Attention Artists, Crafters, and Writers!

What is your creative passion?

NAMI SW WA is hosting an upcoming silent auction in early October to celebrate life and support Suicide Prevention awareness!

Throughout the history of humankind, expressions and emotions have been communicated from the heart and mind by way of various creative media...paper, wood, stone, paint, crayon, bead, fabric, music, song, and many other arts.

We are calling all passionate artists, crafters, and creative writers to contribute one or more unique and personal pieces that will be displayed and auctioned to raise money for NAMI SWWA. Would you like to donate a personalized creation to help make the event a success?

All items will be on display at various sites in our community.

Please drop off items with a description, suggested value, and your contact information at either our Vancouver or Longview office!

Want more information? Please call either the NAMI SW WA Vancouver office at 360-695-2823 or contact Stephanie, directly, at 360-695-2823. There will be more information in August’s issue.
From the Director’s Desk

Dear Members and Friends,

Many NAMI affiliates across the nation have encouraged NAMI National to establish a more robust membership program. On July 1, 2017, this new program will launch.

The individual membership will increase from $35 to $40/year. There will now be a household membership; the cost for this is $60/year and will include all in the household. The Open-Door membership cost will increase from $3 to $5/year for an individual with low income.

NAMI SW WA will continue to send letters to all our members about two weeks prior to the time your membership expires. You can renew your membership by sending a check to our Vancouver office or going to our website www.namiswwa.org and click on Join NAMI. If possible, please join through our website which will enable us to update our database quickly. Please make sure you rejoin in either of these two ways.

As always, we will continue to provide portions of these membership dollars both to the state and national organizations. For example, the individual membership portion paid to NAMI WA is $12.50 and the portion paid to NAMI is $10; we get to keep $17.50. Each membership gives us a vote for state and national board members.

NAMI SW WA currently has 160 members; membership throughout the just over 1,000 affiliates in the U.S. is slightly over 100,000. It is our goal to significantly increase our membership in the next years. Please join if you are not already a member.

Best to you,
Peggy

Remembering Marcia Altman

Marcia passed away on Sunday, June 18, 2017 in a retirement facility located near her daughter Rosalie Olds’ home in Renton, Washington. Marcia lived most of her adult life in Kelso, WA. Her husband, Bernard (Bernie) Altman, died September 8, 2016.

Marcie was a founder of the Friends of the Kelso Library. In 1979, Bernie and Marcia co-founded what would become the Alliance on Mental Illness in Cowlitz County. They served as co-presidents prior to the 2013 merger with NAMI Clark County, that became NAMI SW WA. She will be dearly missed by her family and friends. Check the Daily News or contact NAMI SW WA for details regarding an upcoming memorial service.
Rekindle your Wonder with Creative Self Care

By Angela Swanson

When we were children, the world was a wonderful, magical place. A simple cardboard box was a spaceship hurrying through the cosmos. The living room couch was the only harbor in a sea of boiling lava. A winter scarf was a wedding veil suited for a princess bride.

Where does the magic and wonder go when we grow up? When does a cardboard box change back into a cardboard box? When do we stop jumping on the couch and start lounging on it? When do our raging rivers of creativity slow to a trickle? And why?

Yes, we grow up. We take on responsibilities, pursue careers. We have families, hobbies, bills, and goals. And sometimes, somewhere in all of that, our wonder gets stuffed into a mental corner, as forgotten as our imaginary fairy tale wedding.

But is that where it should stay?

Though it may seem that childlike wonder serves no purpose in our busy, adult lives, what if the opposite were true? What if Wonder is the catalyst that brings out our most powerful qualities, which in turn can fuel our passion and ignite our creativity? What if Wonder is the key to a living a life we can truly enjoy, to taking care of ourselves and feeding our souls?

Perhaps you've lost touch with your own ability to wonder; it's gone unused for so long you're not sure how to jumpstart it again. Or if you even should. After all, you're a grown up now, not some wide-eyed Peter Pan. You hardly have time to eat a decent meal, let alone try to reimagine your life through the prism of pure wonder.

The good news is, it's never too late to harness your wonder and redirect it from Living Room Hot Lava to feeding your passion and pursuing your destiny. Because sometimes, let's be honest, we don't know what our passion even is. Or sometimes things like anxiety, depression or just plain fear impede our ability to focus on what we actually want in life.

If this sounds familiar, below is a list of ways that can help you rediscover your wonder and help determine your true life's passion.

- Harness your inner rock star and take guitar, drum or singing lessons (or the accordion if Weird Al Yankovic is your muse).
- Be a local tourist – check out an art exhibit, farmers market, festival, cafe, or street art. Don't forget to wear black socks with sandals to play up the tourist role!
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.

Pick out a magazine you’ve never read, but that sparks your interest. You can find one in person, but online offers even more possibilities.

