Mark Your Calendars
NAMI SW WA Spring Fundraiser!
Warehouse 23, 100 Columbia St, #102, Vancouver, WA 98660
Friday, April 28th 11:30 am - 1:00 pm

Mark your calendar and join us for the NAMI SW WA Spring Fundraising Luncheon. Funds from this event will help us continue to help families and individuals in mental health crises. Vanessa Gaston, Director of Community Services in Clark County will be guest of honor and speaker discussing where we, the early adopters, are on integration of mental health, medical, and substance use treatments in SW WA one year later. We have different levels of sponsorship available for businesses, agencies, individuals and families that wish to become a sponsor. We will also hold a silent auction, auctioning off art work created by individuals and family members who come to our various art therapy groups. Sponsorship levels include:

- Carrie Fisher Luncheon Sponsorships: $5,000
- Patty Duke Unique Services Sponsorships: $2,500
- Robin Williams Table Sponsorships: $1,000
- Lady Gaga Audio Visual Sponsorships: $500
- Brian Wilson Marketing Sponsorships: $250
- Individual Registration: $75

Go to https://namiswwa.org/spring_luncheon-fundraiser/ to register.
Questions? Call or email Suzanne Arnits 360-695-2823 x 111 or suzanne.a@namiswwa.org

NAMI SW WA Behavioral Health Services

Ready to address your mental health issues, but you are being told you will need to be put on a waiting list? If you have Apple Health (Medicaid) coverage through Molina Healthcare of Washington or Community Health Plan of Washington, NAMI SW WA currently has no waiting list, but spots are rapidly being filled.
Dear Members and Friends,

We are approaching the spring rush time of year when it seems that every organization we partner with is planning an event and when we work to squeeze in as many classes, groups, and programs as we can before summer. In this issue of the newsletter you will see lots announcements about these events. Please read them carefully and mark your calendars if you plan to attend.

Our big event for April is our fundraising luncheon that will be held at Warehouse 23 located in the former Red Lion at the Quay in Vancouver. We have a great speaker...Vanessa Gaston, Director of Community Services in Clark County, who will be speaking about our efforts and the significant need to integrate healthcare here in SW WA. We have a number of fun activities that will take place during the lunch including a silent auction with several lovely items created by individuals in our art therapy group, tickets for soccer games, and other items. Tickets are $75 each; $50 of that amount can be taken as a personal tax deduction. Please plan to attend. Your support is so very necessary in order for us to be able to continue to offer classes and groups as frequently as we do here in SW WA. Thanks!!

We also sincerely hope that you will plan to participate in a NAMI-Walks team. Some of our most successful teams come from our Family to Family and Basics classes. If you have participated in one of these groups please contact other class members and create your team, seek donations from family members and friends and neighbors and lets make sure we have even more people walking this year than last at the Sunday, May 21st walk.

I hope each and every one of us has time...and some sunny or even non-rainy days...so we can enjoy the beauty of springtime in SW WA.

Thanks for your continued support of NAMI SW WA.

Best regards,

Peggy
“April showers bring May flowers” is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things indeed – in this case, an abundance of flowers in May. We here at NAMI SW WA have another saying, “It’s raining cats and dogs” and it is a welcome sight when we see them coming. We have a remarkable assortment of companion/emotional animals accompanying their owners, as you see by their pictures. There is a lot of material out there which looks at the benefits of trained therapy animals, but they can be expensive and out of reach for most of the individuals who come to us for counseling. Enter those delightful creatures that arrive in their owners’ lives through a variety of sources, and we see and hear first-hand how they comfort and sustain their owners when life gets rough.

When asked who or what helps them manage their mental health challenges, many say it is their pet.

- When I’m feeling really low my dogs are wonderful because they won’t leave my side. They just stay with me until I am ready to come out of it.
- My cat is my everything, if I’m sad she is there for me, if I’m happy she is there for me. She is my reason for living.
- My dog gives structure and purpose to my life, like getting up in the morning to feed him and walk him. I wouldn’t have that without him.
- My dog isn’t like people in my life who put conditions on loving me. My dog is unconditional.

