Mike and Ann Donnelly have held this annual fundraising walk since 2011 beginning at their home in Vancouver Heights early on a Saturday morning in mid-October when the fall colors are in their greatest glory in this area. In addition to providing walking, running, or bicycling maps of the neighborhood, they provide wonderful refreshments of delicious homemade scones, coffee, tea, and fruit. All are welcome to join NAMI SW WA supporters at this event. Your dogs are welcome to join the group.
Dear Members and Friends,

During Suicide Awareness and Prevention Month (SA&P) each of the four counties and many of the cities and towns we serve signed proclamations declaring the importance of honoring this special month and the activities that took place as we, as communities, work to reduce the number of deaths by suicide. We greatly appreciate the support of our program co-sponsors including Beacon Health Options, CTX, Clark County, Grove Alliance Church, Vancouver Public Library, Skamania Chamber of Commerce, Cathlamet Public Library, Time Out Ice Cream parlor, and Rainier Springs Hospital who generously provided funding, in-kind services, and space to hold our many community presentations. Very special thanks go to the many volunteers in Longview and Vancouver who worked all summer painting the 1,000 rocks, many of which are true works of art. These rocks have been placed around our four counties with the hope that those who find a rock are helped by the special meaning of these creations to bring awareness of suicide to our entire region. Other special thanks go to several dedicated staff and volunteers who have played leading roles in these events: Georgia Gerrior and Linda Harbaugh, who facilitate our Expressive Arts Group and who, themselves, spent hundreds of hours creating beautiful art for SA&P. Other staff and volunteers include Arlene Meyer, who courageously told her personal story about suicide for a short film by volunteer Cole McEstey, a local videographer who has so generously given of his time and skills to provide us with video products that clearly and emotionally show the many faces of mental illness. Arlene has also chosen to take a major role with our art shows during September and will manage the Silent Auction of almost 100 pieces of art donated to NAMI SW WA on October 5th (First Friday) at Cellar 55 in downtown Vancouver. Please join us for this fun annual event. Heidi Bjurstrom served as the lead for SA&P, beginning in early summer, creating the main goal of the ASK pledge and the buttons which many of you are already familiar with. Working with her was Angela Swanson who did a terrific job by using social media to get word out of suicide awareness. Working alongside her was Chiara Caballero our graphic designer who also has responsibility for our newsletter. Both are Certified Peers.

Please do not forget our Silent Auction on October 5th, First Friday, where the donated art will be auctioned off to help us maintain our ability to continue to offer education, support, and advocacy for anyone who comes to NAMI SW WA for services at no charge to them. See announcement on Page 3 for more information.

Also, please join us for the Annual Donnelly Walk on Saturday, October 20th.

Good mental health,

Peggy
Join us for this First Friday event in Downtown Vancouver

39 Artists donated Almost 100 pieces of art!

Auction to benefit NAMI SW WA

Cellar 55
1812 Washington Street

Friday, October 5
5:30 pm—8:30 pm

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

NAMI Signature Support Groups

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

- **Family to Family**
  - Debbie Archer
  - Michelle Bookout
  - 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
  - John McDonald
  - Lee Nelson
  - Karla Obenhaus
  - Keri Lee Stanberry

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

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

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

- **Connex**
  - John McDonald
  - Arlene Meyer

- **Expressive Arts Group**
  - Georgia Gerrior
  - Zach Hanke
  - Linda Harbaugh
  - Ron Redmond

- **Creative Writing for Wellness**
  - Chiara Caballero
  - Angela Swanson

- **Women’s Support Group**
  - Neeshone Neeshone
  - Teresa Williams

**ART SILENT AUCTION**
First Friday, October 5, 2018, 5:30 pm to 8:30 pm
CELLAR 55
1812 Washington St. Vancouver, WA

Auction to benefit NAMI SW WA

39 Artists donated
Almost 100 pieces of art!

Cellar 55
1812 Washington Street

Friday, October 5
5:30 pm—8:30 pm

NAMI SW WA
October 2018
When a story about mental illness becomes something to celebrate, it gives hope to others who are struggling with the disease. That is what Cindy Falter's journey to recovery is all about.

Cindy spent much of the 70s and 80s working full-time and taking care of her mother, who'd suffered from a stroke. And then in the mid-80s, Cindy herself was diagnosed with depression, which worsened when her mother passed away in 1988. Over the next 15 years, Cindy battled bipolar disorder, depression, and attempted suicide 8 different times; the final attempt landed her in the hospital hooked up to a ventilator.

