We offer HELP for today and HOPE for tomorrow

NAMI SW WA Invites You to a Lift Up Life Community Conversation!

When we live in a community, we listen to each other’s true stories. “We remember our capacity to lean in and love each other back to wholeness.” —Christina Baldwin

TRUTH & RECONCILIATION
Have you ever wanted to have an opportunity to tell the greater community about what you feel is working or not working in our mental health system? Come Listen... Come tell your experience.

Receivers and Givers of mental health care share your experience in a safe place to help build a community partnership.

Monday, November 6th
5:30 – 8:30 pm
YWCA of Clark County
3609 Main St, Vancouver, WA

Contact (360) 695-2823

Silent Art Auction— We had a fun night that was very successful. Everyone got very involved, and we enjoyed having you all there. We’d also like to thank everyone for coming, thank the artists for contributing their work, and the bidders for being there and making it such a fun night. Thanks to our sponsors (see page 2)
Dear Members and Friends,

First we want to thank those who worked so very hard to make our Art Auction a great success. Thanks to Mandy Rager, the owner of Firefly Atelier. She offered her salon space for the event and then proceeded to partner with Heathen Brewery and Feral Public House who provided beverages and food for the event. We were also very fortunate to be gifted with the use of an empty office space next door that is managed by Al Angelo Company so our guests that evening could spread out a bit to visit after viewing and bidding on the art. Thanks, Nicole, for your assistance with this. Everyone agreed the evening needs to become an annual event.

November is our Annual Giving Month, and our goal is to reach $50,000 in donations this year. Please help us reach this goal by reaching deep into your pockets to help us ensure that we can keep offering the wide array of classes and groups that help both individuals and family members affected by mental health issues stay focused on mental wellness.

We are also preparing to pack our gift bags in December. This project allows us to deliver bags of socks, gloves, hats, personal care items and treats to those in residential treatment programs, homeless shelters, and other sites in our four counties so they can have a bit of joy as 2017 nears an end. Please donate bags of wrapped candy, snack bars, and other pre-packaged treats, non-perfumed personal care and other items to us by December 15th. You can join us to stuff bags and deliver then during the following week. Specifics will be in the December newsletter.

We hope that everyone has a delightful Thanksgiving.

Peggy
Only Good Children

by Chiara Caballero

A bright white room with antiques and nice furniture. I was told to touch nothing. I was a child who was being rehabilitated for bad behavior. They gave me a turtle suit I wore with nothing beneath it. I had to keep my parts covered with the meager pieces provided. I had to roll with the suit on, somersault-like to get from one area to the next. The white light burned my skin, and I was sent back to the beginning each time to redo the assignment. At some point, I was in a large puddle, and my face was stuck underneath a metal toilet. My head only fit if it turned a certain way. I was being instructed to turn my head and get out from under the pipe which connected toilet to wall. I gritted my teeth as the metal connected with my collarbone. "Only good children." My hands cuffed to the pipe. "Only good children get out of here," I repeated after my instructors who were quickly losing patience. "Only good children..." through gritted teeth as my hair whipped into my eyes.

Words on Jail and Psychosis

by Chiara Caballero

One day I became sane again and learned that five weeks had passed. The time lost pointed to what had happened, what I’d done, and what happened to me. In severe psychosis for several weeks, I remember that time in terms of the delusions and hallucinations I had. A jail stay of almost two weeks and several weeks at Telecare for treatment. When I finally did get out, the depression I felt afterward was staggering. I thought, why didn’t I die? I could have, so why not? I felt a pull to share what I’d learned, yet another case of mental health that the system sort of failed and swept aside. I guess if I hadn’t a beautiful supportive husband and a family that would take me in, the right meds, and state insurance I could’ve easily ended up on the streets, dirty, alone, starving, and never getting better like many others I’ve seen.
FYI, I am your trigger. If you continue in this direction, I am going to trigger a manic episode in your life and wreck you for a few weeks, with consequences that will likely be destructive and possibly permanent. Just... you know...FYI.

Wouldn’t it be nice if our triggers made themselves known like that? If they introduced themselves, giving us the opportunity to decide whether or not we wanted to do business with them?

