NAMI Walks Northwest is coming May 20th! There’s still time to join us in making a statement that mental health matters in the NAMI Walks Northwest 5K on Sunday, May 20th at the Vera Katz Eastbank Esplanade (near SE Water and SE Main) Portland, OR. Registration is at 11:00 am and the walk begins at the start line at 12:00 pm. We need teams and individuals to participate to raise funds and awareness to help us keep NAMI programs available to all who need them, at no cost to participants. Register for free to walk or go further and create a walk team with your family, friends, and co-workers. See instructions below. You do not need to physically do the walk; all are welcome! Sign up at namiwalks.org/northwest. Interested in sponsoring the walk or volunteering? Contact angela.s@namiswwa.org. Thank you for making a statement that mental health matters.

Here is How to Register for a Team or as an Individual

1. Go to namiwalks.org/northwest and register, provide name, email, and password.
2. Select how you want to participate or if you are a team captain, create a team.
3. Identify a fundraising goal for your team or as an individual to work towards. Then continue.
4. Select t-shirt size (everyone who raises $100 will receive a t-shirt). You may donate at this time to get you started toward you goal.
5. Select NAMI Southwest Washington as your affiliate and provide your address.
6. Confirm you agree with Terms and Conditions and continue.
7. Review your information and complete registration.
8. Team captains, customize your team profile and customize all individual profiles.
9. Then share, share, share.

Independently operated and funded 501(c)3 affiliate of NAMI Washington and NAMI National providing direct support, education and advocacy services in the Clark, Cowlitz, Skamania, and Wahkiakum.
Dear Members and Friends,

May is a big month for NAMI SW WA. The NAMIWalks Northwest 5K fund-raising event is something NAMI affiliates all over the nation look forward to as one of our primary sources of funding that allows us all to continue to offer wonderful educational, support, and advocacy programs at no charge to all those who want and need this wide variety of programs. Money that we raise here is shared with NAMI WA, NAMI OR, and the national NAMI. NAMI SW WA supports two physical office sites and many, many unique programs not offered elsewhere including SEE ME and STRivE, two popular programs created by staff and volunteers here over the past four years; both of these programs have been tested, revised, and we are now ready to have an article about SEE ME published in a journal for emergency medical personnel, one of our leading audiences for this training. In addition, both of our sites offer expressive arts groups. In Vancouver, we offer yarn crafts, a writers’ group, and NAMI Walks and Talks, a daily lunchtime walking group.

In addition, the NAMIWalks Northwest 5K provides funds to support things like the mileage reimbursement (for our many volunteers who drive from one end of our four-county-region to another) print materials, outreach and other activities we provide. Donations are not mandatory. However, we greatly appreciate every contribution. Donations can be any amount. Team captains will work with you to recruit team members who are also encouraged to donate. The amount donated is not so important as each dollar, or ten dollars can add up to be enough to provide $100 or more to pay for mileage to a more rural event, to provide notebook binders of materials for a class, or even to pay a month of rent at one of our sites.

NAMI SW WA walks with NAMI Oregon on a 3-mile loop from the east side of the Willamette River beginning at noon at Vera Katz Eastbank Esplanade (Water and Main), walking with several thousand other walkers, runners, drivers of motorized wheelchairs, dogs on leashes, and kids of all ages. Come early to listen to music, hear from local dignitaries, and meet old friends from previous walks or who have been in a NAMI class or group with you. We have a great gift for our NAMI SW WA walk teams this year so be sure to stop by our NAMI SW WA event table to pick up your gift. We also financially support the NAMIWalks Washington in Seattle. Because of the distance, we usually do not have walkers at that NAMIWalks, but if you happen to be in the area on June 2nd, it begins at Marina Park in Kirkland, WA.

If you are not a walker or cannot work around your busy schedule, please support us as a virtual walker by going to namiwalks.org/northwest website and signing up as a team member of the team of your choice and donate there. Virtual walkers are welcome to pick up a gift at either NAMI SW WA office.

I hope to see all our members, guests, clients, and newsletter readers at this fun event!

