

## Educational Forums

Presented the 3rd Tuesday of each month at Evergreen Hospital, Suite Tan 100, (downstairs) 12303 NE 130th Lane, Kirkland, WA, 7:00 pm - 9:00 pm

**January 20, 2009**

**"Psychotic Disorders"**

**Dr. Stefanie Hlastala, Acting Assistant Professor, Children's Hospital, University of Washington**

**February 17, 2009**

**"Caring for Caregivers"**

**David Small, RN, Ph.D., Clinical Educator, Evergreen Hospice**

**March 17, 2009: Seasonal Affective Disorder**

**April 21, 2009: Youth and Mental Illness**

**May 19, 2009: Psychiatric Disorders During Pregnancy**

**June 16, 2009: Youth and the Juvenile Justice System**

**July 21, 2009: Bipolar and Alcohol**

**PTSD, Faith Issues and Mental Illness, and more...**

## NAMI Eastside Annual Meeting

**Please join us on Saturday morning, January 24, 2009, at HERO House for our Annual Meeting.**

**9:30 a.m. Welcome**  
**10:00 a.m. - 11:30 a.m. Meeting**

We have several important items to discuss at the meeting including:

- Our budget during this fiscal crisis
- Goals for 2009 and beyond
- Recruitment of new board members

Nominations for new board members are now being accepted. If you or someone you know is interested, please have them contact the NES office.

Nominees should be:

- Energetic
- Passionate
- Dedicated
- Available

### **Ours is a working board and we need you!**

Everyone is welcome to apply. We are particularly looking for people with these skills to round out our board: Attorney, experienced Fund Raiser, CPA, Program Manager, Mental Health Professional, a Leader with ties to other agencies in the community that are involved with mental illness.

HERO House is located in the North Creek Business Park, 14230 NE 21st Street, Bellevue, WA 98007. For directions call (425) 614-1282.

Call (425) 885-6264 or [info@nami-eastside.org](mailto:info@nami-eastside.org) for more information and a board application.

***We'll see you there!***

**Did you know that we now have 3 Family Support Groups and a new Consumer Support Group? Check out page 11 for a listing of all of our groups.**

**NAMI Eastside**

Family Resource Center Campus

**Mailing Address:** 16315 NE 87th Street, Suite B-11

**Physical Address:** 16225 NE 87th Street, Suite A-7  
Redmond, WA 98052, (425) 885-NAMI (6264)

**Support Groups & Education**

- NAMI-C.A.R.E. (Peer).....(425) 885-6264  
Alexandra and Brian
- NAMI Connections  
Brian .....(206) 760-9215
- Consumer Art Practice  
Helen.....(206) 617-7820
- Family Support Groups  
Veda..... (425) 865-9839  
Karin .....(206) 236-5247  
Lisa .....(206) 232-6946  
Jan .....(425) 747-6142  
Nicole .....(425) 443-7202  
Steve.....(425) 761-9050
- Mental Health & Spirituality  
John .....(425) 489-4084  
Ligia
- Spanish Speaking Group  
Alba .....(425) 306-3681
- Family-to-Family  
Judy .....(425) 939-7473
- Visions for Tomorrow .....(425) 802-3211  
Alexandra, Julie, Tom, Shelley and Diane
- Peer-to-Peer.....(425) 885-6264
- In Our Own Voice.....(425) 747-5315  
Dick Hanner.....ioov@nami-eastside.org
- Educating the Next Generation.....(425) 885-6264  
Margaret .....Margaret.romano@comcast.net

**Committee Contacts**

- Housing Committee.....swd3@herohouse.org
- Volunteers..... volunteer@nami-eastside.org
- Administration.....officeadmin@nami-eastside.org
- Consumer Coordinator .....info@nami-eastside.org
- Office Director.....info@nami-eastside.org

**NES Board of Directors**

- Michael Rynas.....President
- Debra Jones.....Secretary
- Nelly Sing.....Treasurer
- Paul Beatty .....Director
- Stan Donogh .....Director
- Arlette Lamphere.....Director
- Roberta Lyon.....Director
- Mike Maloney.....Director
- Laurie Scott.....Director

**Others**

- Louis Carrozzi.....Webmaster
- Barbara Thompson, Cindy Chase.....Newsletter
- Marney Johnson.....Volunteer Coordinator
- Cristina Annice .....Educational Forum Coordinator
- Erica Horn.....Executive Director, HERO House

**NAMI DAY IN OLYMPIA**

Sunday, January 18, 2009 is the NAMI Washington Open Board Meeting at St. Peter's Church.

Monday, January 19, 2009 is NAMI Day at the Legislature. This is an important event and we hope that you can attend. This is our chance to meet with our legislators to discuss the proposed budget changes and express our concerns on a variety of issues. The NES Office will be scheduling appointments with each of our legislators.

**Watch the website for more information and an agenda of appointments or call the NES Office.**



**2009**

**SPONSORS and WALK CAPTAINS NEEDED**

**The big day is Saturday, May 16, 2009 at Magnuson Park in Seattle. This year's goal is \$150,000. We hope that you will be able to join us as we break last year's record both in fund raising and community awareness!**

Sponsorship packets are now available at the NES office. Talk with your local merchant about becoming a sponsor for as little as \$250 or contact the NES office with the names of individuals or companies that might be willing to help and we'll contact them.

If you were a Team Captain last year, or want to become one, please contact the office at (425) 885-NAMI (6264) or via email at info@nami-eastside.org so that we can be sure you receive an invitation to the Kickoff Luncheon. It has been scheduled for Thursday, March 26<sup>th</sup>, at the Brockey Center at South Seattle Community College during spring break (so there should be plenty of parking).

Here is the link if you care to review it.

