New Bipolar Group: Keeping Your Balance

Starting Friday, May 4th, 3:00 pm – 5:00 pm

Keeping Your Balance is one of the psychological therapy programs that NAMI SW WA – BHS offers. It is a cognitive behavioral therapy (CBT) group for adult men and women. CBT is based on the concept that our emotions and actions are largely influenced by our thoughts. It has been used successfully for years to treat depression and anxiety and been adapted as a treatment for bipolar disorder.

Keeping Your Balance group is a complementary treatment for bipolar disorder, which means it is used in addition to medication treatment and is also complementary to individual therapy. It involves learning how to

- monitor and understand mood symptoms,
- identify early warning signs for episodes,
- deal with stressful events that can trigger episodes, and
- learn techniques and strategies to help you manage episodes of depression and mania.

For more information on this group, see page 15.
Dear Members and Friends,

Spring is a busy time for NAMI SW WA. After a very successful, fun-filled luncheon, we are now moving into our action phase. Currently we are forming WALK teams to join the NAMIWalks in Portland (May 20) as we do every year. However, we also support the NAMIWalks in WA State (June 2), since we are a Washington affiliate. Angela Swanson is busy getting as many corporate and other sponsors for both of those events. Check this newsletter for dates and times for each walk; if you happen to be in the Seattle area on the day of the walk you can join that walk, too. If you are not a walker, please sponsor a friend who will walk on your behalf; you can also be a virtual walker. The walk is 5K or about 3 miles; a $10/mile donation would be very helpful toward our immediate goal of increasing donations this year by at least $5,000 over last year. In the past we have had around 100 walkers. Come this year and help us double that number!

Our Community Conversations program welcomes Rick Keyser, ARNP from Lifeline, who will present an evening conversation on Mental Health Medications, Thursday, April 12th, beginning at 6 pm at our office, 5411 E Mill Plain Blvd in Vancouver. Everyone is welcome to attend. Light refreshments will be provided.

As most people know, the building where our office is located in Vancouver was purchased last year by the City of Vancouver. Since then we have formed an Office and Housing Committee, co-chaired by Board Member Jack Bothwell and Angela Swanson, a new member of our staff in Vancouver who used to work as a city planner with Vancouver. After much discussion we have, as a possible goal, the desire to build a permanent office for NAMI SW WA in Vancouver that would house our regional office and our Behavioral Health Services and allow the organization to do some planned growth over time. We also decided, as long as we are hoping to build space, that it would be cost efficient to create apartments on top of the office, since housing is so difficult to find for people with mental health issues. Jack and Angela have split our group of interested people into two teams: urban which focuses on office space and apartments and rural which is focusing on rural housing for people with mental health and other challenges. The discussions are interesting and stimulating. If you have interest in these topics, we will put you in touch with Jack and Angela so you can begin to meet with either or both of the groups. While we may not have things in place to build before our lease in Vancouver runs out in Summer 2020, we hope to make this dream a reality in the near future. Please join us!!

I hope to see everyone who received this newsletter at the NAMIWalks at the end of May.

Enjoy the lovely flowering trees and the other colors of spring.

Peggy
App Review: Moodnotes by Cindy Falter, Peer Counselor

As a peer, I have bipolar disorder and have trouble tracking my moods. Understanding your mood pattern helps point out areas you can be more mindful. For instance, I use an excellent app called Moodnotes. It does cost $3.99 but it is well worth the cost. You can find it on both Google Play and Apple Store. There is a less expensive version, but it’s not nearly as helpful. This app makes tracking your mood quick and easy. You can set reminders or can go back add your moods in the app. As you use it you can look back and see your mood patterns emerge with the reports feature. It helped me to see I am the happiest when I am working, so I increased my hours! It shows your thinking errors and helps create solutions. If you are tracking your mood for DBT, this is the app for you.