While scientists are still trying to uncover the mysteries of how a person develops bipolar disorder, one thing has been clear, there are certain common triggers that start a manic or depressive episode. According to a recent article on VeryWell.com, triggers include:

**Depression Triggers**
- Stress
- A new birth
- Loss of loved one
- Use of drugs or alcohol
- Drastic relationship changes
- Injury or illness
- Menstruation
- Lack of exercise
- Unemployment
- Financial struggles

**Mania Triggers**
- Falling in love or breaking up
- Job changes
- Death of a loved one
- Changes in sleep behavior
- Stress
- Moving
- Traveling
- Use of drugs or alcohol
- Staying up late
- Impulsive spending

It doesn’t mean you have to avoid shopping, relationships, or exploring the world around you, but it does mean being mindful of how you are feeling when triggers appear helps reduce them. Understanding what triggers are will help you plan for how to cope before they start. Of course, everyone’s response to triggers isn’t always the same. One person’s trigger into hypomania might be another’s into severe depression. I am learning to recognize my triggers and mindfully prepare proactively to prevent a severe manic or depressive episodes from beginning. For someone new to bipolar disorder, a trigger and the ultimate response, might be less predictable. Creating a trigger action plan can help by recording of your day-to-day life.

Maybe you started the day feeling great, but by the afternoon you felt deflated or almost in tears. Did you have a disagreement with someone? Get loaded up with extra work at the office? Receive an unpleasant phone call from your child’s school? Keeping tabs on when and why your mood starts to shift can be eye-opening. Creating a list of coping tools can keep the symptoms under control.

What about when you’re feeling really good? After all, if you’re in a ‘high’ period, why would you want to pump the breaks on that? The problem is, once you’re in euphoric hypomania, you risk snowballing into severe mania that is difficult to control, then crashing into the downward spiral into deep depression.

*Continued on Page 9*
Let’s Talk Mental Health

Beating the Holiday Blues

The holiday season is on its way. It is a busy time of year. We are expected to do, attend, and plan. In a recent survey, 64% of people say they are affected by Holiday Blues and 24% of those say they are affected a lot. The Holiday Blues, unlike clinical depression and anxiety, are temporary and associated with the extra stress, unrealistic expectations, memories of past holidays, and memories of a loved one who is gone. This experience might include fatigue, tension, frustration, loneliness or isolation, sadness, and a sense of loss. Although temporary, it still must be taken seriously as it can lead to long-term mental health conditions.

Here are some helpful hints to combat those Blues:

- **Plan Ahead**
  Holidays seem to come with a lot of extra expense. Plan your budget in advance, don’t charge, only spend cash or use your debit. Maybe there’s no cash to budget. Tap into some of your skills—bake, paint, knit, sew—whatever you’re good at.

- **Set Boundaries**
  Holidays are a time when the expectation for some families is to spend time together. Guess what? Not everyone gets along with their family. Be realistic about what you can and cannot do. Set your boundaries. You may have to come late and leave early instead of spending the day.

- **Don’t Overcommit**
  You may be asked to take on many responsibilities, or you may even put that on yourself—shop, cook, decorate, send out cards, and go to parties or plan the parties. Prioritize and cut out the things that aren’t truly important.

- **Avoid Loneliness & Isolation**
  Volunteer for one of the many organizations that need help with clothes, food, toy drives, and fixing or serving meals. You’re helping and at the same time may find some friends.

- **Honor a Lost Love One**
  Holidays may stir up memories of those you have lost. This might be a good time to create a new tradition to honor your love one—light a candle, give to a charity in your love one’s name, buy or make a special ornament, make a memory wreath, plant a tree, create a memory book, and share your memories with someone else who feels the loss.

- **Take a Break**
  Getting overwhelmed with it all? Find a quiet place, put your feet up, grab a good book, listen to your favorite music and unplug from all the media—television, Facebook, Twitter. The news is frequently far from uplifting, commercials can be painful, and friends’ Facebook photos of their holiday adventures or how #blessed they are because they’re having the #PerfectChristmas isn’t helpful when you’re feeling down.

Remember, the Holiday Blues are short-term. Be patient. Take things day by day or week by week.
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.

