Contact Us

Clark/Skamania
Hours: Monday–Friday
9-5 pm

Location:
5411 E. Mill Plain, Suite 4
Vancouver, WA 98661
Tel: (360) 695-2823
Fax: (360) 823-1088

Cowlitz/Wahkiakum
Hours: Mon, Wed & Thurs
10 am-4 pm
Tues 1 pm-4 pm
Closed on Fridays

Location:
1128 Broadway
Longview, WA 98632
Tel: (360) 703-6722
Fax: (360) 823-1088

Adult Mobile Crisis Intervention

ADULT MOBILE CRISIS INTERVENTION
Southwest Washington Crisis Line
1 (800) 626-8137

Starting July 2, 2018 Clark County will offer mobile crisis outreach services to adults 7 days a week between 10AM-10PM.

Call and talk with a trained phone crisis worker. This crisis worker will assist you in connecting to community resources and any needed crisis services within the Clark County system. If the crisis worker determines that a mobile outreach is needed, you will be transferred to the AMCI service where an outreach will be coordinated. Adult Mobile Crisis Intervention (AMCI) is available to Clark County residents 7 days a week between the hours of 10AM to 10PM. This service provides mobile, on-site, face-to-face therapeutic crisis responses to adults (ages 18+) who are experiencing a behavioral health crisis. AMCI staff will pair with individuals and families in order to provide person-centered care by taking personal choice and preferences into account in addressing the need. AMCI works to assess, stabilize, and coordinate care for urgent behavioral health needs. AMCI will coordinate and refer to services with Clark County Crisis when a Designated Crisis Responder (DCR) is needed.

Continued on Page 7

“If life were predictable it would cease to be life, and be without flavor.”
—Eleanor Roosevelt

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,

Summertime is usually slower, more relaxed, with time to take a breath from the high activity of the rest of the year, however this summer is already brimming over with big events and changes for many of us living in the NAMI SW WA region...Clark, Skamania, Cowlitz, and Wahkiakum counties.

One of the biggest and most exciting changes for Clark County is the launch of the Adult Mobile Crisis Intervention program beginning July 2nd. (See the announcement on Page 1) This opening follows the launch of a similar program run by Catholic Community Services that opened in 4th quarter of 2017. The goal of both programs is to help individuals, families and caregivers to handle mental health or dual diagnosis crisis events at the site where they occur, at home, school, work site, or wherever behavior escalation begins rather than calling law enforcement to take a person to jail or an ambulance to take a person to an emergency room.

On Saturday, June 23rd, Cindi Fisher, a major volunteer at NAMI SW WA and the person who got us started with Truth and Reconciliation, a significant program, received the Val Joshua Racial Justice award. Angela Westbrooks, a NAMI SW WA Board member, presented the award given by the NAACP Vancouver in partnership with the Clark County YWCA. Cindy made a powerful presentation that received a number of standing ovations as she spoke about her son, the behavioral health system, and the many challenges faced especially by people of color as they attempt to negotiate their way through housing, law enforcement, jails and prisons, and recovery. Cindy, we are so very proud of you and look forward to working with you for many, many years as we all struggle to make things work better for all those with behavioral health challenges.

NAMI SW WA has already been working for several months on our annual Suicide Awareness and Prevention month events that takes place every September. This year we will be placing 1,000 painted rocks throughout the four counties...in parks, along city streets, on trails, and wherever our volunteers find places to deposit them. This year our NAMI SW WA website will have a specific place where those who find the rocks can place a photo of the rock or simply state where they found it, what they did with it...kept it, moved it, or gave it away to someone...and if the rock helped the finder or a friend to make a life-saving decision. Last year we heard such stories but were not documenting them. Help us this year to do that documentation. We need lots of people who are willing to place rocks in their communities. We will need dozens and dozens of volunteers who are willing to make short, scripted presentations in schools, churches, places of employment and other sites. Call us if you can help us in either of these ways. In addition, we will be holding several major events, one in Clark County and one in Cowlitz County. We will be placing posters about these events and about our month-long Art Show. We are also tying in all these events with day-long and evening fun through Give More 24, in partnership with Community Foundation SW WA. Watch for more news about all this in this newsletter and future announcements on our website, local newspapers and other sites.

