



NAMI

National Alliance on Mental Illness

Southwest Washington

namiswwa.org
Vol.18.9
September 2018

Serving Clark, Cowlitz, Skamania, and Wahkiakum Counties

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



SUICIDE AWARENESS & PREVENTION

SEPTEMBER 2018

EVENTS

TUESDAY, SEPTEMBER 11

Cowlitz County
The Grove Alliance Church
2116 E. Kessler Blvd Longview, WA
7:00 pm - 8:30 pm

WEDNESDAY, SEPTEMBER 12

Clark County
Clark County Council Chamber
Public Service Center
1300 Franklin St, 6th Floor
Vancouver, WA
6:30 pm - 8:00 pm

SATURDAY, SEPTEMBER 15

Skamania County
Hegewald Center
710 SW Rock Creek Dr, Stevenson, WA
10:00 pm - 2:00 pm

SATURDAY, SEPTEMBER 15

Wahkiakum County
Cathlamet Community Center
100 Main St.
Cathlamet, WA
10:00 am - 2:00 pm

THURSDAY, SEPTEMBER 20

Give More 24! Benefit
Events 5:30 pm - 8:30 pm
Grains of Wrath Brewing
Heathen Brewing
Mill Creek Pub

SEPTEMBER 5-30

Art Exhibit
Vancouver Community Library
Three Creeks Library
Skamania Chamber of Commerce
Cathlamet Public Library

Keeping your balance

bipolar group

Starting Tuesday, September 11, 1:00 pm - 2:30 pm - 8 Weeks

- Uses CBT to help adults living with the condition
- Monitor and understand mood symptoms
- Identify early warning signs for episodes
- Deal with stressful events that can trigger episodes
- Learn techniques and strategies to help you manage episodes of depression and mania.

NAMI SW WA 5411 E. Mill Plain Blvd., Suite 4, Vancouver, WA

Pre-registration Required - Call (360) 695-2823

Available to
those with
Medicaid/Apple
Health



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.

Mailing Address: 5411 E. Mill Plain Blvd, Suite 4 Vancouver, WA 98661 namiswwa.org info@namiswwa.org

facebook.com/namiswwa instagram.com/namiswwa twitter.com/namiswwa

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Arlene Meyer

Dear Members and Friends,

We are busy preparing for the many events and actions we have planned for Suicide Awareness and Prevention Month in September. We hope that each and every one of you...and all your many friends and contacts in our many respective communities in our four counties will participate fully. Our goal is to see a reduction in the number of suicides in each of the counties. With all of us working toward this goal, I believe we can do this!!!! Please check the schedule for the activities in this newsletter and on our website at www.namiswwa.org.

Our theme is to ASK...we are asking each of you to take the pledge to ASK.

- **Ask** - Ask a direct question about suicide when I am concerned about someone. Ask for help when I feel overwhelmed, hopeless or suicidal
- **Support** - Offer or seek non-judgmental support
- **Kindness** - Be kind to myself and others; Lift Up Life

Give More 24 taking place on Thursday, September 20 is a collaborative partnership between the Community Foundation for Southwest Washington and almost all the non-profit organizations in SW WA. It is a single day of giving by residents who can select one of more of the non-profit organizations to donate to. We have participated in this event since its inception and look forward an even more successful day of fundraising for NAMI SW WA and for the Community Foundation than we had last year. We have three major events happening the evening of the 20th at three different bistros, all in Clark County. Check out the activities that will take place at each one and bring your family and friends to have a great time with us, listening to jazz or other music, throwing beanbags through a target, or gorging on mac and cheese!

Last but by no means least we have released the dates for our fall Signature educational programs:

Family to Family

Vancouver: Mondays, September 17 to November 26, 10:00 am – 12:30 pm

Vancouver: Wednesdays, September 26 to December 5, 6:00 pm – 8:30 pm

Peer to Peer

Vancouver: Tuesdays, November 6 to December 18, 12:30 pm – 3:00 pm

Longview: Mondays, September 24 to November 12, 2:00 pm – 4:00 pm

Basics

Vancouver: Thursdays, October 11 to November 15, 6:00 – 8:30 pm

Homefront

Vancouver: Wednesdays, October 17 to November 21, 6:00 pm – 8:30 pm

These classes require pre-registration and commitment to attend the entire program. Please call to get registered. We hope to see you at these life-changing classes.

