You are invited!

NAMI SW WA
2018 Annual Membership Meeting

If you are a member of NAMI SW WA, take this opportunity to vote on the 2018 board members, revised bylaws, and annual budget.

2018 Board Officers
Kim Schneiderman – President
Adam Pithan – Vice President
Scott Brickley – Secretary

2018 New Board Members:
Simnie Baer
Jack Bothwell
Mariam Saner (New Treasurer)

2018 Board Members
Ann Donnelly
Ted Engelbrecht
Terry Gertsen
Michael Inman
Rosalie Larsen
David Loos
Craig Pridemore
Darwin Zimmerman

Wednesday, January 17th
6:00 pm

Take this opportunity to have a say in the direction of NAMI SW WA. Join us for our annual membership meeting on Wednesday, January 17th, at 6:00 pm as members vote on the proposed board for 2018, revised bylaws, and the annual budget. Anyone is welcome to attend but voting is only for NAMI SWWA members. Go to namiswwa.org to download a copy of the revised bylaws and annual budget. We hope to see you there!

"Change with direction equals purpose."

– Joseph Miller
Dear Members and Friends,

Happy New Year!!!

As we prepare for our Annual Meeting on Wednesday, January 17th, we also look forward to another year of progress as we work together with all of you to better meet our mission of providing educational and support services to all people affected by mental health issues in our expanded region of four counties. If you are a member of NAMI SW WA, please plan to attend the Annual Meeting. If you are not yet a member, there is still time to join in order to be able to vote at this meeting. A membership form is on the last page of this newsletter or you can join online by clicking on the Join NAMI SW WA button on our website, right at the top of the page.

I remember so well when I first came to this organization, four and a half years ago. How shocked I was that we had fewer than thirty members. We are a membership organization and have been for almost forty years, since our founding. Then I spoke to someone at the national headquarters who told me that nationwide we only had just over 100,000 members. When one in four adults lives with a mental health diagnosis we should have no problem having a membership of at least 100,000 in our region, alone. It has taken us a bit over four years to bring our affiliate membership to just under 200. With a big push, we may be able to increase our membership to 300 this year so we can say we increased our membership 100-fold since 2013. My dream is still to have at least 10,000 members in our region. Dues are paid annually; each member’s dues are shared among NAMI SW WA, NAMI WA, and NAMI, our national organization. It is not the dollar amount of the dues that are as important as the effect we can have as an organization on our legislative bodies, locally, as well as at the state and national level as laws are considered that affect those living with mental health diagnoses and those who love and care for them. If you are not a member yet, please join today.

As the old year ends and a new begins we are grateful for all the new friends we have met and talked to this past year, providing help for the immediate issues each faced and hope for the future for each of them. Many of the conversations will certainly remain in my memory bank, probably for the rest of my life. It is difficult to set aside the tears of someone with a diagnosis who feels absolutely no hope for anything to change or for a family that struggles to keep a roof overhead and food on the table while a parent is in jail, the result of a mental health behavior.

The staff and volunteers work hard daily to ensure everyone who walks through the doors at either of our offices feels safe, welcome, and cared about wish you all a healthy and good new year.

Most sincerely,

Peggy
Volunteer Spotlight – Arlene Meyer, Volunteer Office Coordinator

Arlene Meyer is a relatively new volunteer with NAMI SW WA. We are very grateful that she is with us.

In June 2015, her daughter died after a long struggle with a congenital heart defect pushing Arlene into a difficult time with her own mental health while self-medicating to deal with her profound grief. December 27, 2017, was a celebratory day for Arlene: she has been clean and sober and living in mental health recovery for one year.

After the death of her daughter, Arlene’s life fell apart; she was homeless and was referred to Elahan Place where she was first introduced to NAMI SW WA in one of our monthly outreach programs there. As soon as she could, she came to our office to see about volunteering. She went through orientation but was struggling with housing and becoming stable which took some time. She finally realized that her base issue was her mental health; she is now meeting regularly with her counselor and working to stay in recovery.