Behavioral Health Services at NAMI SW WA

NAMI SW WA Behavioral Health Services provides high-quality, evidence-based mental health care to adults living in Clark and Skamania counties who are insured through Apple Health (Washington State Medicaid) through Molina Healthcare or Community Health Plan of Washington. We offer a range of services to treat mental health concerns. If you have questions regarding treatment here and wonder if we are the right fit for you, we encourage you to take the first step. Call and ask to speak with Behavioral Health Services. “The journey of a thousand miles begins with one step.” Lao Tzu

NAMI SWWA Programs

SEE ME
John McDonald

STRiVE Psychoeducational Program
Debbie Archer
Zach Hanke
Olivia Mattus
Dani Maron-Oliver
Karla Obenhaus
Sharon Smith

Expressive Arts Group
Georgia Gerrior
Debbie Archer
Linda Harbaugh

Creative Writing for Wellness
Angela Swanson

Women’s Group
Neeshonee
Teresa Williams

NAMI Signature Support Groups

Connection Support Group
Olivia Mattus
Lee Nelson
Karla Obenhaus
Sharon Smith

Corrections H-Pod/Workcenter
John McDonald
Steve Lavoie

Family Support Group
Debbie Archer
Jan Kell
Cindy Falter
Heidi Bjurstrom
Annette Pickett

Confidential and drop-ins welcome

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

“What lies behind us and what lies before us are small matters compared to what lies within us. And when we bring what is within us out into the world, miracles happen.”

Ralph Waldo Emerson
Donor Spotlight – Carolyn Crain

Carolyn’s tale is a very personal one that dates back to the day she learned of her sister’s mental illness. After becoming her sister’s custodial guardian, she fought at every turn to keep her sister housed, fed, medicated, and hospitalized when necessary. Carolyn quickly recognized the enormous need there was for organizations like NAMI SW WA. Organizations that assist family members and friends of the those with mental health challenges, backing them when they are in crisis. She understands how vital such genuinely supportive and transparent organizations like NAMI SW WA are to recovery of those with mental health challenges. Carolyn feels compelled to make donations to NAMI SW WA because she wants to see some improvements in our community’s mental health system.

While some progress has been made in the world of mental health care, Carolyn would still like to see more of a “whole person approach.” Because she lost her sister Karen in 2015 to the side effects of her medications, Carolyn wants everyone involved in the care of people with mental health challenges to be acutely aware of medication side effects. She advocates for annual physical evaluations of clients and close monitoring for medication effectiveness, and any symptoms that could lead to a relapse. She believes family members and caregivers must become educated to advocate for their loved ones’ right to a quality of life.

Currently retired but continuously busy, Carolyn can be found researching legislation impacting society, sometimes testifying at the council and state legislative hearings. As a political activist who attends many non-profit functions, she does her best to help them through volunteer work or just random acts of kindness. She involves herself with nonprofits such as NAMI SW WA, who are there for the people they serve, not for the inflated administration costs.

She spends a great deal of time caring for her parents, so when she does have free time, she maintains her mental wellness surrounding herself by the outdoors, writing poetry, cooking, baking, canning food, or tutoring anyone wanting to learn at no cost.

Earn Dollars for NAMI SW WA by shopping at Fred Meyer!

Here’s how it works:

- Sign up for the Community Rewards program and/or use your existing card by linking your Fred Meyer Rewards Card number to NAMI at www.fredmeyer.com/communityrewards.
- You can search for us by our name NAMI or by our nonprofit number 87058
- Then every time you shop and use your Rewards Card, NAMI SW WA earns some change!
- You still earn Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, stop by the Customer Service Desk of any Fred Meyer store.
- Please renew every year. You can do that online.
Board Member Spotlight - Angela Westbrooks

Angela is a resident of Clark County and a new Board Member of NAMI SW WA. As such, she has plans to reach out to the court system to identify programs for people who suffer from mental health issues and continue to assess the role of the new mental health court; whether it is a viable source of justice for those diagnosed with mental health issues. This has become her focus both because of her line of work as a YWCA SafeChoice legal advocate at the Domestic Violence Prosecution Center, and also because she grew up in a household with a sibling with mental health challenges. She has seen first-hand how mental health issues can impact victims, defendants, families, as well as their quality of life or lack thereof.

Married for 34 years, Angela has three children and four grandchildren. She is a WSU Vancouver Alumni, a University of Phoenix Alumni, a member of the Choctaw Nation of Oklahoma and a member of Sigma Gamma Rho Sorority, Inc, and, finally, she is the First Lady of Humble Beginnings A.M.E. Zion Church in Vancouver, WA.

To maintain her mental wellness, she prays and works at it every day. She also likes to cook, read, walk, and play Uno with her granddaughter, Naya.

