NAMIWalks 2017
Sunday, May 21st

Please join us for NAMIWalks by walking as part of an already established team or starting your own team and recruiting your team members and donors. If you will not be able to actively participate in the walk but can support an existing team, add your name and your pledge amount to the list on our NAMIWalks site. Remember, NAMI SW WA does not get credit for your effort unless you are registered on OUR site.

Last year several thousand people walked in pouring rain to support this regional fundraising effort. Let’s help double the size of this walk to support those with mental health issues and their family members. Help NAMI SW WA raise essential funds that allow us to continue to offer our many educational classes and our support and advocacy programs to help all affected by mental illness.

Register at https://namiswwa.org/namiwalks_northwest/

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.

Call 360-695-2823 for more information.
From the Director’s Desk

Dear Members and Friends,

For those who were not able to attend our first Annual Fundraising Luncheon at Warehouse 23 on April 28th, you missed a great event. Our guest speaker, Vanessa Gaston, Director of Community Services in Clark County, spoke about the integration of medical, substance use, and mental health services in SW WA (Clark and Skamania counties), where we are and where we need to be to count ourselves successful. Cowlitz County will integrate services in 2020 along with the other Great Rivers BHO counties.

At the lunch, Jerri Clark made an impassioned speech about the importance of NAMI SW WA services to our communities as she told the story of her family’s entry into the mental health system in the past several years. In introducing her talk, Jerri quoted from Michele Sullivan’s Ted Talk from October 2016: “Asking for help is a strength, not a weakness.” Michelle and Jerri were both talking about individuals with needs asking for help, however I hope to relate this powerful statement to NAMI SW WA, as well. We are a community agency. We encounter thousands of people every month in our classes and groups, in our outreach programs throughout the counties we serve, through phone conversations with the dozens of people who call us for help or walk into our office each day. Last year we provided almost 41,000 direct services to people, many of these were ongoing services that continued through a series of classes or support groups, or, as with families in crisis, continued over months as we help to advocate for each member of a family during their crises. All our NAMI services are at no charge to the public, however they are costly to have available to those who need them.

With our two biggest fundraising activities this year, the April lunch and the May NAMIWalks, we exhibit our many strengths by asking each and every one who reads this newsletter to help us. Because of a budget cut in funding last year as we transitioned from our RSN to integration we lost essential funding totaling about $84,000. We ask you all to help us make this up by opening your checkbooks and your wallets. If you missed the lunch you can still donate through our website (www.namiswwa.org). We also invite you to improve your own health and have some fun outdoors, rain or shine, by joining us in the big Portland metropolitan NAMIWalks on Sunday, May 21. We meet at noon at the Esplanade on the east side of the Willamette River; the 5 K (3 mile) walk begins at 1:00. Join one of our already established teams or start your own. Get friends, family, neighbors, and acquaintances to join and donate to help us keep our many programs going at the current level.

We all hope to see you at our offices in Clark and Cowlitz counties and at the Walk in Portland.

Warm regards,

Peggy
First of all, I would like to thank NAMI SW WA for the opportunity to tell everyone about our Crisis Services program in Cowlitz County. Our crisis staff members have one mission, which is based on a values statement that we each hold dear. That statement is: **Have I done anything good for my fellow man today?** Our purpose is to be available and responsive to the emergent mental health needs of all who call seeking our assistance. We receive calls from consumers, family, friends, schools, adult care facilities, jail, juvenile detention, medical offices, churches and other varied referral sources. We view every contact as an opportunity to help.

Our array of services is founded upon the belief that we should be able to assist the consumer on the **right level at the right time**. For many, that service may be sufficiently received through a crisis phone contact. We staff the Cowlitz County 24-hour crisis hotline with clinical staff around the clock. Our goal is to answer all crisis calls within five rings or less. For others, we may need to provide a face-to-face crisis intervention service. This can also be provided around the clock, 24-hours a day. Our crisis staff members are mobile and can meet the consumer in the office, in the residence, or in the community.

Our primary purpose is to provide support and stabilization services until the crisis is resolved. The overwhelming majority of our services are crisis, in nature. However, our team is also staffed with Designated Mental Health Professionals. These individuals are responsible for enacting the Washington State Involuntary Detention process when deemed necessary. These DMHP’s work closely with the consumer, family, and service providers to try and ensure service delivery at the safest and most medically appropriate level of care. Often, this may result in the detention of an individual for their protection or for the protection of others. This stewardship to the consumer and to the community is one we accept with honor, tremendous respect, and integrity.

Cowlitz County Crisis staff are here to help, 24-hours a day, 365 days a year.

