



nami
EASTSIDE

National Alliance on Mental Illness

NEWSLETTER

2010 Volume 11, Issue 3

Support, Education & Advocacy

July - September, 2010

FREE! Educational Forums

3rd Tuesday of each month 7:00 - 9:00 pm

at **EVERGREEN HOSPITAL** Suite Tan 100 (downstairs)
12303 NE 130th Lane Kirkland, WA 98034

August 17, 2010

“MOOD DISORDERS: WHAT THEY ARE AND HOW THEY CAN BE TREATED”

David Harrison, MD is an Assistant Professor in the Department of Psychiatry & Behavioral Science at the UW School of Medicine and a consultant for the Mental Health Integration Program (MHIP).

Dr. Harrison will discuss bipolar disorder, common causes of depression, and pharmacological and non-pharmacological treatments for depression.

September 21, 2010

SCHIZOPHRENIA

Allen Radant, MD

October 19, 2010

“DE-STRESS FROM DISTRESS: STRATEGIES TO COPE WITH STRESS AND FEELING OVERWHELMED”

Anne Ratzliff, MD

November 16, 2010

DOMESTIC ABUSE

Barbara Blywise, LMHC

Mental Health Court Opens

The Issaquah branch of the new King County District Regional Mental Health Court held its grand opening on July 9th. This Court represents an effort to effectively increase cooperation between the mental health treatment system and the criminal justice system — two systems that have traditionally not worked closely together.

The Mental Health Court aims to reduce recidivism (the repeated or habitual relapse into criminal or antisocial behavior patterns) and improve access to public mental health treatment services for persons with mental illnesses who find themselves in the criminal justice system. By reaching these goals, the safety of the general public will be improved.

Though founded in 1999, the Mental Health Court had heard only cases filed by the King County Prosecuting Attorney, specifically misdemeanors arising in Unincorporated King County, and certain felony cases.

This year, funds were made available through King County’s Mental Illness and Drug Dependency Sales Tax (MIDD) to expand the Court to a regional resource, accessible to residents of every city in King County.

Now, city prosecutors, as well as jail psychiatric staff, police, attorneys, family members, treatment providers, probation officers, and judges, can refer defendants to the Mental Health Court, where misdemeanor defendants with a mental illness will be provided with a dedicated team including a judge, prosecutor, defender, treatment court liaison, and probation officer (specifically a Mental Health Specialist Probation Officer), all focused upon the individual recovery needs of the defendant.

Participation in the Mental Health Court program is voluntary. To do so, defendants are required to waive their right to a trial and enter into a diversion or plea agreement. Successful participation in the assigned mental health treatment may result in dismissed charges, early case closure, or a reduced sentence.

Cases will be heard on Mondays and Fridays at the Issaquah and Kent branches, and on Tuesdays, Wednesdays and Thursdays at the Seattle King County Courthouse.

For more information contact Jan Mannino at mentalhealthcourt@kingcounty.gov or (206) 205-1756.

“South King County Mental Health Court Opens”
courtesy of DottiAnn Blakemore and NAMI South King County.

6th Annual NAMIWalks Results!

The 2010 NAMIWalk included over **1,000 walkers** and raised an amazing **\$162,000** in sponsorships and donations (before expenses).

Thirty-two teams and numerous individuals walked on behalf of **NAMI Eastside**. The average raised per team was **\$1,999** and the total raised for **NAMI Eastside** alone a staggering **\$38,968!**

These much needed funds will allow **NAMI Eastside** to offer **more classes** for family members and consumers, increase our outreach efforts, and provide support for our other programs. **Thank you so much for your support!**



National Alliance on Mental Illness

NAMI Eastside
Family Resource Center Campus
 16315 NE 87th Street, Suite B-4
 Redmond, WA 98052, (425) 885-NAMI (6264)
 Fax (425) 885-3042

Consumer Support Groups and Programs

- NAMI C.A.R.E. (Peer)
 Alexandra (425) 885-6264
- NAMI Connections
 Brian (206) 760-9215
- Young Adults (20-30)
 Victoria (425) 885-6264
- Consumer Art Practice
 Helen (206) 972-7647