<http://brockeycenter.southseattle.edu/>

As you are well aware, the current economic situation facing the country and region is hurting all of us hard, particularly non-profit agencies like NAMI Eastside.

**We need your help now more than ever. Please help us get the walk off to a fast start.**

Contact Shana Allen, Walk Coordinator, at (206) 935-4170, via fax (206) 282-4170, or email nami@lments.net. You can also contact the NES office at (425) 885-6264 or via email at info@nami-eastside.org.

Thanks!

### NAMI Eastside Newsletter Goes Quarterly

Beginning with this issue, the NAMI Eastside newsletter will now be published quarterly instead of bi-monthly. This and other cost cutting measures are necessary in this time of economic hardship and reduced funding opportunities.

Eventually we would like to be able to send the newsletter electronically but aren't able to do this with our current database. (We are in the process of updating).

Email notices of upcoming events, which we refer to as 'e-blasts', will continue to be sent to those people that have provided us with their email address. If you have not been receiving them, we do not have your address or you have indicated to us that you do not wish to receive electronic announcements.

Please contact the NES office to make sure that your contact information is current. We are committed to updating our website at least weekly and you are invited to call the NES office at any time. We regret having to make this change and appreciate your understanding and support.

### New Consumer Support Group in Redmond

NAMI Connections is a new peer support group that is open to anyone at any point in their recovery. Groups meet for 90 minutes weekly and work within a recovery model to keep people focused in a positive health-oriented direction.

This new group meets every Tuesday evening, 6:30-8:00 p.m. at the Family Resource Center Campus in Redmond, 16315 NE 87th St., across from the Jack-in-the-Box by the Bella Bottega Theater.

The January 13, 2009 meeting will be in Building A, the Nisqually Conference Room but after that, all meetings will be in Building B, the Baker/Adams Conference Room. Enter through the patio.

NAMI C.A.R.E. (Consumers Advocating Recovery through Empowerment) Support Group will continue to meet on the 1st and 3rd Wednesday evening of each month, 6:30-8:00 p.m., at Crossroads Mall in Bellevue. See page 11 for details.

*If you are a consumer-client, please join our informal group--or if you are a family member, please recommend that your loved one or friend join us.*

### NES – Fun(d) ! Raiser

Picture this: *You take 35 (!) of your closest friends on a SUMMER CRUISE on the Schooner Mallory Todd!!*



NES has worked out the details for your cruise and is selling raffle tickets –

**LIMITED to 150 tickets** - for this 4 hour luxury cruise of Lake Union, the ship canal and Lake Washington.

The lucky winner can use this cruise for any event or celebration of their choice. Birthdays, wedding party, summer party, surprise a friend, anniversary, etc. The winner will even select the date (subject to a few black-outs)!

**YES, you also win \$250 toward catering YOUR event! You enjoy your guests worry-free!**

- **65' Staysail Schooner (Motor-sailor) moored in Lake Union**
- **Ticket Sales – January 15, 2009 to March 15, 2009 only**
- **Drawing at NES on March 20, 2009 – Winner will be contacted and need not be present**
- **Advance ticket reservations (or questions) – contact Marney Johnson (206) 383-9576, or Paul Beatty (425) 890-1467.**
- **Unreserved Raffle Tickets will be available for sale at the NAMI Eastside Annual Meeting, Jan. 24, 2009.**

Raffle Tickets cost- \$20 each

For a look at the Mallory Todd go to [www.sailSeattle.com](http://www.sailSeattle.com)

**Ticket reservations are being taken already.**

**Hint: Reserve NOW**

### Support Group for Adolescents

One of our trained support group facilitators has expressed interest in starting a support group for adolescents and/or parents whose teens need a "buddy".

We want to establish what the need is and we need to hear from you. Would your teen benefit from talking with other teens facing the same issues?

Contact the NES office at (425) 885-6264 or email Barbara at [info@nami-eastside.org](mailto:info@nami-eastside.org). Thanks!

## In My Own Words

### Seasonal Affective Depressive Disorder

I am writing a first-hand account of SADD (*Seasonal Affective Depressive Disorder*). For several days I have been severely depressed due to being snow-bound. I know what it is like to break routines, sit in my apartment, feel frustrated and depressed day after day with snow piling up. I haven't driven my car for five days. When I did get out five days ago it was strictly to get groceries and medications.

I had been proud of myself that in my opinion, I had kept up with what I felt was necessary – I had been taking my medication everyday, eating and keeping up with my dishes. Two days ago my Mother bribed me with money to take a shower. I had not showered since the snow began almost two weeks ago. The deal Mom and I made was that if I took a shower and did not feel better afterwards she would give me \$10. SO, I took a shower and I did feel better so she kept her \$10.

It took people who knew me very well to convince me that I was in a severe depression. In my mind I wasn't having any "downer" or depressive thoughts and I was doing what I needed to in order to survive the storms.

I couldn't see for myself that I had slipped out of keeping up with my daily routines, such as showering every other day, brushing my hair and teeth every day and staying in contact with my support team. For the first few days, I had reached out but after several days of being snowed in, all I was able to do was answer the phone and call people back who had left me a message.

Every couple of days or so I would go out and sweep the snow off of my car, start it and let it run for a few minutes so it would not freeze in this weather. A few days ago, I went out to sweep off my car and there were several layers of snow, a layer of thick ice and several more layers of snow. When I came in from clearing my car off I was extremely angry and "pissed off". I was sick and tired of being snowed in and unable to get out to go to work or to my routine appointments.

I decided when I came in that I didn't want to talk with anyone. I took a couple of night medications early so that I could go to sleep and wake up in a better mood. I justified my actions by agreeing with myself that I would not take these pills later when I took the rest of my night medications.

