



NAMI Eastside **NEWSLETTER**

September/October Issue

Support, Education & Advocacy

2007 Volume 8, Issue 4

Educational Forums

3rd Tuesday of each month at Evergreen Hospital, Suite Tan 100, 12303 NE 130th Lane, Kirkland, WA

7:00 p.m. till 9:00 p.m.

September 18, 2007

"Mood Disorders"

**Elaine Duncan, MA
Psychotherapist/Vocational Counselor**

October 16, 2007

"Involuntary Treatment, Basic Principals and Practices"

Michael Leake, Supervisor, and/or Matt Goodheart, Supervisor, County Designated Mental Health Professionals

There will no forums in November and December due to holidays.

January 15, 2008

"Foundational Nutrition and Supplementation for Treating Mental Illness"

Dr. Laura Walton, Bastyr University

What is Mental Illness Awareness Week?

(Note NES activities on page 3)

Established in 1990 by Congress, the first week of October is designated as "Mental Illness Awareness Week" (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. "Bipolar Disorder Awareness Day" (BDAD) is held each year on the Thursday of MIAW to encourage further understanding and promote early intervention and treatment for this mental illness.

MIAW and BDAD are NAMI's premiere public awareness and public education campaigns that link the organization nationally to the organization's over 1,100 local affiliates across the country.

Over the past 18 years, MIAW has become a tradition in NAMI. It presents an opportunity for all three levels of NAMI – national, state and local – to work together in communities across the country in meeting the NAMI mission through a variety of outreach, educational, and advocacy efforts.

2007 Theme---Building Community, Taking Action

Real recovery from mental illness requires community action, understanding and teamwork. Recovery is possible because of improved science, better community supports and reduced stigma, but significant barriers still remain. Services are at risk; there is minimal insurance available for those who work, and stigma, though less today than when MIAW was founded, is still prevalent.

What is Bipolar Disorder Awareness Day?

Bipolar Disorder Awareness Day, October 11, 2007, was created by NAMI (National Alliance on Mental Illness), with support from Abbott Laboratories, to increase awareness of bipolar disorder, promote early detection and accurate diagnosis, reduce stigma and minimize the devastating impact on the 10 million Americans presently affected by the disorder.

(continued on page 3)

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)
 Info@nami-eastside.org www.nami-eastside.org

Support Groups & Education

- NAMI-C.A.R.E. (Peer).....(425) 885-6264
Tom and Brian
- 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
MargaretMargaret.romano@comcast.net
- Family Support Groups
 - Veda.....(425) 865-9839
 - Karin(206) 236-5247
 - Lisa(206) 232-6946
 - Jan(425) 747-6142
 - Nicole(425) 443-7202
- Depression Support Group
 - Liz.....(425) 392-5027
 - Sylvia.....(425) 836-5405
- Family-to-Family Class
 - Judy(425) 939-7473
- Mental Health & Spirituality Support Group
 - John & Allison(425) 489-4084
- Spanish Speaking Support Group
 - Alba(425) 306-3681
- Consumer Art Practice(425) 885-6264
- Visions for Tomorrow(425) 885-6264
Julie, Alexandra, and Tom

Committee Contacts

- Housing Committee..... OPEN
- Librarian.....info@nami-eastside.org
- Volunteers..... volunteer@nami-eastside.org
- Membership.....officeadmin@nami-eastside.org
- Website.....website@nami-eastside.org
- Administration.....officeadmin@nami-eastside.org
- Consumer Coordinatorinfo@nami-eastside.org
- Office Manager.....info@nami-eastside.org

Executive Board

- Michael Maloney.....President
- Alan StrattonVice President
- Debbie Jones.....Secretary
- Nelly Sing.....Treasurer
- Paul BeattyDirector
- Julie BoulterDirector
- Roberta Lyon.....Director
- Mike Rynas.....Director
- Laurie Scott.....Director
- Jim Wangelin.....Director
- Ximenita MillerDirector

Others

- Louis Caruzzi.....Webmaster
- Barbara Thompson.....Newsletter
- Erica Horn.....Executive Director, HERO House

SPANISH SUPPORT GROUP (for families and consumers) has a new location. See page 9 for details.

DEPRESSION SUPPORT GROUP has a new date, time and location. See page 9 for details.