Check out a smaller venue for some live music. If you’re feeling extra inspired, get off your duff and dance (maybe even on a table!).

Start writing. You can find online writing prompts, or you write a personal story, an art journal, fiction, a prayer list, whatever works for you. Just get writing and creating.

Find an online recipe that has good reviews and make sometime new for dinner. Bring leftovers to a neighbor who may not have time to cook for him or herself. Bonus points if it includes an ingredient or two you’ve never used before!

Browse in an antique store and pick up something that reminds you of being young again (or makes you feel old when you remember using a hand-crank telephone!).

Plant flowers or a garden. Or if your thumb isn’t so green, create a rock garden.

Start planning and saving for your dream vacation. Create a budget, get travel brochures, look online at hotels, attractions, start learning the language, cook some local dishes and count down the days until it’s time to GO!

Join your partner in pursuit of one of his or her hobbies, even if it’s just once. You may discover an appreciation for their love of boating, dance, football or carpentry. And even if you still don’t get their obsession with Tai Chi, they’ll love you for trying!

Find a karaoke bar and belt out your favorite tunes for an audience. Even if you sound more like Rosanne than Beyoncé, a well-picked song will bring down the house.

Go to the nearest park or trail and get grounded in nature.

Grab some magazines, scissors, glue and a blank notebook or art journal. Snip and glue and create a collage. Collaging is such a free and easy way to create and express yourself visually. Look for colors, textures, words, and images and bring them together in new ways.

Maybe these ideas don’t spark the fire within, but what have you wanted to do or would have thought "I will try that someday." Don't put it off, now is the time to do it.

Most of all explore, use your imagination and be spontaneous just like you did in your childhood. When I remind myself to connect and rediscover my wonder with creative self-care, a favorite quote of mine by Mary Lou Cook comes back to me:

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes and having fun."

If that isn’t the definition of a wondrous childhood, I don’t know what is.
We Celebrate Teresa Williams’ Accomplishments!

Teresa was in jail 4 years ago. Once out of jail, she was homeless and suffering from PTSD and severe anxiety. Recently, she has been marveling on how far she has come. On Thursday, June 22, she graduated with an Associate’s Degree in Business from Clark College with honors with plans to go on for her Bachelor’s!

Teresa has been a valued NAMI SW WA volunteer along with her dog Max, a dachshund. Max is an emotional support animal (ESA) and part of our Vancouver office family because he goes everywhere with Teresa. In addition, she was our student intern for 10 weeks, improving her business skills. She is currently now a peer-leader of the Women’s Support Group and has learned how to set healthy boundaries. Way to go Teresa!

Crisis Conversations

NAMI SW WA’s Question: When I last called Crisis Services I spoke to someone who was really able to help me. If I call again will I be able to speak to the same person?

Clark County Crisis Services Response

The Crisis Line is a 24/7 service run by a large group of professionals where calls are answered according to clinician availability. While this is not intended as a source of ongoing counsel with a specific person, we work as a team and track all calls, allowing at least some continuity of contact.

We can be reached at (800) 626-8137 or call the National Suicide Prevention line at (800) 273-TALK (8255) or for LGBTQ focus call (866) 4-U-TREVOR. **Southwest Washington Crisis Line 24 hours per day: 360-696-9560**

Board Committees

**Development/Marketing**
- Ann Donnelly
- Suzanne Arnits
- Peggy McCarthy

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

**Governance**
- Michael Atlig
- Janet Ragan
- Melinda McLeod
- Bryan Miller
- Peggy McCarthy

**Nominating**
- Adam Pithan
- Peggy McCarthy

**Fundraising**
- Ann Donnelly
- Kim Schneiderman
- Suzanne Arnits
- Peggy McCarthy
GenevaWoods

Behavioral Health

Our packaging options and dependable delivery are an added benefit for your clients, and our Refill Maintenance program coordinates clients, providers and insurance to offer patients streamlined prescription refills.

Free Adherence Packaging
- Client's name
- Date and day of week medication should be taken
- List of medications in each bubble
- Color coordination for time of day to be taken
- Easier to open peel back instead of push through
- A larger blister, perforated and portable

Additional Services
- Clozapine monitoring program
- Prior Authorizations
- Pharmacist collaboration
- Health Minder Refill Maintenance
- Web Connect
- Telephone support for client questions

There's no place like Healthy®

Free Delivery
**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.

(Professionals who care for people with mental illness and those affected by mental illness.)

**Drop in.**

**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.

Call to sign up.