Her story of hope doesn't end in a hospital but begins there. Her loved ones visited her after her overdose, and it became clear to her that she was hurting those around her more than she was hurting herself. She knew the answer to her illness wasn't at the bottom of a bottle of pills or the bottom of a river. It was in mental health recovery.

After years of trying to handle her illness alone, Cindy sought treatment and began a regimen of medication and counseling. She obtained housing assistance and credit card services to manage her debt, and started taking state trainings in Tacoma to become a peer support counselor; and, later, to help people obtain and navigate their social security benefits.

Then Cindy heard about the National Alliance on Mental Illness Southwest Washington (NAMI SW WA). Cindy felt immediately welcomed and supported by the NAMI SW WA community. She learned about her mental health challenges and acquired new coping skills that helped her maintain her mental wellness.

One way she continues to keep balance in her life is by regularly taking her medications. She is acutely aware of how they work for her and even has her doctor change prescriptions every once in a while, to ensure they don't lose their effectiveness. She also understands the importance of keeping herself busy, goal-oriented, and surrounded by a trusted network of support. She thoroughly enjoys helping others who are in a similar situation to her own and recognizes the importance of peer-led groups. As well-intended as a person may be in offering help to someone with mental health issues, unless that person has been in the same situation, he or she will never fully appreciate or be able to relate to the struggles of bipolar disorder, depression, and other mental illnesses.

That's why Cindy loves her work, loves that she can offer hope to those on the same journey and wants everyone with mental health issues to know that help is waiting, and that life is ultimately worth celebrating.
NAMI SW WA Board Committee

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

**Nominating**
Adam Pithan, Chair
Peggy McCarthy

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

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

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

---

**8-WEEK CLASS**

**NAMERICAN ALLIANCE ON MENTAL ILLNESS**

Peer-to-Peer

Building recovery and mental wellness skills for people with mental health challenges interested in establishing and maintaining their wellness.

- An 8-session 2 hour educational program
- Taught by a trained team with lived experience
- Create a personalized relapse prevention plan
- Understand the impact of symptoms on your life
- Develop confidence for making decisions and reducing stress
- Learn skills to begin advocating for yourself and how to interact with others
- Registration is required

Tuesdays from November 6 – December 18, 2018
12:30 pm – 3:00 pm
5411 E. Mill Plain, Suite #4, Vancouver, WA
(360) 695-2823

Please go to namiswwa.org to register online today for our next Peer to Peer class
or call Longview at (360) 703-6722 or Vancouver at (360) 695-2823

Serving Clark, Cowlitz, Skamania, and Wahkiakum counties

NO-CHARGE - CONFIDENTIAL - SPACES LIMITED Ver. 09/25/18
Let's Talk Mental Health: Trauma-Informed Care

Trauma-informed care is being adopted in human services, health care systems, education, and the criminal justice system nationwide and internationally. Addressing trauma is now the expectation, not the exception. NAMI SW WA endeavors to create an organizational culture informed by an understanding of trauma that supports, empowers, and respects service users and staff. In order to become such a culture: Board members, administrative staff, behavioral health staff, and paid and unpaid support staff are being trained in an understanding of how trauma operates. They are taught how to reduce “triggers” of a post-trauma response, and to encourage consumer choice, support empowerment, level power differences, and establish trusting relationships; as we interact with individuals who come to us for services and with one another. This training is one step toward helping NAMI SW WA in creating a culture to increase the possibility of healing and recovery for individuals who come seeking our help.

Numerous principles of trauma-informed care have been presented by various agencies, articles, and training programs. Substance Abuse and Mental Health Services Administration’s (SAMHSA) (2014) approach to trauma-informed care makes four key assumptions that must be present as a basis of implementation for trauma-informed care, with six additional key principles to then be applied.

The key assumptions that SAMHSA has identified as needing to be inherent in any trauma-informed approach are based on four "R"s:

- Realization at all levels of an organization or system about trauma and its impacts on individuals, families, and communities;
- Recognition of the signs of trauma;
- Response - program, organization or system responds by applying the principles of a trauma-informed approach; and
- Resist re-traumatization - of clients as well as staff.

In addition to these assumptions, SAMHSA (2014) then described six fundamental principles of a trauma-informed approach:

- Safety - Staff and the people they serve feel physically and psychologically safe.
- Trustworthiness and transparency - Organizational operations and decisions are transparent, and trust is built.
• Peer support - Peers, is the terminology SAMHSA uses for individuals with lived experience of trauma or their caregivers. Peers are also known as "trauma survivors."

• Collaboration and mutuality - This principle is about leveling power differentials between staff and clients and amongst organizational staff to ensure a collaborative approach to healing.

