Create a team, walk with us, and support our mission. We will love having you!

NAMIWalks Northwest is coming May 19th! Raising funds and awareness will help us keep NAMI programs available to all who need them, at no cost to participants. Register for free to walk or go further and create a walk team with your family, friends, and co-workers. You do not need to physically do the walk, all are welcome! Sign up at namiwalks.org/northwest. Thank you for making a statement that mental health matters.
Greetings Southwest Washington!

There is a hustle around the NAMI SWWA offices with the start of Spring.

We’re looking at everything with fresh eyes and excitement. The lease on the new location is almost ready to be signed. What do we take, what do we sell or donate? Our beautiful boardroom table is going to a new home at Columbia River Mental Health, where I know it will be much loved and appreciated.

We’ll be downsizing into a new bright airy office in a vibrant neighborhood that holds lots of promise for our future. We’re looking forward to meeting our new neighbors and exploring all the shops and eateries in the surrounding area. A Starbucks across the parking lot! Bleu Hour across the street! It’s a good thing that it’s a walkable neighborhood, we’re going to need the exercise.

Everyone is going to have windows!

We’re looking at new locations to hold some groups and classes, in Salmon Creek, Battleground, Camas and Ridgefield. People are thrilled that we will be bringing these experiences to them instead of them coming to us.

We are putting together new trainings for the workplace, using NAMI materials to provide “StigmaFree Companies” upon request and a 30 minute “StigmaFree Workplace” for receptionists, barista’s, shop keepers and anyone else that can be surprised by someone walking in that might make them uncomfortable.

We’ll be working in conjunction with NAMI Clackamas and NAMI Multnomah to get all of our classes into one Google calendar where you can find one that suits your schedule in the metro area and sign up for it. Hopefully this will lessen the wait for people that need the help.
We’re working with NAMI Washington and NAMI National on an alignment project that will allow us to put together a phenomenal Helpline. We’ve seen the trainings and data collection tools and were blown away. This will be up and running by the time we get into the new building.

Plans are in the works for an evening Family to Family class in Cowlitz County. Thank you so much Jan and Debbie!

Former volunteers are coming back, and new ones are showing up. So many people want to be involved and are bringing an array of talents that are awesome. We’ll showcase some of them in upcoming newsletters.

Super woman Deanna will be more involved with our social media, which is one of her many talents.

Please join our Facebook, Twitter and Instagram.

The NAMIWalk NW is coming up on May 19th, at Vera Katz Eastbank Esplanade in Portland. We have several teams signed up and more every day. So many thanks to all of you. Last year there were 7,000 people walking together to try and put an end to stigma, won’t you be a part of it?

I love Spring!

Kim Schneiderman
Executive Director

To Former and Future Volunteers
Please Reach Out to Us!

We’re interested in showing you where NAMI SW WA is going next with exciting new changes and opportunities!
In Vancouver:

April 25, 4:30 - 7:00 pm
Open to anyone

NAMI SW WA PRESENTATION
WITH CINDY FALTER FOR

SOCIAL SECURITY
DISABILITY

Lite dinner and a presentation about how to apply for disability and social security

If you cannot attend the presentation in Vancouver, we offer help with applying for Social Security Disability. Call the Vancouver office at 360-695-2823 and make an appointment with Cindy Falter, she is here on Thursdays. Cindy will let you know if you are eligible and will help you apply.

Support a handful of nonprofit organizations to which half of the thrift shop’s revenue goes to. Located at 6607 E. Mill Plain Blvd in the Safeway plaza

Expressive Arts Group
Fridays from 1 - 4 pm
Supplies Provided
Facilitated by Georgia Gerrior & Linda Harbaugh

CREATIVEWRITING
FOR WELLNESS
Facilitated by Chiara Caballero & Amy Ford
Every Friday From 12 - 1 pm
What Helped My Insomnia by Debbie Archer

Recently, I was diagnosed with Insomnia and I was not surprised. As long as I can remember, quality sleep has eluded me. As the years passed, it’s really started to affect many aspects of my life. I decided to try to get some help.

I started seeing a sleep doctor, and I was really astounded with how much I didn’t know about sleeping well. They offered a CBTI class (Cognitive Behavioral Therapy for Insomnia). It went over the basics of what to do to help you sleep better. I knew quite a bit of the information, however, I learned some new tricks to help.

One of the biggest challenges for me is my brain is going ALL the time. It never slows down, I think ahead so far, it’s exhausting. I always have a to-do list and it’s a big one. One of the things I learned in the class was to make a list of things I need to get done tomorrow, right before I go to bed. This allows the brain to “let go” of those items. The theory is, once that’s done you can sleep better. At first it didn’t help much but I stuck with it. As time went on, it seemed to help. I had to “retrain my brain” and when I would get the thought of what I had to do the next day, I would say to myself, “I don’t need to worry about that, it’s on the list, I can do it tomorrow.”