Best to you all.... Peggy



Board Spotlight – Adam Pithan

Born and raised in Cowlitz County, Adam Pithan earned a degree in psychology from Western Washington University in Bellingham. He currently serves as the Programs Manager for the Cowlitz County Therapeutic Courts, overseeing the Adult Drug Court, the Family Dependency Court, the Juvenile Drug Court, and the Mental Health Court. He also serves as Vice President on the Board at NAMI SW WA and tries to volunteer with the organization as much as possible. He sees the amazing things NAMI SW WA does for people in need and is always more than happy to direct his clients to work with such agencies as resources to better their lives and overcome whatever obstacles they may be facing.

When not working, Adam enjoys spending time with his wife of 14 years and their two sons. A self-proclaimed nerd, he loves collecting action figures and movies, listening to audiobooks, and talking about both with anyone who shares the same passions. He believes mental health issues are no different from any other ailment in one's body and should be viewed by society in the same way. He maintains his own mental wellness by keeping perspective amidst the chaos of life and remembering to relax, breathe deeply and appreciate

Staff Spotlight - Jan Kell

Jan Kell came to NAMI SW WA three years ago in a search for answers as to what she may have done to contribute to mental illness in her family, specifically her late son who battled Bipolar Disorder and her younger son who is in active recovery of Schizophrenia. Relieved to learn that many factors contribute to mental illness and free from the guilt she'd been living with, Jan is now the Cowlitz County Coordinator for NAMI SW WA.

As a retired 911 operator/police, fire and EMS dispatcher in the Portland metro area, Jan now brings her expertise in emergency communications, as well as her personal experiences with mental health issues to help others who have the same struggles as her sons. She recognizes the importance of reaching out to those in need, and how regardless of one's social or economic place in society, everyone deserves compassion and understanding. She keeps herself grounded by spending time with her family including her two fur babies, gardening and enjoying nature which gives her a sense of peace and serenity.

NAMI SWWA Programs

SEE ME
John McDonald

STRiVe Psychoeducational Program
Debbie Archer
Zach Hanke
LeeAnn Livingston
Olivia Mattus
Dani Maron-Oliver
John McDonald
Karla Obenhaus

Expressive Arts Group
Georgia Gerrior
Zach Hanke
Linda Harbaugh
Ron Redmond

Creative Writing for Wellness
Chiara Caballero
Angela Swanson

Women's Support Group
Neeshonee
Teresa Williams

NAMI Signature Programs

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

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

Family & Friends
Debbie Archer
Jan Kell
Linda Loos
Olivia Mattus
Angela Swanson

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

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

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

NAMI Signature Support Groups

Connection Support Group
Joyce Jordan
LeeAnn Livingston
Olivia Mattus
John McDonald
Lee Nelson
Karla Obenhaus

Corrections H-Pod/Workcenter
John McDonald
Arlene Meyer

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

Confidential and drop-ins welcome

Recognizing the Signs of Suicide by Angela Swanson

It seems that in the past few months, suicide has grabbed the headlines with a newfound ferocity. Unfortunately, celebrities like Anthony Bourdain, Chris Cornell, and Kate Spade taking their own lives is nothing new. And as tragic as any death by suicide is, somehow when the victim is a household name, people sit up and take notice.

While suicide is complicated, the reasons behind it can usually be boiled down into one simple fact: the person contemplating it is doing so because he or she can see no way out of their situation. The situation may be loss, depression, financial struggles, addiction, mental health issues, or any other crisis that leaves a person feeling lost, hopeless, and in utter despair.

