atmosphere. You will always be treated like a person, not a number or a diagnosis or a label or someone who is less-than.

Here are some of the issues we help individuals with on a regular basis: Depression • Anxiety • Bipolar Disorder • Coping Skills • Grief • LGBTQ issues • Loss of Direction • Low Self-esteem • OCD • PTSD • Schizophrenia • Stress  
If your particular issue isn’t listed, that is not a problem. Individuals we serve are unique, each with their own set of strengths and weaknesses. We tailor what we do to fit you—your needs. We strive to provide personalized services from start to finish.

If it will benefit you, we will immediately link your therapy with NAMI SW WA’s no charge support and educational services such as: Family-to-Family Class, Family Support Group, Peer Led Support Group, Women’s Support Group, Personal Advocacy Support and more.

Wondering if we are a good fit for you? Contact us through the information listed below:  
**Mailing address and location:**  
5411 E Mill Plain Blvd. Suite 4  
Vancouver, WA 98661

**Phone:** 360-695-2823  
**Web:** www.namiswwa.org  
**Facebook:** www.facebook.com/namiswwa
Dear Members and Friends,

An anonymous donor has awarded funds to us for acquiring new signage for the Vancouver office including a large sign for the building as well as signs for the monuments listing all the tenants in the building we share with others and for our door. The signage will be up sometime in November. We look forward to having increased visibility for drivers on Mill Plain and for people in the parking lot, as well.

Trevor Grentz is a wonderful volunteer who loves to vacuum, and when he is here we know the job will be very well done with special attention made to the corners, edges and the tiny bits of paper that seem to magically appear throughout our office space. Trevor didn't like our Costco special vacuum cleaner so he and his mom, Connie, selected an industrial type vacuum cleaner that Trevor first used in October as he thoroughly cleaned our space. You can see his photo, with the machine, on page 5. Thanks so much, Trevor and Connie. Our Kelso office staff and volunteers thank you, as well, because that office is now the home of our old but still very useful vacuum cleaner.

November 10 is the evening for our Volunteer Appreciation Dinner. If you are a volunteer at NAMI SW WA from any of our three counties and you have not been contacted yet about attending the dinner please call Suzanne at 360-695-2823 to get the details or check the Bulletin Board on page 11 for more details. We hope all volunteers will attend.

NAMI SW WA is gathering candy, socks, hats, gloves, toiletries, small games and other items for our annual holiday gift bags that we deliver to those individuals who are at Station Two, Elahan Place, Telecare, Lifeline, St John's Behavioral Health Services, the women's shelters, and other sites. We usually give away over 300 pounds of holiday wrapped candies, 150-200 pairs of heavy socks, hats (no stocking caps, please), and gloves or mittens as well as other items. Please help us out this year by dropping items off at either of our offices by December 15th.

The Donnelly Walk was the usual success as friends of NAMI SW WA gathered at the Donnelly home on Saturday October 22nd, dogs in tow, to walk or run the Vancouver Heights neighborhood and enjoy the lovely fall colors throughout the area. The highlight of the Walk is the homemade scones Ann and Don bake every year. The varieties change but the exquisite flavor of these home-baked delicacies provide great encouragement for making generous donations to NAMI SW WA. (see the photo on page 3)

We wish all of you a very happy Thanksgiving.

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.

Joe X. Tran has a doctorate in pharmacy and has been on the NAMI SW WA Board since early 2015. He works for Geneva Woods Pharmacy in business development helping agencies and hospitals transition individuals from institution to home by making it easier for them to continue to take their meds as prescribed. He enjoys golfing and happy hour at McMenamins or Beaches with friends. He is a whiskey connoisseur and currently takes care of a 10-month old Golden doodle named “Minnie.” Joe is an avid hiker, snowboarder, and traveler. Joe states, “I’ve always wanted to give back to the community in all avenues I can in health care. I am currently the director for a pharmacy technician training course, and I precept and mentor students in pharmacy schools throughout the Pacific Northwest. Each year, I am part of a team that goes to Vietnam to conduct a two-week medical mission to provide health care to 3,000 residents. We also provide education in Vietnam regarding mental health.”

Victor Wirtanen works at the Reception desk answering phones and directing people to who they want to talk to and answer their questions. He enjoys working out, reading, investing and snowboarding. “I am volunteering at NAMI SW WA as a way to do something useful with my spare time and also am hoping to get a paid position later on. NAMI SW WA has helped my parents better understand mental illness. Associating with NAMI SW WA has helped me gain a greater sense of purpose and have more hope for the future.”

Darvin Zimmerman has been on the NAMI SW WA Board since 2015. In his public life he is a Judge with Clark County Superior Court. As such, he has worked with each of the three specialty courts: mental health, veterans, and now with substance abuse. He has been instrumental in creating partnerships between NAMI SW WA and court appointed defense attorneys enabling NAMI SW WA staff to advocate for people with mental health disorders who have been incarcerated. He began studying yoga this year.

