CALL TO ARTISTS

THEME: SLIVERS OF HOPE

- Lift Up Life art show for Suicide Awareness & Prevention Month
- Will be shown at Fort Vancouver Regional Library and other venues
- Work must be donated to NAMI SW WA Silent Art Auction Benefit
- Three cash prizes awarded to contributing artists

Deliver artwork between July 9-August 10, 2018.
Tues,Wed, & Thurs 9am-11am & 1pm-4pm

Download submission guidelines and form from namiswwa.org
Questions? Email angela.s@namiswwa.org or call at 360-695-2823 Ext 111

Great things are done by a series of small things brought together.

-Vincent van Gogh
Dear Members and Friends,

Great thanks to all of our supporters who walked with us, either physically or virtually, at the NAMIWalk along the Willamette River on Sunday, May 20th. It was a beautiful day, neither too warm nor too wet...both weather conditions we have dealt with in the past! We believe we made our goal for this year but will not find out until the end of the summer because: the online gifts go first to NAMI national; then to NAMI OR, since, because of our location, we walk with them; and our share of funds comes last. We get 70% of what we raised. We have also raised some funds for the NAMI WA Walk that takes place in June and will get 70% of those dollars, as well. Our earnings from these Walks will cover around 20% of the cost of operating our two offices for one month. As we say here, every penny helps!!!

At the WALK, Cole McLester could be seen with his camera, either on a tripod or on his shoulder, photographing the walkers and entertainers. He will compile a short video for NAMI OR for their website and will also provide NAMI SW WA with footage to add to our site. We are thrilled to have him working with us because his videos add an entirely different aspect to all the work we do.

Our SEE ME program continues to grow...we have added the Nursing program at WSU Vancouver to our regularly scheduled four-hour training programs where we will be training a component of their nursing students earning their BSN degrees. The nurses in training are divided into three groups each year; we will be presenting the program at WSU six times a year. We also had the opportunity in May to take a group of presenters to Seattle through sponsorship from Community Health Plan of WA (CHPW), one of the managed care companies that provide payment for and management of Medicaid services in the SW WA region. We did three two-hour SEE ME presentations in their corporate offices. Cole accompanied us on the train to Seattle and videotaped all the presentations. He has compiled the programs into a training video for CHPW that they intend to have all new employees view to learn about best methods for communicating with people with mental health diagnoses.

Our team of staff and volunteers are working hard to plan and prepare for Suicide Awareness and Prevention that takes place every September. Our art groups are already busy painting rocks...we plan to distribute 1,000 rocks in late August, spread among our four counties. We will launch a new theme this year, focusing on ASK...ask yourself or others if you are at risk, thinking about, or planning suicide; get or provide support; be kind to yourself or others who are at risk. Many events are planned throughout the month. Watch for announcements beginning with our Call To Artists that will come out soon. Art created around the theme Slivers of Hope will be on display in our four counties and then auctioned off in early October. Please call if you would like to get involved with rock painting, presenting our message to schools, churches, businesses, and other places or any other aspect of the month’s activities.

Have a lovely summer!!

Peggy
ROCK PAINTING PARTY!

COME JOIN US!
PAINT ROCKS WITH NAMISWWA FOR SUICIDE AWARENESS & PREVENTION MONTH.

Our goal is to paint 1000 rocks with messages of hope for Suicide Awareness and Prevention Month. NAMISWWA Volunteers will place them throughout our community.

Wednesdays, 2:30 pm - 4:30 pm

Vancouver Office
5411 E. Mill Plain Blvd., Suite 4,
Vancouver, WA 98661
(360) 695-2823

There is Time to Think
by Steve Lavoie

There is time to think within the quiet of the soul
The problem lies in trying to stop the mind and know that we are whole
In mindfulness the path does lead
To peace, tranquility and hope
And this is what our souls need In order to make it home.
Steve Lavoie
©2018

NAMI Signature Programs

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

Family to Family
Debbie Archer
Heidi Bjurstrom
Jan Kell
Dani Maron-Oliver
Whitney Phillips
Sharon Smith
Scott Brickley
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

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

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
Linda Harbaugh
Debbie Archer

Creative Writing for Wellness
Angela Swanson

Women’s Group
Neeshonee
Teresa Williams

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
All of us know what anxiety feels like. Situations like public speaking, doctor’s appointments and hectic travel schedules are typical, along with the symptoms we feel when dreading such situations: fear, heart palpitations, dizziness and sweating as our fight or flight response kicks in.