I am sleeping better than before, not where I need to be but I like that I have a plan now and I get better “pockets” of sleep than before.

Great Online Articles About Sleep

https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Sleep-Disorders

Some Tips For Sleeping Well

Most of the time, we do not give much thought to sleeping. It is part of the routine of life. You may find that you have nights where it is hard to fall asleep. You may find yourself waking up in the night or dreams disturb your sleep. It is usually just for a short period of time, perhaps when you are worried or excited. When things settle down, you start to sleep properly again. However, it can be a real problem if sleep issues last for weeks, months or years. We all need to sleep well to keep healthy.

The occasional night without sleep will make you feel tired the next day, but it will not affect your health. However, after several sleepless nights, you may start to find that you are affected by one or more of the following:

☐ Feel tired all the time
☐ Drop off during the day
☐ Find it difficult to concentrate
☐ Find it hard to make decisions
☐ Start to feel depressed
☐ Start to worry about not being able to sleep

Sleep problems often show up in three main ways:

✔ Difficulty falling asleep
✔ Waking up frequently during the night
✔ Waking up very early and not being able to go back to sleep

If you experience these problems, there are some things you can do to help yourself get a good night’s rest. Use the following worksheet to practice good sleeping habits to help you get your best sleep!

Sleep Worksheet

Record your use of sleep hygiene strategies over a week. Your goal is to use at least one good sleeping habit from any three categories each night. Check the box of each habit you used each night.

Continued on Page 7

Fundraise on Our Behalf!

Give the gift of support by starting a Facebook fundraiser for NAMI SW WA whether for your birthday or to coincide with NAMIWalks or anything really. The link below will take your directly to making one specifically for NAMI SW WA. Thank you!

https://www.facebook.com/fund/NAMISWWA/
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<tr>
<td>Timing</td>
<td>Set a constant bed time</td>
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<td>Do not take naps</td>
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<td>Sleep Behavior</td>
<td>Have a pre-sleep ritual</td>
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<td>Use the bed only for sleep</td>
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<td>If unable to sleep for more than 15 minutes, get out of bed and do something relaxing</td>
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<td>Environment</td>
<td>Take a warm bath</td>
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<td>Keep temperature of room constant</td>
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<td>Keep bedroom dark</td>
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<td>Ingestion</td>
<td>Avoid caffeine, nicotine, and alcohol before bed</td>
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<td>Eat a snack before bed</td>
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<td>Mental Control</td>
<td>Avoid stimulating activities; do mentally quiet tasks</td>
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<td>Use relaxation techniques (breathing, imagery)</td>
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NAMI SW WA is participating in the NAMIWalks in at Vera Katz Eastbank Esplanade in Portland on Sunday, May 19.

To register and/or donate, go to namiwalks.org/northwest

We hope to see you there!

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

Since July 2, 2018
Seven days a week 10am-10pm

Call and talk with a trained phone crisis worker, they will help connect you to community resources and any needed crisis services within Clark County.

Adult Mobile Crisis Intervention

Clark County offers 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
MONDAY

TUESDAY

STRIVE First Steps

3:30 - 5:00pm

WEDNESDAY

Women’s Support Group

10:00 - 11:30am

THURSDAY

Family Support Group

3:00 - 4:30pm

Connection Recovery Support Group

3:00 - 4:30pm

Support Group

3:00 - 4:30pm

FRIDAY

Creative Writing for Wellness

12:00 - 1:00pm

Expressive Arts

12:00 - 1:00pm

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

CHALLENGE: Drop-in Peer Support Group for those affected by mental health diagnoses. Drop in: Support for friends and family of people who have a mental health diagnosis and tools for a successful and satisfying life.

PROVIDES SUPPORT AND RESOURCES

CALL 360-695-2823

INFORMATION LINE 9-5 Monday-Friday

CALL 360-695-2823

BY APPOINTMENT

W/Cindy Faber

DISABLED/WORK INCENTIVES COUNSELING

360-695-2823

SUITE 4

SUITE A

5411 E. MILL PLAIN

MAGNET: Our entrance is on the West Side. On Mill Plain Blvd between Daving and

CLARK/SKAMANIA

APRIL 2019

NAMI SW WA

SOUTHWEST

WASHINGTON

NATIONAL ALLIANCE ON MENTAL ILLNESS

NATIONAL ALLIANCE ON MENTAL ILLNESS
# Cowlitz/Wahkiakum

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<th>Day</th>
<th>Office Hours</th>
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<td>Thursday</td>
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**Note:**
- Connection Recovery: Connection, Recovery, Education. Drop in.
- 1:00-2:00pm: Dual Recovery Anonymous Support Group
- Office hours: 10:00-4:00

**For more information:**
- Cindy Faller
- Call 360-695-2823
- By appointment

**Location:**
- 300-703-6722
- 1128 BROADWAY
- Longview, WA 98632

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**Map Location:** A map of the area is provided, indicating the location of the NAMI SW WA office.
How I Learned to Sleep

by Deanna Davis

Like most young people, I have developed horrible sleeping habits. Most of my life has been a whirlwind of extremes. Too much or not enough of something. Too many sweets, not enough veggies. Too much worrying, not enough relaxation. Too much alcohol, not enough water. Too much caffeine, not enough sleep.