Peggy
“Life is like riding a bicycle. To keep your balance, you must keep moving.”
—Albert Einstein

CALL FOR ART

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 Benefit Art Auction
- Three cash prizes awarded to three top pieces of art

Deliver artwork between July 3 - August 9, 2018.
Tues, Wed, & Thurs 9am-11am & 1pm-4pm

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

NAMI SWWA Programs

SEE ME
John McDonald

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

Expressive Arts Group
Georgia Gerrior
Linda Harbaugh
Debbie Archer

Creative Writing for Wellness
Angela Swanson

Women’s Support Group
Neeshonee
Teresa Williams

NAMI Signature Programs

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

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

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

Peer to Peer
Debbie Archer
Heidi Bjurstrom
Cindy Falter
Dana 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.

CALL FOR ART

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
Will your childhood affect your adult health?

For most people, childhood is a time for learning, forming relationships and growing. But if childhood is marred with traumatic experiences or toxic stress, it can also set the stage for mental, behavioral, and physical health issues later in life. Fortunately, personal resilience, hope, and connection with others can protect us.

Researchers at Kaiser Permanente and the Centers for Disease Control and Prevention studied the impact of adverse childhood experiences (ACEs) on more than 17,000 patients in the mid-1990s. Study participants were asked how many traumatic experiences they had encountered before the age of 18. That number was called the participant’s “ACE Score.” These experiences included: physical, emotional or sexual abuse; physical or emotional neglect; or indicators of family dysfunction. Such indicators of family dysfunction include: observing violence within the home or neighborhood; parental discord resulting in physical separation from or abandonment by a parent; losing a family member to suicide; having a family member imprisoned; or having a family member struggle with a substance abuse disorder or mental illness. Experiencing unrelenting adversity without a nurturing adult made the impact even worse. They called this “toxic stress”.

Now known as the “ACE Study”, this research demonstrated for the first time that childhood trauma is linked to problems like heart disease, stroke, diabetes, alcohol and drug abuse, depression, suicide risk, obesity later in life, and more. As the reported level of trauma or toxic stress increased, so did the likelihood that the participant would develop one or more health risk factors or chronic health conditions.

The good news is that protective and resilience factors can offset the impact of ACEs and toxic stress. The best protection for children is to have at least one committed relationship with a caring adult. This attachment is crucial in order for children to learn basic trust, to develop their conscience, to delay gratification and to self-regulate their emotions. Ideally, this involves a child’s family member, but any supportive adult can fill this important role in a child’s life.

As we get older, there are many ways we can further develop our personal resilience. We can make time for self-care, meditation, physical activity, mindfulness and expressive arts. We can develop positive social connections and friendships. We can pursue education and new skills. We can develop our sense of personal value, confidence and belonging by helping others, participating in family, community or cultural traditions, or joining a social, religious or service organization. We can reach out for help and support when we need it. And most importantly, we can create goals for our future that are full of hope and vision.

ACE survey tools can help you determine your “ACE score.” Having this number provides a way to communicate with health providers and others about your level of childhood stress without having to share details that may be re-triggering or confidential. But it is important to remember that an ACE score is only part of the story: Your resilience score and your hope for the future is just as important — and maybe more important — than your ACE score. And, you can continue to raise that number for a lifetime!
NAMI SW WA Board Committee

