Serving Clark, Cowlitz, Skamania, and Wahkiakum counties

We offer HELP for today and HOPE for tomorrow

Silent Art Auction
Friday, October 6, 5 to 8 pm

Open House
Firefly Atelier Hair Salon
309 E 15th St #C
Vancouver

- An informal reception
- View handcrafted art
- Place bids

Support NAMI SW WA, which offers mental health education, support, and advocacy for individuals and families at no charge.

Call 360-695-2823 in Vancouver or 360-703-6722 in Longview for more information.

JOIN US!

A huge thank you to the Vancouver Energy Community Fund for funding a part-time person trained in adult education to enhance the skills of our trained peer educators and facilitators for NAMI Signature courses!
Crisis Conversations

NAMI SW WA’s Question: My loved one is threatening suicide. We have locked up all weapons and medications but some time ago she tried to jump out of the car while it was moving. Could Crisis Services help, and how?

Cowlitz County Crisis Services Response

Crisis services are available and willing to help. When I say “help”, I am not just referring to your loved one. We are also willing to help YOU. We frequently have family and friends call concerned about a loved one and they often just ask, “Please help me know what to say and what to do”. We are more than happy to process ideas and options with you. Locking up medications and other items that your loved one may use to harm herself is a wonderful tool. Call us and let’s discuss other ones that may also be helpful”.

Crisis Services staff are always on duty and always willing to help you and your loved one. If you ever need us...call us. Phone number 360-425-6064.

Dear Members and Friends,

We have two fun community events in October. Everyone is invited to attend. Our art auction on Friday, October 6th will provide an opportunity to see some truly amazing art created by many of you and your loved ones. All the pieces – pictures, woodworking, glass, lamps, and other items – will be sold at our silent auction to the highest bidder. Refreshments will be provided.

The next event is the Donnelly Walk on Saturday, October 21st. Come for a taste of Board Treasurer’s Ann Donnelly’s delicious scones and take a walk, run, or bike ride through the great neighborhood of Vancouver Heights. All proceeds for this event and the Art sale enable us to continue to offer services at no charge.

Hope to see you at both. Peggy
## Support Groups

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<td>Collin Stumbaugh</td>
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<td>Josh Vance</td>
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## Education Classes

### Basics
- Becky Anderson
- Heidi Bjurstrom
- Amy Ford
- Angela Swanson

### Family to Family
- Debbie Archer
- Greg Betts
- Heidi Bjurstrom
- Blaine Hess
- Jan Kell
- Dani Maron-Oliver
- Whitney Phillips
- Annett Pickett
- Sharon Smith

### Peer to Peer
- Debbie Archer
- Heidi Bjurstrom
- Aimee Butel
- Cindy Falter
- Dani Maron-Oliver
- John McDonald
- Lee Nelson
- Karla Obenhaus
- Annett Pickett
- Sharon Smith

### SEE ME
- John McDonald

### STRiVE Psychoeducational Program
- Debbie Archer
- Jan Kell
- Dani Maron-Oliver
- Karla Obenhaus
- Annett Pickett
- Sharon Smith

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## Let’s Talk Mental Health

### Mental Illness Awareness Week

October 1-7, 2017 is Mental Illness Awareness Week. In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI’s efforts to raise mental illness awareness. Since then, NAMI and mental health advocates across the country have joined with other mental health advocates in their communities to sponsor activities, large or small, for public education about mental illness during that week. In addition to our continual work throughout the year to promote public awareness, the week October 1-7, NAMI SW WA is offering the following daily tips and resources for Mental Wellness.

#### Sunday, October 1:
Show love and appreciation to your elders today. Visit an older neighbor, ask your library or church if they have volunteer opportunities to connect with home-bound seniors, call an aging relative. For you, it’s a pleasant afternoon and a feel-good boost. For the older adult, it’s also a protection against isolation and depression.