844.653.0314
genevawoods.com

There's no place like Healthy®

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

Free Delivery
## 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

## Unforeseen circumstances may cause a group or class to be cancelled. Please call ahead to confirm.

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<td>Creative Writing for Wellness</td>
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<td>LBTQ+ Support Group</td>
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## Location
On Mill Plain Blvd between Devine and MacArthur.
Our entrance is on the West side.

## Resources
- Peer Support Group for those affected by mental health issues.
- Support for families of military personnel.
- Drop-in support for friends and family of people with a mental health diagnosis.
- Peer support group for those affected by mental health challenges.
- Support for families of military personnel affected by mental health issues.
- Support for families of military personnel affected by mental health issues.
**Mental Health Medication Consult**

BY APPOINTMENT

Call 360-695-2823

**Disability/Work Incentives Counseling**

Call 360-695-2823

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

Call 360-695-2823

Provides support and resources for people affected by mental health issues, personal who are struggling with mental health issues, or family of military personnel.

**Support Group for Those Affected by Mental Health Challenges.** (Drop in)

**Peer Support Group for Those Affected by Mental Health Challenges.** (Drop in)

**Support for Friends and Family of People with a Mental Health Diagnosis.** (Drop in)

**Support for Families of Military Personnel Who Are Struggling with Mental Health Issues.** (Call to Sign)

**Peer Support Group for Those Affected by Mental Health Challenges.** (Drop in)

**Psychoeducation and Tools for a Successful and Sustained Mental Wellness.**

**Drop in. Support for Friends and Family of People Who Have a Mental Health Diagnosis.** (Drop in)

**Drop in. Support for Families of Military Personnel Who Are Struggling with Mental Health Issues.** (Call to Sign)

**Psychoeducation and Tools for a Successful and Sustained Mental Wellness.**

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<td>EXPRESSIVE ARTS</td>
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Continued from Page 4

Ideally, the time to use the tools you have created is when you are experiencing the following symptoms or get outside help:

**Mania or Hypomania Symptoms**
- Elevated mood or increasing irritability
- Inflated sense of self
- Decreased need for sleep
- Increased activity or energy
- Pressured speech
- Engaging in risky behaviors
- Overspending

**Depression Symptoms**
- Negative thinking or self-talk
- Paranoia
- Isolation
- Hopelessness
- Lack of self-worth

Like most things in life, becoming aware of triggers takes practice being mindful you don't write off an uptick in energy from that pumpkin spice latte you just downed. Surround yourself with a network of people who will speak up and let you know when you need to slow down, get rest, or stay safe. You can even come up with a word or phrase they can use when things look like they're headed in an uncontrollable direction for you. With effort, awareness, and practice, everyone who deals with mania or depression can learn to spot their triggers and exercise a proactive, healthy way of managing them.
Support NAMI SW WA through AMAZON Smile when you shop!

Click: https://smile.amazon.com

Log-in with the same username and password you use for your Amazon account.

- Type in NAMI Southwest Washington as the charity you want to support and select!
- Shop and save the link for the next time you shop your Amazon account.
- .05% of all of your purchases will be credited as a donation.
- Please sign-up today.

Welcome to the Cowlitz and Wahkiakum Corner

Hello to all our friends in Cowlitz and Wahkiakum Counties! We embrace all those who are living with mental health challenges and those that love and care for them. We are happy you picked up our newsletter and welcome all to stop in or give us a call with any questions or concerns you may have. Our staff and volunteers are all peers with lived experience, meaning we either have a family member or a loved one living with mental health challenges or are living with a challenge ourselves and are in stable recovery. Our office is a safe, inviting space for all, and services are confidential and offered at no charge to those accessing them.

We were excited to attend several events this month. We had a table set up at the Veterans Stand Down and had an opportunity to share our services with veterans and their families. We also attended the Emergency Support Shelter's "Candle Light Ceremony" and passed out literature. We also made a presentation to the nursing students at Lower Columbia College and to "Family Youth System Partner Round Tables (FYSPRTs) here in Longview. We want to thank all who attended and volunteered at these events as we continue to help break the STIGMA surrounding mental illness.

Please check our calendar in this publication for the time and dates of our ongoing classes and support groups. Stop in and say hello!