In July 2017, shortly after our offices flooded, Arlene reappeared at our office. She clearly saw what she could give of her skills that would help us, and we saw what we could give back to her in the way of job training and skill building. Within days of hard work, Arlene began to make sense of the disorder our Vancouver office had undergone as we quickly moved files, supplies, furniture, and equipment either to other offices or a storage area, onto blocks of wood, or onto shelves safe from wet carpeting. Arlene attributes her volunteer time at NAMI SW WA to “giving her back her identity as a great organizer with vision of smooth operations. Her title is Volunteer Manager of Office Support”.

“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.” – Albert Einstein

NAMI Signature Programs

Basics
Becky Anderson
Heidi Bjurstrom
Amy Ford
Keri Lee Stanberry
Angela Swanson
Olivia Mattus

Family to Family
Debbie Archer
Heidi Bjurstrom
Jan Kell
Dani Maron-Oliver
Whitney Phillips
Sharon Smith
Scott Brickely
Ted Engelbrecht
Keri Lee Stanberry

Family & Friends
Angela Swanson
Linda Loos
Jan Kell
Debbie Archer
Sharon Smith

Peer to Peer
Debbie Archer
Heidi Bjurstrom
Cindy Falter
Dani Maron-Oliver
John McDonald
Lee Nelson
Karla Obenhaus
Sharon Smith
Keri Lee Stanberry

Parents and Teachers as Allies
Keri Lee Stanberry
Peggy McCarthy
Olivia Mattus

NAMI SWWA Groups

LGBTQQ+ Group
Collin Stumbaugh
Eric Johnson

SEE ME
John McDonald

STRivE Psychoeducational Program
Debbie Archer
Jan Kell
Dani Maron-Oliver
Karla Obenhaus
Sharon Smith

Expressive Arts Group
Georgia Gerrior
Sharon Smith

Creative Writing for Wellness
Angela Swanson

Women’s Group
Neeshonee
Teresa Williams

NAMI Signature Support Groups

Pre-Register for all NAMI Signature Programs by going to namiswwa.org or call (360)695-2823
Classes fill-up quickly so sign up soon.

Connection Support Group
Lee Nelson
Karla Obenhaus
Sharon Smith
Laura Stephens

Corrections H-Pod/Workcenter
John McDonald
Steve Lavoie

Family Support Group
Debbie Archer
Pamela French
Jan Kell
Cindy Falter
Heidi Bjurstrom
Annette Pickett
Greg Betts
The other day I went to the grocery store with a list of things, determined to get in and out without forgetting anything important (like coffee) or buying anything superfluous (like salted caramel brownie bites).

Proud that I had stuck to my list, I wheeled my cart to the checkout lane behind a few people, grumbled to myself as I realized I would have to stand there for at least ten minutes, and automatically pulled out my phone to kill time. A few minutes of scrolling through the political rants of casual friends on Facebook left me even more irritated than the extra-chatty, extra-slow cashier.

I glanced at the covers of the magazines on the racks close by and grew even more annoyed, this time I didn’t look like the models, couldn’t decorate cakes like Martha Stewart and didn’t know the secret to Warren Buffett’s financial prowess. By the time the cashier finally asked me how I was doing, I had to bite my tongue to keep from answering, Fat, Untalented, and Broke.

What I was really doing, was sabotaging my self-care. It seems trivial at first. All I was doing was waiting in a line instead of doing things with my time that make me a better person (like deep breathing, offering to help the older lady in front of me unload her cart or appreciating the ability to buy food, or planning my evening. I was bombarded by my negativity and unrealistic expectations, which were, in turn, taking a considerable toll on my self-esteem and well-being.

Have you ever taken a serious inventory of your time? A few minutes here and there on your phone, computer or in front of the TV add up in mind-blowing amounts. Some people refer to these as “Low-Value Habits”. I think of them as Pac-Men (yes, I’m dating myself), eating up pellets of precious time. Scrolling through Pinterest and Facebook, flipping through channels, constantly checking emails—these things will sap your time with little return on your mental investment.

Self-care starts with an attitude adjustment. It begins with recognizing you are worth the time to take the best care of yourself. Because let’s face it if you don’t take care of yourself, who will? If you believe that everyone else must come first, then you will always come last, or never. The point is, you need to make the time for self-care so that you can be your best self for others.

But who has the time to do that? We have families, jobs, commitments and responsibilities, all demanding our time, our energy, our best effort. Sometimes it seems like everyone in your life has needs only you can meet. And spending too much time on yourself will rob them all of what little time you have. Heck, we are lucky if we have time to eat in our car on the way to another activity we’ve overscheduled.