**MONDAY**

NAMI Walks and Talks

12:00

TUESDAY

STRivE First Steps

3:30 - 5:00 pm

WEDNESDAY

Women’s Support Group

Board of Directors’ Meeting

10:00 - 11:30 am

3rd Wed of every month at 6:00 - 7:30 pm

THURSDAY

Writer’s Group

Family Support Group

3:30 - 5:00 pm

3:30 - 5:00 pm

Connection Recovery Support Group

3:30 - 5:00 pm

FRIDAY

NAMI Walks and Talks

12:00

Art Group

12:00 - 4:00 pm

4th Wednesday, July only, 2:00 - 3:15 pm

Volunteer Orientation

4th Wednesday, July only, 1:00 - 4:00 pm

MENTAL HEALTH MEDICATION CONSULT

BY APPOINTMENT

Call 360-695-2823

MENTAL HEALTH DISABILITY/WORK INCENTIVES COUNSELING

Call 360-695-2823

INFORMATION LINE - 9-5 Monday-Friday

Call 360-695-2823

PROVIDES SUPPORT AND RESOURCES

DISABILITY/WORK INCENTIVES COUNSELING

Peers support group for those affected by mental illness.

Support for families of military personnel who are struggling with mental health issues.

Support for friends and family of people who have a mental health diagnosis.

(Professionals who care for people with mental illness and those affected by mental illness.)

**2823 (360) 695-2823**

Suite 4, Mill Plain Blvd.

Our entrance is on the West side.

On Mill Plain Blvd between Devine and MacArthur.

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<td><strong>NEW LOCATION</strong></td>
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<td><strong>MENTAL HEALTH MEDICATION CONSULT</strong></td>
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**NEW LOCATION**

1128 Broadway
Longview, WA 98632

**Phone Numbers**

- Mental Health Medication Consult: 360-695-2823
- Disability/Work Incentives Counseling: 360-695-2823
- Volunteer Orientation - 4th Thursday: 360-695-2823
- Connection Recovery Support Group: 360-695-2823
- Peer Support Group: 360-695-2823
- Peer Support Group: 360-695-2823

**New Location**

1128 Broadway
Longview, WA 98632

**Office Hours**

- MONDAY: 10 - 4
- TUESDAY: 1 - 4
- WEDNESDAY: 10 - 4
- THURSDAY: 10 - 4
- FRIDAY: Office Closed

**Contact Information**

- Call: 360-695-2823
- Email: info@newlocation.com

**Services Offered**

- 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. (Drop in)
- Peer support group for those affected by mental illness.
September 30, 1659. I, poor miserable Robinson Crusoe, being shipwrecked, during a dreadful storm...came on shore on this dismal unfortunate island, which I called the Island of Despair, all the rest of the ship’s company being drowned, and myself almost dead.

How does Robinson Crusoe’s journey on the Island of Despair relate to the journey experienced by many individuals with mental health challenges plus chronic pain? Like Robinson, many individuals experiencing such challenges find themselves trying to orient themselves to their circumstances. A map would help, a compass, something that would help to know the risks of taking one direction or the other. Like Robinson, they are thrust into unknown territory, a health care system that tends to focus on the illness and not the whole person.

As Robinson did, they try to make a plan, to survive, to find safety and rescuers—doctors, specialists, counselors, more doctors, more specialists, more counselors—hope, a cure. Options may be limited by their insurance or by the inability to diagnose or treat “the condition.” As Robinson did, they become disillusioned and ask the inevitable questions that have no answers. “Why me?” “What did I do to deserve this?” “How long?”

Much of Robinson’s despair was isolation. He writes in his journal, "And now I began to enter into a melancholy silent life, such perhaps as was never heard of in the world before." Despair is what brings many people to counseling. Mental illness and chronic pain tend to isolate, it’s hard to go out, difficult to participate, friends and even family don’t understand how to deal with such issues and many quit coming around. Despair.

Robinson’s life reached a turning point when he began developing skills and recrafting his life to his new circumstances. That turning point is different for each individual, however, positive change depends on the skills and efforts made today to get on with life in the midst of mental health and chronic pain challenges. If you are dealing with mental health issues plus chronic pain, it is our hope that some of the skills offered in Living Beyond: Chronic Pain Management Group will assist you in getting on with your life.

If you are receiving mental health services or wish to receive mental health services and are a recipient of Apple Health (Washington State Medicaid) through Molina Healthcare or Community Health Plan of Washington and are interested in this group, please call NAMI SW WA at (360) 695-2823 for more information.
Welcome to the Cowlitz Corner

We look forward to helping you on your journey with mental health challenges.

The outreach team met with Pastor Jon Donohue at The Grove Alliance Church in Longview. They graciously offered their building to aid us in presenting several programs in September for Suicide Prevention month. The dates will be announced at a later time.

We also met with Kyle Rice, the Assistant Manager at Burgerville in West Kelso. What a kind and genuine person he is. Kyle cares deeply for his crew and the many customers that they serve. We will be partnering with Burgerville in August to raise money for the Cowlitz office. The date was not confirmed at print time. Ten percent of all purchases at Burgerville will be donated to our local office. Hi to Leann!