If she could sum up her philosophy on mental health in a few sentences it would be this quote from Chief Seattle, “Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.” In other words, if one human is suffering we all suffer; this is the meaning of life.

Volunteer Spotlight - Zach Hanke

Zach’s journey to NAMI SW WA began in the hospital, where he was for the 8th time in 4 years. It was there when he heard a NAMI presentation given by a volunteer, and it changed the course of his life completely. He decided to be proactive in his treatment, find a support network within NAMI SW WA and has been on the road to recovery ever since. He considers mental wellness to be as important as physical wellness, and that people who struggle with either should be treated with the same empathy. Zach now facilitates the STRive and Expressive Arts groups at NAMI SW WA, and also participates in SEE ME events where he shares his story. He can also be found doing anything needed at NAMI SW WA. When not volunteering, he enjoys playing the guitar and writing music, experimenting with spicy recipes, watching movies and spending his free time with his English Bull Terrier, Stitch. He maintains his mental wellness through counseling, medication, and intentional self-care. Zach knows the importance of treating himself well while making sure to slowly challenge himself and pushing himself beyond his comfort zone.
I love to eat. Love it. If I can eat while I am doing something else enjoyable, like getting a massage, or shopping for anything besides bathing suits, it’s a double bonus! And up until recently, I wasn’t giving much thought to what I would consider dinner. Processed foods, prepackaged snacks and even (*gasp*) the more than occasional drive-thru meal often found its way into my body.

And then I discovered what wound up on my plate was significantly affecting my mood, energy level, and overall feeling of wellness. A recent article published in Harvard Health Publishing concluded our mood is indeed significantly influenced by what foods we eat. In fact it states that, “Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as depression.”

The problem is, when I’m feeling depressed or anxious, I’m more likely to turn to those “comfort foods.” You know, carbs, chocolates, any other delights we seek solace in when other areas of our lives overwhelm us. As we all know by now, refined sugar is bad for our bodies, our brains, and our general feeling of overall wellness. But how can we escape the seemingly inescapable? It is difficult when we can find ourselves trapped in a cycle: depression causes us to make poor food choices, which makes us feel even more depressed, and so forth.

Fortunately, there are plenty of healthy alternatives for comfort foods, many of which contain the vitamins and compounds that improve your mood, lessen your anxiety, and lower your risk for many health problems. Try picking a few from the lists below and incorporating them into your favorite recipes for a go-to choice that will lift you up and energize your mind and body.

Vitamin B is a considerable mood-booster found in:

- Almonds
- Dark, leafy greens
- Eggs
- Fish, poultry and other lean meats
- Milk (whole milk has more calories than skim, however it is shown that we do need fat in our diets for satiation and the nutrient value; a better fat than from milk is fish oil; butter is a better fat than chemically based margarine which should not be part of anyone’s diet)
- Cottage cheese (a substitute for ricotta in recipes)

Vitamin D is another key vitamin whose deficiency is linked to mood disorders. Sunlight offers an excellent source, so if you aren’t able to be outside much, getting a vitamin D light box is an alternative. Vitamin D should be taken using oil-based supplements of from 1,000 to 5,000 or more per day. Tablets and pills do not have bioavailable D. Living in the Pacific Northwest you may be susceptible to Vitamin D deficiency, especially during the winter months, but if you’d rather eat your vitamin D, some foods could include:

- Fortified cereal
- Milk, yogurt, and cheese
- Egg yolks
- Fatty fish, such as salmon
- Mushrooms (mushroom pizza, anyone?) Usually there are not enough mushrooms on a pizza to provide much in the way of vitamins.

Omega-three fatty acids provide all kinds of health benefits, from improving heart health to lowering your risk for some cancers. A lack of these fatty acids can also make it difficult for you to manage your depression. So, eat up – try reimagining your salad or banana bread with walnuts:

- Fatty fish, such as salmon
- Flaxseed (which you can sneak into all sorts of recipes and smoothies)
- Dark, leafy greens such as kale, spinach, or even dark green lettuces
- Soybeans
- Walnuts

All of these come as supplements but require careful shopping. Not all supplements are equivalent. They
How hard it is to hear and be heard in our loud and distracting world? Our busy lives often result in poor or hurried communication with those who matter the most. A very good boss told me that before I could get anyone to listen to me, I first had to hear what they had to say. Many professionals advocate active listening to better relationships with co-workers, managers, and other stakeholders. This communication strategy is not easy as it requires empathy, concentration, and mindfulness of the moment. It is paying strict attention to the conversation and the speaker.