For some of us, however, anxiety over every day or mundane life activities can grip us in a vice of fear that seems inescapable. How quickly and frequently we can become crippled, so much so that we are afraid to get behind the wheel of a car or go into a crowded grocery store without feeling panicked. This is the point where anxiety isn’t just our body’s natural response to threatening situations. It’s a disorder.

Actually, the term anxiety encompasses a variety of disorders, each with its own physical, mental and emotional aspect (which sometimes overlap). While all anxiety disorders have common calling cards—worrying, feeling tense, and having elevated blood pressure—anxiety can, in fact, feel different from one person to another. One person may fidget, sweat, and talk rapidly while another might retreat into an emotional turtle shell, become entirely detached or numb to a situation as a coping mechanism.

When we feel anxious, what we are actually feeling is an increase in the hormone adrenaline, which causes a myriad of biological reactions, including an increased heartbeat, sweating, and heightened awareness and sensitivity to our surroundings. This was essential for our ancestors, in that they were able to either flee from danger or fight their way out of it.

These days, our likelihood of running into a saber-tooth tiger is slim, but our chances of giving a presentation, attending a function where we don’t know anyone, or making a dreaded phone call can all elicit the same response as our relatives of yore. The great thing is, unlike our ancestors, we have some fantastic and progressive ways of coping.

**Cannabidiol (CBD) Oil**

While still in its early phases of research, Cannabidiol oil (or CBD oil) is derived from the cannabis plant and can be used in a variety of forms, food, lotion, etc. It’s not to be confused with marijuana as it does not contain THC, which can actually heighten a person’s feeling of anxiety (paranoid high, anyone?) CBD oil has been shown to ease people with social anxiety disorder and can actually change the way a person’s brain responds to anxiety.

**Acupuncture**

The older ideas of acupuncture (or inserting fine needles into specific or focused parts of the body) included the idea that our energy (or “qi” in ancient Chinese medicine terms) can become blocked when we experience negative emotions like fear or anger, and adversely affect muscles and organs. What more current medical experts have discovered is that the practice of acupuncture releases endorphins and other natural, biological pain-killers. When used in conjunction with a prescribed medication regimen, acupuncture can help relieve the symptoms of anxiety, stress, and depression.

**Mindfulness**

Mindfulness (also known clinically as Mindfulness-Based Cognitive Therapy) simply means being aware of your reactions to stressful situations and practicing better ways to respond to them. There is, in fact, ongoing research on MBCT in which people are encouraged to shift their focus away from the stressful situation itself and onto the thoughts and feelings about the situation. The goal is for people suffering from depression and anxiety to automatically respond by refusing to accept the negative responses to their situations and instead embracing the circumstances with an entirely different, calmer attitude.
Restorative Yoga

One more thing to try in conjunction with medications is restorative yoga. Several studies have shown that yoga poses can stimulate vital organs, increase the supply of oxygen to the brain, and relax muscles that are tense from stress. And if the very word yoga makes you cringe, click here for some poses that you don’t even have to be that flexible to enjoy the benefits. Once you get comfortable with a few poses, try slow nasal breathing and becoming mindful of your body. Conscious awareness can help us better handle stress and reach our capacity to experience happiness.

Staff Spotlight – Debbie Archer

After spending almost 40 years in the customer care industry, Debbie Archer is currently the Assistant Coordinator in Cowlitz County, and facilitates groups and classes within NAMI SW WA. Having several family members who’ve experienced mental health issues, including a brother who died of a drug overdose, has given Debbie unique insight into the struggles family members may face. This has given her a passion for helping others in similar situations. She loves working with people who are on a journey toward mental wellness, regardless of where they are on that journey. Inspiring people who may have lost hope is what drives Debbie to connect with those within the NAMI SW WA programs and help them learn their potential and worth.