There are, however, several warning signs that become evident when a person in crisis is thinking about ending his or her life. And it's taking these warning signs seriously that can mean the difference between giving a suicidal person hope or mourning another preventable death. A few things to look for in a friend or loved one who may be suicidal is:

- Talking about suicide (either their own or fixating on one of an acquaintance or celebrity)
- A drastic change in personality, especially more irritable, aggressive, or withdrawn
- Attempting to obtain things to use in a suicide (like weapons, drugs or other means)
- Taking drugs or alcohol, either for the first time or an increase in their consumption
- Giving or selling their once prized possessions
- Increased isolation
- Decreased interest in hobbies and activities
- Saying goodbye to family and friends
- A previous suicide attempt (the underlying reason may still be there)

According to Dr. Steve Scholzman, associate director of The Clay Center for Young Healthy Minds at Massachusetts General Hospital, suicide should always be taken seriously. If you notice any of these signs in someone you know, ask them directly if they are thinking of taking their life, and help them seek help right away. Make the phone call for them, go to the hospital with them, do whatever you have to do to make sure they will not or cannot follow

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Peggy McCarthy

Continued from Page 4

through with an attempt. Even if you have to do so against their will. Even if you think you're overreacting.

Lastly, if a suicide attempt seems immediate, call 911. If the threat is urgent, you can also call the National Suicide Hotline at 1-800-273-TALK, 1-800-SUICIDE, your local crisis center, dial 911, or take the person to an emergency room. Do not leave the person alone. And if you are the one in crisis, reach out. Talk to friends, to parents, to mentors to anyone equipped to listen. The symptoms causing suicidal thoughts are immensely treatable, despite the belief that nothing can be done. As Dr. Scholzman puts it, "overcoming that misconception is most of the battle."

Our Mission:

NAMI SW WA is dedicated to helping all people affected by mental illness through education, support, and advocacy.

We offer HOPE for today and HELP for tomorrow.

CREATIVEMINING FOR WELLNESS



Every Friday
From 12:00
pm - 1:00 pm

Myths About Suicide by Angela Swanson

Myths About Suicide

September is Suicide Awareness month. And while recent celebrity deaths by suicide have helped get the conversation going about suicide prevention, myths still prevail when it comes to the reasons behind, and the prevention of, suicide.

Myth 1: Suicide is unpreventable.

Truth: The belief that someone who genuinely wants to kill himself will do so regardless of any intervention by friends and family is simply not true. Suicide is the result of an enormous mental struggle by a person who, if he/she saw any other way out of his/her pain, would take it. The desire to live is powerful, however, the will to end the pain is stronger at that moment.

Myth 2: A suicidal person won't accept help.

Truth: Many people who have died by suicide tried to first find help through counselors, therapists, doctors, and friends. In fact, studies show that more than half of those who take their life by suicide sought help within six months before they died.

Myth 3: Talking about suicide will give someone the idea to try it.

Truth: Asking someone if they're suicidal isn't putting the idea into their mind that they haven't already thought of. Staying silent about suicide is pretending it doesn't exist, which can make a person contemplating suicide feel even more alone and isolated. When questioned directly, most people will feel relieved and able to open up about their own suicidal thoughts. If you can be that first step for a person to get the help he/she needs, you might save a life.

Myth 4: Whatever a suicidal person's issues are really aren't that bad.

Truth: People who attempt suicide do so for many different reasons: none of their reasons are small. An issue that may seem trivial to one person may be insurmountable to someone else. Regardless of the circumstances, all people deserve to be taken seriously and treated with respect.

Myth 5: Suicidal people must be insane.

Truth: Suicide is the most severe symptom of major depression, which is an illness. Labeling someone as "crazy" is dismissive of the pain they are feeling and the disease they are experiencing. In most cases, those who die by suicide are feeling hopeless, depressed, grief-stricken and alone.

The more suicide is discussed, both by people contemplating it and by the public in general, the better it will be understood and ultimately prevented. The most important thing we can do as a society is offer help and hope to anyone thinking of taking their own life. Dispelling myths and keeping suicide at the forefront of any conversation about depression and other mental health issues will ensure

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that suicide rates decline as more and more people reach out and get the help they need.

Mental Health Court Celebrates 18 Years

The Clark County Mental Health Court is now celebrating 18 years of better ways of handling those in the criminal justice system who have a mental health diagnosis and needs the service of a special type of treatment court.

This year the Mental Health Court has expanded to include those charged with some of the less serious felonies. A big debt of gratitude to our County Prosecutor, Tony Golik and County Clerk, Scott Weber for making this happen. To make the court even more inviting to participants the court is becoming a pre-plea court so those that successfully graduate will have their charges dismissed after their 16 months in the court.

