Annual Meeting

January 10, 2017 - 7:15 to 8:45pm

Please join us for our Annual Meeting at our Vancouver office
5411 E Mill Plain Blvd, Suite 4, Vancouver, WA 98661

- Elect Board Members
- Elect Board Officers
- Approve 2017 Budget

This meeting is open to all NAMI SW WA members, guests and the public. Light refreshments will be provided.

NAMI SOUTHWEST WASHINGTON MEMBERSHIP

Did your NAMI Southwest Washington membership expire in 2016 but you have not yet renewed for 2017?

We recently sent letters to individuals whose membership is not current and invited them to renew for 2017. As you know from your experiences, NAMI services and support provide hope and help to individuals and families whose lives are affected by mental illness. By continuing your support of NAMI SW WA, you are joining your voice with those across the nation in advocacy for individuals with mental illness and for their families. The strength of our grassroots organization lies in the power of our combined voices!

Please send in your renewal today. If you have not yet signed up to be a member, join NAMI SWWA today! Call 360-695-2823 or visit us at www.namiswwa.org.

To ensure that your membership supports those in Southwest Washington, please renew your membership with NAMI SWWA.

Renewals and/or donations that are not specifically made to NAMI SW WA do not primarily benefit those in need in Southwest Washington.
From the Director’s Desk

Dear Members and Friends,

As we welcome a new year we also welcome some new members of our Board of Directors. Come to the Annual Meeting on Tuesday, January 10th to meet them and get reacquainted with those wonderful members who have helped to direct our organization to the place it is today. Our new members include: Michael Inman, Rosalie Larsen, David Loos and Matti Neal.

We sincerely thank Michael Altig and Becky Anderson for serving long and faithfully as board members and officers. Each has contributed significantly to the growth and development of NAMI SW WA. We hope you enjoy your retirement from these positions and hope that, after a break, you will consider returning to help us either as board members or in other ways.

We will miss you.

We are very excited about our new office space in Cowlitz County. We thank the City of Kelso for offering us space we could afford almost 18 months ago; they have made other plans now for that building but are very grateful to them for giving us for the needed assistance when Cowlitz County left the Regional Support Network (RSN) which forced us to open a real office. We are also very grateful to Johnson Bixby, a Vancouver-based company with office space in Longview for leasing space to us that is ADA compliant and will enable us to offer mental health services there once we receive licensure for that office. Other supporters of NAMI SW WA in Cowlitz County include Ben B. Cheney Foundation that has provided signage and now support in moving and The Health Care Foundation which has provided support for staff salaries and some programs in that county. Over the next year our friends and members in Cowlitz County will see more and more NAMI SW WA activities and efforts in this county.

We are working on dates and times for teacher and facilitator trainings to take place in early 2017. If you have had some experience with NAMI through our classes, groups or other free services and would like to become more active, please call and talk to a staff member about how you can begin to give back to those who have helped you and your family. Consider becoming a teacher or facilitator and reap the wonderful benefits that come from helping others who are in need of support as they learn to navigate the treacherous path of mental illness as it moves back toward mental health and wellbeing.

We wish you all a very happy and peaceful new year. May you reap all the best in 2017.

Peggy
First Therapy Appointment at NAMI SW WA—BHS

It is a rare person who wakes up one morning and says, “Oh, goodie, I’m going to my first therapy appointment today.” Most people have given a lot of thought to taking this first step. They may have finally decided to go because they are “stuck” and the fear of staying where they are outweighing the fear of taking that first step to get help. Some have been encouraged by others or even told, “you need to go or else...”. Whatever the reason, many experience anxiety and some even fear. Your therapist is trained to recognize this and make every effort to help you through this first appointment. Knowing what to expect will help you as you embark on this journey.

Your first session will be a time for the therapist to find out how you are hoping therapy can help make your hope a reality. An initial assessment of your situation will be made in order to better understand your problem and make a diagnosis. You will be asked about why you are seeking therapy at this time, your personal history and current situation.

Therapy is a team effort. Here are three helpful hints on how you can do your part to make this first session as successful as possible:

- answer the questions openly and honestly
- come prepared to describe “what’s wrong” and describe your feelings about your problem—make a list ahead of time if it will help
- ask questions

Plan for two hours, although most initial evaluations (also known as “intake appointments” or “intake assessments”) will take about 90 minutes. It also includes review and completion of initial paperwork required for services.