A few of the participants from the Donnelly Walk on 10/22/16.
My name is Angie. I am the current lead facilitator for Family to Family and was in the NAMI SW WA office calling participants who signed up to take the class that started last Saturday. I have a great story to share...

On a recent Friday, I came into the office after three days of a major migraine. When I was at my desk working, Maximus, another peer's doxie dog, jumped to my lap and began attacking me... by kissing my face and eyes, biting and nibbling my ears, and crying loudly. When I tried to put him down thinking he had to go potty, he followed me, licking my leg and grabbing the bottom of my jeans, not even letting me walk across the room to make a copy of something. At this point, his owner stated "He's trying to tell you something is wrong; he's an alert dog."

I had been having some medical issues, and we believed them to be seizures, so I assumed this was him letting me know I was having a seizure. Maximus jumped off my lap only to "paw" at my bag... I thought he was looking for goodies because Max loves treats from staff at our office. Instead he was pawing my medicine. I grabbed my bottles, and told him "OK, boy, I will take my meds." Maximus sat on my lap until I took every pill then proceeded to wait on my lap, until my medicine took effect. Then he jumped down off my lap and fell into a deep sleep.

The best part of this story is that I already knew Maximus. He has known me for last six months, but couldn't have cared less before. This dog, that I love, was able to tell me "I wasn't OK", but more importantly, he was able to show me that I needed to take a moment of self-care. I should tell you I have two doxies of my own who don't do this!

We often charge through our days, work, school friends...and we often forget to take our meds as needed...or breaks, rest, you name it. Sometimes it takes an animal from another world to help make yours better by reminding us we can't do it alone! Thank you Maximus the Magnificent. You possibly just saved my life! We cannot help others if we are not taking care of ourselves!!!! Thank you Maximus, and I love you and all doxies!
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 phones and computer tablets.

- 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

We have a new vacuum!
Thank you for your generosity
Trevor and Connie Grentz

NAMI SW WA wishes Angie Corll the best as she undergoes testing at Harbor General Hospital beginning October 31st. We look forward to your return.

Driver’s Licensing Renewal
Five Years Ago
By NeeShonee

Hospital time
Time to rest.
Time to reflect,
While medicine
Bathed my hurting
Traumatized
Brain.
New skills to learn.
A will to be.
Perseverance held
Tight,
Within my weeping
Arms.
Resolve to have a
Self...
A knowing of me,
Kinder, stronger,
Compassionate,
Accepting and resolved
To persevere.
To push against the
Pain,
Until I see I
Don’t
Have to push, or judge
To find me.
Yes, my friend,
Perseverance and a
Willingness
To see me.....
Has led me to the Vision of
Me,
At Driver’s licensing renewal
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 Southwest or by our non-profit number 83250.
• 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.

Fred Meyer Rewards card
Please make sure your Fred Meyer Rewards Card is linked to your organization! After the Fred Meyer June 2016 customer re-enrollment period, customers who did not re-link their card with a nonprofit on Community Rewards were dropped from the system on July 1, 2016.

We encourage you to make sure your Rewards Card is linked to your organization by following the instructions in the side panel to the left.

If you wish to make NAMI SW WA your organization, here is some information that will be helpful.
• Organization Name: NAMI Southwest Washington
• Organization Number: 83250

Please see sidebar on left for more information.

This photo was taken at the Peace and Justice Fair on 9/17/16 at Esther Short Park. Back row (L-R) Carolyn, Melinda, Stephanie, and Valerie from NAMI Edmond-North OKC. Front row (L-R) Greg and Karen.

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.
**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.

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

**Drive First Steps to Recovery**

**Contact Information:**

**Call** 360-695-2823

**Information Line** - 9-5 Monday-Friday

**Disability/Work Incentives Counseling**

**Mental Health Medication Consult**

By Appointment/Phone

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**MONDAY**

**Buck (Movie)** - Nov 14th

3:00–5:00 pm

**TUESDAY**

**STRivE First Steps**

Family Support Group (does not meet on the 3rd Tuesday of the month)*

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) - Nov 9th

10:30–11:45 am

3:00–5:00 pm

**THURSDAY**

**FAMILY 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**

**INFORMATION LINE** - 9-5 Monday-Friday

**Call 360-695-2823**

**FAMILY SUPPORT GROUP**

meets at: 1601 E Fourth Plain Blvd, Building 17, Room C210A

*Family Support Group meets at 1601 E Fourth Plain Blvd, Building 17, Room C210A

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Please call ahead to confirm.

Unforeseen circumstances that cause a group or class to be cancelled. Please call.

All listed events are held at our Vancouver office unless otherwise noted (*)

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**Our entrance is on the West side.**

On Mill Plain Blvd between Devine and MacArthur.