VISIONS FOR TOMORROW (VFT): VFT consists of a series of workshops for direct primary caregivers of children and adolescents with brain disorders. Program facilitators have experienced firsthand the rewards and challenges of raising children with mental illness. The class offers caregivers an opportunity to share mutual experiences and learn valuable lessons from one another.

The program covers educational material and provides the basics for day-to-day care-giving skills. It has been widely disseminated and used by many NAMI state and affiliate offices across the country. The Visions program has been used in over 28 states and by many NAMI state and affiliate leaders. The program continues to grow as NAMI state and affiliate leaders use it as a tool to reach families with children with mental illnesses.

The 9 week course begins September 11, 2007 and runs through November 6, 2007. Doors open at 6:30 p.m. The class runs 7:00— 9:30 p.m. If you would like more information, please contact the NAMI Eastside office at (425) 885-6264, or info@nami-eastside.org. The class is FREE, but space is limited so please call now.

Don't miss out on this wonderful educational opportunity.

IN OUR OWN VOICE (IOOV): A training class for program facilitators will be held the weekend of September 22-23, 2007, 8:00 a.m. - 4:00 p.m. at the Family Resource Center Campus, 16225 NE 87th St., in Redmond. IOOV presenters are consumers willing to share their own stories of illness and recovery with others in schools or in community organizations. The best way to reduce the stigma of mental illness is through education; join our Speakers' Bureau and make a difference. The class is free but space is limited so please email ioov@nami-eastside.org or call the NES office (425) 885-6264.

*****IOOV Refresher Training**

See page 10 for more information.

Newsletter Submissions:

Newsletter content is accepted on a continual basis. We welcome book reviews and pictures; personal stories are particularly desirable. Please forward any contributions to info@nami-eastside.org. If you are submitting an article, please obtain authorization from the author/publisher prior to sending it to us. Thank you.

The Editor

MENTAL ILLNESS AWARENESS WEEK OCTOBER 7—13, 2007

(continued from page 1)

NAMI and Abbott Laboratories aim to encourage people to join the Bipolar Disorder Awareness effort by:

- Learning more about the symptoms of bipolar disorder on mental illness.
- Participating in a free mental health screening.
- Reaching out to individuals struggling with bipolar disorder or mental illness.

Encouraging individuals with bipolar disorder to seek treatment.

NES ACTIVITIES

NAMI Eastside presents “**Out of the Shadow**”, an excellent documentary by Susan Smiley. It is a “no holds barred” view of Susan’s mother and her family’s struggle with her illness, and the painful process of dealing with the public health system.

This film has earned acclaim all over the country, has been shown on PBS, and was the Official Selection at the Vancouver International Film Festival a couple of years ago. It is available to NAMI Eastside through the generosity of Janssen Pharmaceuticals.

As an extra bonus, an 18 minute film featuring NAMI Eastside member Jackie Swett will precede the main attraction. “**Forging Rough Waters**” is a documentary about living with schizo-affective disorder.

Knowledgeable NAMI members will be on hand after the movie to facilitate discussion and answer any questions you may have.

Please join us at the Family Resource Center, Building B in the Baker-Adams Conference Room on Thursday, October 11, 2007. Doors open at 6:30 p.m. and the program will start at 7:00 p.m. Light refreshments will be served. FREE. Donations will be accepted.



Interfaith Prayer Service for Mental Illness Recovery and Understanding

Our Mental Health & Spirituality support group will be sponsoring an interfaith candle light prayer service on October 8, 2007 at 7:00 p.m. at St. Brendon Catholic Church in Bothell, 10051 NE 195th St., Bothell, WA 98011.

This service is being held in conjunction with the National Day of Prayer during Mental Illness Awareness Week. We encourage you to attend.

Second Annual HERO House Gala on Saturday, December 1, 2007.

This year’s program features Richard Skerlong, Principal Violist Emeritus, Seattle Symphony, and father of HERO House Member, Kaid Skerlong. Mr. Skerlong will play, with harp accompaniment, light classical and modern music. His very talented grandsons will provide world-class competitive juggling and yo-yo acts to live music. The program will also include a short documentary film on HERO House and the Awards program, celebrating the people who make it possible for HERO House to achieve its Mission, including Corporate and Individual Sponsors, Volunteers and In-kind donors. A buffet of appetizers and deserts is included. Individual tickets will be sold, with preferred seating for our leading sponsors and supporters.