**Compliance**
- David Loos, Chair
- Ann Donnelly
- Mariam Saner
- Janet Ragan
- Melinda McLeod
- Peggy McCarthy

**Finance**
- Mariam Saner, Chair
- Michael Inman
- Rosalie Larsen
- Craig Pridemore
- Peggy McCarthy

**Housing**
- Kelly Helms
- Angela Swanson
- Jack Bothwell
- Peggy McCarthy

**Nominating**
- Adam Pithan, Chair
- Peggy McCarthy

**Development/Marketing/Fundraising**
- Ann Donnelly, Chair
- Jack Bothwell
- Kim Schneiderman
- Angela Swanson
- Angela Westbrooks
- Peggy McCarthy

**Staff Spotlight – Greg Betts**

A father and grandfather, Greg Betts came to NAMI SW WA over four years ago to learn how to work through familial issues that were causing strife and damaging relationships he cherished. He currently serves as the outreach coordinator using his 40+ years of experience in the customer service industry to help carry out his duties as the public face of NAMI SW WA throughout the community.

In his free time, Greg Betts enjoys collecting postage stamps and sea shells, and serves in numerous positions at his church. While he believes the public isn’t doing nearly enough to support those with mental health issues, he has faith that organizations like NAMI SW WA will help bring awareness and eventual change within the community. He maintains his own wellness through writing poetry, books and focusing on his own faith.

**Volunteer Spotlight - Angela Swanson**

From marketing to urban planning and many things between, Angela Swanson has worn a lot of hats in her lifetime. But one of her most rewarding roles has been serving as the marketing and fundraising event manager at NAMI SW WA. After discovering NAMI SW WA on her own personal recovery journey, she soon realized it was more than an agency, but a community of understanding and love.

Now, in addition to her marketing role, she is a trained peer support counselor to individuals and families within NAMI SW WA. Because of her own experiences both personally and with her children who are also battling mental health issues, Angela can offer understanding and empathy to those who come to the agency for encouragement and advocacy through lived experience. She maintains her own wellness through spending time with her children and grandchildren (and her puppy Max), creating art, mindfulness and therapy. She believes recovery is like driving on a freeway. There are always pit stops and detours, but there are also endless opportunities to get back on your route and keep moving forward.
Meeting With the Governor’s Office

NAMI SW WA Advocacy: Meeting with the Governor’s Office on Behavioral Health Issues

On Tuesday, June 26, Mothers of the Mentally Ill (MOMI) in Washington sat down with Governor Jay Inslee and Rashi Gupta, Senior Policy Advisor, Washington Behavior Health Integration.

The MOMI group was united by the overwhelming challenge of getting help for family members who suffer from Serious Mental Illness (SMI). They have seen their loved ones abused, neglected, incarcerated, injured and killed by the ineffective and inhumane management of mental health care in Washington State. They have watched their children and families’ lives self-destruct. While our Washington state is 22nd in spending for mental health care, we rank 49th in efficacy and outcomes. Their goal was to show the Governor’s office what isn’t working but also work hard to articulate some very real and practical ways that our state can do better. Specifically, they requested:

1. Reform the Involuntary Treatment Act (ITA) to appropriately affirm and administer the state’s Need for Treatment Standard. Those with mental health challenges are four to ten times more likely to go to jail than to get critical medical care.

2. Fund mental health beds for the severely ill. The national standard is fifty beds per 100,000 citizens. Washington State’s average of ten beds per 100,000 citizens is not even close to this conservative standard! More options MUST include critical beds for youth and adults with co-occurring mental illness and developmental disabilities.

3. Fix Assisted Outpatient Treatment: Reform the LRO/LRA system that does not hold community-based health organizations or inpatient facilities releasing individuals into the community accountable. Boost the program with much more financial support to Programs for Assertive Community Treatment (PACT), which is among few evidence-based practices that reduce hospital recidivism, crime, and homelessness among those with Serious Mental Illness (SMI). Use funds collected through the Trueblood litigation to front-load programs with Supportive Housing and PACT collaborations. Saved criminal justice dollars can funnel back into more proactive healthcare, supportive housing, and transitional housing programs.

4. Create guidelines to properly enforce the Mental Health Advance Directive so that families can plan for crisis situations and an ill member’s true wishes are upheld. Currently, the voice of psychosis has all the legal power, and this disempowers the person underneath the illness and bars loving family from intervening.