The good news is, self-care doesn’t have to be a long, drawn-out event shaking up our entire existence. In fact, self-care can be as simple as taking a minute or two to appreciate the Fall leaves, crank up our favorite

Continued on page 5
song on the radio, make a healthy smoothie for the road instead of the shame-spiral drive-thru.

The first step toward feeling better is to challenge some of your assumptions about self-care. With some mindful effort, you can find five minutes to be still, breathe deeply and look around you. Beauty is everywhere, and with an attitude of self-love, you will find it. It’s believing you, and your needs are a priority; only then will you make the time to take care of yourself. Here are a few ways to help you get started on your journey of self-care:

• Schedule in time for self-care. You’d be surprised at how you will stick to a routine if it’s on a calendar.
• Make a list of some things that might be getting in your way (technology, toxic relationships, etc.) and make a concerted effort to limit and eradicate them from your life.
• Try using the You Feel Like Shit: An Interactive Self-Care Guide.
• Write for 10 to 15 minutes before you get out of bed in the morning. Journaling, creative writing, poetry, anything.
• Make art for 30 minutes instead of surfing the web or watching tv.
• Use a mindfulness or mediation app like Headspace or Calm.

If you decide that your needs are also important, and make one or two tiny changes, you may begin to see changes in your energy, mood, and your health. You deserve to be taken care of too!

Are you contemplating Suicide? Let me share a story with you; an experience I had. I was a patient at a hospital in the area and a patient that came to my floor had attempted to take his life. I guess that he felt his life wasn’t worth living, maybe the pain was too much to bear. Maybe he felt trapped. I don’t know what he felt. His choice of method was not effective and he was in intensive care because he had damaged his heart. He was in his room on the mental health unit when he suddenly felt a pain in his chest and fell to the floor. He was experiencing a heart attack. He cried out for help but it was too late and his wish was granted, or was it? Why did he cry out? Did he change his mind? What I learned and what I hope that you will learn from my experience, that when things were too much I cried out for life. Cry out for your life! Don’t give up the fight to live. How do you know what lies ahead? For me it was the right medication, and now I’m so happy that I didn’t harm myself. I kept thinking of my family and how they would suffer. My uncle found his daughter hanging from the rafters in her garage. That picture will never be removed from his mind. I also learned that when someone in the family takes their life it is like a fire sweeping through a wooden house. It spreads. Suicide runs through the family. The young ones consider it as an acceptable way out. Cry for your life! Cry for their life! Cry for help. Reach out to all that is available to keep on living. I once heard the phrase “As long as their is life there is hope”.

By Teryl Gallagher
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Resilience in Our Community

ANNUAL BENEFIT LUNCHEON & SILENT AUCTION

February 16th, 2018, 11:00 am at Warehouse 23

Reserve Your Seat at namiswwa.org/annual-benefit-luncheon

NAMI Southwest Washington
A Special Thank You!

We want to give a heartfelt thank you to all of the donors and volunteers who helped spread a little holiday cheer to those in critical mental health and substance abuse facilities. We stuffed 168 holiday gift bags with socks, gloves, hats, personal care items, and candy.

In-Kind Donations Provided By:
Bombas Socks
Scott Brickley
Beverly Cutler, DMD
Ann Donnelly
John Dougher
Terry Gertsen
Rosalie Larsen
David Loos
Melanie Maiorino
Nancy Marsh
Peggy McCarthy
Beth Moritz
Adam Pithan
Kim Schneiderman
Expressive Arts Group
Georgia Gerrior
Wendel Family Dental Center

Family & Friends
SUPPORT AND HELP FOR FAMILY AND FRIENDS OF LOVED ONE WITH A MENTAL HEALTH DIAGNOSIS

January 20th, 10:00 am - 2:00 pm
For Both Longview & Vancouver Seminars
Register Online Today!
### Mental Health Resources

- **Information Line**: 9-5 Monday-Friday
  - Call 360-695-2823

- **Disability/Work Incentives Counseling**
  - By Appointment
  - Call 360-695-2823