If you are interested in purchasing ad space in our Gala Ad Book Brochure, please contact HERO House at (425) 614-1282. Any size ad or announcement can be accommodated.

Stay tuned for more information on this exciting event and be sure to **mark your calendars!**



King County

Peer Support Counselor Training for King County Residents

This training is approved by the State of Washington. There are three requirements to meet to become a Certified Peer Counselor:

- 1) Attend a Washington State approved forty-hour course on Peer Support Counseling.
- 2) Pass the state examination given a few weeks after the course.
- 3) Register as a counselor with Washington State's Department of Health.

This training is for King County consumers only.

To find out about other peer support classes, call Bonnie Staples at the Mental Health Division in Olympia at 1 800 446 2859.

This Peer Support class is sponsored by:

**King County
Regional
Support
Network**

King County Regional Support Network is providing a forty-hour Peer Support Counseling training in Seattle on October 3, 4, and 5 and October 11 and 12, 2007 at Transitional Resources, 2970 SW Avalon Way Seattle, WA 98126.

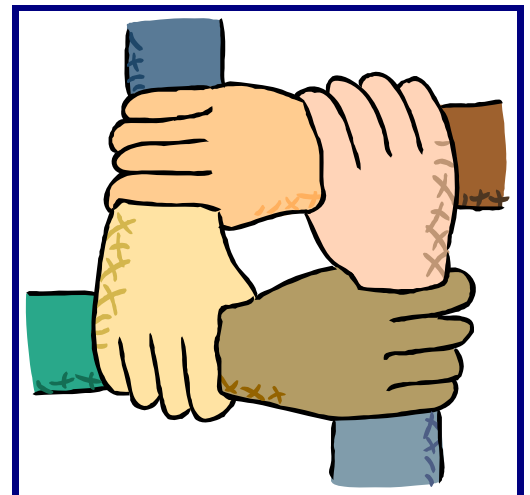
This is a skills training to help you help others.

Topics include:
Recovery and Resilience
Discovering Strengths
Empowerment and Hope
WRAP

Natural Supports in the Community

Listening Skills
De-escalation Skills
Documentation Skills
Mutual Support Groups
Ethics
Working in an Agency
Spirituality

The training is free and is designed to prepare you for work as a Peer Support Counselor. Being a Peer Counselor is meaningful work that contributes to wellness and recovery.



**Interested? Need more information?
Want to attend?
Contact Terry Crain
at 206 205 1354 or
email: Terry.Crain@KingCounty.gov**

Disability accommodation available upon request.

CONSUMER RUN ORGANIZATIONS (CRO) Training

*Two consecutive days of training on September 11 and 12, 2007, Highline Medical Center, Burien Office.
1010 South 146th St., Burien, 9 am—4:30 pm both days! Lunch and coffee provided.*

Starting and maintaining a CRO:

- *Turn your ideas into reality*
- *Write a strategic plan*
- *Apply for non profit status*
- *Engage funders in discussions and find further funding & more*

Sponsored by SHEEA (Self Help Empowerment & Evaluation Alliance) and WHEN (Washington Health Empowerment Network)

(Cut here and mail questionnaire below)

Consumer-Run Organizations (CRO) September 11 and 12, 2007

Highline West Seattle Mental Health, Burien Office, 1010 S 146th, Seattle, Washington

Name _____ Home Phone: _____

Address: _____

Work Phone: _____ City: _____

E-mail: _____

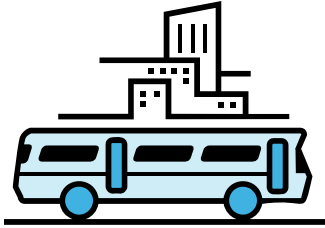
Please read the statements below and check off after you have read them:

1. I understand that the training is free and the training materials are free. _____
2. I understand that lunch will be provided at no cost to me. _____
3. I understand that there are no overnight accommodations or travel cost reimbursements available for this training event. _____
4. I understand that this is two days of training. The second day builds on the first day so I am coming to both days. _____
5. To ensure that everyone receives maximum benefit from the training, I will arrive on time, at 9:00 am, and finish the full day until 4:30 pm each day. _____
6. I understand that there is free parking available at this event. _____

Return your registration to Ann Varpness at ann@varpness.com OR register by telephone at 360-349-3797. Cutoff date will be September 7 (to allow sufficient time to order enough food).