Peggy
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

My Bouquet by Jo Findley

My Bouquet

Roses Red Splashy
My Buds Unblooming
Hiding unto Velvet Visions
Tightly held volumes
A life bound
Unopened
Of true
Magnificence
Stepping Forward
No more hiding
Finding
PETALS fallen
Unto beauties
Mosaic
Mighty fight
Letting go
Allowing
Breathing brightness
Fragrance
JOY
Claim
Strengths
Rightfully
A place
In the world

Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us.

-Samuel Smiles
Demystifying Schizophrenia by Angela Swanson

We’ve all seen the movies. We’ve seen the news. We know the media seems hell-bent on portraying people diagnosed with schizophrenia Diagnosis… as dangerous people, shadowy characters talking to themselves, or crazy-eyed weapon wielding lunatics, incapable of rational thought.

But for the 1% of the population diagnosed with schizophrenia these depictions are unfair, unfounded, and extremely detrimental to their pursuit of success and happiness.

Unfortunately, most people know next to nothing about the illness, and the only exposure they may have are the movies, news stories, and other pop culture references to schizophrenia. In all reality, those with schizophrenia who are taking their medications, getting counseling on a regular basis, and doing good self-care, look and act like everyone else. They are still people who want and need acceptance. Demystifying the stereotype as well as education around the illness, encourages acceptance.

Fortunately, people with schizophrenia can still lead very productive lives. Take Elyn Saks. After being diagnosed with schizophrenia as a young adult, Elyn struggled to accept what life had handed her and tried for years to deny her illness or take her medications properly. Only after finding a strong support network of friends and physicians and committing to follow her prescribed medications, was she able to come to terms with her diagnoses. And now she is an award-winning author and recipient of the McArthur ‘genius’ grant.

The first thing to recognize is that this disease has a spectrum. Schizophrenia is divided into five major categories, and each one widely varies in terms of severity and a combination of symptoms differing from one person to another.

Paranoid Schizophrenia: Paranoid Schizophrenia is the type most people think of when they hear the general label of schizophrenia. The main symptom of this category are auditory hallucinations (or “hearing voices”) and can include delusional thoughts dealing with government or other ‘conspiracies.’ It is the most common type of schizophrenia and is often diagnosed late into a person’s illness because he or she may seem ‘normal’ in every other aspect of life.

Disorganized Schizophrenia: The person diagnosed with disorganized schizophrenia may have difficulty maintaining a linear conversation and will instead jump from one subject to another unrelated subject. The ability to think logically is inhibited, and will sometimes manifest itself in odd behavior, like wearing a heavy coat on a hot summer day.

Catatonic Schizophrenia: This type of schizophrenia has two subtypes:

Catatonic stupor: This subtype is categorized by a huge reduction in movement, to the point where the person will stop moving altogether. A condition known as waxy flexibility may develop as well, which is when, if placed in a particular position, the person will become immobilized in that position for a long period of time.

Catatonic excitement: This subtype is characterized by hyperactivity or repetitive, and often meaningless, actions. Mimicking another person’s actions or words can also take place.

Residual Schizophrenia: If a person has been diagnosed with schizophrenia before but has a drastic reduction of symptoms, they still have what’s known as residual schizophrenia. This person may have hallucinations or paranoia, but these symptoms are less frequent. The last schizophrenic attack took place after a year elapsed since the person was affected by the more serious symptoms of this disease.

Schizoaffective Disorder: Schizoaffective disorder is a mixture of schizophrenia and either depression or mania (of bipolar disorder). This type of schizophrenia is often hard to diagnose because of the myriad of symptoms that bipolar disorder may bring.

Not everyone has the luxury of a support system. But

Continued on Page 5
Continued From Page 4

through educating the public on the realities of the illness, it is possible for someone with schizophrenia to break free from the stigma and not be fearful of seeking help so that, like Elyn Saks, these people can reach their potential and thrive, and lead healthy, happy lives, despite their diagnosis.

Staff Spotlight – Chiara Caballero

From publishing zines ranging in subjects from illustrations to mental health, to chapbooks full of flash fiction and art, Chiara has experimented with various forms of self-expression for years. Currently, a web design student at Clark College, Chiara also serves as the fundraising and marketing assistant at NAMI SW WA. Her role includes layout and design work for the newsletter and assisting with creating promotional materials, flyers, brochures and maintaining social media. She has also just completed the Certified Peer Counseling training and is looking forward to putting this training to use.