At the end of your first appointment, the therapist will often arrive at a tentative diagnosis for your problem in order for Medicaid to pay for your treatment. It also helps guide your therapist in helping you formulate a realistic treatment plan. If you wish to continue, you will be scheduled for your follow-up appointment, most are usually scheduled within a week from your first.

This first step may be the most difficult one you take, however, the Chinese philosopher Lao Tzu stated, “The journey of a thousand miles begins with a single step.” The staff at NAMI SW WA Behavioral Health Services not only wants to help make the first step easier, but also the rest of your journey with us.
The Love of Another by Nicole

I want to be my parents’ beloved.
To be the apple of their eye.
All I want is to be loved, to be the little girl you robbed me of.

I wish I got tucked into bed and kissed goodnight.
I wish someone would make the night alright.
All I want is to be loved, to be the little girl you robbed me of.

I want to be silly and to have fun.
I want to laugh and giggle. I just want to have fun.
All I want is to be loved, to be the little girl you robbed me of.

I wish you would have been the parent, that was never my job.
I grew up too fast and took on too much.
All I want is to be loved, to be the little girl you robbed me of.

I want to know my worth and know I am more than enough.
You made me feel less than and not good enough.
All I want is to be loved, to be the little girl you robbed me of.

I wish my past was different. I wish the pain was not there.
I have grown to new heights and am leaving my past behind.
All I want is to be loved, to be the little girl you robbed me of.

I want my journey to have meaning, to be more than just pain.
I want to be there for others to hear their pain.
All I want is to be loved, to be the little girl you robbed me of.
A Year Such as This by Jerri Clark

How to describe a year such as this?
It’s tempting to declare “unbearable,”
And yet we have born it.

We may want to call it “the worst,”
Yet it’s arrogant to compare
Against an unknown future.

Already you are asking, perhaps,
What kind of Holiday greeting is this?
Yikes! I just want happy highlights!

Well, the learning this year
Didn’t arrive in a sunlit blast of happiness.
It happened dimly, rimmed by despair.

And so, with stark honesty we declare
That we have shared a year of suffering
With many who also have struggled.

We are not above or below,
The masses of humankind who fight
For rights to stay alive, and well.

We are not insulated from a world
That can be kind and cruel,
Within the span of a single breath.

Death and illness have visited,
And we have known sleepless nights
Wondering how we could greet another day.

But we have brewed coffee,
And we have loved and hugged.
And have sighed into the ocean.

The world was not designed
With our specific comfort in mind.
Or with promises for our constant safety.

The world offers a chance to experience,
And we can dance into the wind.
Or we can hide under the blankets.

We’ve done both in a single day,
And we’ve laughed at the contradictions.
Strong and broken, frantic and calm.

What happened, you may wonder,
To make us so bitter? Please,
Don’t misunderstand. There also is sweet.

And that, friends, is the point,
Of living in these bodies,
On this Earth, our turn to turn.

Around we go, between sensations,
And if we open to examine them all,
We wake up in amazement.

Good and bad are illusions,
Tempting us to grab, or kick away.
Happy and sad are their tricky twins.

And so the New Year will begin,
And happenings will come and go,
And people will make choices, big and small.

Wishes will be granted, and some denied.
Some will smile and claim their fortunes,
While others digress into unchosen fates.

And we will decide how to bear witness,
The only choice that we truly own.
Will we respond loudly, or with silence?

The callings that begin as whispers,
That tap and cry, and grow more insistent.
These are the stories we are born to tell.

What is mine? The spirit has begun to see,
But the facts are still being written,
And the dialog has yet to take shape.

Actions will happen, or they won’t.
Voices will be heard, or they won’t.
Kindness could lose to practical matters.

Yet each day we get up,
Decide which words to write or speak,
And where to directs our messages.

And the sun, wind and pellets of sleet,
Are not for or against us.
They are just doing their work, as we are.
NAMI SW WA Behavioral Health Services

Behavioral Health Services is welcoming two new mental health counselors to our team, Ray Jensen and Tere-sa Kaufman. Each brings a rich background of life experience and education to serve the diversity of individuals seeking our services.