I did sleep for a couple of hours but I would not recommend taking medication at unscheduled times, no matter how strong the desire to check out or sleep during the day. I did keep my plan and took my normal night medications minus the pills I had taken earlier. I did

sleep but not as well as I could have had I taken the medicines as prescribed. Again, I do not recommend taking any medications outside of their regularly scheduled times.

It's been snowing for several hours today and the wind is gusting outside. A friend who lives in the same apartment complex just called and invited me down to her apartment for lunch. I am grateful for the opportunity to get out of my apartment and share a meal with my friend.

I sent out several Christmas cards a few days ago but have been unable to complete sending the remaining cards, so I guess that some people on my list will get their cards after Christmas.

The other day my supervisor at NAMI Eastside called with a way to retrieve messages off of the office phone. I retrieved the messages but just today finally returned the phone messages. The people were thankful I called.

If I can impart to you any lessons I have learned from being snowbound they are to stick to your routines, even if it means not keeping scheduled appointments. Self-care such as showering and getting dressed everyday will make a big difference in warding off and lifting the depression as well as brushing your hair and teeth everyday.

I know these are hard things to do when you don't feel motivated to do anything. Take it slow. Even if you just take a shower and get dressed you are accomplishing a lot. I have still been unable to motivate myself to brush my teeth but I believe I will again when I feel better.

Another thing that helps is to count your blessings. If you are not homeless, and I hope you are not, thank God that you have a warm dry place to live away from the cold wet weather outside. If you have food, warm clothes and blankets that is another reason to be thankful. I have family, friends and others that I identified in my WRAP (*Wellness Recovery Action Plan*) class, i.e., my life support team, checking in on me everyday. I also need to call members of my support team daily and not isolate. Connecting with others outside your environment is very important.

Don't allow yourself to run out of your medications before you get low or run out. If you are getting low, call your pharmacy and ask them to mail your medications to you before you deplete your supply. You can also ask someone who is able to get around to pick-up your medications for you. Taking your medications at their regularly scheduled time is so vitally important. Whatever you do, don't stop taking your medications for your mental illness or other medical disorders.

## In My Own Words

The same applies to food. Have someone who can get around buy and get food for you or have the market deliver it, if you can afford it. Fortunately, I have a grocery store at the end of my block. My bank is in the same parking lot as the grocery store. I have been able to walk to both as needed. This week a family member picked up and delivered my medications. I realize this is not always possible or feasible. Food and medicine are critical for survival in any kind of weather!

Another recommendation I would suggest is to get exercise. I live in a building with enclosed hallways. I can walk up and down the halls and/or up and down the stairs. I have warm clothes and am able to walk to the end of the block. If you are concerned about falling down on the ice, you can walk around in your house or apartment. Staying active is so important to fighting depression.

I am not successful everyday with every piece of the above recommended activities but I do put forth the effort to do what I can. I am then proud of myself for what I do accomplish. Reward yourself when you do complete a task that seemed difficult. I guarantee you will feel better overall. The important things are to do what you can do and to do what is critical to do for yourself. Be sure to give yourself a reward and "pat-on-the-back".

I am a woman of faith. I have been unable to attend church due to the weather. This has added to my depression to the degree that it has been difficult to pray, read my bible, or listen to my favorite Christian radio station. This has been part of breaking my normal routine.

This is the first church I have ever attended that actually celebrates Advent. I finally admitted that I was disappointed at not being able to celebrate Advent. I am not able to go to tonight's Christmas Eve candlelight services due to weather and accumulation of snow. I am thankful for my church, even if I cannot attend these services. I called a pastor friend and she prayed with me over the phone.

Last Sunday, I was scheduled to deliver boxes of food to four-households I had nominated to receive food during my church's food drive. Due to the snow I was unable to deliver the boxes myself, so the church delivered them for me. I was very disappointed that I was unable to deliver the food and this added to my depression. Yesterday the food boxes were delivered. The recipients were blessed and I was grateful to my church for the deliveries. I was blessed that my friends were blessed by the gesture in time for Christmas. My church is still holding one box for a single father living in Renton. I plan to deliver his box of food as soon as I am able to get out and around.

My family is celebrating Christmas on the Sunday following Christmas because that is when everyone can get together. I will be alone tomorrow, Christmas Day, but not out of touch.

My niece and her husband have promised to come and get me on Sunday and take me to my Mom's for our Christmas celebration if I am still snowed in.

I hope this article is helpful. It was written by me, **Jackie Swett**, as I have first-hand knowledge and experience of cabin fever and its effect on my moods. Daily routine, self-care, medications and exercise are my highest recommendations to feeling better in this type of weather or anytime depression hits.

### Commentary on the Time Magazine article about "Why do the Mentally Ill die younger"

Many NAMI Eastside members with web access and an email account no doubt were notified by NAMI about the December 3, 2008 Time Magazine article on "Why do the Mentally Ill Die Younger?" The Internet link for the article is: <http://www.time.com/time/health/article/0%2C8599%2C1863220%2C00.html>. The article refers to a study that was published two years ago by the National Association of State Mental Health Program Directors (NASMHPD) called *Morbidity and Mortality in People with Serious Mental Illness*. The Internet link for the study is: [http://www.nasmhpd.org/general\\_files/publications/med\\_directors\\_pubs/Technical%20Report%20on%20Morbidity%20and%20Mortality%20-%20Final%2011-06.pdf](http://www.nasmhpd.org/general_files/publications/med_directors_pubs/Technical%20Report%20on%20Morbidity%20and%20Mortality%20-%20Final%2011-06.pdf)

What is startling about the study is that it shows that people with a serious mental illness (SMI) die on average 25 years younger than the general population. The Time article doesn't discuss that suicide and injury account for 30-40% of that excess mortality, but focuses more on the modifiable risk factors such as smoking, alcohol consumption, poor nutrition, inadequate medical care, lack of exercise and vulnerability due to homelessness, trauma, poverty and social isolation. The preventable conditions that these risk factors increase among those with SMI are cardiovascular disease, diabetes, respiratory illness and infectious diseases, conditions that also affect the general population. One has to hope that even suicide and injury should be included as preventable risk factors, but the article drives home the message that the faster developing physical health conditions play a significant role in the higher rates of mortality for those with SMI. Compounding the association with increased disease and mortality among the mentally ill, the NASMHPD study reported that most persons with SMI don't reach recovery until their mid-40's which leaves many fewer years of life to enjoy their recovery.