Individuals coming in for counseling are always asked about their support system and pets are frequently included in their answer. During a risk assessment people with a pet will often say that it is the pet that helps keep them from following through on suicidal thinking because the pet depends on them. Pet are incorporated into individual service plans as well as in discharge planning. Good counselors are described as individuals who are patient, good listeners, compassionate, nonjudgmental, empathetic and encouraging. Hmm...sounds a bit like those pets we know and love.
NAMI Walks 2017: Sunday, May 21st
This year we are hoping to exceed the wonderful success seen last year by our NAMIWalks Teams led by The Wolff Pack Team which raised more than a third of the total raised for NAMI SW WA. The Wolff Pack’s success is an inspiration for all! Thank you NAMI SW WA Walks Teams!

2016 Top Five Teams and Captains:
The Wolff Pack Team, Shawn Story: $5,056
La Center United, Jodi Hancock: $1,490
NAMI SW WA, Suzanne Arnits: $1,450
Grey Matter, Anna Schepp: $1,100
Gardner Family and Friends, Brenda Gardner: $830

We hope all of our previous teams will participate again this year and that we will have many additional teams. NAMIWalks is an important fundraising activity for NAMI SW WA. Without these funds supporting the families and individuals who come to us for services will be deeply impacted.

Click the link for Amazon Smile
http://smile.amazon.com/ch/91-1065027
and learn how you can shop and support NAMI Southwest Washington.

- Log in with the same username and password you use for Amazon,
- Type in NAMI Southwest Washington as the charity you want to support and select!
- Simply log in at smile.amazon to shop instead of amazon.com
- .05% of all of your purchases will be credited as a donation.

NAMI SW WA Receives Funding from Murdock Memorial Trust to Expand Behavioral Health Services

We are very pleased to announce that Murdock Memorial Trust is providing three years of funding to help support the addition of one full-time licensed mental health counselor (LMHC) to our Behavioral Health Services staff.

The M.J. Murdock Charitable Trust was created in 1975 to enrich the quality of life in Alaska, Idaho, Montana, Oregon and Washington.

From day one, their mission has been to serve individuals, families and communities across the Pacific Northwest by providing grants and enrichment programs to organizations that strengthen the region’s educational, spiritual and cultural base in creative and sustainable ways.

NAMI SW WA is truly grateful for this generous grant.
Poetry Corner

Searching
by Kathryn Curry
All my life I wanted to belong
Needed to find a place that I could call home
Separation, anxiety and depths of despair
Searching for answers everywhere
The ups, the downs, the all away arounds
Always kept me from finding true ground
Doctors, hospitals, patients galore
Seemed like there would always be more
Finally found some peace and delight
My music and love keep me from fright
Heartache, pain, suffering and more
I’m shoveling hard right out the door

Feeling Lonely and What I See
by Carolyn McCord
Feeling lonely is like a maze I go through,
I enter at the front door; there is no one there, I keep walking through the maze,
All along the way I see beautiful flowers, I see a fishpond and birds that fly,
I look upward toward the sky and there is God my higher power.
I am grateful for the maze which seems forever lonely. I don’t stop
Until I get completely through the maze,
I have found feeling lonely and the beauty I see.

Board Committees

Development
Ann Donnelly
Suzanne Arnits
Peggy McCarthy

Finance
Ann Donnelly
Terry Gertsen
Michael Inman
Rosalie Larsen
Craig Pridemore
Peggy McCarthy

Nominating
Adam Pithan
Peggy McCarthy

Governance
Michael Altig
Janet Ragan
Melinda McLeod
Bryan Miller
Peggy McCarthy

Fundraising
Ann Donnelly
Kim Schniederman
Suzanne Arnits
Peggy McCarthy
NAMI BASICS CLASS

*NAMI Basics* is a signature education program for parents and other caregivers of children and adolescents living with mental illnesses. It is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 18 years. It focuses on the fundamentals of caring for the parent or caregiver, others in the family, and the child living with mental illness. The training is offered free of charge to participants.