We are also initiating our new Solution Focused Brief Therapy Intern Program (SFBT), offering training and supervision to graduate counseling interns in Solution Focused Brief Therapy. As the name suggests, SFBT is future-focused, goal-directed, and focuses on solutions, rather than on the problems that bring individuals to seek therapy. Including interns as an important part of our team brings not only opportunity for them, but brings their new learning, new ideas and enthusiasm to us and the individuals we serve. They are supervised not only by us, but also by their graduate school, so individuals they counsel get the advantage of double supervision by experienced supervisors. A win-win situation for all!

Looking forward to 2017! A year of growth, excitement and challenges for NAMI SW WA Behavioral Health Services.

Carrie Fisher
October 21, 1956 - December 27, 2016

NAMI SW WA would like to remember the actress Carrie Fisher, who passed away on Tuesday, December 27th, 2016. She will forever be remembered for her role as Princess Leia in Star Wars. However, we at NAMI SW WA honor her for her even bigger role as a tireless advocate for mental health treatment and against stigma. Her books, interviews and one-woman show educated the public about her own struggles with bipolar disorder, leaving us with lessons from which we can all learn. Thank you Carrie and may the force be with you.

Quotes from Carrie:

On owning your diagnosis: “I am mentally ill. I can say that. I am not ashamed of that. I survived that, I’m still surviving it, but bring it on. Better me than you.” —December 2000, in an interview Diane Sawyer on ABC PrimeTime

On summoning courage: “We have been given a challenging illness, and there is no other option than to meet those challenges. Think of it as an opportunity to be heroic—not ‘I survived living in Mosul during an attack’ heroic, but an emotional survival. An opportunity to be a good example to others who might share our disorder.” —November 2016, in her Guardian advice column, “Ask Carrie Fisher”

On the courage that mental illness requires: “One of the things that baffles me (and there are quite a few) is how there can be so much lingering stigma with regards to mental illness, specifically bipolar disorder. In my opinion, living with manic depression takes a tremendous amount of balls. Not unlike a tour of Afghanistan (though the bombs and bullets, in this case, come from the inside). At times, being bipolar can be an all-consuming challenge, requiring a lot of stamina and even more courage, so if you’re living with this illness and functioning at all, it’s something to be proud of, not ashamed of. They should issue medals along with the steady stream of medication.” —Wishful Drinking, her 2008 memoir about her mental illness and prescription drug addiction

On chasing your dreams, despite your diagnosis: “Stay afraid, but do it anyway. What’s important is the action. You don’t have to wait to be confident. Just do it and eventually the confidence will follow.” —April 2013, in an interview with the Sarasota Herald-Tribune
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)

Problems, issues, and support recovery from mental illness

Psychosocial education and tools for a successful medication consultation

Call 360-695-2823

BY APPOINTMENT

Disability/Work Incentives Counseling

Call 360-695-2823

BY APPOINTMENT

mental health medication consultation

On Mill Plain Blvd between Devine and MacArthur.

Our entrance is on the west side.

2823 360 (695) 2823

Suite 4

5411 E. Mill Plain Blvd

Our entrance is on the west side.

By appointment for those affected

mental health issues (call to sign up)

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Make Your Voice Heard on Monday 2-20-17!

Lobby for NAMI and NAMI SW WA

NAMI members and supporters are the most effective people to educate legislators about mental illness and the need to change our current "mental illness" system to a "mental health" system.

NAMI SW WA will have a group of lobbyists going to Olympia. If you would like to join us please call our office at 360-695-2823 to apply and to add your name to the list. We will be providing limited transportation to and from Olympia.

Date: February 20, 2017
Location: Temple Beth Hatifloh, 201 8th Ave SE, Olympia WA

Schedule for NAMI Lobby Day
8:30-9:00 AM Arrival and continental breakfast
9:00-10:30 AM Welcome NAMI’s 2017 Legislative Priorities Briefing, Citizen Advocacy - Tips for Telling Your Story. Pick up NAMI Washington Packets for Legislative Visits
10:45-3:00 PM Legislative Visits Begin

Join us for a special Legislative Luncheon Reception
NAMI Washington is hosting a Legislative Luncheon Reception in Room 112 of the Legislative Building beginning at 12:00 PM. All legislators will be invited to join us. The luncheon will run from Noon - 1:00 PM; please drop in as your legislative visit schedule permits. NAMI Washington has Room 112 until 4:00 PM, and NAMI Members should feel free to come to Room 112 for their breaks, and also to find NAMI Washington staff.