Consumer and Family

- Mental Health & Spirituality
 Joe.....(206) 375-2028

Family Support Groups and Programs

- SG 1: Rob and Diane (425) 788-9988
- SG 2: Ray and Sue (425) 351-6454
- SG 3: Steve (425) 761-9050
- SG 4: Karin (206) 236-5247
- SG 5: Karla (206) 227-7430
- SG 6: Claudia (*Spanish*) (206) 954-0777
- Family-to-Family: Judy (425) 885-6264

Speakers' Bureau

- In Our Own Voice: Sandra (425) 273-6676
- Educating the Next Generation: (425) 885-6264
- Margaret Margaret.romano@comcast.net

Contacts

- Volunteers/General Information.....info@nami-eastside.org
- Office Director.....barbthompson@nami-eastside.org

NES Board of Directors

- Michael Rynas President
- Mike Maloney Past President
- Debra Jones Vice President
- Barbara Isenhour Secretary
- Nelly Sing Treasurer
- Steve Bayles.....Director
- Paul Beatty Director
- Clark Graves Director
- Martha Monfried Director
- Dave Weaver Director
- Carol Webster Director

Others

- Mary Schubert-Schultz Webmaster
- Dani Thibideaux Membership
- TBD — YOU?? Newsletter
- Lidia Firulescu Educational Forum Coordinator

www.nami-eastside.org info@nami-eastside.org

LOOK WHAT YOU'VE ACCOMPLISHED!

On behalf of the NAMI Eastside Board, I would like to extend a BIG thank you to all who contributed membership and donation dollars to NAMI Eastside in 2010. I wanted to write an article letting you know what your dollars helped pay for. And, not only are your dollars important, but your time and other valuable resources that you contributed to NAMI Eastside as a volunteer and items donated are also important and translate into dollars for NAMI Eastside.

Below are the figures that the NAMI Eastside Board collects each month to measure the number of programs as well as attendees that NAMI Eastside provides to people in communities on the Eastside and beyond. The NAMI Eastside Board also keeps track of the number of active volunteers and volunteer hours each month, the number of active members, new memberships, and renewals each month, the amount of donation dollars contributed each month, the number of web site hits, mailings, and e-blasts, and finally, once per year, the metrics including the dollars earned at the annual NAMI Walk, total number of teams, and the team average earned from the Walk.

Thank you for all your support!

January to June 2010	# of classes/ activities held	Total people served
Information & Referral (walk-ins, phone calls, emails)	-	732
Forums	9	361
Support Groups	74	400
<i>Family</i>	28	178
<i>Consumer</i>	45	219
<i>Other (Consumer Council—June only)</i>	1	3
Speakers' Bureau (Total)	26	512
<i>In Our Own Voice</i>	16	379
<i>Educating the Next Generation</i>	-	-
<i>NAMI Info/Police</i>	10	133
Classes (Total)	12	264
<i>Family-to-Family</i>	9	236
<i>Peer-to-Peer</i>	3	28
Workshops/Conferences	1	127

January to June 2010	
Volunteer Hours	2,907
Donations	\$16,543
Web Site Hits	14,947

Save these dates!

NAMI Washington State Conference

**HEALING FAMILIES:
Education, Support, Hope!**Friday and Saturday August 13-14, 2010
Central Washington University Ellensburg, WA

- ⇒ Hear Speakers Dr. John Chiles, Judy Eron, Valerie Hunter, Craig Rennebohm, and Dr. Delaney Ruston
- ⇒ View new DVDs, plus creative arts by NAMI members.
- ⇒ Choose from a dozen workshops and receive CEU credit.

Contact Rebecca Thompson at NAMI Washington office at (360) 584-9622 or office@namiwa.comcastbiz.net

Family-to-Family Class in Issaquah

This year, thanks to funds received from the NAMI Walk, we are happy to announce a third Family-to-Family class for 2010.

There are still a few spaces available for the class which will be held in Issaquah starting in mid-September.

Family-to-Family is a free 12 week class for family members of people impacted by mental illness. The course includes accurate, up-to-date information about brain disorders, treatment modalities and medications, local crisis and mental health services and support groups, communication and coping skills and more.

Space is limited and pre-registration is required. Contact the NES office at (425) 885-6264.

Mental Health First Aid

September 18th & 19th 9:00am - 5:00pm

This class is appropriate for first responders, teachers, family members and others. Learn how to give first aid to individuals experiencing a mental health crisis situation and/or who are in the early stages of a mental health disorder.