**Call us at 360-425-6064. We are here to serve.**

Drew McDaniel, MSW, DMHP, CMHS

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**NAMIWalks 2017**

**Sunday, May 21st**

Register at [https://namiswwa.org/namiwalks_northwest/](https://namiswwa.org/namiwalks_northwest/)
Attention Caregivers for Veterans
May 15th from 2-3pm Presentation Introducing Operation Family Caregiver (OFC)

OFC is a free, confidential, and individualized program for caregivers of disabled veterans and service members. It is a new program in the state of Washington from the Rosalyn Carter Institute for Caregiving, sponsored in the state by Easterseals Washington with a grant from the Bob Woodruff Foundation. Through one-on-one support and strengthening problem-solving skills, this evidence-based program has shown to improve the quality of life for caregivers of Post 9/11 veterans. It is also appropriate for caregivers of Vietnam veterans or other veterans dealing with Post-traumatic Stress Disorder, however it is not designed to work with caregivers of dementia or other long-term illnesses related to aging.

Meredith McMackin, OFC Caregiver Coach, Gold Star and Blue Star Mother, and Art Therapist, will give a short presentation for anyone interested in participating in the program or to gain information to share with other caregivers they might know. You do not have to be a family member of the veteran to be eligible for this program. Meredith can meet with caregivers in person or online via Skype or FaceTime.

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.

Clark County Crisis Services
Increasing Coordination with NAMI SW WA

At the one-year mark of the Early Adopter process, Beacon Health Options and Clark County Crisis Services have been working hard to increase our availability and responsiveness throughout the community. One of the ways this is happening is through our increased coordination with community providers such as NAMI SW WA. With NAMI SW WA’s support, we are finding new ways to connect with our community while also promoting increased access to the crisis services system of care.

Over the last year Crisis Services Peer Support Specialist, Kay Roberson, has been co-facilitating a Crisis Family Support Group at the NAMI SW WA office at 5411 E Mill Plain Blvd, Suite 4 on Thursday afternoons. This group offers ongoing support and helps increase understanding about ways to manage a crisis situation as well as increase understanding about available crisis services in our community. Additionally, Crisis Services clinical staff now attends each of NAMI’s Family to Family classes to provide information and answer questions related to crisis services. Beginning this month, Crisis Services will now add participation with NAMI SW WA newsletter as another resource for better connecting with the community and providing updates about the local/regional crisis system of care. Our hope is that this will not only allow crisis services to provide information about various aspects of our local crisis system of care but also allow for increased input by responding to community questions on a regular basis.

Please send or call in any questions you have about the Clark County Crisis system of care to NAMI SW WA and they will forward them on to our team. In future issues of the NAMI SW WA newsletter Crisis Services will provide a brief overview of different aspects or programs related to the crisis system of care and also respond questions submitted by the readership. Thank You!

Jeff Hite, Ph.D, DMHP
Poetry Corner

The Sea Shell
by Greg Betts 3-18-17

The Sea Shell its colors and swirls are a testimony of our lord’s love, grace and beauty from above.

The Sea Shell’s ridges and color pattern tells the story of how it lived and the story of creations glory.

The Sea Shell’s design so intricate and fine tells the story of the history of the sea sublime and beautiful for all to see.

The Sea Shell’s patterns and design help to lift the fog in my mind so the light I can see and once again am set free.

I thank you for the sea shells of the sea for your face when I Look do I see.

Yes! The Sea Shell is a gift for you and me.

Boundaries
by Annett Pickett

What is it to say “Yes”? What is it to say “No”?
  To one, a “yes” is the biggest place of vulnerability and “no” is the door to safety.
  To one, a “no” is closure to the empathy of failure and “yes” is the opening to the faith of making anew.
  What is it to say “no”? What is it to say “yes”?
  To one a “no” is to choose one’s self and a “yes” is to walk into entrapment of obligations.
  To one a “yes” is a closure to an indifferent past of oversight in pain and a “no” is to stay away from the familiar to create the different.
“Yes” to you may be a “No” to me. Still to the same boundaries of growth, independence, closures and love.
That is what it is to say “yes” or a “no”; boundaries.

Board Committees

**Development**
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Suzanne Arnits
Peggy McCarthy

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Terry Gertsen
Michael Inman
Rosalie Larsen
Craig Pridemore
Peggy McCarthy

**Nominating**
Adam Pithan
Peggy McCarthy

**Fundraising**
Ann Donnelly
Kim Schniederman
Suzanne Arnits
Peggy McCarthy

**Governance**
Michael Altig
Janet Ragan
Melinda McLeod
Bryan Miller
Peggy McCarthy
LET'S TALK MENTAL HEALTH

THREE PRINCIPLES

Looking for ways to improve your mental health? There are countless ideas, innumerable suggestions, a multitude of therapies, and scores of self-help gurus addressing our mental health. They can easily overwhelm us. Look at three simple principles, if practiced, they will help keep you on-track with promoting good mental health.