NAMI SW WA will hold a pre-lobby day training and organizational program on Friday, February 3rd from 10 am to noon. If you are interested in participating at Lobby Day come to hear the issues we will be talking about and learn effective skills in making our points known to our legislators. Call to pre-register at 360-695-2823.

Holiday Gift Bags

Thanks to the generosity of volunteers, we provided 160 holiday gift bags for individuals residing at inpatient facilities or participating in outpatient programs! Each bag contained a knit hat, one pair of gloves, two pairs of socks, a large variety of wrapped chocolate candy, plus toothpaste a toothbrush and floss.

We also added travel items such as lotion, shampoo, conditioner, and a deck of cards depending on what was donated. None of NAMI SW WA’s revenue was spent. We can’t rave enough about the overwhelming outpouring of in-kind and financial support for this event that the committee and their connections provided! Thank you.
Cowlitz Corner

Welcome to the Cowlitz Corner. Happy New Year! Make 2017 your year to shine. We look forward to helping you along your journey with mental illness recovery, as well as helping family members learn new skills and acquire tools to help your loved ones.

What a great time we had putting together the holiday gift bags for delivery. We estimate we helped 300 people smile by receiving a gift bag. Thanks to all of our donors and staff for your generosity. We really appreciate it.

Our outreach team was able to meet with Dr. Tolentino and the staff at Pathway’s in Longview. We were able to exchange information about services we provide so, together, we can reach more people who live with mental illness and provide resources to help in their recovery. We look forward to working with them in our community. Together we can do great things.

We’re excited to announce that we will be offering Family-To-Family classes at our office in Cowlitz County. Family-to-Family is an educational program that meets for 12-sessions. It is for family, significant others, and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-To-Family is taught by NAMI-trained family members who have lived with a relative with a mental health diagnosis and includes presentations, discussion and interactive exercises. Pre-registration is required. please call 360.703.6722 for more information.

All of our services and groups are no charge to the consumer.

DID YOU KNOW?

Setting goals can help with mental health recovery. Here are some tips:

Set Clear, Specific Goals
Having simple and realistic goals can help you focus and be more likely to reach them.
Take Small Steps
Break down big goals into smaller ones so they are more manageable and easier to set.
Get Support
It’s not always easy to reach a goal—so some people appreciate help. Think about which people from your treatment team or support network might be able to help you.
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

For all NAMI SWWA courses
CALL (360) 695-2823
to sign up or visit our website for more information.

Classes fill up quickly so sign up soon.

- **Our Kelso office is moving!** We have a wonderful new location at 1128 Broadway, Longview, WA 98632. We should be somewhat settled by January 17, 2017. Please stop by and visit us in our new office.

- **New sessions of Family to Family and Basics** are scheduled to start in January/February. Family to Family is a twelve week education course for families with adult family members with a mental health diagnosis. Basics is a six week course for families newly experiencing a mental health diagnosis with children and teens. Please call 360-695-2823 if you are interested in signing up for a class. Classes will be held in Vancouver and at our new office in Longview.

- **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 will continue** on the first three Fridays of January at the NAMI SW WA office in Vancouver from 1:00 to 3:30 pm. All veterans are welcome to attend the Art Therapy group at the same time. Enjoy conversation with other vets while you work with your hands in many different ways.

- **Meetings for Family to Family and for Basics instructors** will be held in January as we plan our class schedule for 2017. If you are a certified teacher please plan to attend these meetings. Family to Family teachers will meet on Tuesday, January 3rd from 10 am to noon. Basics teachers will meet on to be determined. If you are a Basics teacher, please call our office at 360-695-2823 for more information.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!

□ $50 ($35 membership fee plus $15 donation)
□ $100 ($35 membership fee plus $65 donation)
□ $35 Individual membership
□ $3 Open Door annual membership
□ Free—membership scholarship
□ 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:
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Washington Friday Facts, weekly e-mail by request
NAMI SW WA Newsletter, monthly
Member Discounts on NAMI Events & Materials,
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Vancouver, WA 98661

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