We’re excited to announce the addition of another NAMI Signature class. “Connection Recovery Support Group” is a peer-led support group led by NAMI trained facilitators who have been there. It’s a great support for those living with mental health challenges. The group meets every Thursday from 3 to 4:30 pm.

Crisis Conversations

NAMI SW WA’s Question: When I last called Crisis Services I spoke to someone who was really able to help me. If I call again will I be able to speak to the same person?

Cowlitz County Crisis Services Response

In the middle of a crisis or stressful event, it can be so helpful to connect with a warm and caring individual who hears you and understands the challenges that you are experiencing. Providing this kind of care and safety is our purpose, mission, and goal! As in most helping relationships, sometimes an individual “clicks” with one person better than another and benefits from the approaches used by some more than others. It is certainly optimal to speak to a clinician with whom you “click.”

Crisis Response Services are available 24-hours a day, totaling 168 hours each week. Crisis clinicians typically work 10-hour shifts for 40 hours each week, meaning that they work about 25% of any given week. There are typically one to three crisis clinicians scheduled for each shift, and they are responsible for responding to the needs of the entire region. Often, the clinician who was particularly helpful is there and available to support you, and sometimes that clinician will be in the community meeting the need of someone else experiencing a crisis. All of our crisis staff are trained to listen and meet the needs of people who reach out for support. We communicate with each other regularly in staff meetings and by documenting each and every call in our electronic health record. When you call, the staff member can review your record to see what was helpful the last time you called. If you have developed a crisis plan, we can enter that into the electronic health record and receive specific input from you regarding what is helpful and unhelpful, so that no matter who answers your call, we have an idea about how we can best support you. And you never know—you might find that there are several clinicians who are a good fit for you!

We strive to meet your need and respond with compassion each and every time you reach out for support. It is our honor and privilege to serve you. **Cowlitz County 24 Hour Crisis Line: 360-425-6064 or 800-803-8833**
NAMI SW WA has counseling sessions open on the same or next day for those insured by Washington State Medicaid (Apple Health) and assigned to either Molina Healthcare or Community Health Plan of Washington. Please call our office at 360-695-2823 and ask to be connected to Janet to make an appointment.

Would you like to be a NAMI trained educator or facilitator? We have several classes coming up. There is no cost to you. If you have any questions, please call 360-695-2823 or speak to staff in either office. The schedule is as follows:

- In Our Own Voice is July 22-23rd in Yakima
- Homefront is September 9-10th in Kirkland
- Basics is October 13-15th in Kirkland

The new NAMI SW WA Writers Group is meeting on Thursday afternoon from 3:30 p.m. to 5 p.m. If you are interested in learning to tell your own story, have an interest in writing about anything, or are interested in talking to others who are writing please attend this group at our Vancouver office.

Suicide Awareness Month: September
NAMI SW WA is making big plans for Suicide Awareness programs in our three counties during September. If you would like to participate in planning and carrying out these plans please contact Heidi, Annett, or Cindy at the main office in Vancouver (360-695-2823). While most of the large programs will be held in Clark County we will be doing smaller events in both Cowlitz and Skamania counties. Our schedule will be posted in the August newsletter. We look forward to seeing you in September!

NAMI SW WA educational classes require pre-registration. Our classes will start in September in both Vancouver and Longview offices. Please call 360-695-2823 to get on our list. Watch for the schedule in this newsletter in August.

- Family to Family
- Basics
- Homefront
- Peer to Peer

NAMI SW WA will train high school students from Hela High School to become peer mentors for their fellow students in late August prior to the beginning of the school year. You will hear more about this program and what the students are doing throughout the school year.

NAMI SW WA welcomes Tod Peterson, former Corrections officer, as a WSU Vancouver doctoral (PhD) practicum student who will work with us for the next almost nine months as he works with us to evaluate our SEE ME program as it is used to train EMTs. Since the launch of SEE ME in mid-2014 we have trained over 700 emergency medical technicians enrolled in the Clark College training program the Northwest Regional Training Center.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!

Individual Membership Fee
- $140 ($40 fee plus $100 donation)
- $100 ($40 fee plus $60 donation)
- $60 ($40 fee plus $20 donation)
- $40 individual membership fee

Household Membership Fee (list each name in household)
- $160 ($60 fee plus $100 donation)
- $100 ($60 fee plus $40 donation)
- $75 ($60 fee plus $15 donation)
- $60 household membership fee

Open-door membership (low income)
- $5 Open-door membership fee

Donation Amount $ ____________

Name(s): _______________________________________________________
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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 and Materials

Please return your payment and completed form to:
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Vancouver, WA 98661

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