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

### Events Schedule

- **Monday**
  - **MONDAY**
    - STRive First Steps: 3:30-5:00pm
    - LGBTQ+ Support Group: 6:00-7:30pm

- **Tuesday**
  - **TUESDAY**
    - STRive First Steps: 3:30-5:00pm
    - LGBTQ+ Support Group: 6:00-7:30pm

- **Wednesday**
  - **WEDNESDAY**
    - Women's Support Group: 10:00-11:30am
    - Board of Directors' Meeting: 6:00-7:30pm
      - (Third Wednesday of every month)

- **Thursday**
  - **THURSDAY**
    - Family Support Group: 3:00-4:30pm
    - Connection Recovery: 3:00-4:30pm
    - Support Group: 4:00-5:30pm

- **Friday**
  - **FRIDAY**
    - Creative Writing for Wellness: 12:00-1:00pm
    - Expressive Arts: 1:00-4:00pm
    - Volunteer Orientation: 2:00-3:15pm
      - 4th Friday of every month
    - STRive First Steps: 3:30-5:00pm

- **Saturday**
  - **SATURDAY**
    - STRive First Steps: 3:30-5:00pm

- **Sunday**
  - **SUNDAY**
    - None

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For further information or to see the full calendar, please visit the NAMI SW WA website or call 360-695-2823.

Our entrance is on the West side, on Mill Plain Blvd between Devine and MacArthur.
| MONDAY | STRive First Steps 1:00-2:30pm | Office closed |
| TUESDAY | Support Group Recovery 10:00-4:00pm | Office hours |
| WEDNESDAY | Expressive Arts 10:00-4:00pm | Office hours |
| THURSDAY | STRive First Steps 10:00-4:00pm | Office hours |
| FRIDAY | STRive First Steps 10:00-4:00pm | Office hours |

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, Support for friends and family of military personnel who are struggling with mental health issues. Call to sign in, Peer support group for those affected by mental health challenges. Drop in, Peer support group for those affected by mental health challenges. Drop in, Peer support group for those affected by mental health challenges. Drop in, Peer support group for those affected by mental health challenges. Drop in.
Let’s Talk Mental Health - Cabin Fever Have You Caught It Yet?

As the nights grow longer and the temperatures dip in the Northwest, many people experience what is sometimes referred to as cabin fever or the winter blues. The term first appeared in history in 1918, according to the Online Etymology Dictionary. Historians have suggested that it described the madness of sailors who had been a long time at sea or early U.S. settlers who spent long winters inside their log cabins. It was used as a theme in Charlie Chaplin’s 1925 film The Gold Rush, the 1980 horror film The Shining, and in The Simpsons episode "Mountain of Madness". Even the Muppets succumbed to it in the musical comedy Muppet Treasure Island, recounting their dilemma in the song called “Cabin Fever”.

It is not classified as a mental health disorder but more a malady of the spirit characterized by sadness, lack of energy, malaise, and irritability. To many people who are vulnerable to stress, especially in today’s political climate, shaky economy and world terrorism, cabin fever could become more intense leading to diagnosable depression. Even mild depression and stress can potentially lead to more emotional and physical problems. So, feeling all cooped up? Here are some helpful tips:

• Get Unplugged: Take a break from those devices that deliver the news to you. There’s only so much you can hear and watch before you start to feel overwhelmed.

• Get Active: Getting your blood flowing will help you mentally, physically, and emotionally. Maybe a gym membership isn’t in the budget, so how about a workout DVD, Wii exercise game or consider cleaning out a closet or room in your house.

• Get Social: Invite some neighbors in for a cabin fever party, potluck, game or movie night.

• Get Relaxed: Try a simple breathing exercise: Inhale deeply through the nose for about four seconds, then exhale through your mouth for about eight seconds. Repeat three to four times.

• Get Outdoors: Walk, run, if it’s snowing build a snowman, a snow fort, make a snow angel.

• Get Sunshine: Open curtains and blinds, and let the light in. If there isn’t any, invest in a lamp that mimics sunlight.

• Get Your Mind Engaged: Do crossword puzzles, find a hobby, read...whatever you enjoy. Keep your mind active and alert.

• Get Alcohol Consumption Controlled: Too much disrupts sound sleep and makes it difficult for you to concentrate the next day.