(Commentary continued)

Recovery must include wellness. One of the recommendations in the study is to integrate mental health and physical health care for persons with SMI and another recommendation was to “support education and advocacy.” Part of the NAMI Eastside mission is advocacy, education and support and part of what the members at NAMI-Eastside are trying to do is to create more awareness and “encourage persons served and family members to advocate for wellness approaches as part of recovery.”

NAMI-Eastside families, friends, professionals and members with mental illness need to use this study as part of our knowledge base to help educate the community and health care providers about the connection between physical well-being and improvement in mental health. We need to continue to strive to help our consumers to make healthy choices for recovery through engagement, empathy, education and the development of skills needed to change behavior.

Though it is only a small part of this dilemma, a personal experience may assist others in assisting a consumer with their physical health. Persons with SMI often have a hard time communicating or recognizing the development of a physical disease or illness. This could be due to disorganized thought processes, paranoia or the primary care provider not working in collaboration with the behavioral provider. Compounding this may be the consumer’s resistance to provide a waiver to allow an advocate to also be involved in a medical appointment for physical care. After all, we as a society supported “medical privacy” and it is pretty common for persons with a SMI to require their physician to follow those legal standards even if it fails to provide the best service to the patient. Medical privacy can be a significant impediment to an advocate when there are observations we can make about our consumer’s personal health that can be helpful in a diagnosis. It is important to develop and maintain a rapport with our consumers so we can be allowed to offer our observations as part of the diagnosis process by our consumer’s primary care physicians. Most primary care providers are appreciative when they get this assistance and it can result in hastening their diagnosis. It is apparently not a violation to “provide” observations about physical health of a person with SMI, though for medical privacy reasons the provider may not be able to discuss diagnostic specifics with the advocate. Most of the primary care providers are also willing to consider more comprehensive health care evaluations to detect diseases with the corroborative input and observations from an advocate.

Ultimately, the long-term hope is to educate and empower the persons served to improve their mental and physical well-being. The study notes “we should avoid

the trap of mandating changes in lifestyle, instead focusing on true collaboration through engagement.” It reports Bayer Institute and Health-Partners showed data that found “when clinicians use a relationship-centered interviewing style, patients become more responsible and active participants in their health care and more adherent to the treatment plan.” Hopefully through this means and others we can start to narrow the difference in the age of mortality between those with SMI and the general population.

- Bill Wittenberger

### Mental Illness: Myths and Facts

Mental illnesses are very common. They are also widely misunderstood. People with mental illnesses are frequently stigmatized by others who think it's an uncommon condition. The truth is, mental illness can happen to anybody.

Arm yourself with the facts, then use your knowledge to educate others and reach out to those around you with mental illness.

Understanding and support are powerful, and they can make a real difference in the life of a person who needs them.

**Myth:** There's no hope for people with mental illnesses.

**Fact:** There are more treatments, services, and community support systems than ever before, and more are in the works. People with mental illnesses lead active, productive lives.

**Myth:** I can't do anything for a person with mental illness.

**Fact:** You can do a lot, starting with how you act and speak. You can create an environment that builds on people's strengths and promotes understanding. For example:

- Don't label people with words like "crazy," "wacko," or "loony" or define them by their diagnosis. Instead of saying someone is "a schizophrenic," say he or she "has schizophrenia." Don't say "a schizophrenic person," say "a person with schizophrenia." This is called "people-first" language, and it's important to make a distinction between the person and the illness.
- Learn the facts about mental health and share them with others, especially if you hear something that isn't true.
- Treat people with mental illnesses with respect and dignity, just as you would anybody else.
- Respect the rights of people with mental illnesses and don't discriminate against them when it comes to housing, employment, or education. Like other people with disabilities, people with mental health problems are protected under federal and state laws.

**Myth:** People with mental illnesses are violent and unpredictable.

**Fact:** Actually, the vast majority of people with mental health conditions are no more violent than anyone else. People with mental illnesses are much more likely to be the victims of crime. You probably know someone with a mental illness and don't even realize it.

**Myth:** Mental illnesses don't affect me.

**Fact:** Mental illnesses are surprisingly common; they affect almost every family in America. Mental illnesses do not discriminate—they can affect anyone.

**Myth:** Mental illness is the same as mental retardation.

## Information

**Fact:** These are different conditions. Mental retardation is characterized by limitations in intellectual functioning and difficulties with certain daily living skills. In contrast, people with mental illnesses—health conditions that cause changes in a person's thinking, mood, and behavior—have varied intellectual functioning, just like the general population.

**Myth:** Mental illnesses are brought on by a weakness of character.

**Fact:** Mental illnesses are a product of the interaction of biological, psychological, and social factors. Social influences, like the loss of a loved one or a job, can also contribute to the development of various mental health problems.

**Myth:** People with mental illnesses cannot tolerate the stress of holding down a job.

**Fact:** All jobs are stressful to some extent. Anybody is more productive when there's a good match between the employee's needs and the working conditions, whether or not the worker has a mental health problem.