Community Announcements

Reduced Fare Permit for Disabled Persons



Consumers are eligible for a regional reduced fare permit that is recognized by 12 Puget Sound transportation systems. Each system sets its own fare structure. For instance, King County Metro reduces its peak rate for taking the bus from \$1.50 to .50 cents a trip for holders of the reduced fare permit. The permit costs consumers \$3.00 to obtain. The application for the permit can be downloaded from the King County Metro web site at:

http://transit.metrokc.gov/tops/accessible/reduced_fare_permit.html or you can call Metro's customer service line at (206) 553-3060 to have an application mailed to you.

Consumers under the age of 65 in the King County area are required to go *in person* to apply at one of the customer services offices in Seattle at 1302 5th Ave (open Mon-Fri 9:00 a.m. to 5:30 p.m.) or at 201 S. Jackson St (open Mon-Fri 8:00 a.m. to 5:00 p.m.). The *in-person* appearance is a requirement because a photo must be taken for inclusion on the permit. Consumers under age 65 must also obtain medical criteria certification from a physician, psychiatrist, psychologist, physician's assistant, A.R.N.P., or audiologist when applying for the Reduced Fare Permit. Consumers or senior citizens ABOVE age 65 need to provide proof of age only. No further proof of disability is required. They can *mail in* proof of age, such as a birth certificate, and are not required to appear *in person*. Photo identification such as a driver's license is needed when applying in person.

NAMI-Eastside needs your help!

Question: How has NAMI helped your situation and where would you be without NAMI?

Do you have?

- The ability to work with others
- Available minimal free time
- A desire and/or ability to positively influence others
- A desire to learn more about Mental Illness
- The dedication to improve others' lives

You can benefit by:

- Giving back to the community in which you reside
- Income Tax mileage deduction
- Select a program (20 + to choose from)
- Attending meetings
- Actively participate in Fund Raisers
- Feel great about how you have contributed to others in need!

NAMI Eastside consists of volunteers - people just like yourself. You are receiving this Newsletter as a member of NAMI Eastside. You joined because NAMI has had a *positive influence* on your life and the lives of loved ones. In the same fashion, volunteering at NAMI can help others in need.

NAMI Eastside needs you! Many programs go unmanned and become underproductive due to lack of volunteers. **YOU can** contribute. **YOU can** make a difference. Your time, in any amount, is the most valuable contribution you can make. NAMI Eastside needs help in everything from bookkeeping and program facilitation to publicity and event planning.

Take Action: Contact the Volunteer Coordinator at volunteer@nami-eastside.org or call the NES office at (425) 885-6264

Housing Washington 2007 Conference: September 9-11, 2007 in Spokane, Washington

The best national and regional housing experts will present to neighborhood and community development/housing groups, tenant and housing consumers, nonprofit and affordable housing advocates, local planning commissions, residential builders and developers, lenders, architects, urban and rural planners including city and county councils, legislators, and others engaged in this once-a-year collaborative forum to explore "facing the future together."

For directions call 509-179-7000, www.spokanecenter.com. **For more information** e-mail: conf@wshfc.org, or call 206-464-7139, ext. 773. **For registration** call Kelly Clark at Event Dynamics, Inc., at 253-321-4294.

WHO

Anyone interested in supporting mental health recovery

WHERE

Hero House
14230 NE 21st Street
Bellevue, WA 98007

WHEN

September 6, 2007
Registration 9:00 to 9:30
Workshop 9:30 to 4:00

COST

No cost to you!
Lunch provided!

Registration is required

**Space is limited
Register now!**

HOSTED BY

Hero House

**TO REGISTER AND/OR
REQUEST SPECIAL
ACCOMODATIONS**

Please call (425) 614-1282

**The Mental Health Transformation Project
and
Janus of SW Washington**

in Partnership with the Washington
Health Empowerment Network

present a training on

**Recovery &
Resiliency**

People with mental illness can and do recover!



This workshop covers the components outlined in the SAMHSA national consensus statement on recovery and shows you how to assist in the recovery efforts of individuals with mental illness in your community

WHO SHOULD ATTEND THIS TRAINING?