- Individual feeling suicidal
- Individual having a panic attack
- Individual who has recently experienced a traumatic event
- Individual who is psychotic and threatening violence
- Individual who has overdosed

Participants learn the Mental Health First Aid Action Plan:

- Assess Risk of Suicide or Harm
- Listen Non-Judgmentally
- Give Reassurance and Information
- Encourage Person to Get Appropriate Professional Help
- Encourage Self-Help Strategies

For questions contact Helen at (206) 972-7647 or at nami_eastside_consumers@yahoo.com

FREE and open to all!

**Check out our Library:**

We have an excellent collection of books about mental illness. Please stop by between 10 am - 4 pm to check out a book.

**The King County Warm Line is now in operation
5 to 10 pm on Fridays and Saturdays**

The King County Warm Line is a consumer- and peer-run organization whose mission is to provide support to people with psychiatric symptoms, their family and friends by promoting wellness, by listening, encouraging, providing alternative solutions, and fostering a sense of hope.



(206) 933-7001
1-877-500-WARM (9276) toll free*

WarmLine@Navos.org
www.KingCountyWarmLine.org

The King County Warm Line is not administered by King County or Navos.

* Please use this number **ONLY** if (206) is long-distance as **WE** have to pay for each call. Thanks!

You can WALK TO SAVE LIVES...**Out of the Darkness Community Walks to benefit the American Foundation for Suicide Prevention (AFSP)**

Join the Auburn~Olympia~Tacoma SOS Team! Contact Catherine at (253) 941-0826. The walk is only 2.8 miles around the lake and while fundraising is encouraged, you are not required to raise any money to participate.

In the U.S., a person dies by suicide every 16 minutes, totaling more than **33,000 lives** each year. It is estimated that an attempt is made every minute; with close to **one million people** attempting suicide annually.

By walking in, or donating to, the walk you will be raising money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, advocate for mental health issues, and assist survivors of suicide loss.

2010 S.O.S. Walks: **September 18 @ Olympia Marathon Park**
October 10 @ Green Lake Park (Seattle)

Contact Joellen at jmcneal@ASFP.org for more information.

New Position Available: Assistant to the Office Director

This position is designed to provide support to the NAMI Eastside Office Director whose outreach duties often take her away from the office. The incumbent is responsible for overseeing and performing a wide range of information, referral and support activities in her absence. There is no comprehensive list of tasks that the candidate will be responsible for. The individual must be flexible in accepting new assignments.

The candidate must demonstrate initiative and the ability to work independently with little or no direct supervision in an often busy and stressful environment. A major component of the position is the recruiting, training and coordinating of volunteers. An example is assuring that regular office tasks are accomplished in a responsible and timely manner to include answering and logging of calls, providing appropriate assistance, etc. Candidates must have experience working in an office setting and should be proficient with Microsoft Office Pro including Word, Excel, Publisher, PowerPoint, and Outlook). The candidate must also demonstrate effective oral and written communication skills, have the ability to prioritize, and maintain confidentiality.

Candidates should have an understanding of the mental health system and display a high level of commitment to persons with mental illness and their families. Preferred candidates will have experience in planning and organizing work, and managing staff /volunteers to include orienting, supervising, training, and providing recognition. Preferred candidates will have experience using the Salesforce database.

15-20 hours per week. No benefits. Rate of pay to be determined by qualifications and experience.

Send resume to the NAMI Eastside Office
16315 NE 87th St., Suite B-4, Redmond, WA 98052
Fax: 425-885-3042 Email: barbthompson@nami-eastside.org
NAMI Eastside is an equal employment opportunity employer.
Applications will be accepted until August 31, 2010.



Next year's NAMI Walks will be held on May 14, 2011 in downtown Kirkland. Many organizations plan their annual giving at this time of the year so the NES Steering Committee is already on the look out for sponsors. Want to help? Call the NES office at (425) 885-6264.

ARCH Housing Trust Fund 2010 Round:

Guidelines and Application forms are now available at the ARCH website (www.archhousing.org) for the 2010 Housing Trust Fund. Approximately \$1.5 million in capital funding and a number of Section 8 vouchers are available to assist in the creation or preservation of affordable housing projects located in East King County within the ARCH sphere of influence. Applications are due to ARCH by 5:00 pm September 13.

For more information, look on ARCH's website at www.archhousing.org or contact Klaas Nijhuis (knijhuis@ci.bellevue.wa.us, 425/861-3677

Help HERO House while grocery shopping!