5. Raise accreditation standards for inpatient hospitals: Our state psychiatric hospitals are not accredited and do not provide meaningful medical therapies or care but focus critical state dollars on elementary civics classes for the incarcerated to meet “competency” standards that do absolutely nothing to help an ill individual recover. Our hospitals ALL be held to high standards of care, and the brain should not be treated differently than other organ systems that require medical interventions.

6. Require outcomes data from inpatient facilities. Provide incentives for long-term positive outcomes. The current medical/legal system discourages healthy outcomes with “treat and street” orders from judges and zero follow-through measures or requirements. A hospital releases a medically fragile person to the streets; within days that person could be dead or in jail, and no one is accountable.

7. Research to develop a higher level of understanding about critical aspects of this topic. A “community-based” approach is naïvely

Continued on Page 7
oversimplified and disregards the need for a multi-tiered system that includes adequate hospitalization and crisis diversion options to avert danger. Although outpatient community services can be relatively effective for the treatment of mild-to-moderate mental health conditions, they rarely are sufficient to fully support individuals with Serious Mental Illnesses (SMIs), which afflict four percent of our nation’s population and include debilitating levels of depression, bipolar disorder, and schizophrenia.

8. Incentivize psychiatry. Psychiatric professionals need a sophisticated understanding of modern medications, metabolic testing and the dangers of improperly dosing with volatile medications. We need well-read doctors who know about current research in neuroscience and can use brain imaging as a treatment tool. We need providers who understand research that absolutely shows underlying metabolic and nutrient imbalances co-occurring with brain impairments (such as Pyrrole Disorder, which can precipitate violent behaviors). We need doctors and therapists with a deep understanding of anosognosia—the neurobiological inability of an ill brain to see its own impairment. Anosognosia is present in at least fifty percent of individuals with SMI, yet few providers even know the term (listed in the Diagnostic and Statistical Manual-5 (DSM-V) as a symptom of schizophrenia), and it’s almost completely ignored by a “system” that blames individuals for “non-compliance.”

We will update you in the August newsletter about the meeting outcomes.

Adult Mobile Crisis Intervention

Conitnued From Page 1, Front Cover

The AMCI is a collaboration service between Community Services Northwest (CSNW) and Consumer Voices are Born (CVAB). AMCI outreach services will involve a team of two; including a master’s level Mental Health Professional and a Certified Peer Supporter. Services will focus on providing a least restrictive treatment with the goal of reducing any imminent risk or safety concerns. Services will be coordinated with the individual’s outpatient behavioral health and healthcare providers whenever possible. Referrals to these resources will be made as needed. In some cases, services can be provided ongoing for a brief stabilization period of 7 days in order to ensure connection with an alternative service in the community.

For non-urgent program questions, please contact AMCI at 360-859-9842
Purposeful Parenting and ADHD by Angela Swanson

Purposeful parenting. It’s not just a buzz phrase. It is a means to an end when it comes to rearing children to be successful, confident and happy.

This kind of parenting doesn’t have to be scary or confusing. And it doesn’t have to begin with a newborn, so don’t feel like your ship has sailed if your kids are in middle or high school. Purposeful parenting is parenting with your child’s brain in mind and equipping them with the tools they’ll need to become the healthiest adults they can. The cornerstone of purposeful parenting is to think about what kind of healthy adult you would like your child to be and be proactive in how you approach your child with that in mind. The best time to start your purposeful parenting journey is now.

If you’re a parent of a child with special needs, such as ADHD, planning beyond tomorrow may seem overwhelming. When you and your child seem to struggle to get through the day, purposeful parenting can sound like a fantasy land where only the “easy” kids get to enjoy.