Here are some active listening techniques.

- Consider the venue, is it appropriate for talking and listening?
- Look at who is talking to you and use their name,
- Don’t interrupt, let them talk,...,
- Visualize what is being said,
- Use non verbal cues, such as nodding or leaning into the speaker,
- As appropriate, an “I understand”, or “I see,” can add to the speaker’s comfort.

When it is your turn to speak, paraphrase (reflect and repeat) what was said, such as, “I heard that you are concerned about...and that you think I can help by...”. Also, don’t interpret, rather ask clarifying questions to establish clear understanding and let the speaker know that you heard them and care about them and what they said. If there is a point of disagreement, work together to seek common ground.

Give the speaker a verbal confirmation, such as “I see” or “thank you” to the speaker for their idea or for sharing a concern or an observation. If the conversation requires follow up or a thoughtful decision, give a reasonable time expectation to complete the discussion.

This strategy may seem artificially structured, but it works to slow communication into a conversation that will build rapport and trust. We all get too busy with tasks and it is easy to forget that our most important work comes from the synergy of our team. Be mindful that the process is the task and that the task depends on the process and that the process depends on good communication.
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- Clozapine monitoring program
- Prior Authorizations
- Pharmacist collaboration
- Health Minder Refill Maintenance
- Web Connect
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Free Delivery
**MONDAY**  Living Beyond: Chronic Pain 1:30-3:00pm

**TUESDAY**  Yarn Crafts for Mindfulness 2:15-3:00pm  
STRivE First Steps 3:30-5:00pm

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

**THURSDAY**  Yarn Crafts for Mindfulness 2:15-3:00pm  
Family Support Group 3:00-4:30pm  
Connection Recovery Support Group 3:00-4:30pm  
Yarn Crafts for Mindfulness 2:15-3:00pm

**FRIDAY**  Creative Writing for Wellness: 12:00-1:00pm  
Volunteer Orientation: 4:00pm  
Expressive Arts: 1:00-4:00pm  
Volunteer Orientation: 4:00pm  
Expressive Arts: 1:00-4:00pm  
Volunteer Orientation: 4:00pm  
Expressive Arts: 1:00-4:00pm

**FRI**  2:00-3:15pm
  1:00-4:00pm
  12:00-1:00pm
  12:00-1:00pm
  12:00-1:00pm

**SATURDAY**  STRivE First Steps 3:30-5:00pm
Management Group 2:15-3:00pm  
Living Beyond: Chronic Pain 1:30-3:00pm

Unforeseen circumstances may cause a group or class to be cancelled. Please call ahead to confirm.
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It’s back! Living Beyond: Chronic Pain Management

Begins meeting on Monday, April 9th at 1:30-3:00 PM.
This psychoeducational class for men and women meets for 12 consecutive Mondays. It covers a range of strategies and tools to help you manage your pain and get on with living a fulfilling life. You qualify for the group if you are:
- Insured by Washington Apple Health (Medicaid) through Molina Health Care of Community Health Plan of Washington
- Dealing with chronic pain
- Currently receiving mental health counseling or would like to receive mental health counseling
- Eighteen and older

Pre-registration and assessment is necessary. For further information, dates and times, call Janet at NAMI SW WA 360-695-2823.

A Community Conversation with Rick Keyser, ARNP

Thursday, April 12th at 6:00-8:00 PM.
Community Conversation with Rick Keyser, ARNP will be held at NAMI SW WA Vancouver office 5411 E. Mill Plain Blvd, Suite 4. Rick will be presenting about mental health medications, individuals will be talking about their medication challenges as well as challenges relating to family members. Join the Conversation.
Let’s Talk Mental Health: April Showers Bring May Flowers

April’s showers are coming, and even the most die-hard Northwesterners begin to tire of the seemingly unceasing rain. Growing up around here, many of us learned to recite that familiar rhyme, “April showers bring May flowers,” to help lift our spirits. But some people with spring and summer allergies, experience the opposite feelings.