July 4th to September 26, 2010

Bring your own bag to the Redmond Whole Foods and tell your cashier that you'd like your Bag Donations to go to HERO House. HERO House will receive \$.10 per bag.

Whole Foods Market
17991 NE Redmond Way
Redmond, WA 98052

King County Regional Mental Health Court information

<http://www.kingcounty.gov/courts/DistrictCourt/MentalHealthCourt.aspx>

mentalhealthcourt@kingcounty.gov

Who is eligible?

- Misdemeanor offense occurred in King County.
- Major mental illness (severe & persistent Axis 1 Disorder).
- Amenable to treatment.
- Agreeable to Mental Health Court conditions, supervision and monitoring.
- Must be competent to opt in.

How does a case get into Mental Health Court?

- If the charge is a District Court case: Request case be transferred to Mental Health Court.
- If the charge is a suburban city case: Request city prosecutor refer the case to King County District Court Mental Health Court Prosecutor.

Who can initiate a referral to Mental Health Court?

- Anyone can suggest a case be considered, including attorneys, judges, probation officers, family members, case managers, police officers, and individuals themselves.

What am I expected to do in Mental Health Court?

- Comply with 24 months of probation supervision for Conditions of Treatment.
- Be actively engaged in mental health treatment.
- Be actively engaged in chemical dependence treatment, if ordered.
- Take prescribed medications as directed.
- Report to a Probation Mental Health Specialist as directed
- Return to court for reviews on regular basis, initially at least every 30 days.
- Graduate from Mental Health Court upon successful completion of the supervision and probation period.

NAMI Eastside Support Groups and Regularly Scheduled Meetings

TUESDAY:

Family Support Group 3

Fairfax Hospital, past reception to the Boardroom, 10200 NE 132nd Street, Kirkland, 98034. Contact Steve at (425) 761-9050, or email sander-son@hartleycounseling.com for more information. **1st Tuesday of every month, 7-8:30 pm**

NAMI Connections Consumer Support Group, Family Resource Center Campus, 16315 NE 87th St., Redmond, WA 98052, Baker/Adams Conference Room, Building B. Go around the building to your right and enter through the side door. Contact Brian Youngberg at (206) 760-9215 or brianyoungberg@msn.com. **Every Tuesday, 6:30-8:00 pm**

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 and near Pzazz. Contact (425) 885-6264, **1st and 3rd Wednesday of each month, 7-8:30 pm**

Mental Health & Spirituality Consumer and Family Support Group. St. Brendan Catholic Church School, 2nd Floor. Teachers' Lounge, 10049 NE 195th St., Bothell, Joe (206) 375-2028 stevensfmly@msn.com **2nd & 4th Wednesday of each month, 7-8:30 pm**

Family Support Group 1

At the church, 12700 SE 32nd St., in Bellevue near Factoria. Go to Rm 207 in the building just left of the Sanctuary, Rob and Diane (425) 788-9988, **2nd Wednesday of each month, 7-8:30 pm**

Family Support Group 4

Issaquah City Hall, 130 E. Sunset Way, Issaquah, in the Coho Room, contact Karin (206) 236-5247 Karin.miller@overlakehospital.org, **3rd Wednesday of each month, 7-8:30 pm**

Spanish Speaking Family Support Group, Family Resource Center, 16315 NE 87th St., Redmond, WA 98052, Baker/Adams Conference Room, Building B. Go around the building to your right and enter through the side door. Contact Claudia @ (206) 954-0777. **2nd Wednesday of every month, 7-8:30 pm**

THURSDAY:

Family Support Group 2

St. Andrews Lutheran Church, 2650 148th Ave. SE, Room E-2, Bellevue. Ray (425) 351-6454 Murrayhill9000@gmail.com and Sue (425) 221-0922., **3rd Thursday of each month, 7-8:30 pm**

Family Support Group 5

Washington Cathedral, 12300 Woodinville-Redmond Road NE, Redmond. Contact Karla (206) 227-7430, **4th Thurs. of each month, 7-8:30 pm**

Young Adult (20-30) Consumer Support Group, Washington Cathedral, Bldg. 12280, Room 206, 12300 Woodinville-Redmond Road NE, Redmond. Contact NES Office, (425) 885-6264, **2nd Thursday of each month, 7-8:30 pm**

SATURDAY:

Consumer Art Practice / Workshop Family Resource Center Campus, 16315 NE 87th Street, Building B, the Baker/Adams Conference Room, Info@nami-eastside-consumer@yahoo.com. Helen (206) 972-7647. **2nd Saturday of each month, noon till 3:00 pm**

****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.

ANNOUNCEMENTS

Bulk Mailing Party

Family Resource Center Campus, (Conference room to be designated when group is scheduled), 16315 NE 87th Street, Suite B-4. Volunteer group is notified about a week ahead of each mailing party. Contact the NES office to volunteer (425) 885-NAMI (6264).