• Get Good Mood Food in Your Diet: Fish, poultry, eggs, seafood, flaxseed, nuts and fish because of the omega-3 fatty acids, vegetables (the more vibrant and colorful, the better), carbohydrates from fruit, vegetables, legumes and whole grains.

• Get Medical Attention: If you’re experiencing symptoms that seem more severe than plain ol’ cabin fever, you may be clinically depressed. Consult your health care provider to get a proper diagnosis and discuss the appropriate treatment.

Hope that Punxsutawney Phil’s soon going to let us know that spring is on its way!

“Courage is grace under pressure.”

– Ernest Hemingway
Kim leads the efforts to bring transitional pharmacy services to the Pacific NW, an arena where Geneva Woods excels. With her extensive knowledge of behavioral health communities, she has been involved in helping with the pharmacy in integration efforts in Oregon. Kim has over 25 years’ experience working with programs for persons with mental illness, substance abuse and the intellectually and developmentally disabled. Kim is a recognized authority in residential treatment facility, residential treatment home and I/DD group home medication programs. Her experience ranges over Psychiatric Review Board Services (PSRB), respite, dual diagnosis, the medically fragile, secure facilities, and a variety of housing first and supported living programs. Kim has designed programs for mental health clinics and residential settings in partnership with Cascadia Behavioral Healthcare, Lifeworks NW, Sequoia Mental Health, Luke-Dorf, Lifeways Inc., Lane County Mental Health and Telecare. These were individualized to meet the needs of the varied staff and populations that they serve. Cascadia Behavioral Healthcare honored Kim as a Cascadia Hero in 2008. Today, Ms. Schneiderman works with prescribers, nurses and case managers to manage medication systems in many locations. In addition, she has helped design medication programs for people with mental illness coming out of prison and/or jail into community based programs. She has developed a program to help seniors remain in their homes as their medication needs increase. She works closely with the facilities and multiple county and state agencies to help with the education, understanding and compliance of Administrative Rules and State’s Board of Pharmacy Rules. Kim was Board President for NAMI Oregon for six years and actively participates with many other advocacy groups to help bring a better understanding of mental illnesses and the people affected by them. She currently sits on the Board of NAMI SW Washington as Board President.

In her current position with Geneva Woods her focus is bringing pharmacy into the integration of behavioral and physical health services and promoting positive outcomes. Keeping people in their homes, using pharmacy supports where needed is her passion.

JOIN US FOR OUR ANNUAL BENEFIT LUNCHEON SILENT AUCTION

Support resilience in our community!

- Vancouver Symphony tickets
- Disney hopper passes
- Caribbean resort vacation
- Rose Festival ticket package
- Signed shoe by Trailblazer
- Art
- Overnight stay and dinner at a casino
- Clark County Fair tickets
- Center Stage tickets

And much more!

Get your tickets at namiswwa.org/annual-benefit-luncheon

February 16th, 11:00 am at Warehouse 23
I set her in a chair to question her in a dark room with a bright light shining on her face, and this is what she told me: Angela made her appearance on life’s stage in the Panama Canal Zone. Her parents wouldn’t let her play in the canal because she would get her clothes wet and might catch a cold (I just made that up). Her father was in the military and stationed in Panama as an assistant to the base commander. When she was two, they moved to Battleground, WA. She has an MA in Urban Planning Portland State University and a BA in Organizational Communication and Social Science from Marylhurst University. She worked as an underwriter for a large mortgage company, helped to develop low-income housing and was a senior long-range urban planner for the City of Vancouver. In 1997, she was diagnosed with bipolar disorder coupled with anxiety which made things difficult for her. She lives with her significant other and has three daughters (30, 26, and 20 years old). Her oldest daughter has chronic depression, and her youngest has bipolar, PTSD, and anxiety. As she tries to maintain her own mental health, it can be a challenge and that recovery is an essential step to helping her children. She heard about NAMI when looking for education and support. She especially liked the expressive art class. She also facilitates the creative writing class, which I really enjoy because she brings her writing skills to the table. Angela says, “To recover your mental health you have to accept responsibility for your recovery, and there is always hope even in the worst of times.”
Hello Friends! Welcome to our little corner of the world. We embrace all those living with mental health challenges and those that love them. Our staff and volunteers are all peers with lived experience. We either have family members or loved ones living with mental health challenges or we ourselves are living with mental illness and 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. Please feel free to stop in anytime.