But these tips can apply to you, too. Because purposeful parenting is all about opening up communication between you and your child, and when those lines are open, the response can be surprising, encouraging and even amazing. According to Grant Stenzel, of Stenzel Clinical Services, “If you show interest, if you ask them questions, if you want to know who they are and who they’re shaping up to become, it’s one of the most important things you can do to ensure your purposeful parenting dream becomes a reality.”

One crucial point to make here is to ensure your distractions are at a minimum. If you can’t maintain a conversation with your child without glancing at your smartphone every five minutes, your child will grow frustrated and unsure if what they have to say is as important as your email alerts. Would you want to compete for someone’s attention that way? Show your child the same respect you’d expect in discourse with someone, and you’ll find both of you opening up and communicating better than ever.

When your child has school work or chores and has a hard time staying focused, set a timer to go off every 5-10 minutes, signaling a break, a chance to move around or other activities that will bring them back to their task revitalized and ready to jump back in. Or why not keep the movement going? Kids can recite math facts while they jump rope, can name capitals while shooting hoops, can practice spelling words out loud while sculpting with playdough. The less kids dread activities like homework or laundry, the more likely they’ll keep at it until they’re finished. Purposeful Parenting should be intentional, personal, confident, and playful and allow your child to grow, to learn, to contribute, and to connect with people.

Crater Lake by Joe

This is a piece from the Writing Group where someone chooses three words from a jar and uses them in their work. Joe’s words were: Jet, Paris, Crystal Balls.

No jet would be allowed even close to the area. Snow still rests not melted on the sides of the roads despite it being the middle of Summer. Driving by, it sparkled with a million tiny crystal balls. The area alone with no help of mankind looked as beautiful as Paris on a clear lively night. The waters so pure that no river flowed in our out. Only rainwater fed it. Crater Lake and its incredibly blue water for the world to enjoy the view of. Only thing allowed to change it forever, the slightly active volcano that once stood where it now lies.
**MONDAY**
- Volunteer Orientation--4th Friday of every month
- Board of Directors’ Meeting 6:00-7:30pm
  (Third Wednesday monthly)

**TUESDAY**
- Women’s Support Group 10:00-11:30am
- Rock Painting 2:30-4:30pm
- STRiVE First Steps

**WEDNESDAY**
- NAMI Walks & Talks 11:30-12:30
- Yarn Crafts for Mindfulness 1:30-3:00pm
- STRiVE First Steps
- Support Group

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

**FRIDAY**
- Creative Writing for Wellness 12:00-1:00pm
- Expressive Arts Volunteer Orientation 4th Friday of every month
- Expressive Arts
- Volunteer Orientation 4th Friday of every month
- Disability/Work Incentives Counseling by appointment

**DISABILITY/WORK INCENTIVES COUNSELING**

**INFORMATION LINE 9-5 Monday-Friday**

**CALL 360-695-2823**

**PROVIDES SUPPORT AND RESOURCES**

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

**5411 E. MILL PLAIN**

**SUITE 4**

**360-695-2823**

On Mill Plain Blvd between Devine and MacArthur.

Our entrance is on the West side.
Provides support and resources by appointment/Work Incentives Counseling

**INFORMATION LINE 9-5 Monday-Friday**

**INFORMATION LINE 9-5 Monday-Friday**

**CALL 360-695-2823**

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

**Support group for friends and families of people who have a mental health diagnosis. Drop in.**

**Support for families of military personnel who are struggling with mental health issues. Call to sign up.**

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

**Psychoeducation and tools for a successful and sustained mental wellness. Drop in.**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:00-4:00</td>
<td>Connection Recovery Support Group</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1:00-4:00</td>
<td>STRIVE First Steps</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:00-3:00</td>
<td>Expressive Arts</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:00-4:00</td>
<td>STRIVE Support Group</td>
</tr>
<tr>
<td>Friday</td>
<td>Office closed</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>10:00-4:00</td>
<td>Family Support Group</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:00-4:00</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>10:00-4:00</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>10:00-4:00</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Office closed</td>
<td></td>
</tr>
</tbody>
</table>
Family Advocate Networking Group

Families face many challenges in helping their loved ones living with mental health disorders access the care and services that they need. We meet many family members who are working hard advocating not only for their loved ones, but also for big changes to the mental health care system in our community, state and country. Several of these family members are coming together to pool their knowledge, passion and support for one another in the new Family Advocate Networking Group.