Debbie enjoys spending her free time with her grandchildren, and pursuing various hobbies including scrapbooking, making cards, traveling and getting out to explore nature. She is able to maintain mental wellness by identifying stressors early on and employing different tactics to regain calm and peace in her life. Music, mindful focus and just being proactive all help her stay positive and make lemonade when life hands her lemons.

Member Spotlight – Teryl Gallagher

Teryl Gallagher is a grandmother, college graduate, reader, writer, and a valued volunteer at NAMI SW WA. She currently a facilitator for the Stitch and Chat group teaching crocheting for mindfulness while encouraging people to talk, interact, and make genuine connections while on their mental wellness journey to avoid feeling isolated and alone. She enjoys using her gifts to help people who are dealing with issues similar to her own. Teryl has hope that the medical field is starting to have a better understanding of mental illness and how to help people suffering from it. Unfortunately, she has seen first-hand that there is much work to be done in providing a place of refuge for people in crisis. She also wants people who don’t experience mental health challenges to appreciate how people with a mental health diagnosis can thrive. From biblical figures to presidents to artists and scientists, Teryl believes that people with depression, bipolar and other disorders can accomplish greatness and strive for a better life not just for themselves but for society as a whole.
Congratulations, Cindi Fisher!

Join us in congratulating, NAMI SW WA volunteer, Cindi Fisher as 2018 Val Joshua Racial Justice awardee by the NAACP. She is the mother of an adult child with mental health challenges, a former teacher, and tireless mental health activist. Her story is complicated, yet the message is simple. Cindi Fisher is a champion for change, and a voice making a statement against the forcible use of antipsychotic drugs in children and young adults. And her voice has finally been heard, considered, and brought about the change she’s been seeking for nearly thirty years.

After her own son was admitted to a psychiatric hospital and her rights to have a say in his treatment program were taken away, Cindi realized she needed to educate herself if she wanted to help her son. There were files and files from her son’s doctors and psychiatrists, probation officers, and other professionals. The more she read, the more she realized (to her horror) that the very drugs her son was taking to get well, were, in fact, causing him great pain, distress, and a myriad of other terrible side-effects.

She also heard for the first time that some experts believe psychosis can be “an expression of deep inner unhealed wounds, and psychiatric drugging can numb the psyche and prevent those underlying issues from being dealt with.” Even more concerning was when she learned African Americans often have a harder time metabolizing certain drugs, which lead her to fight even harder for racial and cultural change in the use of poly-pharm treatment plans.

After years of fighting against a system and institution that always seemed bigger and stronger, with endless resources and little accountability, Cindi Fisher is finally seeing the change she’s worked tirelessly to bring about. The NAACP unanimously passed a resolution that will pave the way for them to work with advocates to “oppose the misdiagnosis and over-prescription of psychotropic drugs for children.” Another resolution also calls for the “banning of electroshock treatment on children, youths and young adults up to the age of 21. Electroshock, also known as Electroconvulsive Therapy or ECT.”

And while she knows she still has a long way to go on her journey to ensure her son has the right care and continues on his own road to recovery. She has faith that one voice, no matter how sidelined its opponents try to make it, can still be heard, can still matter, and can still make a difference. Or, as the Val Joshua Racial Justice Award panel puts it, “it is clear that Cindi is dedicated, passionate, and making a meaningful impact on our [Clark County] community.”

Please join NAMI SW WA as we congratulate Cindi at Hanna Hall, Clark College on Saturday, June 23, 4-6pm.

Get up, stand up, Stand up for your rights. Get up, stand up, Don’t give up the fight.