In high school, I could go on 4-5 hours of sleep. I would be grumpy, but still function well enough. In college, I needed much more sleep but didn’t have the time to do it. I was a theater major working in the costume shop. Late nights, either till midnight or later, huddled over a costume, fingers pricked by pins and needles, trying to finish before opening night in 6 hours. And I still had homework and classes to attend.

After graduating, I started drinking. I slept all day with hangovers, sometimes skipping work and not answering the phone. My depression worsened, my Borderline Personality episodes became more frequent. I was simply a mess.

It’s almost been a year of being sober now. I get about 8 hours most nights. I still drink caffeine but in smaller doses. Before I leave work, I write down what I didn’t do and leave it, at work, until the next work day. I turn off my TV and phone, and focus on breathing, regardless of the thoughts racing through my head. I use an app when I’m in bed to calm my thoughts. “Breathe in... and out... think a thought... let it go.”

Now obviously this did not happen overnight (pardon the pun). It took months of practice throughout this last year. And before that, I had been sporadically doing these things. A big part of Dialectical Behavior Therapy is bringing your attention back to one thing, a calming thing, whatever that may be. Imagine you’re at your favorite place, a beach or cabin for example. Or count 5 things you can see, 4 things you can feel/touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste. Or box breathe; Breathe in 1... 2... 3... 4... Breathe out 1... 2... 3... 4... and do that for a couple minutes.

As far as making sure I do go to bed at a reasonable time, I count back 8 hours from when I want to get up. If I need to get up at 7 am, I’ll be in bed, lights off, phone off, etc. at 11 pm. In order to make that mark, I set an alarm for 10:30 to remind myself it’s time to go to bed. And then, the hardest part, I actually do it!

And no, I still don’t do this every night. I’m still working on it. I’m still finding new ways to calm my brain and get to sleep. And you can, too.
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
I-940 Community Education Opportunity

HELP GUIDE EDUCATION FOR LAW ENFORCEMENT
With the passage of I-940 and the SHB1064, we have a place at the table for the rulemaking to implement the new law recently signed by Governor Jay Inslee – https://www.facebook.com/deescalatethesound/ 

IN-PERSON COMMUNITY FEEDBACK
VANCOUVER WA
Thursday, April 4th
5:30pm to 7:30pm
Bridgeview Resource Center
505 Omaha Way
Vancouver WA 98661
Please do not park in numbered spaces. Overflow parking is available at the People’s Church lot across the street from the community center.
www.bridgeviewresourcemcenter.org

NAMI SW WA
5411 E. Mill Plain Blvd
Suite 4
Vancouver, WA 98661
360-695-2823
www.namiswwa.org

HELP ANSWER THE QUESTIONS:
“What do our communities see as the most important elements to be included in training of law enforcement?”

“What do we want the Commission to consider as they adopt rules and guidelines on training and first aid?”

SUBMIT YOUR COMMENTS ONLINE
Send in your comments regarding training for slowing down, using less lethal alternatives, learning about the role of bias and stigma, understanding about mental health and crisis intervention, learning about the history of race and policing, and rendering first aid at the scene.

1) Submit comments directly to the Washington State Criminal Justice Training Commission Web form (cannot be anonymous):

2) Submit your comments to NAMI Washington CIT TaskForce (we can maintain your confidentiality if desired).
https://goo.gl/forms/dvt8vTq5LHcoxfIM2

Meet the Office Dog!

Spencer is a 16-year-old Poodle/Lhasa Apso mix who keeps the office running smoothly in the NAMI Vancouver office. He is a wonderful greeter, making sure everyone is ok, then retreating back to his bed under Deanna’s desk.

Come meet the old man and feel free to bring him a treat! He’s timid since he’s a bit blind and deaf, but he’s a sweet old soul once he gets to know your scent.
Hello Cowlitz County!!!

Come celebrate "Mental Wellness" with us! Stop in and let us share information on services we offer to all those living with mental illness as well as their loved ones, friends, and caregivers, all at no charge. Our staff and facilitators are peers with lived experience. We offer a safe, inviting, confidential environment for all.