We are very, very pleased that the Cowlitz County Commissioners voted to extend the “1/10th of 1% tax,” aka “the 911 Sales Tax” for five years. We, as well as other agencies that provide support for those with behavioral health issues, are fortunate to be funded, in part, through these revenues. The tax extension is greatly appreciated. For those who dislike even the word “tax,” the difference this tax makes for any individual is that for every $1,000 of goods purchased, this tax amounts to $1. We feel this is a small price for each of us to pay to help support the many wonderful programs in Cowlitz County that can benefit from this generosity of spirit.

We wish everyone a blessed holiday season and we will see you all next year!

Jan Kell

Words from Stafford Creek Corrections Center:

“You are not your worst mistake. We blame ourselves and others but the truth is, there comes a time in our lives we must draw a line in the sand. We must face our fears. The physical and emotional scars are our proof we can survive anything and everything that is thrown at us. Our victory is our survival. Our trophy is the wisdom that we attained and the changing of our thought and attitude to save someone else.”

By Joseph Miller

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• .05% of all of your purchases will be credited as a donation.
• Please sign-up today
Events

NAMI SW WA Annual Meeting: Please plan to attend the Annual Meeting. All are welcome on Wednesday, January 17th, 6:00 pm. Members will have the opportunity to vote for new board members and officers, revised bylaws, the 2018 annual budget, and enjoy some refreshments.

NAMI SW WA Annual Benefit Luncheon and Silent Auction: Join us to celebrate the resilience of our community members on February 16th at 11:00 am for our annual benefit luncheon at Warehouse 23. This is our biggest fundraiser of the year. Reserve your seat online at namiswwa.org soon as seats fill up quickly. Check this newsletter and our website to see some of the many wonderful items you can bid on!

Ongoing NAMI SW WA Groups

Gender & Sexuality Support Group for the LGBTQO+ community: Every Tuesday, from 6-7:30 pm at the Vancouver location beginning again on January 23rd. Drop-ins welcome.
Expressive Arts Group: Longview: Wednesday, 12-3:00 pm; Vancouver: Fridays 1-4:00 pm. Drop-ins welcome.

Creative Writing for Wellness Group: Anyone interested in writing stories, poetry, journals, lyrics etc. please join us in Vancouver: Fridays, 12-1:00 pm. Drop-ins welcome.


NEW Exercise Class for Wellness and Recovery: Low impact, seated aerobic exercise for beginners. Starting in Vancouver on February 6th, Tuesdays and Thursdays, 1:15-2:00 pm. Drop-ins welcome.

Upcoming 2018 Education Classes and Support Groups

Family to Family: Pre-register for Vancouver, Thursdays beginning January 18th, 10-12:30 pm and Longview on Tuesdays starting February 6th tentatively, 1 – 3:30 pm. Note these classes are filling up and space is limited. We will notify you before the next set of classes begin.

Familia a Familia
Date and time to be determined

Basics
Date and time to be determined

Homefront
Date and time to be determined

Peer to Peer
Date and time to be determined
These are NAMI Signature educational classes. Pre-register by going to namiswwa.org or by calling 360-695-2823, and we will notify you when the next course begins.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!

Membership Form--fees changed July 1st, 2017

There are three types of memberships:

- Individual Membership Fee
- $60 ($40 fee plus $20 donation)
- $100 ($40 fee plus $60 donation)
- $125 ($40 fee plus $85 donation)

- Household Membership Fee (new)
- $75 ($60 fee plus $15 donation)
- $100 ($40 fee plus $60 donation)
- $125 ($40 fee plus $85 donation)

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

$____ My Tax-Deductible Donation

Name(s)________________________ Adress________________________

City_________ State_________ Date_________ Phone_________ Secondary Phone_________

I prefer to receive the newsletter via email

NAMI Membership Includes:

- NAMI National Advocate Magazine, quarterly
- NAMI Washington Newsletter, monthly
- NAMI SW WA Newsletter, weekly
- NAMI SW WA Board of Directors and the budget
- NAMI Annual Meeting, vote for NAMI SW WA Board of Directors

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

To used a credit or debit card visit www.namiswa.org and click on Join NAMI.