**Myth:** People with mental health needs, even those who have recovered, tend to be second-rate workers.

**Fact:** Employers who have hired people with mental illnesses report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees. Studies by the National Institute of Mental Health (NIMH) and the National Alliance for the Mentally Ill (NAMI) show that there are no differences in productivity when people with mental illnesses are compared to other employees. (Mental Health: A Report of the Surgeon General, 1999)

**Myth:** Once people develop mental illnesses, they will never recover.

**Fact:** Studies show that most people with mental illnesses get better, and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that hope plays an integral role in an individual's recovery.

**Myth:** Therapy and self-help are a waste of time. Why bother when you can just take a pill?

**Fact:** Treatment varies depending on the individual. A lot of people work with therapists, counselors, friends, psychologists, psychiatrists, nurses, and social workers during the recovery process. They also use self-help strategies and community supports. Often they combine these with some of the most advanced medications available.

**Myth:** Children don't experience mental illnesses. Their actions are just products of bad parenting.

**Fact:** A report from the President's New Freedom Commission on Mental Health showed that in any given year five to nine percent of children experience serious emotional disturbances. Just like adult mental illnesses, these are clinically diagnosable health conditions that are a product of the interaction of biological, psychological, and social factors.

**Myth:** Children misbehave or fail in school just to get attention.

**Fact:** Behavior problems can be symptoms of emotional, behavioral, or mental problems, rather than merely attention-seeking devices. These children can succeed in school with appropriate understanding, attention, and mental health services.

<http://www.whatadifference.org/> For more information go to this web site. [www.samhsa.gov](http://www.samhsa.gov)

### The King County Warm Line

**GREAT NEWS!** The King County Warm Line will be open for operation beginning **March 13<sup>th</sup>**. (At a later date the phone number will be shared. It will be a 206 number which will be accessible for free to all within King County!)

For those of you not familiar with Warm Lines, a Warm Line is a non-crisis support phone service run by and for individuals with psychiatric challenges (consumers/peers etc). Warm Lines offer individuals with mental illnesses a safe way to make contact with their peers and develop meaningful relationships. Research tells us that contact with individuals further along in their recovery journey gives hope to individuals calling in, that they too can achieve wellness and reconnect to some of the hopes and dreams that were perhaps crushed as a result of receiving a diagnosis of mental illness. We also know that Warm Lines reduce the burden on case managers, professional crisis lines, and other community resources. In fact, one study done in New Hampshire showed that Warm Lines reduced the use of crisis teams by 60%.

Warm Lines are not just beneficial for those calling in for support, comfort, and companionship. The peer mentors answering the calls also report numerous benefits including reduced hospitalization, reduced service use, increased knowledge, information, and coping skills; and stronger social networks and support. Working on the Warm Line greatly enhances individuals' self-esteem as they are actively making a contribution to the community and to the lives of others.

In the next few weeks, we will need many volunteers to step forward to begin training to work on the Warm Line. The committee has recommended that the Warm Line begin operation with the service hours of 5 to 10pm, which is in line with programs across the country, which aim to be available when traditional mental health services are unavailable. Initially, the Warm Line will be in operation Friday, Saturday and Sundays. Call volumes and volunteer availability will determine when we add additional days. Upcoming meetings of the Warm Line Advisory Committee will be on the following dates: Fridays, January 9<sup>th</sup>, February 13<sup>th</sup> and March 13<sup>th</sup>. Meetings will be held at between 11 am and 12:30 pm at Navos' Burien campus, 1010 South 146<sup>th</sup> Street. We will be adjacent to the Third Runway Café in the Johnson Room or the Grotto. Additional meetings will be setup at the January 9<sup>th</sup> meeting. If you need additional information or would like to help,

(continued on next page)

## More Info

(Warm Line continued)

in any way, please do not hesitate to contact me at [Warm-Line@Navos.org](mailto:Warm-Line@Navos.org) or via a daytime phone of (206) 439-2625. If the meeting time will not work for you, please let us know and we can consider having one daytime and one evening time meeting a month. We are also looking for a new Chair for the Advisory Committee.

While we continue to look for funding, we are committed to moving forward as many volunteers along with one very innovative mental health agency, Navos, has stepped up to make this dream a reality. Right now we are looking for about 25 volunteers from around the county.

Please feel free to contact me at [WarmLine@Navos.org](mailto:WarmLine@Navos.org) or at (206) 972-7647. It is VERY important that you leave your phone number as without it we cannot return your call.

Helen Nilon, President, King County Warm Line Board

### Circle of Friends is Building Health and breaking down Stigma.

Come to the Thursday parties – we call it Drama Class but it's a great time!

Fun with Drama, games, interaction, and laughter take place on Thursdays at 1:30-2:45 at Seattle Central Community College, Broadway and Pine. Email Sara, [cool\\_sara@hotmail.com](mailto:cool_sara@hotmail.com) or call Carolyn (206).325.6386 for more information or to sign up. It's FREE. Our presentations have been cheered. We WILL break down stigma, and show our skills. Free parking at Bonney Watson Funeral Parlor across the street, if you go in and tell the desk you are with COF drama class.

Some interest has been expressed in starting a **drama group** here on the Eastside. If you are one of those people, please contact the NAMI Eastside office at (425) 885-NAMI (6264) or via email at [info@nami-eastside.org](mailto:info@nami-eastside.org).

### Need help paying for your medicine?

The Partnership for Prescription Assistance was launched in April of 2005. Since that time, more than 4 million Americans have received help in getting their medications. If you don't have prescription coverage and can't afford your medications, here's what you do:

1. Know the names of the medications you take.
2. Call toll-free: 1-888-4PPA-NOW (1-888-477-2669).
3. A trained specialist will answer your questions and help you apply for the right programs.