Principle 1: What’s the trouble? (If it isn’t broken, don’t fix it!)

This means identifying the area of your life where you want to see change. Examples might include how you’re interacting with friends, spending the day, approaching a dilemma, etc. If there is more than one problem, you might ask which one bothers you most, where a change will make the most positive difference.

The “If it isn’t broken, don’t fix it” part means that it may be more helpful not to spend a lot of time and energy addressing dysfunctional family patterns or old hurts from the past. You don’t need to wait to fully resolve all your old issues in order to create significant and profound changes at many levels.

Principle 2: If it works, do more of it.

One of the most powerful – yet incredibly simple – tools is PAYING ATTENTION TO WHAT IS WORKING. This is your personal and unique key to success. There may be pieces of the solution that are already happening; maybe you just did not notice them. Or there may be times when, for whatever reason, the problem is not so much a problem. Notice those times! How did you do that? There is a fascinating pattern that you may notice: parts of the solution may not seem to be directly related to the problem. Solutions emerge in many different ways, so discover them, build on them, and notice how they make difference.

Principle 3: If it doesn’t work, stop doing it. Do something different.

Sometimes, without realizing it, people continue to apply solutions that don’t work – and even worsen the very problem they were supposed to be solving! For example, sometimes the more one person in a relationship “pursues,” the more the other “distances,” and vice versa. Here, either person “doing something different” could break the cycle. The same pattern emerges with many common messages we give others and ourselves (examples: “Don’t let it get to you” and “Justa decide”). Although these approaches may make perfect sense, sometimes they just don’t work well enough, and then we may feel bad about not being able to follow such reasonable, well-intended advice.

There are HUNDREDS of ways of “doing something different,” so – experiment! Some of the most creative solutions people discover emerge after someone says to them, “IT LOOKS LIKE WHAT YOU’RE DOING ISN’T WORKING. SO DO SOMETHING DIFFERENT!”

Stop in and visit us at NAMI SW WA and find out about the many services we offer at no cost to you. While you are here, pick up your Three Principle Card to post on your refrigerator, mirror, door or wherever it will work best for you as a reminder of where you want to see change, what is working and what is not working.
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.

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)

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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**NEW LOCATION**

(360) 703-6722 Longview, WA 98632

1128 Broadway

**COMMITZ**

May 2017

Southwest Washington
**UPCOMING NAMI SIGNATURE TRAINING OPPORTUNITIES**

To participate in any training class, you must pre-register by calling 360-695-2823 at least 10 days prior to the class.

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. **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 - Wednesday, April 26, 6-8pm

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

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

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**Save the date for NAMIWalks NW — Sunday, May 21, 2017**

The Walk is held annually at the Vera Katz East Waterfront Promenade in Portland, OR. Enjoy a scenic 5K (3.1 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/](https://namiswwa.org/namiwalks_northwest/)
Welcome to the Cowlitz Corner. We look forward to helping you on your journey with mental health recovery.

We are excited to announce we will offer the signature class Connection support group every Thursday from 3:00 – 4:30 pm. Starting June 1st.

NAMI Connection is a recovery support group program for adults living with mental illness. These group meetings provide a place that offers respect, understanding, encouragement, and hope. NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

All NAMI Support Groups are confidential – participants can share as much or as little personal information as they wish. Meetings will be guided by NAMI Connection’s Principles of Support. Prospective participants are welcome to drop-in and check the group out.

We are having a fundraiser for the Cowlitz County office. Please join us at our new location in Longview on May 25th from 2:00 – 4:00 pm. Refreshments will be served. We have a donation wall where items have been made or donated by those impacted by mental illness. All donations will benefit the Cowlitz office.

All our services are no charge to the individual or family members living with mental illness. We are a non-profit and rely on grants and generous donors to able to provide our services no charge to individuals, family members and friends. We hope to see you there.
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

CRISIS LINES
CLARK COUNTY
(360) 696-9560
(800) 626-8137

SKAMANIA
(509) 427-3850

COWLITZ
(360) 425-6064

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.

NAMI SW WA
Bulletin Board

➢ **NAMI Basics Class started on Wednesday, April 26th.** You can still register and attend the remaining 5 weekly classes. 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.

➢ We are excited to announce we will offer the signature class **Connection support group** at our Longview office starting June 1st. Every Thursday from 3:00 – 4:30 pm. Call 360-703-6722 to register for the class.

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Register at [https://namiswwa.org/namiwalks_northwest/](https://namiswwa.org/namiwalks_northwest/)
$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