Monthly Forums

Evergreen Hospital, Third Tuesday of each month, 7:00-9:00 p.m., Suite Tan 100, 12303 NE 130th Lane, Kirkland.

Bellevue College forums, time and day differ each quarter, contact the NES office.

Cascadia College forums are currently not on a set schedule. Check the NES website or contact the NES office.

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. FREE lunch included. Seating is limited to the first 50 that RSVP – (425) 614-1282.

NES Board Meetings

Second Tuesday of each month, 7:00-9:00 pm, Family Resource Center Campus, 16225 NE 87th Street in Redmond, Building A in the Rainier Room.

Please call the NES office beforehand (425) 885-6264 so that we can insure enough meeting packets are available.

For information on any of these support groups or other programs, contact the NAMI Eastside office at (425) 885-6264 or via email at info@nami-eastside.org. Calls received after hours will be returned the following work day.



Family Resource Center Campus
16315 NE 87th St., Suite B-4
Redmond, WA 98052
www.nami-eastside.org
info@nami-eastside.org
(425) 885- NAMI (6264)

NON-PROFIT ORG
U.S. POSTAGE PAID
REDMOND, WA
PERMIT NO. 377

Mental Illness is Not a Choice

Return Service Requested



Helpful Phone Numbers

24-hour Crisis Line: 1-866-4 CRISIS, (206) 461-3222, 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
Salvation Army: (425) 452-7300
St. Vincent de Paul: (206) 767-6449
Community Health Centers of KC: (425) 882-1697
King County Warm Line: (206) 933-7001
SKC Public Health: (206) 296-4920
SSDI & SSI Social Security, www.ssa.gov (800) 772-1213,
NAMI WA: office@namiwa.comcastbiz.net, 1-360-665-4421
NAMI National: www.nami.org, 1-800-950-NAMI (6264)

Local Resources & Information

Community Psychiatric Clinic, www.cpcwa.org, (206) 461-3614
Therapeutic Health Services: Joellen Monson (425) 747-7892
Sound Mental Health: www.smh.org (206) 302-2200
Western State Family Advocate: Pat Lovett (360) 698-4668
Fairfax Hospital 1-800-435-7221
WA State Legislators: www2.leg.wa.gov or 800-562-6000
Eastside Legal Assistance: (425) 747-7274
CHADD Eastside (206) 622-2127
Health Point Community Health Center: (425) 882-1697,
Dental Clinic: (425) 883-8000
HERO House: (425) 614-1282, www.herohouse.org
Ombudsman of King County: (800) 790-8049, (206) 205-1357
Circle of Friends for Mental Health: (206) 525.0648,
www.cofmentalhealth.org.

More Resources

Crisis Clinic: www.crisisclinic.org
Mental Health Matters: www.mental-health-matters.com
Clearinghouse: www.mhselfhelp.org
Mental Health Infocource: www.medinfosource.com
National Research Center on Homelessness & Mental Illness
www.prainc.com
Mental Health Today: www.mental-health-today.com
Health Place: www.healthplace.com
Online Support Groups: www.wa_families@yahoogroups.com
Freedom From Fear: (anxiety, depression)
www.freedomfromfear.org
National Institute of Mental Health: www.nimh.nih.gov
Social Security Administration: www.socialsecurity.gov
American with Disabilities Act info: www.usdoj.gov/crt/ada
National Mental Health Association: www.nmha.org
International Foundation for Research & Education on
Depression: www.ifred.org
Depression and Bipolar Alliance: www.dbsalliance.org
Recovery Inc.: www.recovery-inc.org
NARSAD, brain research: www.narsad.org
MH Planning & Advocacy Council: www.wamentalhealth.com

Shelter/Housing/Food

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