Partnership for Prescription Assistance is funded by America's pharmaceutical companies. [www.pparx.org](http://www.pparx.org)

### FACILITATORS NEEDED:

"Family-to-Family" and "Visions-for-Tomorrow" annual facilitator training is upon us. This training is open to family members and caretakers of adults or children with a mental illness **only**. If you are interested in learning more about the training, please contact the NAMI Eastside office (425) 885-6264 or [info@nami-eastside.org](mailto:info@nami-eastside.org)

### Meet our new Forum Coordinator:



Cristina Annice has served as Monthly Educational Forum Coordinator for NAMI Eastside since May 2008. Her prior work experience with low income populations in Subsidized Property Management exposed her to the many forms of mental illness and the ever present threat of homelessness faced by those afflicted. Cristina brings a wide range of Non-profit marketing and event planning experience from such agencies as Goodwill Vintage Fashion, Crohn's and Colitis Foundation, Shoreline Arts Council, Jefferson County Historical Society and KBCS 91.3FM. Cristina is currently a graduate level student at the Institute of Non-Profit Management at Portland State University. Her goal is to continually raise awareness, advocate resources and soften stigmas associated with Mental Illness through education."

*Welcome Cristina!*

### King County Men's and Women's Winter Shelters are now Open

#### Mens' Shelter

Lining up for the shelter takes place in the park across 4th Avenue just south of the courthouse and Jefferson Street. The King County Administration Building is at 500 4th Ave, between Jefferson and James streets in downtown Seattle. The shelter opens at 9:00 p.m. every night through the end of March.

#### Women's Shelter

Stop by and register with the Women's Referral Center at 2030 3rd Avenue, in between 3rd and Lenora in Belltown, between 6-9 p.m. Then, after 9 p.m., drop in, or call (206) 436-8650 to see if there's space. The shelter is open every night through the end of March.

YWCA Angeline's Center for Homeless Women is a program of the YWCA of Seattle-King County and Snohomish County.



**Donate to NAMI Eastside just by searching *and* shopping on the Internet!**

For several months now I have been telling you about a pain-free fund raiser, a new search engine called “**GoodSearch.com**”. **More than 40 NAMI affiliates across the country are registered and are earning much needed funds.**

In 2008, NAMI Eastside received \$40 from Good-search. No, it's not much, but if 100 NAMI Eastside supporters each made 2 searches per day, that figure would jump to **\$750** in the course of one year. We make even more if people shop through the Good-Search website.

Now you can shop at your favorite stores and they will donate a percentage of your purchase to NAMI Eastside. You can shop at **Macy’s, Target, Barnes & Noble, Nordstrom, Nike, Office Depot and Sears** just to name a few. Check out the GoodSearch website to see the entire list. You don't pay any more for your purchases but NES benefits.

We need your help to take advantage of this opportunity. It really is pain-free.

**GoodSearch.com** is a Yahoo search engine which donates a minimum of 1 cent of its search revenue every time you do a search. You use it just as you would any other search engine, but each time you do, money is generated for good causes. NAMI Eastside is a registered charity on GoodSearch.

Go to **www.goodsearch.com** and follow the instructions to make it your homepage and add the Good-Search toolbar. Be sure to choose **NAMI-Eastside** as your charity!

Every little bit helps!

**DONATE YOUR CAR/TRUCK/RV/BOAT**

**You can help NAMI Eastside and HERO House and clean up your yard at the same time. Call the NES office at (425) 885-6264 and find out how.**

**All donations are tax deductible!**

**Join NAMI Eastside!**

**Mail to: NAMI Eastside, Family Resource Center Campus, 16315 NE 87th Street, Suite B-11, Redmond, WA 98052**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Membership level:**

- Individual/Family \$35
- Professional \$40
- Donor \$100
- Benefactor \$250
- Corporate \$500
- Low income \$4

**No one will be turned away for lack of means**

**A donation to NAMI Eastside in the amount of \$\_\_\_\_\_ is enclosed. All NAMI Eastside members are members of NAMI Washington and NAMI National and receive the local, state, and national newsletters.**

**If interested in volunteering, please check one or more of the following:**

- Work in office
- Prepare mailings
- Computer help (skills in \_\_\_\_\_)
- Community outreach
- Fundraising
- Write articles or book reviews
- Research issues
- Legislative issues
- Facilitate support groups

**For more information, call (425) 885-6264 or send an email to [volunteer@nami-eastside.org](mailto:volunteer@nami-eastside.org) or [info@nami-eastside.org](mailto:info@nami-eastside.org).**

**Thank you!**

## Did You Know?

### 2009 NES Classes

A "**Visions for Tomorrow**" class is tentatively scheduled to start in February. This 12 week class is for parents and caretakers of young children with a mental illness.

We finally have enough mentors to hold a "**Peer-to-Peer**" class but are short on funds. This 9 week class is led by Consumers for Consumers. Contact the NES office to get on the waiting list.

Another "**Family-to-Family**" class will be held in late February or March on Tuesday evenings, 7:00-9:30pm for 11 weeks. The location will be in the Crossroads area of Bellevue. There is not a charge for the class, only a commitment for the 11 weeks. This class is for families, caretakers, parents and relatives of a person with a mental illness. The class is not for the loved one with the illness. Contact Judy Burk at (425) 939-7473.

" **Wellness Recovery Action Plan**" (WRAP), a 12 week class for consumers and family members, is a system for monitoring, reducing and eliminating uncomfortable or dangerous physical symptoms and emotional feelings. It and "**Recovery and Resiliency**" are two more classes that we would like to offer in 2009. Whether or not we can do so is dependent upon funding.

Class dates will be announced in this newsletter and on our website. Watch for more information.



### Library Corner

The following books were donated by Virginia Vossler in memory of her son Jim.