We start sneezing, coughing, sniffling, our nose runs, our eyes get red and water, and our ears can even start to buzz. Recent research shows that there is an association between allergies and depression. Although not definitive, some researchers think it is accurate to characterize allergies as a risk factor. A 2002 study found that people with seasonal allergies experienced more sadness, apathy, lethargy, and fatigue during spring and summer season. This is a time of year when other people are usually in a more positive mood.

What’s this all about?

• If you can’t breathe through your nose and nasal congestion wakes you up and also makes it hard to fall asleep, you’re encountering sleep problems. Lack of sleep is linked to poor concentration and depression.
• Allergic rhinitis (inflammation of the mucus membrane of the nose) causes the nose to release cytokines. Studies suggest that cytokines can affect brain function, triggering sadness malaise, poor concentration, and increased sleepiness. In short, the symptoms are a lot like depression.

What now?

• Putting our depressed mood into context, knowing that allergies may be causing or increasing our symptoms of depression may be helpful in seeking treatment. It may be treatment for allergies or depression or both.
• Find out what allergens you are allergic to and limit exposure to them.
• Pay attention to the pollen count. On an average day, pollen counts rise during the morning, peak about midday, and then gradually fall. The lowest pollen counts are usually before dawn and in the late afternoon to early evening. If possible, stay in during the high counts.
• If high pollen counts are forecast, start taking allergy medications before your symptoms start.
• If you do go out when the count is high, take a shower and wash your hair before you go to bed.
• Wash bedding frequently.
• Remember if you have pets that go outdoors, they pick up pollen in their hair and fur and bring it back to you.

What’s the bottom line?

The correlation between allergies and depression may be much more than it appears to be. Researcher, Paul S. Marshall, PhD, a psychologist at Hennepin County Medical Center in Minneapolis says, “All we can really do is treat the depression* with therapy and/or antidepressant medications and treat the allergies with shots, antihistamines, and avoidance of the allergens.” Get ready—tree pollen (already here), flower pollen (on its way), grass pollen (on its way), weed pollen (on its way) — “Achoo!”

*Need help dealing with symptoms of depression? If you’re an adult with Washington State Apple Health (Medicaid) and insured through Molina Healthcare or Community Health Plan of Washington, call NAMI SW WA – Behavioral Health Services at (360) 695-2823 and schedule an appointment. We can help.

Cherish by APV

Cherish the soul of an angel that has lived harmlessly of mind in the halls of hell.
Cherish the art of a mosaic piece in our minds.
Cherish the beauty in a place of contentment.
Cherish the connection that draws us to fill our gaps with 24-carat gold in friendship.
Cherish the curiosity that never stops our life from growth.
Cherish the freedom of choice to enrich.
Cherish the guidance to influence our world.
Cherish the insight into a road never traveled.
Cherish the openness that can lead a disaster into a destiny.
Cherish the legacy that can speak even before the death of a journey.
Cherish the call to be answered not by one, but by many.

The soul, art, beauty, connection, curiosity, freedom, guidance, insight, openness, and legacy. It is yours to cherish. Hold out your hand, heart, love of life for others and lead by example. Love, vulnerability is to give, not to take. Say “Thank You” for the smallest things in life to be able to appreciate the largest of gifts of life that can be taken for granted so easily. Embrace yourself and be present to cherish. Say I love you within yourself, so love will flow outward for others to cherish. Cherish our completion in our circle, our loop of life, love, and destiny.

Cherish
STRivE

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Building living skills for mental wellness

- Improve Self Esteem
- Manage Impulsive Behavior
- Learn Effective Communication
- Manage Stress
- Create Healthy Boundaries
- Control Anger
- Develop Problem Solving Skills
- Create Social Support
- Improve Sleep Hygiene

Longview:
Thursday, 1:00 - 2:30 pm
1128 Broadway, Longview, WA
(360) 703-6722

Vancouver:
Tuesdays, 3:30-5:00 pm
5411 E. Mill Plain Blvd., Suite 4 Vancouver, WA
(360) 695-2823

NO-COST - CONFIDENTIAL - DROP-INS WELCOME

Let’s Talk Mental Health:
April Showers Bring May Flowers
Hello Friends!

I’m glad you stopped by, and we invite you to come in and explore the services we offer at no charge. We embrace all those living with mental health challenges and those that love them. Our staff and volunteers are all peers with lived experience. Our office is a safe, inviting, confidential space for all and services are offered at no charge.