There are presently 23 participants in the court with 12 of them now on felony matters.

The court is currently presided over by Judge Kelli Osler and meets every Wednesday on the second floor of the courthouse at 2:00 pm. The judges rotate this and other therapeutic courts on a 3 year basis. Next up to take over the court will be Judge Darvin Zimmerman.

A team made up of prosecutors from each jurisdiction (Clark County and City of Vancouver), a public defender, probation officer, treatment providers, court coordinator, and the judge meet each week for the court and to staff new referrals for the court.

For further information contact the court coordinator, Beth Robinson at: beth.robinson@clark.wa.gov Phone: (360) 397-2431.

Volunteer Spotlight - Olivia Mattus

Olivia Mattus's journey has been both long and rewarding. A wife for 24 years, mother, grandmother, and now a student of psychology and social work, Olivia serves as a facilitator for the Basics Education Program, and is a spokesperson for NAMI SW WA, educating high school students, doctors and nurses, teachers, parents and military personnel on mental health issues.

Having battled mental health issues within her family and herself, Olivia brings a high level of understanding and compassion to her role at NAMI SW WA and believes that through education, support and advocacy, everyone can achieve recovery and overall wellness of body and mind.

Spending time with her family and friends (including her furry family members) and being outdoors helps Olivia reconnects with herself and gives her a sense of peace and relaxation. She recognizes that mental health is a daily journey and structures her life around staying well, which includes regular sleep, self-care, medication and most importantly, reaching out when she knows she needs help. She believes that with love, courage, perseverance, and endurance, she and her loved ones will STRIVE and will survive.

"For the strength of the pack is the wolf, and the strength of the wolf is the pack."

~ Rudyard Kipling

Rainier Springs is scheduled to open September 6, 2018



Rainier Springs

The hospital will be providing critically needed addiction treatment and behavioral health services in Vancouver and the surrounding area. The newly constructed, 72 -bed behavioral facility will offer inpatient treatment for adults 18 years of age and older who are struggling with substance abuse and mental health conditions. It will also provide care for those who are grappling with co-occurring disorders such as generalized anxiety disorder, major depressive disorder, phobias, panic disorder, post-traumatic stress syndrome, and attention deficit disorder.

Rainier Springs' integrated treatment programs are designed to work with patients through each stage of their recovery. Programming options will include inpatient psychiatric treatment, substance abuse rehabilitation, crisis stabilization, dual diagnosis, partial hospitalization program (PHP) and intensive outpatient program (IOP).

Our board-certified physicians and licensed professional staff will supply proven-effective therapeutic interventions that are customized to meet individual patient needs. Levels of care include medication management, family education and counseling, individual therapy, group therapy and holistic therapies such as art, yoga and music. We will also provide 24/7 assessment and admission.

The state-of-the-art facility will feature secure, peaceful accommodations, private courtyards, comfortable rooms, and patient lounges. Rainier Springs' mission is to Change People's Lives® by delivering innovative and evidenced-based treatment in a professional and compassionate environment that creates a foundation for long-term healing and recovery.

"Addiction and mental health are major issues in this community and unfortunately those needs continue to increase, particularly with the debilitating impact of the opioid and other substance abuse crisis," said Gary Petersen, CEO of Rainier Springs. "We want to be part of the solution, and we're eager to open our doors in September to provide our region with the help, and the hope, that it so deserves. We have gathered a knowledgeable and devoted team of providers who share a common goal to deliver exceptional patient care within a compassionate and innovative environment. Our team is devoted to excellence in treating mental health and addiction."