#### Monday, October 2:
Monday Blues? Learn something new today. Keep your brain healthy and engaged by learning new things. If you are ruminating or focusing on negative thoughts, it’s time to do something new. “Something new” can be as simple as taking a training, a conference, or a class. You can improve your skills, as well as your mental flexibility and creativity! If your negative thoughts are persistent, or you are thinking about harming yourself, call Southwest Washington Crisis Line at: (800) 626-8137 | TTY (866) 835-2755

#### Tuesday, October 3:
Go easy on yourself and others today. Don’t jump out of bed. Just relax and breathe for a few minutes. As one of our group members said, “flowers in, bubbles out.” Divert that wake-up rush of stress hormones, and it will help you be more forgiving throughout your day. Forgiveness can improve mental health and lead to greater life satisfaction. Today is the National Day of Prayer for Mental Illness Recovery and Understanding. Learn more about how your faith community can take part: [https://www.nami.org/Get-Involved/NAMI-FaithNet/Inspirational-and-Healing-Prayers/National-Day-of-Prayer-for-Mental-Illness-Recovery](https://www.nami.org/Get-Involved/NAMI-FaithNet/Inspirational-and-Healing-Prayers/National-Day-of-Prayer-for-Mental-Illness-Recovery)

#### Wednesday, October 4:
Celebrate successes today! It’s Wednesday—you’ve made it half way through the week! Celebrate the small successes. Instead of a to-do list, write down what you’ve already achieved. Reconnect with someone positive, who helped you get where you are in life, like a teacher, mentor, or friend. Need some self-care tips? Psychology experts offer “17 Tips for Taking Better Care of Yourself.”

#### Thursday, October 5:
Take the “How are you feeling?” quiz. Today is National Depression Screening Day. Depression is common, and treatable. If you or someone you know may need a mental health assessment, anonymous online tools are available. For National Depression Screening Day, you can get a free mental health screening at [HelpYourselfHelpOthers.org](http://HelpYourselfHelpOthers.org).

#### Friday, October 6:
Talk openly about mental health today. During Mental Illness Awareness Week, join NAMI SW WA in shining a light on mental illness and replacing stigma with HOPE for those who are suffering from this disease. People with mental health problems can get better and many recover completely. Learn more about mental health myths and facts: [https://www.mentalhealth.gov/basics/myths-facts/](https://www.mentalhealth.gov/basics/myths-facts/). Throughout the year, we at NAMI SW WA “have the conversation” through a number of venues. One of most effective programs is SEE ME, a mental health educational program. If you are an employer, civic organization, governmental agency, faith based organization, or part of a first-responder team, let us know when we might come and promote this conversation throughout the year so we all are able to see the person, not the illness.

#### Saturday, October 7:
Spend time with positive people today. Social connections are important for good mental health. If you already have positive people, who make positive choices, in your life, great! Call them up, spend some time together. If you don’t, join a club, a team, or a volunteer. effort. Make time for activities that interest you and that can connect you with upbeat, friendly people.

During Mental Illness Awareness Week on Oct. 1-7, join NAMI in shining a light on mental illness and replacing stigma with hope by taking the #StigmaFree pledge at [www.nami.org/stigmafree](http://www.nami.org/stigmafree).
Self-Care Kit

By Angela Swanson

Are you one of those people who is always taking care of others? I'm not talking just to the busy mom, wiping oatmeal off of chubby cheeks and shuttling kids off to a myriad of extracurriculars. Maybe you're caring for your parents, or your profession lends itself to helping people in some form or other. And just when you're required to put on the best face possible, you find yourself battling with your mental health issues, like depression, anxiety or PTSD.

"Taking care of yourself is the most powerful way to begin to take care of others." - Bryant McGill

So what do you do when you're the one who needs to care? Sometimes we get wrapped up in meeting the needs of others that we forget to take care of our own. We get so burned out and exhausted that we could lay down on any given surface at any given moment and pass out until next spring. The truth is, everyone from the most seemingly put-together person to those with specific mental health issues or in the process of recovery, all need to maintain healthy mental well-being.

Sometimes we all just need a break from the chaos of life. One way to take care of ourselves and avoid our negative triggers is to make a Self-Care Box. Think of it as a mini-retreat for your mind and spirit or a "Swiss Army knife" of self-care. It helps reduce anxiety, relieve stress and refocus on what's important to you. If you're struggling with a chronic illness or mental health challenges, a Self-Care Box can help you regain focus and give you a replenished sense of hope, which in turn will lead you to be more proactive in dealing with overwhelming issues.

Your "box" can be just that: a box. A shoebox, a basket, trunk, that empty plastic box you kept photos of an ex until you ceremoniously burned them in your backyard... anything that will be able to hold all the items you need in case of a mental timeout. Fill it with things you can turn to when you're having a tough day. Like a friend who always answers your phone call and knows exactly what to say, your box will cheer you up, comfort you, offer relief from physical pain or even prevent you from relapsing into self-destructive behavior. Create your Self-Care Box when you're in the right frame of mind before you need to use it.