This group has begun meeting to discuss the unique challenges they and their loved one’s face and to formulate plans to affect changes in the system. Individuals in this group came concerned about areas such as legislation, community respite houses, consistency across the mental health care system, criminalization of mental illness, access to treatment, quality of treatment, housing and many other issues. Having a place to network with other like-minded family members will, we hope, help to fuel the efforts of these tremendous advocates to make better lives for their loved ones and all others affected by mental health disorders.

If you are a family member or caregiver of an individual living with a mental health diagnosis and would like to become involved in the Family Advocate Networking Group, please contact Heidi Bjurstrom for more information. heidi.b@namiswwa.org or 360-695-2823.

Next Family Advocate Networking Group meeting is Tuesday July 10, 12:00-1:30pm.

Writing and Art Group Time Changes

The Write Time

CREATIVE WRITING FOR WELLNESS
FRIDAYS, 12:00PM - 1:00PM

EXPRESSIVE ARTS
FRIDAYS, 1:00PM - 4:00PM

5411 E. MILL PLAIN BLVD., SUITE 4, VANCOUVER, WA 98661

TIMES HAVE CHANGED FOR THESE TWO GROUPS AGAIN. THIS SHOULD BE THE LAST TIME FOR A WHILE.
Let’s Talk Mental Health: “Summertime and the livin’ is easy”

“Summertime and the livin’ is easy”—great lyrics for people looking forward to summer. But for some people who struggle with “summer sadness”, it isn’t easy. Ian A. Cook, MD, the director of the Depression Research Program at UCLA SAD, tells us that about 4% to 6% of the U.S. population struggle with seasonal depression which typically occurs as the days get shorter, darker and colder. But about 10% of people with seasonal depression get it in the reverse, the onset of summer triggers their depression symptoms. Specific symptoms of summer depression often include loss of appetite, trouble sleeping, weight loss, and anxiety.

There are a number of reasons that contribute to this type of depression. Summer schedules can disrupt your work, sleep, and eating habits. Body image issues can play a part, heat goes up, shorts and bathing suits come out and people are embarrassed about their appearance. Summer can bring financial stress when considering vacations, camp, increased childcare care expenses if you are a working parent, and other summer activities that stretch the pocketbook. Then there’s “the heat” which can be intolerable to some people and they close themselves up with the air conditioner, forego daily walks, social activities, preparing meals, and time with friends.

So, what are some solutions to what hipster diva Lana Del Rey calls “Summer Sadness”? Check out these ideas:

- **Get help**: If you find you are experiencing the above symptoms consult with your physician and consider meeting with a therapist.
- **Plan ahead**: Consider the timing of your vacations, places and activities. Don’t overextend yourself.
- **Sleep schedule**: Try your best keep a regular sleep schedule. Limit light in your room, use room darkening shades and avoid night lights.
- **Exercise**: Can’t walk in the heat? Check out your local air conditioned mall, many open early for “walkers”. If you have air-conditioning, exercise in your home with televised exercise programs or DVDs.
- **Eat healthy and hydrate**: There are tons of recipes to pick from for light and healthy summer eating. Remember to drink plenty of water.
- **Keep your boundaries**: Can’t handle the heat combined with summer family reunions, Fourth of July celebrations and “Come on and join us for a hike”? Maybe you can politely beg out with, “Wow, I’m really so sorry, but it’s too hot out there for me.” Option—go late and leave early.

- **Avoid sun and heat**: Stay out of the sun and heat

Continued on Page 13
as much as possible, especially sunlight in the afternoons and evenings, because it can keep you up at night.