Chiara’s philosophy on mental health is that with enough support and effort, everyone is resilient and can flourish. As she has come to learn through personal experience, she believes people with mental health issues and even severe trauma and chemical imbalances can recover and live the lives they were meant to. She values self-care and makes a point to make time for friends, proper sleep, meditation, and also hobbies she loves.

Volunteer Spotlight - Cole McLester

Cole has tried it all. From logging to elephant (yes elephant!) training, from working in the service industry to the county Sheriff's office, there are few professional fields that Cole hasn’t had his hands in. After studying graphic arts, he followed his love of video editing and currently volunteers as a video production specialist at NAMI SW WA, where he makes social media and various special event videos. He loves working for an organization he has a true passion for, as mental health issues have affected many close to him over the years. He is thankful for an opportunity to help bring these issues to light so they can be discussed rather than hidden or ignored.

When not editing or producing videos, Cole enjoys pursuing his passion for the arts. He paints, plays music and is a bicycle enthusiast. His philosophy on maintaining mental wellness includes staying positive and being careful not to pass judgement on others. Or simply unplugging and going for a long drive somewhere beautiful can help reset his mind and attitude so he can again bring sunshine to otherwise dark places.
Nothing makes me groan more than the thought of exercise clothes and participating in a Zumba class. A word like CrossFit sounds like some circle of hell where I have to flip over truck tires and jump on top of boxes like I’m leaping out of the path of a rabid wolverine.

Maybe you feel the same way, too. And if you’re in recovery from depression, anxiety or other mental illness, or battling excessive weight gain, these feelings are magnified by a million. I have found that starting out slow and steady made me realize that getting healthier is NOT impossible, and I don’t have to flip over tires to feel better about my mind and body.

We all know that exercise is important to being healthy. It’s right up there with eating right and not smoking. But what no one seems to tell us how to even to get motivated to start. What if you can hardly get out of bed, much less put on running shoes and, you know, run? And if extra pounds put a strain on your joints and muscles, any kind of exercise can just be painful and frustrating.

First of all, do a bit of research. Healthy people come in all shapes and sizes. Find someone’s story to which you can relate. The Biggest Loser contestants, professional athletes, motivational speakers, they’ve all been where you are in some way or other. The only difference so far is that they started and kept at it.

Your scale is The Devil. Ignore it. Better yet, just throw it into the path of an oncoming garbage truck. You know you weigh too much. You don’t need some little piece of metal reminding you every morning. And weight can fluctuate by 5-10 pounds within a given week anyway, so why pin your goals on how much you went to the bathroom or sweat? A better guide to whether you’re making an impact is how your energy level, your flexibility, and how you feel in your clothes.

Find your crew. Ever see those old ladies doing aqua-sizing in a swimming pool? They have found their crew. Working out with people of similar body type and fitness level can be encouraging because you’ll feel like you’re with people who get you, who are in it for the same reasons and who won’t even scoff at you or judge you.

Start slow. If you can barely make it around your block without feeling like you’re going to pass out, rushing off to a fitness class may not be the right approach. Trying to run before you can walk will only exhaust and frustrate you, and who needs that when your motivation is hanging by a thread? Start off with a walking partner and try 5 minutes to begin with and then add another 5 minutes. You will get up to 30 minutes before you know it. Plus, a walking partner can hold you accountable, and vice versa.

Join a restorative or beginner yoga class when you’re ready. While it may sound scary now, joining a class that’s appropriate for your level can be amazing. A room full of people with similar goals and attitudes, coupled with an instructor who is there to help you and learning how to breathe and move for more flexibility will make other exercise easier. It can lift your mood and get you in the mindset that you are there not just to kick your ass, but save your life.