SEPTEMBER 2018



Southwest Washington

CLARK/SKAMANIA

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* STRIVE First Steps	1:30-3:00pm 3:30-5:00pm
WEDNESDAY	Women's Support Group Board of Directors' Meeting (Third Wednesday monthly)	10:00-11:30am 6:00-7:30pm
THURSDAY	NAMI Walks & Talks Yarn Crafts for Mindfulness* Family Support Group Connection Recovery Support Group	11:30-12:30 1:30-2:45pm 3:00-4:30pm 3:00-4:30pm
FRIDAY	Creative Writing for Wellness Expressive Arts *May be cancelled due to hot weather, please call ahead.	12:00-1:00pm 1:00-4:00pm

STRIVE

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



Support for friends and family of people who have a mental health diagnosis. Drop in



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



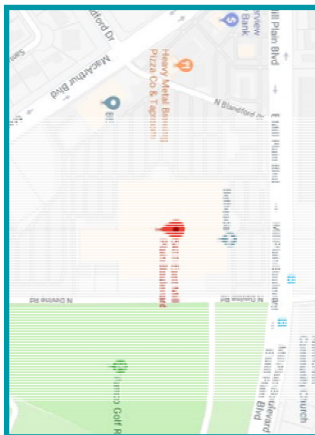
Peer support group for those affected by mental health challenges. Drop in.

5411 E. MILL PLAIN

SUITE 4

360-695-2823

On Mill Plain Blvd between Devine and MacArthur. Our entrance is on the West side.



DISABILITY/WORK INCENTIVES COUNSELING

w/ Cindy Falter

BY APPOINTMENT

CALL 360-695-2823

INFORMATION LINE 9-5 Monday-Friday

CALL 360-695-2823

PROVIDES SUPPORT AND RESOURCES



SEPTEMBER 2018



NAMI

National Alliance on Mental Illness

Southwest Washington

COWLITZ/WAHKIAKUM

MONDAY Office hours 10:00-4:00		
TUESDAY Office hours 1:00-4:00	Family Support Group No meeting on 9/11	6:00-7:30pm
WEDNESDAY Office hours 10:00-4:00	Expressive Arts	12:00-3:00pm
THURSDAY Office hours 10:00-4:00	STRIVE First Steps Connection Recovery Support Group	1:00-2:30pm 3:00-4:30pm
FRIDAY Office Closed		

STRIVE



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

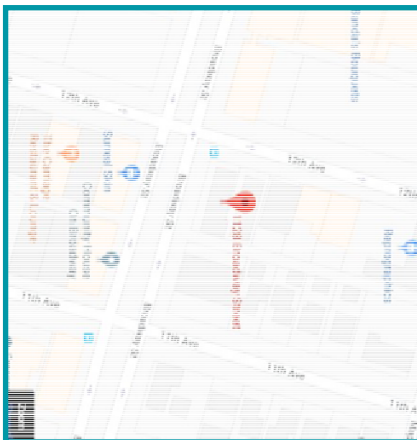


Support for friends and family of people who have a mental health diagnosis. Drop in



Support for 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.

**1128 BROADWAY
Longview, WA 98632**



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

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

PROVIDES SUPPORT AND RESOURCES



DISCOVER RECOVERY WALK 2018



WHEN: 9/29/18

Time: 9:00-12:00

Where: Longview, Washington (Lions Shelter, Lake Sacajawea)

Fun Walk/Run

September is Recovery Month: Discover Recovery Walk is our local event celebrating Recovery Month.

Discover Recovery Walk is a fun family walk/run to celebrate those in recovery from addiction and mental illness. The benefits of preventing and overcoming mental and substance use disorders are significant and valuable to individuals, families and communities.

Onsite registration starts at 8:15 AM

First 200 participants to register get a free t-shirt

Over 20 agencies handing out giveaways and resources

Serenity Circle
Family fun

Prevention, Intervention and Treatment work

SPONSORS

- | | |
|--|---------------------|
| • Cowlitz County Health and Human Services | • Cowlitz Tribe |
| • Pathway 2020 | • Columbia Wellness |
| • Family Health Center | • Great Rivers BHO |
| • Sea Mar Kelso Behavioral Health | • Coprintco |

FOR MORE INFORMATION
Contact: Michele Waltz
(360)430-6027



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

Let's Talk Mental Health: Suicide-Not Just a Mental Health Issue

We have been stunned by the recent report from the Centers for Disease Control and Prevention of the dramatic rise of suicides between 1999 and 2016 of 30.4%. CDC Principal Deputy Director Anne Schuchat, M.D. said in a recent press briefing, "Unfortunately, our data show that the problem is getting worse." Nadine Kaslow, a past president of the American Psychological Association is quoted as saying, "Suicide is a public health crisis when you look at the numbers, and they keep going up."