- **Wind down**: Leave time to wind down every night and limit caffeine, electronics, and distractions; focus on calming the noise inside and outside your body.

Struggling with the summer months?

See if you can include some of these possible solutions into your life in order to make “Summertime... livin’...easy.”

---

**Lift Up Life**
Suicide Awareness & Prevention

**ASK**
Ask - Support - Kindness

---

**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**
6926 NE Fourth Plain Blvd., Vancouver
(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.
Hello Friends!

Welcome to the Cowlitz Corner! We’re glad you stopped by, and we 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 the 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.

Big things are happening here in Cowlitz. Our groups are growing and we are seeing new faces each week. We want to thank you all for sharing NAMI with your friends and families and also a thank you to our mental health partners for doing the same. Without you and our wonderful volunteers we would not be here. We are a nonprofit and rely on donations and grants to keep our doors open.

As I shared last month, we are busy gearing up for our September event, “Suicide Prevention and Awareness” by decorating rocks with important information that we will be placing throughout this area in the coming months. If you want to paint rocks and bring them in, please drop them by our office. We want to spread the message of HOPE and RECOVERY throughout our community.

We’ve just completed our “Basics” and “Family to Family” educational classes and are looking forward to our upcoming classes.

Beginning in September, we will be holding our “Peer to Peer” weekly program for those living with mental health challenges and wanting to move forward in their recovery. The course is taught by trained peers with lived experience. In the course, you will learn how to create a personalized relapse prevention plan. You will also gain knowledge and understanding on how symptoms impact your life and learn skills to begin advocating for yourself and how to interact with others.

Please check out our website, namiswwa.org and take a look our schedule of weekly classes under the “Longview” calendar. If you would like to register for one of our “Signature” classes (Family to Family, Peer to Peer or Basics), go to the website and sign up so we can hold a place for you.

See you all next month ~

Jan

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.
Upcoming Events

2018 Suicide Prevention & Awareness Month Events September is Suicide Prevention & Awareness Month, and we are planning a series of events. Keep an eye out for announcements.

Art Shows & Silent Auction Between September 4 – 28, we will have a variety of work shown at Vancouver Community Library, Three Creeks Library, Skamania Chamber of Commerce, & Cathlamet Public Library.

2018 Suicide Prevention & Awareness Call to Art - Deadline to submit art work for the shows and silent auction is August 9.

Adult Mobile Crisis Intervention - Starting July 2, 2018 Clark County will offer mobile crisis outreach services to adults 7 days a week between 10AM-10PM. Call the Southwest Washington Crisis Line for options: 1(800) 626-8137

Support Groups

Family Advocate Networking Group – Family members are coming together to pool their knowledge, passion and support for one another in the new Family Advocate Networking Group. Tuesday July 10, 12:00-1:30 pm.

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 Fall 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 & Friends - For family members and friends of those with mental health challenges, so they can educate themselves better on how to support their oved one. Pre-register online for our next seminar 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.
# Membership

## Three types of memberships

- **Individual**  □ $40
- **Household** (list each name in household)  □ $60
- **Open-door (limited income)**  □ $5

In addition to my membership, I would like to make a tax deductible donation to support NAMI SW WA

- □ $10  □ $40
- □ $20  □ $60

□ Other Donation Amount $_____  

□ I prefer to receive the newsletter via email

Name(s): ____________________________________________  
_____________________________________________________

Address: __________________________City: ________________

State & Zip: __________________________

Phone: (______) ___________  E-Mail: ________________________

**NAMI Membership Includes:**

- NAMI National Advocate Magazine, quarterly
- NAMI Washington Friday Facts, weekly e-mail by request
- NAMI Member Discounts on NAMI events and materials
- NAMI SW WA Newsletter, monthly
- At Annual Meeting, vote for NAMI SW WA Board of Directors and budget

Please return your payment and completed form to the address on the front. To use a credit or debit card visit [www.namiswwa.org](http://www.namiswwa.org) and click on Join NAMI.