- Employers and general community members
- Faith-based community members & staff
- DVR & WorkSource personnel
- Justice system personnel
- DSHS personnel
- Mental health consumers & professionals
- Anyone interested in supporting mental health recovery in your community

Your Trainers are: Caroline Wise and Mary Jadwisiak

Funding for this conference was made possible (in part) by the Mental Health Transformation - State Incentive Grant Award No. 5 U79 SM57468-02 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government

Tracy Harris, Consumer and Artist

NES was recently contacted by Tracy Harris, a nationally known classical flutist with a history of schizo-affective disorder. Ms. Harris has volunteered to do a fund raising concert for us this spring. She is eager to share her message of Recovery as a way of educating the public about the stigma of mental illness; Tracy wants to help NAMI Eastside meet our goals of increasing outreach to those in need.

In order to get the word out about this exciting event, we need your help. Our marketing experience is limited to publicizing our forums, and we aren't doing a great job of that. We don't want to miss an opportunity like this, both as a fundraiser and an anti-stigma event. If you have marketing or event planning experience, please contact the NAMI Eastside office immediately.

(425) 885-6264, info@nami-eastside.org

Check out our Library

Just who is Tracy Harris? Check out her book, **The Music of Madness**. Readers say "Her descriptions of her hallucinations, hospitalizations and depression are incredibly vivid..", "I think anyone who has suffered from mental illness could benefit from reading this book". "The author's message is one of incredible hope".

Another excellent book:

The Day the Voices Stopped, Ken Steele and Claire Berman, 2001, Basic Books, is a journal of Ken Steele's struggle to recover from paranoid schizophrenia. One of the key factors to recovery (family relationships) was minimized by the lack of knowledge and the stigma that his illness brought upon his family. Ken struggled for over thirty years with the messages brought to him by his harmful voices before finding the right treatment and support to relieve his symptoms. There are references to the roles that NAMI and Clubhouses played in his story.

September's Forum

We were really disappointed in the turnout for September's forum on Autism. Dr. Sigrid Barnickel was outstanding. The mother of two children with autism, she shared her own story of denial and final acceptance of their diagnosis. She stressed the importance of early intervention testing. This includes vision, hearing, an EEG, screening for heavy metals, a CBC, and a complete metabolic workup, including thyroid testing.

Some of the symptoms of autism are aggressive or self-injurious behavior, lack of a sense of danger, extreme activity or under-activity, throwing tantrums, abnormal or absent speech, oversensitivity or under-sensitivity to pain, abnormalities in eating or sleeping, not responding to normal teaching, and behavioral problems.

She reminded the audience that it is possible to treat the symptoms but not the disease. For more information on intervention, call 800-332-2588.

UPCOMING FORUMS in 2008:

Alternative Medicine; Good Sleep; Mental Health Ministry, Legislative Updates

What would you like to see at a future forum? Send your suggestions to info@nami-eastside.org

Art Classes/Workshops

Art Classes/workshops continue to be held the 2nd Saturday of the month. Please RSVP to Helen Nilon by noon Friday to let her know if you are coming. If there are no RSVP's, there will not be a workshop that month.

Workshops for the remainder of the year will be held on September 15th, October 13th, November 10th and December 8th. Please note that the dates for November and December are set early in the month so that you do not miss them.

I often get a call (as I did this month) the day before the 3rd Saturday when a workshop fell "early" in the month. I look forward to working with you soon at our workshop. Note workshops are free and open to all -- peers (consumers), family members and friends. See you in September!

Call Helen at (206) 617-7820.

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:

NAMI Eastside Board Meeting, Family Resource Center Campus, 16225 NE 87th St., Bldg. A, Redmond, Washington, (425) 885-NAMI (6264) All are welcome. **2nd Tuesday, 7:00-9:00 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-NAMI, **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.**

Family Support Group 1, East Shore Unitarian Church, 12700

SE 32nd St., in Bellevue near Factoria. Go to the building just left of the Sanctuary, Room 204. 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@overlake-hospital.org, or Lisa (206) 232-6946 gamrath@comcast.net, **3rd Thursday of each month, 7:00-8:30 p.m.**

Depression Support Group Family Resource Center Campus, 16315 NE 87th St., Bldg. C, Garibaldi Conference Room, Redmond. Contact the NES Office (425) 885-NAMI, **2nd and 4th Thursday of each month, 10:00-11:30 a.m.**

SATURDAY:

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

*****For more information on upcoming workshops, see Page 8.**

Parents of Bipolar Children

This support group ended due to lack of attendance, but support is still available. E-mail the former support group leader, Julie Boulter at muddyfetlocks@hotmail.com, or contact the NAMI Eastside office at (425) 885-6264 for assistance.