Reward yourself. If you’ve stuck it out for a week without making excuses, treat yourself to something nice. A new shirt, flowers, a Netflix binge. Celebrate your milestones, no matter how small. Soon you’ll look back at how far you’ve come and realize that you are capable of more than you ever dreamed.
My Mother’s Iron  
by Teryl Gallagher

I was ironing with my mother’s iron not long ago, and the smell of the warm fabric filled my nose and my mind with memories of my Mother sewing. She worked long hours to make costumes for the many performances I was blessed to be in. She worked late into the night making my dresses. I remember when she would awaken me in the middle of the night and into my ear she would say in a soft whispered voice, “Give me your arm dear” or leg or whatever to take measurements of my extremities and waist. I knew there would be many more fittings that night, but I would return to my slumber. In the morning, there would be another fitting of the garment, and I was in awe of the beautiful clothing she had made for me overnight. She would be up all night without any sleep putting all her love and talent into the garment. She sent me to school each morning dressed in a way that the school thought was unfair to the other children. The Principal called her in to express his thoughts and Mother shocked all in attendance by saying she had made them all. Once she made matching dresses for me and my large walking doll and Easter Sunday was no exception. I always had a beautiful new outfit that was unlike any other. Most of them had store-bought clothing. Mine was always special, and all the other girls oohed and awed. I am very proud of my Mother’s craft, and I tried to do the same for my children.

My mother had hands of iron, and she scrubbed every inch of our house. She always kept a beautiful home for us. I had a friend who was reluctant to invite me to her house because her mother worked outside of the home and was not able to keep the house as neat as ours. I never had that feeling about ours. When I brought friends home, I was never ashamed. We usually found her hard at work making us a home to be proud of.

My mother had an iron skillet that she used to make scrumptious meals that we eagerly wanted to taste. She made us wait until Dad came home so we could all eat together. She spread a beautiful table with delicious food for the Holidays. She worked for days planning table arrangements, ironing tablecloths, using her best, beautiful dinnerware. We all gathered around and loved each other and as she loved us. Mother worked hard at making our family.

My mother had a heart of iron that stood up for us against the greatest of enemies. I had a vocal teacher who shamed me because one of her nemeses, my choir teacher, had made me student director. My vocal teacher felt I wasn’t qualified. Through sobbing and tears of sadness, I told my mother of the wrong that was thrust upon me. When we got home, my mother went straight to the phone and undertook the front of the battle. Banners were flown, and muskets belched fire, and cannons filled the air with the smell of gunpowder. At the heat of the discussion, my vocal teacher told her to take an aspirin and lie down. The rage ensued, and she fired the teacher. The next week I had another one.

As you can see she was very special to all of us and she will be greatly missed because she always cared for her family. But I can see her now with her iron conviction making heaven a home for all of God’s children.

New Walking Group: NAMI Walks & Talks

Join us for our newest weekly group at the Vancouver office - NAMI Walks and Talks walking group! Come and meet new people, chat a bit, and get some exercise at the same time. Better yet, practice for the NAMIWalks Northwest 5K coming in May and make a statement that mental health is important. Walk for as long as you like. Bring comfortable shoes. All experience levels welcome. Mondays and Thursdays from 11:30am-12:30pm.
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- 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
Unforeseen circumstances may cause a group or class to be cancelled. Please call ahead to confirm.

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<th>Monday</th>
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<tr>
<td>STRiVE First Steps 3:30-5:00pm</td>
<td>Support Group 3:00-4:30pm</td>
<td>Women's Support Group 10:00-11:30am</td>
<td>Connection Recovery 3:00-4:30pm</td>
<td>Creative Writing for Wellness 2:00-3:15pm</td>
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<td>Board of Directors Meeting 1:00-2:45pm</td>
<td>Family Support Group 3:30-4:30pm</td>
<td>NAMI Walks &amp; Talks 11:30-12:30pm</td>
<td>Yarn Crafts for Mindfulness 1:30-3:00pm</td>
<td>Volunteer Orientation 4:00-7:15pm</td>
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<td>STRiVE First Steps 3:30-5:00pm</td>
<td>Connection Recovery 3:00-4:30pm</td>
<td>Women's Support Group 10:00-11:30am</td>
<td>NAMI Walks &amp; Talks 11:30-12:30pm</td>
<td>Expressive Arts 10:00-12:30pm</td>
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360-695-2823
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On Mill Plain Blvd between Devine and MacArthur.

Our entrance is on the West side.

DISABILITY/WORK INCENTIVES COUNSELING
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(Third Wednesday monthly)

Provided support group for those affected by mental health challenges. Drop in.

Support for families of military personnel who have a mental health diagnosis.

Support for friends and family of persons in need for mental wellness.

Psychoeducation and tools for a success.