**WHAT:** NAMI Basics Training  
**WHO:** Individuals who are parents or other caregivers of children or adolescents living with mental health issues.  
**WHEN:** Wednesday evenings, 6:00 – 8:30 pm  
April 26 to May 31, 2017  
**WHERE:** NAMI Southwest Washington  
5411 E. Mill Plain Blvd, Suite 4  
Vancouver, WA 98661  

Call 360-695-2823 or e-mail phyllis.c@namiswwa.org for additional information or to register

NAMI FAMILY TO FAMILY CLASS IN COWLITZ COUNTY

*NAMI Family to Family* is a 12 session course for family members, caregivers, and loved ones of individuals with mental illness. The course is facilitated by trained family members and/or caregivers of those living with mental illness. It provides critical information and strategies related to caregiving. The training is no charge to the family members.

**WHAT:** NAMI Family to Family Class  
**WHO:** Adult family members, caregivers and loved ones with adult family members living with mental health issues.  
**WHEN:** Tuesdays and Fridays, 1:00 – 3:30 pm  
April 4 to May 12, 2017  
**WHERE:** NAMI Southwest Washington, Cowlitz Office  
1128 Broadway  
Longview, WA 98632  

Call 360-703-6722 or e-mail debbie.a@namiswwa.org for additional information or to register

NAMI FAMILY TO FAMILY CLASS IN CLARK COUNTY

**WHAT:** NAMI Family to Family Training  
**WHO:** Adult family members, caregivers and loved ones with adult family members living with mental health issues.  
**WHEN:** Thursdays, 9:00 am – 12:00 pm  
April 13 to June 22, 2017  
**WHERE:** NAMI Southwest Washington  
5411 E. Mill Plain Blvd, Suite 4  
Vancouver, WA 98661  

Call 360-695-2823 or e-mail phyllis.c@namiswwa.org for additional information or to register
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)

5411 E. Mill Plain Blvd, Suite 4

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

Unforeseen circumstances that cause a group or class to be cancelled. Please call.
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<tr>
<th>Monday</th>
<th>Office Hours 10 - 4</th>
<th>STRive First Steps 1:00 - 2:30 pm</th>
<th>Office Closed</th>
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<td>Tuesday</td>
<td>Office Hours 10 - 4</td>
<td>Volunteer Orientation - 4th Thursday</td>
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<td>STRive First Steps 1:00 - 3:30 pm</td>
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<td>1:00 - 2:30 pm</td>
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<td>Wednesday</td>
<td>Office Hours 10 - 4</td>
<td>Family Support Group 4:00 - 5:30 pm</td>
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<tr>
<td>Thursday</td>
<td>Office Hours 10 - 4</td>
<td>Family to Family (starts 4/4/17, must be registered for the class)</td>
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<td>Friday</td>
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Provided by mental illness - Peer Support Group for those all diagnoised. (Drop in)
STRive First Steps: Successful and sustained recovery from mental illness: (Drop in)
Support for friends and family of mental illness: (Drop in)
Psychoeducation and tools for a successful and sustained recovery from mental illness. (Drop in)
Peer Support Group for those all diagnoised. (Drop in)
Support for friends and family of mental illness: (Drop in)
Psychoeducation and tools for a successful and sustained recovery from mental illness. (Drop in)

New Location:
1128 Broadway Longview, WA 98632

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

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

Information Line - 9
Monday - Friday
Call 360-695-2823
UPCOMING NAMI SIGNATURE TRAINING OPPORTUNITIES

Do you want to share your experience and knowledge with others? NAMI SW Washington and NAMI Washington will be offering training to teach volunteers to lead NAMI Education Programs and Support Groups. These free trainings prepare you to lead the NAMI Basics, Peer to Peer and Family to Family Training Programs, and NAMI Connection and Family Support Groups.

Basics is a program for parents or other caregivers of children or adolescents living with mental illness. Peer to Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. Family to Family is for caregivers and family members of adult individuals living with mental illness. The class provides critical information and strategies relating to caregiving for family members. Connection is a recovery support group program for adults living with mental illness. Family Support Group is for family members, caregivers, and loved ones of individuals living with mental illness. It is facilitated by a trained peer.

Training will be on weekends in April, May, and June in Vancouver, Kirkland, or Yakima, WA.