• Empowerment, voice and choice - This principle emphasizes the strengths-based nature of trauma-informed care. The organization - and ideally the whole service delivery system - fosters recovery and healing.

• Cultural, historical and gender issues - A trauma-informed approach incorporates processes that move past cultural stereotypes and biases, and incorporates policies, protocols and processes that are responsive to the cultural needs of clients.

NAMI SW WA intends to use these principles as a framework as we move forward in creating a culture that does not traumatize or re-traumatize those who come to us for services or those we work with who support and deliver those services.
Youth Mobile Crisis Intervention Team

The Youth Mobile Crisis Intervention (YMCI) team at Catholic Community Services (CCS) began providing services to the community on September 1st, 2017. The team consists of five Master’s level therapists and three Wellness Coaches who have lived experience parenting a child with a behavioral health challenge. The YMCI team is lead by Clinical Supervisor Brook Vejo and CCS director Don Koenig. The team serves youth of any age up to age 18 and responds in-person to youth experiencing a behavioral health crisis in any location in Clark County. Some examples of where the team has responded in the past year are homes, schools, community mental health providers, emergency rooms and primary care providers. Common calls received include physical aggression, self-harm, and suicidal ideation. Referrals can be made by calling the Southwest Washington Crisis Line at 1-800-626-8137. Calls are answered and assessed by a mental health professional at the crisis line and if it is determined an in-person response is needed the call will be transferred to the YMCI team.

The responding team consists of a therapist and wellness coach who arrive together. The therapist’s primary responsibility is to stabilize the current crisis and make a safety plan that will keep the youth and family safe. The wellness coach is the primary support for the youth’s caregiver(s) during the intervention and will ensure that the caregivers are supported and connected to the appropriate resources for both the youth and the family. The youth and family then have the option of participating in seven days of follow-up services which generally consists of additional support in connecting to any needed services and resources. The team works to provide unique, solution focused, and youth/family driven services.

The YMCI team responded to approximately 253 calls between January 1st and July 31st, 2018. The largest sources of referrals have come directly from family members and school staff. The focus of marketing YMCI services in the first year has been focused on school districts, community mental health centers, juvenile justice, and local emergency rooms. The YMCI team is looking forward to moving forward with marketing and outreach directly to youth and families, primary care providers and other community locations. Questions can be directed to the YMCI clinical supervisor, Brook Vejo, at brookv@ccsww.org. The YMCI team welcomes any feedback, questions or recommendations for outreach opportunities in the community.
### NAMI SW WA

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

**TUESDAY**
- **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
- **Family Support Group** 3:00-4:30pm

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

---

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

**Address:**
- **360-695-2823**
- Suite 4, 5411 E. Mill Plain Blvd, between Devine and MacArthur. Our entrance is on the West side.

**Get Connected:**
- **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 and substance use disorders. Drop in.**
- **Support for families of people who are struggling with mental health issues. Call to sign up.**

**Resources:**
- **DISABILITY/WORK INCENTIVES COUNSELING**
  - W/ Cindy Falter
  - BY APPOINTMENT
  - CALL 360-695-2823

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

**Services Provided:**
- Support for families of people who are struggling with mental health issues.
- Support for friends and family of people who have a mental health diagnosis.
- Peer support group for those affected by mental health and substance use disorders.
- Support for families of military personnel who are struggling with mental health issues.
- Board of Directors' Meeting (Third Wednesday monthly)
<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office hours</td>
<td>10:00-4:00</td>
<td>1:00-4:00</td>
<td>1:00-4:00</td>
<td>10:00-4:00</td>
<td>Office Closed</td>
</tr>
<tr>
<td>STRiVe First Steps</td>
<td>Support Group</td>
<td>Connection Recovery</td>
<td>Support Group</td>
<td>STRiVe</td>
<td>Support Group</td>
</tr>
<tr>
<td></td>
<td>12:00-3:00</td>
<td>3:00-4:30pm</td>
<td>12:00-3:00</td>
<td>1:00-2:30pm</td>
<td>1:00-4:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1128 BROADWAY</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Longview, WA 98632</td>
</tr>
</tbody>
</table>

DISABILITY/WORK INCENTIVES COUNSELING

BY APPOINTMENT

CALL 360-695-2823

INFORMATION LINE 9-5 Monday-Friday

PROVIDES SUPPORT AND RESOURCES
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

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
Have you had a difficult time advocating for your child or teen in school? Basics is for parents and caregivers of children under the age of 18 living with mental health challenges and looking for support and education.