Thanks,
Jan

Despite the rain, the 6th Annual Donnelly Walk Fundraiser was a success! We exceeded our goal and raised $5,565 toward NAMI SW WA programs. Thank you to everyone who participated and donated to our organization. A special thank you to Ann and Mike Donnelly for organizing this wonderful event. We also appreciate our sponsors, Schwabe, Williams, & Wyatt and U.S. Bank.
Resources:

NAMI SWWA 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 LINE
CRICKLINE
(360) 696-9560
(800) 626-8137

SKAMANIA
(509) 427-3850

COWLITZ
(360) 425-6064
(800) 803-8833

WAHIKAIKUM
800-273-8255

Vital Support

Program Coordinator
Phyllis Chun

For all NAMI SWWA Courses call Phyllis
360-695-2823
to sign-up or email her at
Phyllis.c@namiswwa.org
Classes fill-up quickly

Event Coordinator

Angela Swanson

Intern
Collin Stumbaugh

Bulletin Board

➢ New NAMI SW WA Groups
Gender & Sexuality Support Group for the LGBTQO+ community. Every Tuesday, from 6:00 to 7:30 pm at the Vancouver location.
Expressive Arts Group - (no cost; all supplies provided) Longview: Wednesdays, from 12:00 to 3:00 pm. Vancouver: Fridays from 1:00–4:00 pm. Drop-ins welcome.
Writer’s Group - Anyone interested in writing stories, poetry, journals, etc. please join us. Vancouver: Fridays from 12:00–1:00 pm. Drop-ins welcome.

➢ NEW Education Class in December
NAMI Family & Friends is a 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families. Sign up on line at:
https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-Friends
Longview: November 11, 2017 10:00 am – 2:00 pm
Vancouver: December 2, 2017 8:00 am – 12:00 pm

➢ Events
NAMI SW WA presents a Lift Up Life Community Conversation:
Truth & Reconciliation
Nov. 6th, 5:30–8:30 pm at YWCA of Clark County
3609 Main Street, Vancouver WA

Volunteer Appreciation Night : We invite all of our current volunteers to please join us so we can thank you for your hard work to make NAMI SW WA what it is today.
Food generously donated by Burgerville.
November 17th, 5:30–7:30 pm at NAMI SW WA
5411 E. Mill Plain Blvd, Suite 4 , Vancouver, WA

➢ Upcoming 2018 Education programs and Classes
Family to Family
Basics

Peer to Peer
Parents and Teachers as Allies
Ending the Silence
Pre-register by calling 360-695-2823

Large Study on Depression and Bipolar Disorder
Have you been diagnosed with bipolar disorder or any major depressive disorder? Here is a study in which you might want to participate. The study is looking at both the genetics of these diagnoses. Go to: www.23andme.com/depression-bipolar to register. If you decide to participate, please let us know what your participation is like and any results you hear.

New Chronic Pain Management Group
Pre-register for the next 11-week group. Participants must have Washington Apple Health (Medicaid) through Molina or Community Health Plan of Washington.
(360) 695-2823.
Membership Form — fees changed July 1, 2017

There are three types of memberships:

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

Household Membership Fee (*new)
- $75 ($60 fee plus $15 donation)
- $100 ($60 fee plus $40 donation)
- $60 household membership
(List each name in the household below)

□ $____ My Tax-Deductible Donation

Open-Door Membership (limited income)
□ $5 membership fee

Name(s) ___________________________________________ Date _____________

_____________________________________________________

Address ____________________________________________

City __________________________ Zip ______ State ___

Primary Phone ______________ Secondary Phone __________

Email ___________________________ □ I prefer to receive the newsletter via email

NAMI Membership Includes:
- NAMI National Advocate Magazine, quarterly
- NAMI Washington Friday Facts, weekly e-mail by request
- NAMI Member Discounts on NAMI events and materials
- NAMI SW WA Newsletter, monthly
- At Annual Meeting, vote for NAMI SW WA Board of Directors and the budget

Please return your payment and completed form to 5411 E Mill Plain Blvd, Suite 4, Vancouver, WA 98661

To use a credit or debit card visit www.namiswwa.org and click on Join NAMI.