Have you had a difficult time advocating for your child or teen in school? “Basics” is for parents and caregivers of children under the age of 18 living with mental health challenges and looking for support and education. Some items covered in the 6 week class (beginning Saturday, April 14th - May 19th from 10:00 am to 12:30 pm) are; Managing crisis and solving problems; Self-care and stress management; Supporting your child with compassion; Advocating for your child’s rights; Education on current treatments; Gaining an overview of the public mental health care, school, and juvenile justice systems and supporting resources to help you navigate these systems and; Understanding the challenges and impact of mental health conditions on your entire family. Please go to our website, namiswwa.org to register for this class or give us a call at 360.703.6722, and we’ll be happy to talk with you.

Our next “Family & Friends” is being held on Saturday, April 7th from 10:00 am to 2:00 pm. This is a 4 hour seminar for those families and friends who have a loved one living with mental health challenges. Some of the topics covered are:

- Different Diagnoses
- Treatments
- Communication Strategies
- Crisis Preparation
- NAMI SW WA Resources

Please go to our website, namiswwa.org to register for this class or give me a call.

Until next month ~

Jan

Support NAMI SW WA through AMAZON Smile when you shop!

Go to: 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
**Upcoming Events & Support Groups**

**A Community Conversation with Rick Keyser, ARNP** - Thursday, April 12th at 6:00-8:00 PM. Rick will be presenting about mental health medications and individuals will be talking about their challenges relating to medication and family members. Join the Conversation at NAMI SW WA Vancouver office.

**Family & Friends Seminar** – This month’s 4-hour seminar will be on Saturday, April 7, 10:00 am – 2:00 pm in both our Vancouver and Longview offices. Please register by going to namiswwa.org today!

**NAMI Walks Northwest – 5K** – Save the date for Sunday, May 20th! Walk or run your way to supporting NAMI SW WA. Create your teams today by registering on namiwalks.org/northwest

**NEW! Bipolar Group – Keeping Your Balance** - This group consists of eight – two-hour weekly sessions held in our Vancouver office. Available to adults who have Washington State-Apple Health (Medicaid through Molina Healthcare of Community Health Plan of Washington. Current clients of NAMI SW WA – Behavioral Health Services (BHS) will need your counselor’s referral. If you are not a client of NAMI SW WA – BHS, call (360) 695-2823 to arrange a brief intake assessment.

**Living Beyond: Chronic Pain Management Group** – It’s back! It begins meeting on Monday, April 9th at 1:30-3:00 PM. This psycho-educational class for men and women meets for 12 consecutive Mondays.

**Yarn Crafts for Wellness** – Learn to crochet or just bring a project to work on Tuesdays and Thursdays from 2:15 to 3:00 PM. Starting this month!

**Womens’ Support Group** – Gather with other women overcoming mental health challenges in Vancouver: Wednesdays, 10:00 am-11:30 am. Drop-ins welcome.

**STRivE First Steps to Recovery** – Ten sessions providing education and tools for first steps toward a successful and sustained recovery from mental and emotional challenges. Tuesdays, 3:30 pm to 5:00 pm, 5411 E. Mill Plain Blvd. Suite 4, Vancouver or Mondays and Thursdays, 1:00 – 2:30 pm, 1128 Broadway, Longview. Confidential and Drop-ins welcome at any time.

**Request to Donate a Wheelchair** - Some of our counseling clients are finding it difficult to walk the distance to the counseling rooms, even if they were to come in through the back exit door. If you or someone you know has a wheelchair to donate to us, please let us know.

**Upcoming 2018 Education Classes**

**NAMI Signature Programs** -  NAMI SW WA is scheduling Spring Signature Classes. Now is the time to sign-up at namiswwa.org for Basics, Family to Family, Familia a Familia, Homefront, and Peer to Peer. Pre-register for Vancouver and Longview classes by going to namiswwa.org or by calling 360-695-2823. We will notify you before the next set of classes begin.

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**How to stop time:** meditate.  
**How to travel in time:** read.  
**How to escape time:** write.  
**How to waste time:** gossip.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!

There are three types of memberships:

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<th>Membership Fee</th>
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<th>My Tax-Deductible Donation</th>
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