Traditionally, we have identified suicide as a mental illness issue. It is in fact not a single factor but involves a number of factors. CDC's report found that relationship problems, substance abuse, physical health problems, job and money-related stress, legal, and housing problems frequently contribute to the risk for suicide. In order to make progress and reduce the number of suicides, we need to look at the bigger picture, not limit it to "it's due to mental illness."

There is a proverb stating, "it is the last straw that breaks the camel's back". This gives rise to the phrase "the last straw" or "the final straw", meaning the last in a line of unacceptable occurrences, provoking a seemingly sudden strong reaction. My own review of friends and loved ones who have died by suicide speaks to the fact that it's more than mental illness, there was a last straw.

- A single woman with a history of posttraumatic stress disorder having relationship difficulties—last straw—losing her job—death by suicide.
- A widower who cared for his ill wife for 30 years. His wife died and then his sister —last straw diagnosed with cancer—death by suicide.
- A recently married man with a history of depression is disappointed with marriage, loses his business—last straw—house repossessed—death by suicide.
- A married woman experiencing multiple physical issues and chronic pain—last straw—feeling a burden to

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amazonsmile



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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

Continued from Page 12

the family—death by suicide.

- A divorced man with a history of bi-polar disorder—last straw feeling hopeless with last of many changes of medication not working—death by suicide.
- A married man with no history of mental illness experiencing financial stress—last straw—business practices being investigated—death by suicide.
- A teenage girl with no history of mental illness experiencing parent’s divorce—last straw—bullied at school—death by suicide.

These were real people taking their lives. Real people feeling a sense of hopelessness and the burden of the “last straw”. It could be any one of us and the loss of one person by suicide impacts all of us, whether by tsunami or ripple. Prevention becomes a job for all of us, not just the professionals. Suicide is not an isolated event but a process. The identifiable event that occurs before a suicide is “the last straw.” Recognizing signs early in the process may be one key to suicide prevention. We all need to be more aware of individuals “in process” who are carrying a burden and vulnerable to that “last straw”. There are many resources for suicide prevention, but the front-line best resource is you.

Recognize the warning signs; if you see something, say something. Do something and save a life.

If you or someone you know needs help, call 1-800-273-8255 for the [National Suicide Prevention Lifeline](#). You can also text HELLO to 741-741 for free, 24-hour support from the [Crisis Text Line](#).



Celebrating 75 years of serving Clark County



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.

CRMHS.ORG

Recovery

Family

Therapy

Community



Hello Friends!

Welcome to the Cowlitz Corner!

I invite you to come in and explore all the services we offer to those living with mental health challenges as well as for 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.

We are so proud to announce that we are "busting" at the seams! If anyone has a group room we could use that holds approx 20 people, please contact me. We are so thankful so many are coming in and benefiting from all the services we offer at no charge. I want to thank you all for sharing NAMI with your friends and families and also our mental health partners for doing the same. Without you and our dedicated volunteers, we wouldn't 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 Awareness & Prevention," which will be held at The Grove Alliance Church, 2116 E. Kessler Blvd in Longview on September 11, 7:00 pm - 9:00 pm. We want to spread the message of HOPE and RECOVERY throughout our community.

We are offering a second "Peer to Peer," 8 week class for those living with mental health challenges and wanting to move forward in their recovery. It is scheduled to begin on Monday September 24 to November 12, 2:00 pm - 4:00 pm. Right now, this class is about full but if interested, please sign up on line or give us a call and we will put you on the waiting list. As soon as we have enough for another class, we will be scheduling one. The course will be taught by NAMI trained peers with lived experience. In this course you will create your own personalized relapse prevention plan. You'll learn how mental health symptoms impact your life and will learn how to advocate for yourself and many more helpful skills.

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.

I want to give a very special thank you to **Ron Redmond**, our very dedicated front end guy. If you've been into our office in the last 9 months, then you have met him as he volunteers each and every hour we are open to the public. Thank you RON, we couldn't do what we do without you!!!