Making Your Self-Care Box

First, you'll need to obtain the actual box. Easy enough--you can buy a cute plastic shoe box from a dollar store, or use your inner artist to decorate a recycled cardboard box. You'll probably want to find a box with a removable lid like a large shoe box. Take your time to decorate it with images, textures, patterns, words, or colors that evoke calm or soothing messages for you. The more effort you put into creating the box, the more likely you'll use it. You can even include your family or even friends in this exercise. They may enjoy giving you input or ideas, and this can make your box even more special. Your kids may want to make one for themselves, which can be helpful in getting them to recognize their own
needs and find creative ways to employ self-care and calming techniques. Next, you get to choose what goes into your box. It is your chance to think outside the box (get it?). For even more ideas on items to include in your Self-Care Box, please check out the list below.

The things you choose don’t have to be expensive. You can find many things in your local Dollar Store or find instructions online to make a DIY version. Don’t forget to include your recovery plan or a list of little things you can do to boost your health and happiness in both the short and long run. Having a step-by-step program doesn’t just make you feel better once implemented, but can also help you to regain a sense of control over any situation.

Previously posted on Huffington Post on September 1st, 2017

Author
Angela Swanson is driven to be the voice for those who may not be empowered to speak for themselves, raising awareness of mental health issues, and challenging public opinions. She knows what it means to be in pain, to overcome, to be human, thus shaping her ideas of recovery and allowed her to be a disability and mental health advocate.

A Suicide’s Cry
By Greg Betts

I am so very sad that for death I would be glad even though others would then be sad.

I at the world am mad because it makes me feel I am truly bad oh for death I would be glad.

Then you sent me an angel from a place called NAMI she came she said hope there could be found and off to NAMI I did go.

At NAMI I did find the seed of hope does grow and through that seed I found myself freed.

In the glow of that seed’s light now the anger and sadness is gone and for death I no longer long.

Y! Father now I want to live again so let new life begin.

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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
SUITE 4
360-695-2823

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

MONDAY
- NAMI Walks and Talks
  - 12 noon

TUESDAY
- STRivE First Steps
  - Family Support Group*
  - LGBTQ+ Support Group*
  - 3:30 to 5 pm
  - 6 to 7:30 pm
  - 7 to 8:30 pm

WEDNESDAY
- Women's Support Group
  - 10 to 11:30 am
  - 3rd Wed of every month
  - 6 to 7:30 pm

THURSDAY
- Family Support Group
  - 3 to 4:30 pm

FRIDAY
- NAMI Walks and Talks
  - 12 noon
- Art Group
  - 1 to 4 pm
- Writer's Group
  - 12 noon
- Volunteer Orientation
  - 2 to 3:15 pm
- STRivE First Steps
  - 4th Friday
  - 2 to 3:15 pm

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
On Mill Plain Blvd between 5411 E. MILL PLAIN
SUITE 4
5411 E. MILL PLAIN
SUITE 4
360-695-2823

*New groups
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.

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
Monday
Office Hours 10-4

STRivE First Steps
1 to 2:30 pm

Tuesdays
Office Hours 1-4
Family Support Group
4 to 5:30 pm

Wednesdays
Office Hours 10-3 pm
ART Group
10 to 3 pm

Thursdays
Office Hours 10-4
ART Group
4 to 5:30 pm

Every month Volunteer Orientation - 2nd Thursday

Volunteer Orientation Support Group
3 to 4:30 pm

ConneCtion Recovery Support Group
1 to 2:30 pm

STRivE First Steps
1 to 2:30 pm

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)

Peer support group for those affected by mental illness. (Drop in)

FRIDAY
Office Closed

NEW LOCATION
1128 Broadway
Longview, WA 98632

NEW LOCATION
1128 Broadway
Longview, WA 98632

INFORMATION LINE
9-5 Monday-Friday

Call 360-695-2823

Call 360-695-2823

BY APPOINTMENT
w/Cindy Falter

BY APPOINTMENT

MENTAL HEALTH MEDICATION CONSULT
Call 360-695-2823

DISABILITY/WORK INCENTIVES COUNSELING
Call 360-695-2823

PROVIDES SUPPORT AND RESOURCES

October 2017
COWLITZ/WAHKIAKUM
Southwest Washington

To Recovery

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)

Peer support group for those affected by mental illness. (Drop in)
CONFIDENCE…?
By Teryl Gallagher

“All right… All right everyone! Quiet, …Quiet!
Now, now Fear, you sit down. Anxiety, stop that screaming!
And Self-image, stop banging your head on the wall. Now everyone just calm down. Pessimism, please stop chewing your nails and pouting.”

