WE'RE MOVING

MAY 13 - MAY 17
WE REOPEN MONDAY, MAY 20
2500 MAIN STREET
SUITE 120

NAMI SW WA WILL BE CLOSED FOR A WEEK AS WE GET SITUATED IN OUR NEW HOME.

PLEASE KEEP AN EYE OUT FOR FACEBOOK AND SOCIAL MEDIA POSTS FOR INFORMATION ABOUT GROUPS AND CLASSES.

LET'S BECOME
STIGMA FREE

Stigma is another form of mental stress inflicted on people with mental health issues. We can educate ourselves, see the person, not the illness, take action, and raise awareness. Spread the word #iamstigmafree and visit NAMI.ORG or NAMISWWA.ORG.

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By this time next month, we’ll be all settled into our new offices. Everyone is very excited about the new space and we hope that you will drop by and see it for yourselves.

We’ll be closed the week of the move, May 13-17th, due to everything going on. We will be changing phone/internet providers and services, moving to a cloud-based server and so many other changes that will allow us to function more efficiently, economically, ecology minded, and move into our next phase.

There will be room there for many of our groups and classes to stay close to us, but there is also a great excitement from the community that we will be taking them out into other areas also. Please watch our Facebook, Twitter, Instagram, and website for groups being given in new locations. First up, will be Battleground when the dust is settled on the move and we get everything lined up.

We provided our first “Stigma Free Company” training this week to a web-based advertising company in East County with about 60 employees. It was met with great enthusiasm and insightful questions. This one was for the managers of the company and we’ve been asked to come back and do a presentation for all their employees. It’s so rewarding and timely to see companies care about their employee’s mental health and reach out for resources. Kudos to GTMA for being on the leading edge of the Stigma Free Company movement. We will be offering this training to businesses across SW Washington. If you know someone that would be interested, have them contact us.

We have another business-related training that we’re putting together, more on that next month.
May is Mental Health month and 6th Avenue Bistro (7904 NE 6th Ave, Vancouver, WA 98665, and at 6thavenuebistro.com) has picked NAMI SWWA as their first Dine With Intention recipient.

Please visit them on Tuesdays for Ladies Nights and for Beers and Brats Patio opening, Thursday May 9th from 4-9pm. 20% of the proceeds will come to NAMI SWWA. Thank you, 6th Avenue Bistro, your food looks wonderful, I can’t wait to visit and try it.

We’ll all be visiting them over the month of May, probably several times after looking at the menu!

Our newsletter is going digital. Apologies to those of you who like to receive a paper copy, but there’s so few people requesting them that we can no longer receive non-profit bulk postage discounts. We will still have paper copies in our office, and we’ll be much better at putting them out in the community, so they won’t go away completely we just won’t be mailing them out anymore after this month. I think we’re pretty much the last holdout anywhere on mailing newsletters out, and we’re just going to throw in the towel.

May 19th is the NW NAMIWalks event, NAMI Washington is having a NAMIWalks also, Saturday June 9th, in Kirkland.

Thank you to all the teams that have signed up to support NAMI SW WA and there is still plenty of time for anyone to sign up for either one. Please join me at the biggest stigma busting event around; watching thousands of people crossing the bridges in solidarity and support of people dealing with mental health issues gives me tingles every year.

I hope to see you there!
EST 2017

Sixth Avenue

BISTRO

RESTAURANT & BAR

Support Sixth Avenue Bistro as They Support Us!

For the month of May, Sixth Avenue Bistro will be donating 20% of their proceeds to NAMI SW WA during certain times, listed below!

- Tuesdays from 3-9pm during Ladies' Night
- Thursday May 9 for Beers & Brats Patio Opening from 4-9pm with Brothers Cacadia Brewing
- Koi Pond Cellars will be pouring their wines on May 14 from 3-9pm

Eat some delicious, fresh, and locally-sourced scratch cooking and enjoy a comfortable atmosphere while Dining With Intention.

Sixth Avenue Bistro is at 7904 NE 6th ave 98665
Just West of I-5 off of 78th street
360-718-8028

NAMI
Southwest Washington
National Alliance on Mental Illness
## NAMI SW WA Board Committee

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<th>Compliance</th>
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<td>Ann Donnelly</td>
<td>Ann Donnelly, Chair</td>
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<td>David Loos</td>
<td>Jack Bothwell</td>
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<td>Kelly Helms</td>
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**WE ARE GOING PAPERLESS**

WITH THE NAMI SW WA NEWSLETTER

PLEASE MAKE SURE WE HAVE YOUR EMAIL ADDRESS. IF YOU'VE BEEN RECEIVING AN EMAILED VERSION, YOU WILL CONTINUE TO GET THAT VERSION.

EMAIL US AT INFO@NAMISWWA.ORG OR CALL 360-695-2823 WITH ANY QUESTIONS AND SEND US YOUR EMAIL IF YOU WANT TO RECEIVE A DIGITAL VERSION.

THANK YOU!

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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!
Navigating a Mental Health Crisis:
A Guide by NAMI National

Like any other health crisis, it’s important to address a mental health emergency quickly and effectively.

This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

The link allows you to download a copy of the crisis guide that was released by NAMI national.


This is an effective guide which helps you navigate a mental health crisis in times of need. It makes us aware of some of the signs to watch out for when faced with crisis. The 33-page guide was developed by NAMI national. We hope you find it interesting and helpful.