ANNOUNCEMENTS

Bulk Mailing Party

Family Resource Center (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 at HERO House, 14230 NE 20th, Bellevue, Please call (425) 614-1282 to verify date and 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).

Board Meetings

The second Tuesday of each month, 7:00-9:00 p.m., Family Resource Center, 16225 NE 87th Street, Rainier Room, Bldg. A, Redmond. Call NES office at (425) 885-NAMI (6264). Everyone is welcome.

IOOV Refresher Course

Have you ever observed another IOOV speaker and thought "that's a good point - I wish I had thought to mention that", or "I wish I could find a way to not be so nervous during my presentation," or "I don't like parts of my story in the Dark Days section and want to change it..."

We have a solution for you - the first NES IOOV Refresher Training course. A new IOOV Training will be held September 22-23. The course is free and will occur that weekend. The class will include a team welcome lunch with the IOOV trainees and is scheduled from 8:30 a.m. to 1:00 p.m. at NES.

Subjects covered but not limited to are:

1. Anticipatory Anxiety: How to deal with feeling anxious before and during your speech.
2. Story Refinement: How to deepen your connection with the audience.
3. Audience Drift: how to bring the audience back into your presentation if they disengage.
4. After-care: How to manage moods and emotions after your presentation.

Please contact Monique McCann Maio to reserve your place. Monique can be reached at monique-maio@comcast.net or by phone at 425-806-8536.

Let's start a WARM LINE.

For those of you who have never heard of A Warm Line, it is a non-crisis support phone line run by peers, for peers. The goal is to provide support, comfort, companionship, and information to peers before they are in crisis. The Warm Line volunteers are able to utilize their special sensitivity, knowledge and compassion as a peer to form a supportive relationship in which informal learning, purposeful mutual aid, and natural support is provided.

You can use a warm line to make contact with other peers. For example you may discuss daily activities, side effects of medication, past experiences, isolation or boredom, frustrations, difficulty living with a mental illness, and relationships. The Warm Line serves many other functions for individuals receiving services such as decreasing loneliness, providing hope, belonging, and providing a sense of connection for those living in isolation.

The intent of the Warm Line is to decrease the times crisis occurs thereby avoiding hospitalization, jail or other emergency services, by increasing the positive connections with others who have dealt with, or are dealing with similar issues.

There will be more information on The Warm Line! If interested please contact Helen Nilon at 206-617-7820 or 206-439-2625 or via email to thenilon-group@comcast.net.

Beth Hammonds
Highline West Seattle Mental Health, Director of Adult Services

NAMI Eastside Goals for 2007

NES priorities for 2007 are as follows:

- Childrens Program Development:
- Facilitator Training/Volunteer Development
- Increased Outreach
- Increased Community Awareness and Visibility
- Increased Collaborative Relationships
- Increased stability of funding for HERO House and NES via Additional Grants and Contracts
- Legislative Advocacy

More Forums

SPANISH LANGUAGE FORUM: We had a very poor response to our first forum on May 23, 2007. We are looking for a more central location and will try again. Please check the website for the latest info.

CHINESE LANGUAGE FORUM: We are looking for a location to have our first forum in Chinese. If you know of a possible location, please call the NES office. If you would like to help us get the word out, we would really appreciate that as well.

Volunteer Corner

NAMI Eastside is blessed to have wonderful volunteers, and it is time they were recognized. Judy Burk is one of them.

August 17, 2007

I first found out about NAMI Eastside when my son started displaying depression, anxiety, and paranoia. At that time he was in his 20s and was completing college. I sought out a therapist to discuss his situation and how he could be helped and she referred me to NAMI Eastside. He has since been diagnosed with schizophrenia and suffered for many years with this brain disorder. He is now 42

I took the Family to Family class in 2001. It was so very helpful to me and our family in understanding my son's illness and in our efforts to help him. Because of this I was inspired to get involved in leading the class. Sharing the education, the understanding, empathy and coping skills in dealing with this serious illness with others was very important to me. I wanted many people in this situation to benefit from the class as I had.