[Treatment of Borderline Personality Disorder: A Guide to Evidence-Based Practice](#) by Joel Paris

[Black Pain: It Just Looks Like We're Not Hurting](#) by Terrie Williams

[The Bipolar Teen: What You Can Do to Help Your Child and Your Family](#) by David J. Miklowitz

### NAMI Eastside Speaker's Bureau

**In Our Own Voice (IOOV)** is one of NAMI's signature programs. Presenters are individuals with mental illnesses who are ready for the next step in their recovery. They share their stories in an effort to prove that mental illness is nothing to be ashamed of and that recovery is an ongoing reality. Presentations are made at schools, community meetings, and organizations.

**Educating the Next Generation (ENG)** provides participants with an opportunity to experience what it is like to have a mental illness. It is another excellent way to educate the public about mental illness.

If you are interested in arranging for a presentation at your school or organization, or in becoming a presenter, please contact the NAMI Eastside office at (425) 885-6264 or via email at [info@nami-eastside.org](mailto:info@nami-eastside.org).

### Dine With a HERO

Dine with a HERO is a series of lunchtime presentations on various topics and issues that affect consumers and their family members.

Speakers are experts in their respective field and always allow for questions and answers at the end of the hour. The program and lunch are free. HERO House is located at 14230 NE 21<sup>st</sup> Street in Bellevue. Seating is limited to the first 50 people that RSVP. Call (425) 614-1282 to register.

While you are there, take a moment to tour HERO House if you haven't already. HERO House is an International Center for Clubhouse Development (ICCD) clubhouse. It provides a Work-Based Recovery for members referred by Mental Health Providers. It has received the highest level of certification at the 3 year level.

HERO House, a program of NAMI Eastside, is a place where adults recovering from mental illness come for meaningful work, a low-cost meal, support and encouragement in reaching their goals in employment, education, housing, transportation, and advocacy.

## NAMI Eastside Calendar

### MONDAY:

**The Spanish Speaking Consumer and Family Support Group** at Sea Mar, Crossroads Medical Center, 1811 156th Ave NE, Bellevue, WA 98007. Call Alba at (425) 306-3681 **Last Monday of each month, 6:30-8:00 p.m.**

### TUESDAY:

**Family Support Group 3**  
Fairfax Hospital, 10200 NE 132nd Street, Kirkland, 98034. Contact Steve at (425) 761-9050 or via email sanderson@hartleycounseling.com for more information. **1st Tuesday of every month, 7:00-8:30 p.m.**

**NAMI Connections** (for consumers), Family Resource Center Campus, 16315 NE 87th St., Redmond, WA 98052, Baker/Adams Conference Room, Building B. Contact Brian Youngberg, at (206) 760-9215 or brianyoungberg@msn.com. **Every Tuesday, 6:30-8:00 p.m.**

### WEDNESDAY:

**NAMI C.A.R.E. (Consumers Advocating Recovery through Empowerment)** Crossroads Mall, 15600 NE 8th Street, Bellevue in the "Community Room" which is across from the Information/Lotto desk between the Shoe Pavilion and Pzazz. Contact the NES Office (425) 885-6264, **1st and 3rd Wednesday of each month, 7:00-8:30 p.m.**

### Mental Health & Spirituality (Open to All)

St. Brendan Catholic Church School, 2nd Floor. Teachers' Lounge, 10049 NE 195th St., Bothell. To verify location, and time, contact John at (425) 489-4084 or via email at johnrad14@yahoo.com. **2nd and 4th Wednesday of each month, 7:00-8:30 p.m.**

Contact the NES office at (425) 885-6264 or via email at [info@nami-eastside.org](mailto:info@nami-eastside.org) for information on any of these groups.

### Family Support Group 1

At the church, 12700 SE 32nd St., in Bellevue near Factoria. Go to the building just left of the Sanctuary, Room 202. For more information, please contact Nicole (425) 443-7202 or Jan (425) 747-6142, **2nd Wednesday of each month, 7:30-9:00 p.m.**

### THURSDAY:

#### Family Support Group 2

St. Andrews Lutheran Church, 2650 148th Ave. SE, Room E-2, Bellevue. Contact Veda, (425) 865-9839; Karin (206) 236-5247, [karin.miller@overlakehospital.org](mailto:karin.miller@overlakehospital.org), or Lisa (206) 232-6946, **3rd Thursday of each month, 7:00-8:30 p.m.**

### SATURDAY:

#### Consumer Art Practice / Workshop

Family Resource Center Campus, 16315 NE 87th Street, Building B, the Baker/Adams Conference Room, [Info@nami-eastside.org](mailto:Info@nami-eastside.org), Helen (206) 617-7820. **2nd Saturday of each month, noon till 3:00 p.m. \*\***

#### Special Art Workshops planned for 2009 include:

January – Watercolor Workshop by Carla Ascoytia  
February – Art Workshop ... button making and matting by Helen Nilon  
March – Sketching Workshop by Brad Webb  
*Space is limited. Call now to register.*

**\*\*Please note:** Due to low attendance, the art workshops will be cancelled unless we hear from you by the Friday prior to the Saturday workshop. Please call Helen at (206) 617-7820 or the NAMI Eastside office.

#### Parents of Bipolar Children

This support group ended due to lack of attendance, but support is still available. Email the former support group leader, Julie Boulter, at [muddyfelocks@hotmail.com](mailto:muddyfelocks@hotmail.com)

### ANNOUNCEMENTS

#### Bulk Mailing Party

Family Resource Center Campus, (Conference room to be designated when group is scheduled), 16225 NE 87th Street, Suite A-7. Volunteer group is notified about a week ahead of each mailing party. Contact the NES office to volunteer (425) 885-NAMI (6264).