Turning to the group, "Now if we will just all work together…"

“Well, just who do you think you are coming in here bossing us around,” shrieked Hysteria.

“I’m Hope, I’m here to help put us all together… to work together, to get us where we belong" Hope firmly stated and calmly turned to Depression.

“Depression…now…now, you need to stop that weeping and put down all that chocolate. And Anger! If you don’t cease that constant leering we will never pull ourselves together.

Now where is Confidence…? Anyone seen Confidence…?"
Welcome to the Cowlitz Corner.

Hello to all our friends in Cowlitz County! We embrace all those who are living with mental health challenges and those who 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, (loved one or friend living with mental health challenges) or are living with mental health issues ourselves and in stable recovery. Our office is a safe, inviting space for all. Services are confidential and offered at no charge to those accessing them.

September was Suicide Awareness and Prevention month. We are grateful for the support of everyone who attended both of our events in Longview. We will continue to work on supporting and spreading the word about how we all can help those who struggle with suicidal tendencies as well as their families. A huge thank you to all of our partners: to those who volunteered their time and effort, to the dancers from Groove Nation (Vancouver) for their beautifully choreographed presentation, to The Grove Alliance Church (Longview) for sharing their beautiful building, and to East Hills Alliance Church (Kelso) for their support! Remember, we all play a role in preventing suicide so please contact us for information.

Please plan to attend NAMI SW WA’s "Silent Art Auction Open House” on October 6th from 5-8 pm. The auction will be held at Firefly Atelier Hair Salon, 309 E 15th St #C, Vancouver, WA 98663. Please call us at 360-703-6722 or 360-695-2823 or go to namiswwa.org for additional information.

We finished the month by attending the Discover Recovery Walk at Lake Sacajawea on Saturday, September 30. Thanks to all who attended and volunteered as we are continue to help break the STIGMA surrounding mental illness stigma.

The Longview office is excited to announce the addition of another NAMI Signature program: Basics, a six-week 2.5 hours per week education program. The class is led by NAMI SW WA trained facilitators with lived experience. We encourage parents and other caregivers of children and adolescents living with mental health challenges and or a diagnosis to attend. Our class will begin sometime in October, so please call, 360-703-6722 and get registered.

Thanks, Jan

The Give-More-24, annual fundraiser, was a success over last year raising at least $8,000 (final number will not be available until November) which is at least $800 more than last year. Thank you to everyone who gave!

A very special "Thank You" to Ann and Mike Donnelly, who were a driving force for our success, including donating $2,500.
NAMI SW WA has openings for mental health intakes 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. (Must be residents of Clark or Skamania counties). Please call our office at 360-695-2823 for more information.

Education classes starting in October for both Vancouver and Longview office locations. Videoconference connections may be available for some classes in Skamania and Wahkiakum counties. For more detailed information on class content and format, see our website (namiswwa.org) under “Support and Programs”. To register, please call 360-695-2823 for Vancouver classes and 360-703-6722 for Longview classes.

Peer to Peer is a ten-week education course for adults with a mental health diagnosis who want to better understand their condition and journey toward recovery. Pre-registration required.

- **Vancouver**: October 5 - December 14, Thursday, 6-8:30 p.m.

Basics is a six-week education program for parents and other caregivers of children and adolescents living with mental health challenges or diagnosis. Pre-registration required.

- **Vancouver and Longview**: Starting dates to be determined soon. Please call if you are interested and be added to our list.

New Chronic Pain Management Group starting in October for 11-weeks. Please call for date and time. Participants must have Washington Apple Health (Medicaid) through Molina or Community Health Plan of Washington

NEW Education class starting in November:
NAMI Family and 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. The first session of Family and Friends will be held in November.

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:

- **Homefront is September 9-10 in Kirkland** and Basics is October 13-15 in Kirkland

All staff and active volunteer meeting Tuesday, October 10 from 9-12. Mark your calendars now!
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!