I have been a volunteer with NAMI Eastside since 2001. Some of my involvement has been helping with the newsletter, mailings, coordinating the Family to Family class and being a part of leading the class. Along with others I also meet with people who are in crisis with their ill loved one. Through this I have gained education from others including our class members. I have more acceptance, understanding, and compassion for this illness. Mostly I experience the comfort and strength that we can all share in supporting one another in the midst of this tragedy.

Thank you for all you do, Judy. NES is lucky to have you!

Volunteer Positions:

HERO House would be delighted to have a volunteer to drive consumers to the clubhouse and back home. You would drive a 15-passenger van and be covered by HERO House insurance. If you have 2 hours or more a week to contribute, HERO House would love to have you.

Both HERO House and NES have big gala events in the works and need your help to make them a success. Together we can make these events exciting and create more support for NAMI.

Do you like to work with numbers? Our bookkeeper could use some volunteer assistance a few hours a week.

If you have an interest in any of these areas, please contact the Volunteer Coordinator at volunteer@nami-eastside.org or the NES office at (425) 885-6264.

Help Raise Funds for NAMI Eastside!

For several months now I have been telling you about a pain-free fund raiser for NAMI Eastside, a new search engine called "GoodSearch.com".

Did you know that 100 supporters of a small organization, each making 2 searches per day, can earn **\$750** for their non-profit in the course of 1 year? An organization with 1,000 supporters, can make an estimated **\$7,300** in the same period of time. That's a sizable chunk of change.

This is a wonderful opportunity to help NAMI Eastside without even feeling the pinch.

GoodSearch.com is a Yahoo search engine which donates 1 cent of its revenue to the charitable organization of your choice 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. If every member and friend made a search on our behalf, we could earn big bucks in a free, easy, and totally painless.

Won't you help? Make GoodSearch your homepage. Every time you start your web browser, GoodSearch will automatically load and be the first site you see. Plus, no matter where you are on the web, you can always click your browser's home button and return to GoodSearch instantly.

Microsoft Internet Explorer users:

1. Select Tools, Internet Options.
2. Select the General tab.
3. In the Address textbox, type <http://www.goodsearch.com>.
4. Click OK.

Netscape Navigator users:

1. Select Edit, Preferences.
2. Select the Navigator category on the left side.
3. In the Location textbox, type <http://www.goodsearch.com>.
4. Click OK.

Firefox users:

1. Select Tools, Options.
2. Select the General tab.
3. In the Location textbox, type <http://www.goodsearch.com>.
4. Click OK.

Thank you for your support!

Barbara Thompson, Office Manager

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

NAMI Eastside News

September/October 2007

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REDMOND, WA
PERMIT NO. 377

Phone: 425-885-NAMI (6264)
Web: www.nami-eastside.org
E-Mail: info@nami-eastside.org

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
HERO House Website: www.herohouse.org
Online PPD Support Group: www.ppdsupportpage.com
NAMI National: 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
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

Local Resources & Information

Community Psychiatric Clinic, www.cpcwa.org, (206) 461-3614
Sound Mental Health: www.smh.org (425) 653-5000, (206) 302-2200
Western State Hosp Family Advocate: Pat Lovett (360) 698-4668
Washington State Legislators: www2.leg.wa.gov or 800-562-6000
Community Resources Online: 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

Helpful Websites

Mental Health Matters: www.mental-health-matters.com
Get Mental Help: www.getmentalhelp.com
Psych Forums: www.psychforums.com
PsychTracker: www.psychtracker.com
Consumers' Self-Help Clearinghouse: www.mhselfhelp.org
Mental Health Infosource: www.medinfosource.com
Nat Res Center on Homelessness & Mental Illness: www.prainc.com
Mental Health Today: www.mental-health-today.com
Healthy Place: www.healthplace.com
Freedom From Fear: (anxiety, depression) www.freedomfromfear.org

Other Helpful Organizations

National Inst Mental Health: www.nimh.nih.gov
Social Security Administration: www.socialsecurity.gov
Americans with Disabilities Act Info: www.usdoj.gov/crt/ada
National Mental Health Assn: www.nmha.org
International Fdn for Research & Education on Depression: www.ifred.org
Depression & Bipolar Alliance: www.dbsalliance.org
Recovery Inc.: www.recovery-inc.org
NARSAD, brain research: www.narsad.org
MH Planning & Advocacy Council: www.wamentalhealth.com
Mental Health Recovery: 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