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2823

(360) 695-2823

Suite 4

5411 E. Mill Plain Blvd

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Southwest

Nov 2016

Clark/SKAMANIA

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**NAMI Southwest Clark/Skamania**

**2823**

(360) 695-2823

Suite 4

5411 E. Mill Plain Blvd
Provides Support and Resources
Call 360-695-2823
Monday-Friday
Information Line 9-5

Office Hours 10-4

MONDAY
Office Hours 10-4

Paper Tigers (Movie) - Nov 15th
1:00-3:00 pm

STRive First Steps
1:00-2:30 pm

TUESDAY
Office Hours 10-4

Family Support Group
ART Group

Office Hours 10-4

ART Group

Office Hours 10-4

WEDNESDAY
Office Hours 10-4

Family Support Group

Office Hours 10-4

THURSDAY
Office Hours 10-4

Volunteer Orientation - 4th Thursday

Office Hours 10-4

FRIDAY
Office Hours 10-4

Office Closed

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

Peer Support Group for those at risk

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

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

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

Information Line - 9-5 Monday-Friday
Call 360-695-2823

Provides Support and Resources
Board Committees
Development Board
Mike Anderson (chair)
Suzanne Arnits
Ann Donnelly
Peggy McCarthy

Governance Board
Michael Altig (chair)
Peggy McCarthy
Janet Ragan

Nominating Committee
Kim Schneiderman (chair)
Peggy McCarthy

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

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
Welcome to the Cowlitz Corner. We look forward to helping individuals along your journey with mental illness recovery. We also help all family members and friends as they learn more about the lives their loved ones live.

With the holidays upon us, this can be a difficult time for people living with mental illness. Please help us with our Holiday Gifting Project for December. We’re gathering 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. Please, if you have items that would fit in a small gift bag such as pens, small notebook, travel size hygiene items, stocking caps, gloves, mittens, socks, any gift card, fast food gift cards, small package of tissues or holiday wrapped candy, please bring them to our office by December 10th. Please no food items other than wrapped candies. Thank you.

The Executive Director, Peggy McCarthy and the outreach team met with the staff of CORE HEALTH in Longview. As a team we introduced NAMI SW WA and the service that we provide in the community. We look forward to working with them.

Please check out the schedule of classes we offer in Kelso. We would love to meet you.

What a wonderful turnout for Bernie Altman’s memorial service at Kelso High on October 8, 2016. Bernie and Marcia were co-founders with others from Cowlitz County. They formed NAMI Cowlitz County in 1978 which then merged with Clark and Skamania counties in 2013 to become NAMI SW WA.

We’re sad to say that a Volunteer at the Cowlitz office, Diana H. has passed away. She helped with the Art Class. Windy remembers she was a kind person who was willing to help everyone. Sharon remembers she had a very unique wonderful sense of humor. Blaine said she made a really good apple crisp.

DID YOU KNOW?

Mental illness by the numbers:
- 43.8 million adults experience mental illness in a given year.
- Every year approximately 10 million adults experience a serious mental illness that substantially interferes with or limits one or more major life activity.
- Approximately 1 in 5 youth aged 13-18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8-15 the estimate is 13%.

For information please visit [http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers](http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers)

HELP STOP THE STIGMA!!
We have an additional Family Support Group! It is held on Tuesdays from 6-7:30pm at 1601 E Fourth Plain Blvd, Building 17, Room C210A (Center for Community Health Building on Veteran’s Administration Campus). NAMI SW WA is partnering with CVAB who will facilitate a peer support group at this same time and location. **Note: No group is held on the 3rd Tuesday.**

Our other Family Support Group and Peer Led Support Group meet at our main office on Thursdays 3:30-5pm. These groups are listed on our calendar on page 7. Please feel free to drop in to any group.

**MOVIES**

**Paper Tigers:** This 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 they were able to gain resiliency skills and overcome the effects of their ACEs.

**Wednesday, Nov 9th, 3-5pm:** 5411 E Mill Plain Blvd. Suite 4, Vancouver

**Tuesday, Nov 15th, 1-3pm:** 109 Allen Street, Kelso

**Buck:** This is a multi-award winning film that follows Buck Brannaman from his abusive childhood to his phenomenally successful approach to horses.

**Monday, Nov 14th, 3-5pm:** 5411 E Mill Plain Blvd. Suite 4, Vancouver

**Thursday, November 17th, 10-12pm:** 109 Allen Street, Kelso

**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 any 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. Please join us in this very worthwhile program.

**HomeFront:** An educational course for family members/caregivers and friends of military service members and veterans living with a TBI, PTSD and/or mental health disorders. November 4th - December 16th, 1:00pm - 3:30pm. Call to get your name on the list. **No class on November 11th or November 25th**

**Therapeutic Art Group for Vets:** This group will be held at the same time and location as HomeFront. This group is for vets with TBI, PTSD, and other mental health disorders who would like to explore this route to recovery.

**Peer to Peer Train the Trainer Class: January 27-29.** This training is for individuals in stable recovery who want to begin learning skills for working with others with mental health disorders. To apply, contact Phyllis at 360-695-2823.

**Volunteer Appreciation Celebration:** Thursday, November 10th 6-7:30 pm at 5411 E Mill Plain Blvd, Suite 4. Open to all NAMI SW WA volunteers. Please call Suzanne at 360-695-2823 to confirm your attendance.
☐ 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