#### HERO House Advisory

**Committee.** Fourth Thursday of each month at HERO House, 14230 NE 21st Street in Bellevue. Please call (425) 614-1282 to verify time.

#### Monthly Forums

Every effort is made to nail down forum details in time for this newsletter but it isn't always possible. Check out our website, or contact the NAMI Eastside office at (425) 885-NAMI (6264). **Third Tuesday of each month, 7:00-9:00 p.m., Evergreen Hospital, Suite Tan 100, 12303 NE 130th Lane, Kirkland.**

**Dine with a HERO**, a popular HERO House program, is *usually* held on the 3rd Tuesday of each month at HERO House, 14230 NE 21st Street in Bellevue. Seating is limited to the first 50 that RSVP – (425)-614-1282. FREE

#### NES Board Meetings

Everyone is welcome. Call the NES office at (425) 885-NAMI (6264). **Second Tuesday of each month, 7:00-9:00 pm, Family Resource Center Campus, 16225 NE 87th Street, Building A, in the Rainier Room.** Please call the NES office beforehand so that we can insure enough meeting packets are available.



Family Resource Center Campus  
NAMI Eastside  
16315 NE 87th St., Suite B-11  
Redmond, WA 98052

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***Mental Illness is Not a Choice***

**Return Service Requested**



**NAMI Eastside**

**(425) 885-NAMI (6264) Info@nami-eastside.org**

NAMI Eastside Website: [www.nami-eastside.org](http://www.nami-eastside.org)  
HERO House Website: [www.herohouse.org](http://www.herohouse.org)  
Online PPD Support Group: [www.ppdsupportpage.com](http://www.ppdsupportpage.com)  
NAMI National: [www.nami.org](http://www.nami.org)  
NAMI Washington: (425) 990-6404

**Helpful Phone Numbers**

24-hour Crisis Line: 1-866-4 CRISIS, (206) 461-3222, or dial 2-1-1  
Suicide Prevention Hotline: 1-800-SUICIDE  
Survivors of Suicide: (253) 838-8947  
DSHS Food Stamps & Medical Coupons (425) 649-4000  
Catholic Community Services: (425) 284-2211  
Crisis Clinic Caregiver Info: 1-800-621-4636  
Salvation Army: (425) 452-7300  
St. Vincent de Paul: (206) 767-6449  
Community Health Centers of KC: (425) 882-1697  
SKC Public Health: (206) 296-4920  
SSDI & SSI Social Security (800) 772-1213, [www.ssa.gov](http://www.ssa.gov)

**Local Resources & Information**

Community Psychiatric Clinic, [www.cpcwa.org](http://www.cpcwa.org), (206) 461-3614  
Sound Mental Health: [www.smh.org](http://www.smh.org) (425) 653-5000, (206) 302-2200  
Western State Hosp Family Advocate: Pat Lovett (360) 698-4668  
Fairfax Hospital 1-800-435-7221  
Washington State Legislators: [www2.leg.wa.gov](http://www2.leg.wa.gov) or 800-562-6000  
Community Resources Online: [www.ci.seattle.wa.us/crisisclinic](http://www.ci.seattle.wa.us/crisisclinic)  
Eastside Legal Assistance: (425) 747-7274  
Eastside Legal Assistance and Multilingual Clinic: (425) 747-1663  
Presbyterian Counseling Svc. (206) 527-2266  
CHADD Eastside (206) 622-2127  
Eastside Community Health Center  
Medical Clinic: (425) 882-1697, Dental Clinic: (425) 883-8000  
Ombudsman of King County: (800) 790-8049, (206) 205-1357

**Other Helpful Organizations**

Mental Health Matters: [www.mental-health-matters.com](http://www.mental-health-matters.com)  
Get Mental Help: [www.getmentalhelp.com](http://www.getmentalhelp.com)  
Psych Forums: [www.psychforums.com](http://www.psychforums.com)  
PsychTracker: [www.psychtracker.com](http://www.psychtracker.com)  
Consumers' Self-Help Clearinghouse: [www.mhselfhelp.org](http://www.mhselfhelp.org)  
Mental Health Infocource: [www.medinfosource.com](http://www.medinfosource.com)  
Nat Res Center on Homelessness & Mental Illness: [www.prainc.com](http://www.prainc.com)  
Mental Health Today: [www.mental-health-today.com](http://www.mental-health-today.com)  
Health Place: [www.healthplace.com](http://www.healthplace.com)  
Freedom From Fear: (anxiety, depression) [www.freedomfromfear.org](http://www.freedomfromfear.org)  
National Inst Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)  
Social Security Administration: [www.socialsecurity.gov](http://www.socialsecurity.gov)  
Americans with Disabilities Act Info: [www.usdoj.gov/crt/ada](http://www.usdoj.gov/crt/ada)  
National Mental Health Assn: [www.nmha.org](http://www.nmha.org)  
International Fdtn for Research & Education on Depression: [www.ifred.org](http://www.ifred.org)  
Depression & Bipolar Alliance: [www.dbsalliance.org](http://www.dbsalliance.org)  
Recovery Inc.: [www.recovery-inc.org](http://www.recovery-inc.org)  
NARSAD, brain research: [www.narsad.org](http://www.narsad.org)  
MH Planning & Advocacy Council: [www.wamentalhealth.com](http://www.wamentalhealth.com)  
Mental Health Recovery: [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

**Shelter/Housing/Food**

Eastside Domestic Violence: (425) 746-1940  
Friends of Youth: (425) 869-6490  
Issaquah & Community Services: (425) 391-0137  
Eastside Love, Inc. (425) 869-9561  
Hopelink: (425)889-7880,(425)333-4163,(425)392-4123,(425)888-0096  
Issaquah Church & Community Services: (425) 284-2218