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 you directly to making one specifically for NAMI SW WA. Thank you!

https://www.facebook.com/fund/NAMISWWA/
NAMI Walks Northwest

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.
Join the nation’s largest gathering of mental health advocates as we share, learn and network around important mental health issues.

Launching at this year’s convention – NAMI’s new strategic plan! The convention’s theme, Our Movement, Our Moment captures the power and excitement of this moment as we mobilize the NAMI movement!

The 2019 NAMI National Convention offers engaging presenters, thought-provoking topics and the latest updates on important research. Register at nami.org.

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.
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<tr>
<th>MONDAY</th>
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<td>3:00-4:00pm</td>
<td>STRIVE First Steps</td>
<td>10:00-11:30am</td>
<td>Family Support Group</td>
<td>Creative Writing for Wellness</td>
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<td>12:00-1:00pm</td>
<td>Expressive Arts</td>
<td>Connection Recovery</td>
<td>Support Group</td>
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Unforeseen circumstances may cause a group or class to be cancelled. Please call ahead to confirm.

Machupees: Drop in.
Peer Support Group for those affected by mental health.
Support for friends and family of people who have a mental health diagnosis. Drop in.
Peer Support Group for those affected by mental health.
Psychoeducation and tools for successful and sustained mental wellness. 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
ON Mill Plain Blvd between Devine and MacArthur. Our entrance is on the West side.

Provides Support and Resources

CALL 360‐695‐2823

Call 360‐695‐2823 for an Appointment.

INFORMATION LINE 9‐5 Monday‐Friday

CALL 360‐695‐2823 PROVIDES SUPPORT AND RESOURCES

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.

Peer support group for those affected by mental health.

Unforeseen circumstances may cause a group or class to be cancelled. Please call ahead to confirm.
MONDAY
Office hours  Dual Recovery Anonymous 1:00-2:00pm
10:00-4:00

TUESDAY  Table Top Games  2:00-4:00pm
Office hours  Family Support Group 6:00-7:30pm
1:00-4:00

WEDNESDAY  Expressive Arts  12:00-3:00pm
Office hours  10:00-4:00

THURSDAY  STRiVE First Steps  1:00-2:30pm
Office hours  Connection Recovery  3:00-4:30pm

FRIDAY  Office Closed

3:00-4:30pm  Support Group
1:00-2:30pm  STRiVE First Steps
12:00-3:00pm  Expressive Arts
6:00-7:30pm  Family Support Group
2:00-4:00pm  Table Top Games
1:00-2:00pm  Dual Recovery Anonymous

1128 BROADWAY
Longview, WA 98632

Provide Support and Resources
Call 360-695-2823

Information Line 9-5 Monday-Friday
Call 360-695-2823

By Appointment w/Cindy Falter

Disability/Work Incentives Counseling
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.
Peer support group for those affected by mental health challenges. Drop in.

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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
LET'S BECOME

STIGMA FREE

Stigma is another form of mental stress inflicted on people with mental health issues. We can educate ourselves, see the person, not the illness, take action, and raise awareness. Spread the word #iamstigmafree and visit NAMI.ORG or NAMISWWA.ORG.

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Become Stigma Free

“Stigma is when someone, or even you yourself, views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgement from someone else. Stigma can even come from an internal place, confusing feeling bad with being bad.

Navigating life with a mental health condition can be tough, and the isolation, blame and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support, and living well. Learning how to avoid and address stigma are important for all of us, especially when you realize stigma’s effects:

- People experiencing mental health conditions often face rejection, bullying and discrimination. This can make their journey to recovery longer and more difficult.
- Mental health conditions are the leading cause of disability across the United States.
- Even though most people can be successfully treated, less than half of the adults in the U.S. who need services and treatment get the help they need.
- The average delay between the onset of symptoms and intervention is 8-10 years.

Suicide is the second leading cause of death of youth ages 15-24 and the tenth leading cause of death for all Americans.

1 in 5 Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won’t change unless we act to change it.”
-curestigma.org

We can educate ourselves, see the person, not the illness, take action, and raise awareness. Spread the word with #iamstigmafree and visit and share curestigma.org
Hello Cowlitz County!

Come celebrate "Mental Wellness" with us! Stop by 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.

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! Thank you so much to those special people in our community that have recently brought in donations for our office. We so appreciate your kind generosity!

We are looking forward to the upcoming NAMIWalks Northwest in Portland next month on Sunday, May 19th. We will also have a table set up at Lake Sacajawea for the "Run the Path" which is sponsored by Columbia Wellness on Saturday, May 4th from 9 to noon. So please stop by and show your support!

Remember to take time each day for self-care!
Peace,
Jan
Bulletin Board

In Vancouver

We’re Moving May 13-17 to 2500 Main Street Suite 120. Classes are cancelled that week and will resume the following week starting May 20. Please keep an eye out for FB or social media posts, call us 360-695-2823, or email us at info@namiswwa.org for information about upcoming classes. Thanks!

In Longview

Family to Family is a twelve-week education course for families with adult family members with a mental health diagnosis. May 22-June 26 in Longview, sign up by calling NAMI SW WA, the Longview number is 360-703-6722.

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.

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.

Sign up online at namiswwa.org or call 360-695-2823 (Vancouver) or 360-703-6722 (Longview) to register. There is no charge to attend these classes. You can also email Phyllis.c@namiswwa.org. Classes fill up quickly so sign up soon.
Help support the one in four Americans who will be affected by mental illness this year.

Thank you for being part of the team!