Upcoming events in September in our Longview Office:

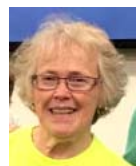
"NAMI SW WA Movie Night": Come watch "Ordinary People" full length feature film starring Mary Tyler Moore, Donald Sutherland, Judd Hirsch and Timothy Hutton. This film shows the struggles of a family dealing with mental health issues and the stigma that surrounds suicide. Friday September 14th, 6:30 pm at NAMI SW WA - 1128 Broadway, Longview.

"NAMI SW WA Ice Cream Social" at Time Out Ice Cream. Come in and support us and enjoy a small ice cream for \$1 and let's talk about the services we provide to those in our community. Wednesday September 26th, 6:00 - 8:00 pm. at "Time Out Ice Cream" 1339 Commerce suite 103, Longview.

"Discovery Recovery Walk" at Lake Sacajawea on Saturday September 29th from 8:15 to noon at the Lions covered area. Drop by our NAMI SW WA table and say "Hi"!

Enjoy our beautiful Fall, and we will see you soon!

Jan



Bulletin Board

Events

2018 Suicide Awareness & Prevention Month

ASK Events

- ◆ **Cowlitz County, The Grove Alliance Church 2116 E. Kessler Blvd, Longview, WA Tuesday, September 11, 7:00 pm—8:30 pm**
- ◆ **Clark County Council Chamber, Public Service Center, 6th Floor Vancouver, WA Wednesday, September 12, 6:30 pm—8:00 pm**
- ◆ **Skamania County, Hegewald Center 710 SW Rock Creek Dr, Stevenson, WA Saturday September 15, 10:00 am—2:00 pm**
- ◆ **Wahkiakum County, Cathlamet Community Center, 100 Main St, Cathlamet, WA Saturday, September 15, 10:00 am—2:00 pm**

These four events are part of a series of ASK Events for Suicide Awareness & Prevention Month. ASK which stands for Ask, Support, and Kindness. Make a pledge to ASK about suicide.

Art Exhibits Between September 5 – 30, we will have a variety of work shown at Vancouver Community Library, Three Creeks Library, Skamania Chamber of Commerce, & Cathlamet Public Library.

Silent Auction First Friday October 5 at Cellar 55 downtown Vancouver. Have the chance to bid on the amazing work seen at the previous NAMI SW WA art exhibitions around some of South-west Washington's counties.

GiveMore 24 Events

- ◆ **Cornhole Tournament @ Heathen Brewing downtown Vancouver**
- ◆ **Jazz Music & Mac & Cheese Contest @ Mill Creek Pub in Battle Ground, WA**
- ◆ **Live Music @ Grains of Wrath Brewing in Camas, WA**

All three events on Thursday, September 20 from 5:30 pm—8:30 pm as a series of GiveMore 24! One full day of giving to local charities of your choice. These events benefit NAMI SW WA.

Upcoming Educational Groups

Bipolar Group Starts Tuesday, September 11 and continues for 8 weeks from 1:00 pm—2:30 pm. Uses CBT to help adults living with the condition, monitor and understand mood symptoms, identify early warning signs for episodes, deal with stressful events that can trigger episodes, and more. Vancouver office. Available to those with Apple Health/Medicaid. Pre-registration required.

Resources

NAMI SWWA Help Line
M-F 9am-5pm
(360) 695-2823
(800) 273-TALK

Compliance Hotline
compliancehotline@
namiswwa.org

Suicide line
(800) 950-NAMI Info line
Mental Health Ombuds:
(360) 397-8470
(360) 606-1040
(866) 666-5070



Teen Talk: (after 4pm)
(360) 397-2428

CRISIS LINE
CLARK COUNTY
(360) 696-9560
(800) 626-8137

SKAMANIA
(509) 427-3850

COWLITZ
(360) 425-6064
(800) 803-8833

WAHIAKUM

Vital Support

To sign-up or email at
Phyllis.c@namiswwa.org
Classes fill-up quickly so
sign up soon.



National Alliance on Mental Illness

Southwest
Washington

Nonprofit Org.
US Postage
PAID
Vancouver, WA
PERMIT NO. 790

RETURN SERVICE REQUESTED

Help support
the one in four
Americans who
will be affected
by mental
illness this
year.

*Thank you for
being part of
the team!*