- Managing crises and solving problems
- How to take care of yourself and handle stress
- Support your child with compassion
- Advocating for your child’s rights
- Learning about current treatments
- Gaining an overview of the public mental health care, school, and juvenile justice systems and supporting resources to help you navigate these systems
- Understanding the challenges and impact of mental health conditions on your entire family

**Upcoming Class**

Thursday from October 11th – November 15th, 2018
6:00 pm – 8:30 pm
5411 E. Mill Plain, Suite #4, Vancouver, WA
(360) 695-2823

Please go to namiswwa.org to sign up online for this class. Pre-registration Required.

Serving Clark, Cowlitz, Skamania, and Wahkiakum counties

**NO-CHARGE - CONFIDENTIAL - SPACES LIMITED**
For family members and caregivers who have an active military or veteran with any mental health diagnosis. Join us for support, critical information, and strategies related to caring for your loved one like:

- Manage crises, solve problems and communicate effectively
- Learn to care for yourself and managing stress
- Develop the confidence to support your family member with compassion
- Identify and access resources
- Stay informed on the latest mental health research and information including PTSD and substance abuse
- Understand current treatments including evidence-based therapies, medications, and side effects
- Navigate the challenges and impact of mental health conditions on the entire family

Wednesdays from October 17 – November 21, 2018
6:00 pm - 8:30 pm
5411 E. Mill Plain, Suite #4, Vancouver, WA
(360) 695-2823

Please go to namiswwa.org to register online today for our next Homefront Class. Pre-registration required.
or call (360) 695-2823

Serving Clark, Cowlitz, Skamania, and Wahkiakum counties

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.
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 illness 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 environment for all.

We are so pleased to be finishing up the first Peer to Peer class for this fall and at the same time beginning our second Peer to Peer class. Our peer facilitators are wonderful advocates and so very dedicated to getting the word out that there is hope for all those living with mental illness.

Beginning this month, we will be taking our NAMI Parents and Teachers As Allies program to our schools in Cowlitz County. PTA is an in-service mental health presentation for current and future school personnel. It familiarizes those working with the early warning signs of mental illness in children and adolescents. You will learn how to support students experiencing mental health challenges and how to effectively partner with families to connect these students to services early.

What You Should Expect

- No cost, 1 to 2-hour presentation includes presenter stories and group discussion.
- A team of trained presenters represents a spectrum of experiences. Their perspectives include:
  - Education professional
  - Parent of a child who lives with mental illness.
  - An individual living with mental illness who had symptoms as a child/adolescent. Describes key ways education professionals can promote student success.
  - Identify needs and link youth with services early.
  - Communicate effectively with families.
  - Examples of classroom accommodations to create a supportive learning environment for students with mental illness.

Please check out our website, namiswwa.org and take a look at 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), please go to our website and sign up, so a place will be reserved for you.

We want to thank those participants that are sharing information about NAMI SW WA with friends and families, and of course a big thank you to all our mental health providers in the area. Our services are all provided at no charge, and of course, that doesn't mean it doesn't cost us. We love what we do, and we all have a passion for sharing our information, so please help out when you can with a donation to NAMI SW WA (Cowlitz County Office).

See you all next month!

Jan
Events

Art Silent Auction First Friday, October 5 at Cellar 55 1812 Washington Street. Take the opportunity to bid on the amazing work seen at the previous NAMI SW WA art exhibitions around some of Southwest Washington’s counties from September.

Support Groups

Family Support Group Family members and loved ones gain support in a facilitated environment. In Vancouver Thursdays, 3:00 pm—4:30 pm and in Longview Tuesdays 6:00 pm—7:30 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.

Connection Support Group Feel supported and connected to part of a community of others going through similar challenges. In Vancouver and Longview: Thursdays, 3:00 pm–4:30 pm.

Dual Recovery Anonymous DRA is a twelve step self-help program for individuals who experience both chemical dependency and an emotional or psychiatric illness. All adults with persistent mental illness and addictions are welcome to participate. In Longview every Monday from 1:00 pm - 2:00 pm.

Psychoeducational Classes

STRivE First Steps to Recovery 10 sessions provide education and tools for recovery from mental health challenges. In Vancouver Tuesdays, 3:30 pm to 5:00 pm and in Longview Thursdays, 1:00 – 2:30 pm. Confidential. Drop-ins welcome at any time.

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. In Vancouver October 11—November 15, Thursdays 6:00 pm—8:30 pm. Pre-register for our next class at namiswwa.org.

Peer to Peer Building recovery and mental wellness skills for people with mental health challenges interested in establishing and maintaining their wellness. In Vancouver November 6—December 18, Tuesdays 12:30 pm—3:00 pm. Pre-registration required go to namiswwa.org. This class already started in Longview.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!