Basics Training:
Vancouver, WA; dates to be determined

Peer to Peer Training:
Vancouver, WA; dates to be determined

Family to Family Training:
Yakima, WA; April 7 – 9, 2017

Connection Training:
Kirkland, WA; May 12-14, 2017
Yakima, WA; May 19-21, 2017

Family Support Training:
Kirkland, WA; May 5-6, 2017
Yakima, WA; June 24-25, 2017

If you are interested in becoming an educator/facilitator for these programs, please contact Phyllis Chun (phyllis.c@namiswwa.org), or call 360-695-2823 for more information or to sign up. You CAN make a difference! Sign up now!

UPCOMING NAMI Walks NW — Sunday, May 21, 2017

The Walk is held annually at the Vera Katz East Waterfront Promenade in Portland, OR. Enjoy a scenic 5K 3.2 mile route crossing over two traffic-free bridges.

Please choose NAMI SW WA as your affiliate! It is not too early to sign-up. Create a team, join a team, and talk to co-workers and friends to participate! This regional event is inclusive, fun, and you can walk, skate, run. Your leashed dog is also welcome. Interested in being a Corporate Sponsor? If so, please contact Suzanne Arnits at 360-695-2823 or suzanne.a@namiswwa.org for more information!

Register at https://namiswwa.org/namiwalks_northwest/
Welcome to the Cowlitz Corner. We look forward to helping you on your journey with mental health recovery.

Beginning this month, several of our groups have changed to different days and times. Our ART Group will now be on Wednesdays from 10 to 3 PM, and Family Support Group will be meeting on Tuesdays from 4 to 5:30 PM.

We are beginning another Family to Family class on April 4th. The classes will be held on Tuesdays and Fridays from 1 to 3:30 PM for 6 weeks. Family to Family is education and support for families who have an adult loved one or are a caretaker for one who is living with a mental illness. Pre-registration is required. Please call 360.703.6722. We invite all to attend and share in the learning experience at no cost to the individual or family members.

We’re excited to announce that our “Donation Wall” is now open. We have items for “donation purchase” in our office. Come see what we have to offer. All proceeds stay in Cowlitz County to help us continue to provide classes and groups at no charge to the individual or family members.

DID YOU KNOW?  

Sunshine is helpful  

BEAT SAD. Seasonal Affective Disorder (SAD) - or the winter blues - is a depression specifically caused by lack of sunlight. Lightboxes can be used to treat it, although increased exposure to natural sunlight is more beneficial. Get out for an hour's walk in the morning during autumn and winter months, and sit outside for 15 minutes a day in summer.

Relieves aches and pains. Being out in the sun helps to warm the body's muscles and eases stiffness, reducing the pain caused by inflammatory conditions such as arthritis.

It cheers you up. SUNSHINE boosts levels of serotonin - the body's natural happy hormone. That's why we tend to feel happier and more energetic when the sun shines. Regular sun can stave off moderate depression, particularly if combined with exercise, such as a walk in the park. It's also been shown that exercising outdoors creates more endorphins in the body than exercising indoors.

Scrapbooking
Do you have pictures but don’t know what to do with them? Would you like to learn how to tell a story through scrapbook pages? Come join us and have some fun on Thursday April 27 from 10–11:30 am. We will do a 2-page layout and teach you basic ideas of scrapbooking. Please bring a minimum of 2 photos if they are larger prints. If they are the standard 4x6 or smaller, please bring 4-6 pictures. We will provide everything you need to do a 2-page layout at no charge to the individual. Seating is limited. Please call or email Debbie at 360.703.6722 debbie.a@namiswwa.org. We look forward to seeing.
NAMI Basics Class starting! Please see page 6 for details: This is a signature education program for parents and other caregivers of children and adolescents living with mental illnesses. It is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 18 years. It focuses on the fundamentals of caring for the parent or caregiver, others in the family, and the child living with mental illness. The training is offered free of charge to participants.

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Questions? Call or email Suzanne Arnits 360-695-2823 x 111 or suzanne.a@namiswwa.org
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:
- 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

Thank you for being part of the team!