― Bob Marley

**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 Health-care 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
## Behavioral Health Services at NAMI SW WA

**Bipolar Group: Keeping Balance**
- **Who:** Adults diagnosed with bipolar disorder
- **What:** Cognitive behavioral group of 6-10
- **Where:** NAMI SW WA Vancouver office
- **When:** Scheduled when minimum of 6 registered
- **Why:** Learn cognitive and behavioral skills to assist in managing symptoms of bipolar disorder
- **How:** Call NAMI SW WA @ (360) 695-2823 and ask to speak with Behavioral Health Services for a preliminary interview to see if you qualify

**Chronic Pain Management Group**
- **Who:** Adults diagnosed with depression and/or anxiety due to experiencing chronic pain
- **What:** Cognitive behavioral group of 6-10
- **Where:** NAMI SW WA Vancouver office
- **When:** Scheduled when minimum of 6 registered
- **Why:** Learn cognitive and behavioral skills to assist in the management of chronic pain
- **How:** Call NAMI SW WA @ (360) 695-2823 and ask to speak with Behavioral Health Services for a preliminary interview to see if you qualify

**Individual Mental Health Counseling**
- **Who:** Adults experiencing mental health challenges
- **What:** Individual counseling using evidenced based practices to assist in managing your symptoms
- **Where:** NAMI SW WA Vancouver office
- **When:** Monday-Friday from 9AM-5PM as scheduled with your counselor
- **Why:** Identify and implement skills, strengths, and resources to manage your symptoms and reach your goals
- **How:** Call NAMI SW WA @ (360) 695-2823 and ask for Behavioral Health Services to verify your eligibility and schedule an initial assessment appointment

**Peer Support Services**
- **Who:** Adults experiencing mental health challenges and are current clients of NAMI SW WA Behavioral Health Services
- **What:** State licensed peer counselor assists individuals with advocacy, connecting to resources, building community, relationship building, skill building/mentoring/goal setting, and socialization/self-esteem building.
- **Where:** NAMI SW WA Vancouver office
- **When:** Monday-Friday from 9AM-5PM as scheduled with your counselor
- **Why:** Assist you and your counselor in identifying and implementing skills, strengths, and resources to manage your symptoms and reach your identified goals
- **How:** Speak with your NAMI SW WA counselor to connect you with a peer counselor

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All services require current enrollment in Washington State (Medicaid) Apple Health through Molina Healthcare or Community Health Plan of WA.

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**We offer no-cost Social Security Disability Assistance**

Assistance with applications, appeals, or general questions

We also offer:
- **Peer Support Services** for individuals and families
- **Advocacy**

**Call Cindy at**

360-695-2823 Ext. 106
GenevaWoods®

Behavioral Health

Our packaging options and dependable delivery are an added benefit for your clients, and our Refill Maintenance program coordinates clients, providers and insurance to offer patients streamlined prescription refills.

844.653.0314
genevawoods.com

There’s no place like Healthy®

Free Adherence Packaging
- Client’s name
- Date and day of week medication should be taken
- List of medications in each bubble
- Color coordination for time of day to be taken
- Easier to open peel back instead of push through
- A larger blister, perforated and portable

Additional Services
- Clozapine monitoring program
- Prior Authorizations
- Pharmacist collaboration
- Health Minder Refill Maintenance
- Web Connect
- Telephone support for client questions

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

MONDAY
NAMI Walks & Talks 11:30-12:30

TUESDAY
Yarn Crafts for Mindfulness 1:30-3:00pm
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
NAMI Walks & Talks 11:30-12:30
Yarn Crafts for Mindfulness 1:30-2:45pm
Family Support Group 3:00-4:30pm
Connection Recovery Support Group

FRIDAY
Creative Writing for Wellness
12:00-1:00pm
Expressive Arts for Wellness
12:00-2:45pm
Support Group

DISABILITY/WORK INCENTIVES COUNSELING
W/ Cindy Falter
Information Line 9-5 Monday-Friday
CALL 360-695-2823

Provides support and resources
360-695-2823 Suite 4
5411 E. Mill Plain
On Mill Plain Blvd between Devine and MacArthur

Our entrance is on the West side.
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<thead>
<tr>
<th>Day</th>
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<th>Events/Groups</th>
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<td>Monday</td>
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<td>STRiVe First Steps Support Group</td>
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<td>Connection Recovery</td>
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<td>Tuesday</td>
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<td>STRiVe Family Support Group</td>
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<td>Thursday</td>
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<td>STRiVe 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 are struggling with mental health issues. Call to sign up.
Support for families of military personnel who have a mental health diagnosis. Drop in.
Drop in.
Support group for those affected by mental health challenges. Drop in.