Peer support group for those affected by mental health challenges. Drop in.

Provision of support group for those affected by mental health challenges. Drop in.

Provision of support group for those affected by mental health challenges. Drop in.

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Provision of support group for those affected by mental health challenges. Drop in.
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<td>Monday</td>
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<td>Family Support Group</td>
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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.

Support for friends and family of military personnel who are struggling with mental health issues. Call to sign up.

Peer support group for those affected by mental health challenges. Drop-in.

Provides support and resources by appointment/work incentives counseling.

Disability/Work Incentives Counseling

BY APPOINTMENT

Call 360-695-2823

INFORMATION LINE 9-5 Monday-Friday

Call 360-695-2823

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MONDAY - Office hours 10:00-4:00 pm

TUESDAY - Office hours 10:00-4:00 pm

WEDNESDAY - Office hours 10:00-4:00 pm

THURSDAY - Office hours 10:00-4:00 pm

FRIDAY - Office Closed

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42x368 Southwest MAY 2018

23x15 NAMI SW WA

26x20 COWLITZ/WAHKIACKUM

20x16 National Alliance on Mental Illness

15x3 South West Washington
A warm thank you and congratulations to all the people who have recently completed one of our NAMI Signature classes! Many people say that they are inspired by the classes that we offer and want to continue to learn more and be involved after the class ends. One of the very best ways to stay involved and continue to learn is to become a teacher or leader yourself!

If you have completed Family-to-Family or Peer-to-Peer class, you have already achieved the first step of becoming certified to teach in these programs! Trainings for leaders of Family to Family, Peer to Peer, NAMI Basics and Connection Support group are scheduled for this summer and fall.

Why not take the next step and apply to become a teacher/facilitator?

The teachers and leaders of all NAMI Signature Programs are volunteers with the real-life experience covered in the topic of the class. This peer-led education makes NAMI programs unique and so valuable to the participants. The main “expertise” we seek in leaders is having the lived experience and the desire to share, teach, and inspire others. Teachers and program leaders go through a weekend of training on the program materials and facilitation skills. Once certified to teach, we match new teachers with more experienced teachers as a teaching team. You will also have coaching and mentoring support from NAMI SW WA staff.

If you are interested in applying to lead any of these programs, contact Heidi Bjurstrom our Manager of Programs and Volunteers for further information. Heidi.b@namiswwa.org or 360-695-2823.

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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.
Let’s Talk Mental Health: Fitness #4Mind4Body

May is Mental Health Awareness Month. This yearly event was launched by Mental Health America in 1949. The observance, eventually included the entire month of May. It was proclaimed National Mental Health Awareness Month in 2013. This year’s theme is Fitness #4Mind4Body. The focus is on the whole person and making use of the tools and resources that benefit minds and bodies together. Many organizations join together this month to promote mental health awareness, including the National Alliance on Mental Health’s nearly 1,000 affiliates nationwide, of which NAMI SW WA is one. Mental Health America is sharing mental health month materials which promote the 2018 theme Fitness #4Mind4Body. If you have access to the internet, you can download the colorful and informative fact sheets, if not, they are available at NAMI SW WA Vancouver and Longview offices.

• Diet and Nutrition: The quality of the food you eat can impact your overall physical and mental health. Eating nutritious foods can go a long way toward achieving a healthy lifestyle, so make every bite count. http://www.mentalhealthamerica.net/sites/default/files/MHM%202018%20Fact%20Sheet%20-%20Diet%20and%20Nutrition.pdf
• Exercise: Staying active can benefit so many aspects of your health and can even prevent physical and mental health symptoms from worsening. It’s important to incorporate exercise daily to ensure your body and your mind are healthy. http://www.mentalhealthamerica.net/sites/default/files/MHM%202018%20Fact%20Sheet%20-%20Exercise.pdf
• The Gut-Brain Connection: That gut-wrenching feeling in the pit of your stomach is all too real—and your brain can react to signals from your stomach. All the more reason to eat a balanced and nutritious diet—so that your gut, and your brain can be healthy. http://www.mentalhealthamerica.net/sites/default/files/MHM%202018%20Fact%20Sheet%20-%20Gut%20Brain%20Connection.pdf
• Sleep: Your physical and emotional health depends so much on how rested you are. Sleep is fundamental to a healthy mind and body—getting a good night’s sleep can make a huge difference in your overall health. http://www.mentalhealthamerica.net/sites/default/files/MHM%202018%20Fact%20Sheet%20-%20Sleep.pdf
• Stress: No one likes to be stressed—especially when we know it can be linked to poor health. Learning how to manage your stress can be a small change with a big positive impact on your physical and mental health. http://www.mentalhealthamerica.net/sites/default/files/MHM%202018%20Fact%20Sheet%20-%20Stress.pdf