A special thanks to Community Integrated Health Services (CIHS) in Longview for presenting information on what their specialized team members do for those in our community who are living with mental health challenges. We had an opportunity to meet with members from the "Regional Community Stabilization Team" (RST), "Trueblood Mental Health Diversion Program" (Trueblood) and "Wraparound with Intensive Services" WISe team. These resources are invaluable for all living in our community. Thank you also to Doug and Betty Radke from East Hills Alliance/The Grove Alliance Churches for attending as they facilitate a "Mental Health Group" twice a month at their church and all are invited. For information call: 360.423.0521.

We're planning another Family to Family class this quarter (evenings) so get registered now by calling our office. NAMI Family to Family classes support the families and friends of loved ones with mental health differences. The worry and uncertainty can leave you feeling pretty lonely, but you are not alone. In fact, 1 in 5 families is dealing with mental health issues with someone they love. This course covers everything from brain biology to effective communication and how to respond in a crisis.

NAMI SW WA is a non-profit and the only way to keep our doors open is through generous donations from you. Please make a commitment to donate generously and remember, all donations are tax deductible. We have to continue our very important work in Cowlitz! When you give, please make a note that the donation is for the Cowlitz office, that way it stays in our community!

If you're having trouble finding a medication that works for you, don't give up hope.

We all respond to medications differently. That's why a particular medication may not work for you but does work for someone else.

One way to discover whether or not a medication will work is to try it. This trial and error process can lead to months of taking medications that don't work or cause side effects. During this time, you could end up missing work, paying for multiple doctor visits, or losing hope you'll ever find a medication that can help you.

That's when your DNA can speak up. Your DNA knows how your body responds to medications so your clinician can steer clear of a medication that may cause side effects or be less effective. That's why "GeneSight" test was created. This innovative technology analyzes your DNA and helps your doctor get a clearer understanding of what medication might work best based on your genetic makeup. For information go to genesight.com/getstarted or call them at 866.757.9204 or give us a call here in the office and ask for me at 360.703.6722

Until next month ~
Jan
Bulletin Board

**In Vancouver**

Women’s Support Group Gather with other women overcoming mental health challenges in a supportive, inclusive, and trauma-informed environment. **In Vancouver: Wednesdays, 10:00 am–11:30 am. Drop-ins welcome.**

Creative Writing for Wellness All Experience Levels Welcome! This is a group that comes together to help each other recover through the writing process and improve writing skills. **In Vancouver: Fridays, 12:00 pm–1:00 pm. Drop-ins welcome.**

**In Longview**

Table Top Games Tuesdays 2-4pm, great time and place to relax and just have fun with friends! We supply the board games and you bring the FUN! Bring your favorite game. **In Longview. Drop-ins welcome.**

**In Longview & Vancouver**

Expressive Arts Group Become inspired by others and join a caring community of people being creative. Creativity is an excellent way to connect with others and supplement recovery. This group is led by two excellent artists, Georgia Gerrior and Linda Harbaugh. Supplies Provided free of charge. **In Vancouver: Fridays 1:00 pm–4:00 pm. In Longview: Wednesdays, 10:00 am–4:00 am. Drop-ins welcome.**

Signature Classes

Classes starting soon in Vancouver and Longview (dates and times to be determined).

Family and Friends is a 90-minute presentation that provides information, and help for family and friends of a loved one with a mental health diagnosis. **In Vancouver: Starting April 11.**

**In Portland/Multnomah County**

Family to Family NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. **In Portland: Starting Thursday April 4 6:30-9pm. Registration required at no charge.**

**Resources**

<table>
<thead>
<tr>
<th>NAMI SWWA</th>
<th>M-F 9am-5pm</th>
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<tr>
<td>(360) 695-2823</td>
<td>(800) 273-TALK</td>
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<tr>
<td>CVAB Warm Line</td>
<td>360-903-2853</td>
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<td>4pm-12am</td>
<td>Suicideline</td>
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<td>(800) 950-NAMI Info line</td>
<td>Mental Health Ombuds:</td>
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<tr>
<td>(360) 397-8470</td>
<td>(360) 606-1040</td>
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<tr>
<td>(866) 666-5070</td>
<td>Teen Talk: (after 4pm)</td>
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<tr>
<td>(360) 397-2428</td>
<td>CRISIS LINE</td>
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<td>CLARK COUNTY</td>
<td>(360) 696-9560</td>
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<tr>
<td>(800) 626-8137</td>
<td>SKAMANIA</td>
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<td>(509) 427-3850</td>
<td>COWLITZ</td>
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<tr>
<td>(360) 425-6064</td>
<td>(800) 803-8833</td>
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<td>WAHKIAKUM</td>
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To sign-up or email at Phyllis.c@namiswwa.org or go online. Classes fill-up quickly so sign up soon.

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

Thank you for being part of the team!