**Contact Information**

1128 BROADWAY
Longview, WA 98632
360-703-6722

**Office Hours**

Mon-Fri: 10:00-4:00

**Phone Numbers**

DISABILITY WORK INCENTIVES COUNSELING
BY APPOINTMENT
CALL 360-695-2823

INFORMATION LINE 9-5 Monday-Friday
CALL 360-695-2823

PROVIDES SUPPORT AND RESOURCES

**Additional Services**

Psychoeducation and tools for a successful and sustained mental wellness.
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2018 Southwest Region Behavioral Health Town Hall

For individuals in mental health or substance use treatment, their families, peer supporters, community advocates, healthcare partners and others who would like to participate

June 6th, 2018  1-4 pm
Vancouver Community Library
901 C St, Vancouver WA 98660

Hear current news from the Division of Behavioral Health and Recovery from Jennifer Bliss, Manager of the Office of Consumer Partnerships. News that affects you and your family

Provide input to the state about services in your region, including:
  o How is the behavioral health system working in Clark/Skamania Counties? What are the strengths and needs? What would you like the state to know? We would like to hear your story.

Your input is valuable and will be used by the state in system planning and improvement – – your voice matters!

TO PRE-REGISTER: Email Wholehuman17@gmail.com
Let’s Talk Mental Health: Your Beaker of Stress

Let’s imagine we are all born with a container to hold stress, like a glass or a chemist’s beaker. Some are larger than others, some smaller. The beaker will start out about 30% full, because simply running our body creates a little bit of stress and that’s normal. Then it will start to fill up with other stressors we experience in life. As we get closer to the top, it will take less to make it spill over. Have you ever blown up over something, that looking back, seemed maybe not to be such a big deal? This is when our beaker is full to the brim and overflows. It’s almost like our body can get so overwhelmed it throws its hands up and says, “I’m through.” When that beaker overflows, you may be one of five Americans challenged with debilitating anxiety.

Generalized anxiety disorder is one of the most common types of the anxiety disorders. It affects 7 million American adults. Some individuals find they are worrying excessively and endlessly over everyday issues—health, finances, relationships, school, job, children, and numerous other worries. It becomes difficult to relax and concentrate and they find themselves increasingly irritated. They startle easily and have difficulty sleeping. Sometimes there are physical symptoms—headaches, stomach aches, and unexplained pains. Researchers are finding there are different factors involved with the risk of developing an anxiety disorder—including genetic background and environment. One of the primary contributors is stress.

If you recognize any of these symptoms, make an appointment with your medical provider to see if there is a physical issue responsible for what you are experiencing. Then begin implementing some strategies to help remove and manage the stress in your beaker.

1. **Strategy 1: Get Moving:** Walking, running, swimming, dancing, cycling, Tai chi, aerobics, and others—as long as you get moving. Always consult with your medical provider regarding physical activity.

2. **Strategy 2: Engage Socially:** Reach out and build relationships. For instance, reach out to a colleague at work or school, help someone else by volunteering, have lunch or coffee with a friend, go to a movie with a friend, call or email an old friend, go for a walk with a friend, take a class, or join a club.

3. **Strategy 3: Avoid, Alter, Adapt, or Accept:** While stress is an automatic response from your nervous system, some stressors arise at predictable times. When that happens, you might have the option to avoid the situation. However, it is not healthy to avoid some stressful situations that need to be addressed. For those predictable times, say “no”, avoid people who stress you out, avoid hot button topics, pare down your “to-do” list, take control of your environment, or leave the situation. Altering the situation might be a tactic to take, like expressing your feelings instead of bottling them up, be willing to compromise, be more assertive, or manage your time better. Adapting to the situation might be the way to go by reframing the

*Continued on Page 13*
problem, looking at the big picture, adjusting your standards, or focusing on the positive. Sometimes it is necessary to accept that some stress is unavoidable, some things are uncontrollable, to look for the upside, and to learn to forgive and move on.

- Strategy 4: Fun and Relaxation; Take some of that stress out of your beaker by nurturing yourself. Make time for fun and relaxation.