Join others in becoming more aware of your mental wellness and focus on what you as an individual can do to be fit for your own future—no matter where you happen to be on your own personal journey to health and wellness. Fitness #4Mind4Body

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
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FIRST STEPS TO RECOVERY
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

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9105 Hwy 99 Ste. 201A, Vancouver
(360) 597-9721

BATTLE GROUND
18 NW 20th Ave, Ste. B, Battle Ground
(360) 597-9731

We accept most insurance including Apple Health.
Hello Friends!

We have two upcoming NAMI Signature Classes beginning in May.

1). “Basics”
- Date: Saturday May 12th-June 16th from 10 am - 12:30 pm

Have you had a difficult time advocating for your child or teen in school? This class is for parents and caregivers of children under the age of 18 living with mental health challenges and looking for support and education. Topics:
  - Managing crisis and solving problems
  - Self-care and stress management
  - Support your child with compassion
  - Advocating for your child’s rights
  - Learning current treatments
  - Overview of the public mental health care, school, and juvenile justice systems and supporting resources to help you navigate these systems
  - Understanding the challenges and impact of mental health conditions on your entire family.

2) “Family to Family”
- Date: Mondays & Thursdays - May 7 - June 11th 2 x’s per week from 10:00 am - 12:30 pm. (10 sessions and no class on May 28 Memorial Day)

Family to Family is for family members and caregivers who have a loved one over 18, living with mental health challenges. Join us for support, critical education, strategies related to care giving.
  - Taught by trained family members of individuals living with mental health challenges.
  - Current information on the major mental health diagnosis and co-occurring brain and addictive disorders.
  - Information about medications, side effects, and strategies for medication adherence.
  - Gaining empathy by understanding the subjective, lived experience of a person with mental illness
  - Learn problem-solving, listening, and communication techniques.
  - Acquiring strategies for handling crises and relapse
  - Self-care for the caregiver: coping with worry, stress, and emotional overload
  - Community resources and support within the community.

Please go to our website, namiswwa.org as registration is required and seating is limited. Give us a call at 360.703.6722 or drop in and we will be happy to speak with you.

“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”

— Winston Churchill
Upcoming Events & Support Groups

NAMI Walks Northwest – 5K – Save the date for Sunday, May 20th! Walk or run your way to supporting NAMI SW WA. Gather your family members, friends, and co-workers and create your team today by registering on namiwalks.org/northwest

NEW! Bipolar Group – Keeping Your Balance – Starting May 4th. If you have Washington State-Apple Health (Medicaid through Molina Healthcare of Community Health Plan of Washington this may be a group for you. This group consists of eight – 2-hour weekly sessions held in our Vancouver office. 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.

WALK & TALK Walking Group - Starting Thursday, May 3rd, 11:30 am – 12:30 pm (Each Monday and Thursday). Enjoy the beautiful May weather and get out of the house. Join us for a walk and socializing.

Yarn Crafts for Mindfulness – Learn to crochet or just bring a project to work on Tuesdays 1:30-3:00 and Thursdays from 1:30 to 2:45 PM. Starting this month!

Women’s 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 for donated 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

Basics - Have you had a difficult time advocating for your child or teen in school? This no-charge class is for parents and caregivers of children under the age of 18 living with mental health challenges and looking for support and education. Longview office – Saturday, May 12th – June 16th, 10:00 am – 12:30 pm

Family to Family - Family to Family is a 12-week course for family members and caregivers who have a loved one over 18, living with mental health challenges. Join us for support, critical education, strategies related to care giving. Beginning Mondays and Thursdays, May 7th – June 11th, 10:00 am – 12:30 pm in Longview, 1128 Broadway Street, Longview, WA.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!