It doesn’t matter if you have a small or large beaker to contain your stress. What matters is using some of those strategies get it back to normal—30% full.

Congratulations!

Congratulations to Chiara Caballero for having one of her paintings published in the Award Winning Clark College Literary & Arts Publication: The Phoenix.

The Phoenix released on Wednesday, May 16 in the Student Center and Archer Gallery on campus. Her painting, *Extrasensory* sold last December and now lives in Guatemala. Chiara is on the NAMI SW WA marketing team assisting with various marketing and fundraising needs as well as laying out the newsletter. Keep up the good work!

---

**Celebrating 75 years of serving Clark County**

**Columbia River Mental Health Services**

*Providing mental health & chemical dependency treatment for adults & children in Clark County.*

*Lives change here!*

**MAIN CAMPUS**
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(360) 993-3000, info@crmhs.org

**NORTHSTAR**
6926 NE Fourth Plain Blvd., Vancouver
(360) 993-3000

**HAZEL DELL**
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.

**CRMHS.ORG**

Recovery Family Therapy Community
Welcome back Friends!

I want to thank all who supported / attended the NAMI Walk 2018 in Portland last weekend. The weather was gorgeous, the people were fabulous and we all had a fantastic time. Cowlitz County had a great showing, and we thank everyone who helped us out as we couldn’t do this without each and everyone of you!

I’m glad you stopped by, and I invite you to come in and take a look at the services we offer at no charge. We embrace those living with mental health challenges and their loved ones who support them. Our staff and volunteers are all peers with lived experience, and our office is a safe, inviting, confidential space for all.

As many of you know, last September, we held our first annual “Suicide Prevention and Awareness Event” here in Longview at the Grove Alliance Church. We are in full planning mode and working hard on the preparations for this September’s event which will be held on Tuesday, September 11th. We again are partnering with East Hills Alliance / The Grove Alliance Church as they have graciously offered their sanctuary for our event.

Did any of you find one of our beautifully painted rocks that we placed in the community last September? We’ve starting our rock painting early this year as we want to double the number from last. So please join us on Wednesdays from noon to 3pm for our Expressive Arts Group. If you have rocks to donate, please bring them by. We want to spread the message of HOPE and RECOVERY throughout our community.

Please check out our website, namiswwa.org and take a look at upcoming classes. Give us a call at 360.703.6722 or drop in, and we will be happy to speak with you.

See you next month ~

Jan

If you missed the NAMIWalks Northwest on May 20th, there is still a chance to participate in NAMIWalk Washington on June 2nd at Marina Park, Kirkland. Go to namiwalks.org and search for NAMIWalks Washington.
**Events**

**2018 Southwest Region Behavioral Health Town Hall**  
For individuals. Hear current news from the Division of Behavioral Health and Recovery from Jennifer Bliss, Manager of the Office of Consumer Partnerships. News that affects you and your family and provide input to the state about services in your region. How is the behavioral health system working in Clark/Skamania Counties? We would like to hear your story. June 6, 2018, 1:00 pm – 4:00 pm. Vancouver Community Library 901 C St, Vancouver WA 98660. Pre-register by emailing wholehuman17@gmail.com.

**NAMI Walks Washington**  
If you missed the NAMIWalks Northwest on May 20th, there is still a chance to participate in NAMIWalk Washington on June 2nd at Marina Park, Kirkland. Go to namiwalks.org and search for NAMIWalks Washington.

**New Support Groups**

**WALK & TALK Walking Group**  
Join us on Mondays and Thursdays, 11:30 am – 12:30 pm. Enjoy the beautiful weather and get out of the house. Join us for a walk and socializing. Drop-ins welcome.

**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. Drop-ins welcome.

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

**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. Offered at our Vancouver and Longview offices. Pre-register for our next class at namiswwa.org.

**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. Offered at our Vancouver and Longview offices. Pre-register for our next class at namiswwa.org.

**Peer to Peer**  
A 12-week course for those living with mental health challenges. Join us for support, critical education, and strategies related to mental wellness. Offered at our Vancouver and Longview offices. Pre-register for our next class at namiswwa.org.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!