



# NAMI Eastside NEWSLETTER

November 2006 Issue

Support, Education & Advocacy

2006 Volume 6 Issue 3

## 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.

**There will be no forums in November or December**

### January 16, 2006

A presentation by Dr. Al Radant, a psychiatrist from the University of Washington Medical Center, on "Schizophrenia", the relationship/differences between schizophrenia and schizoaffective disorder, the latest treatments and medications available. Please bring your questions and plan to join us.

### February, 20, 2006

Helen Nilon will discuss "WRAP", what it is and how it can benefit consumers. (See page 9 for more information).

Call NAMI Eastside (425) 885-NAMI (6264) or check out our website: [www.nami-eastside.org](http://www.nami-eastside.org) for more information.

**There will be a Holiday Party at the Forum location, Suite Tan 100 at Evergreen Hospital, on Tuesday, December 19th, 2006. All members are welcome but an RSVP is appreciated to insure that there is enough food for everyone. Watch the website for more information. An email reminder will also be sent a week or two before the party.**

## HERO House Update

On December 2, 2006, HERO House and NAMI Eastside are presenting:

**"A Concert at HERO House"** and a Special 1<sup>st</sup> Anniversary Fund Raiser, featuring live entertainment by David Lanz, Pianist Composer, and Gary Stroutsos, Native American Wind Instrumentalist.

The purpose of the fund raiser is to "help improve the quality of life of persons with serious mental illness".

The concert and fund raiser will be held in two sessions on December 2. Session I will be from 2:00 to 4:30 p.m. and Session II will be from 7:30 to 10:00 p.m. Dessert, fruit and beverages will be served at both sessions.

All donations are appreciated and tax deductible. For a list of donation levels, to make reservations, or for more information, please contact Erica Horn at 425-614-1812 or Abe Kriger at 425-868-7050.

**NAMI Eastside Redmond Office**

Family Resource Center Campus  
16315 NE 87th Street, Suite B-11  
Redmond, WA 98052, (425) 885-NAMI (6264)  
Info@nami-eastside.org

**Support Groups & Education**

Parents of Children w/Bipolar Disorder and Children's Advocate	
Julie Boulter.....	(425) 898-9800
NAMI-C.A.R.E. (Peer).....	(425) 885-6264
Peer-to-Peer.....	(425) 885-6264
In Our Own Voice .....	(425) 747-5315
Dick Hanner.....	ioov@nami-eastside.org
Family Support Groups	
Veda.....	(425) 865-9839
Karin .....	(206) 236-5247
Lisa .....	(206) 232-6946
Jan .....	(425) 747-6142
Nicole .....	(425) 443-7202
Health and Spirituality Support Group	
John.....	(425) 489-4084
Allison .....	(425) 488-4378
Depression Support Group	
Liz.....	(425) 392-5027
Sylvia.....	(425) 836-5405
Family-to-Family Class	
Judy Burk.....	(425) 402-9839
Mental Health & Spirituality Support Group	
John .....	(425) 489-4084
Allison .....	(425) 488-4378
Spanish Speaking Support Group	
Alba .....	(425) 306-3681
Eating Disorder Support Group	
Shannon .....	(206) 276-6121
Liz .....	(425) 392-5027
Consumer Art Practice .....	(425) 885-6264
Acrylic Painting .....	(425) 885-6264

**Committee Contacts**

Housing Committee.....	housing@nami-eastside.org
Librarian.....	info@namij-eastside.org
Volunteer Coordinator.....	volunteer@nami-eastside.org
Educating the Next Gen.....	margaret.romano@comcast.net
Membership.....	namij-eastside@comcast.net
Website.....	website@nami-eastside.org
Administration.....	officeadmin@nami-eastside.org
Consumer Coordinator .....	consumers@nami-eastside.org
Office Manager.....	info@nami-eastside.org

**Executive Board**

Michael Maloney.....	President
Alan Stratton.....	Vice President
Debbie Jones.....	Secretary
Nelly Sing.....	Treasurer
Julie Boulter .....	Director
Abe Kriger .....	Director
Liz Lindquist.....	Director
Mike Rynas.....	Director
Laurie Scott.....	Director
Jim Wangelin.....	Director
Ximenita Miller.....	Director

**SUPPORT GROUP UPDATES**

Our **New Acrylic Painting Class** will meet on December 1st and 15th, 10:00 a.m. till 1:00 p.m. Beginning in January 2007, the class will meet at the same time, on the 2nd and 4th Fridays of each month, in the Baker-Adams Conference Room in Bldg. B at the Family Resource Center in Redmond. Though pre-registration is not required, the class will be cancelled if there is insufficient interest. Please contact the NAMI Eastside office at (425) 885-6264 to express your interest. As always, this class is free.

The instructor, Wen-Huei Jou (Joe) will spend the first 15-20 minutes giving informal lectures on some basic concepts (value, edges, color, composition, etc) and some demonstration of paint applications. After that, he will try to help people individually, each time focusing on applying the particular concept introduced. For most classes, individuals will bring their favorite objects/subjects, or pictures as a reference to paint. The class will also experiment with collage and other techniques. 'Joe' is open to any kind of painting from representative art (figurative, landscape, still life, etc.) to abstract painting.

**Consumer Art Practice/Workshop**

There will be no class in December as it will conflict with the "Concert at HERO House" fundraiser. Join us on January 13, 2006, the 2nd Saturday of each month, Noon to 3:00 p.m. for a new year of fun and socialization. Baker-Adams Conference Room, Building B, at the Family Resource Center Campus, 16315 NE 85th St., Redmond, WA . Call NAMI Eastside for more information; (425) 885-6264.

**Stay informed on mental health care in the Washington State Legislature: [Fridayfacts@namia.info](mailto:Fridayfacts@namia.info)**

## PROCLAMATION

*WHEREAS, In 1990, the United State Congress designated the first week of October as Mental Health Awareness Week to educate the public about mental illness and to reduce the stigma that motivates society to discriminate against people with mental illness; and*

*WHEREAS, Mental Health Awareness week includes recognition on Thursday of "Bipolar Disorder Awareness Day" to encourage further understanding and promote early intervention and treatment for this mental illness; and*

*WHEREAS, the Mental Health Awareness Week 2006 theme is "Building Community, Taking Action" to recognize that real recovery from mental illness requires community action, understanding and teamwork; and*

*WHEREAS, recovery is possible because of improved science, better community supports, and reduced stigma, significant barriers remain, including services at-risk, minimal insurance availability, cultural and language barriers, and remaining stigmas; and*

*WHEREAS, the U.S. Surgeon General's report on mental health found that about one in five Americans experiences a mental disorder in the course of a year. As a result, millions of adults and children are disabled by mental illness every year. Mental illness affects almost every American family; and*

*WHEREAS, the King County Department of Community & Human Services contracts with outstanding community-based agencies to provide support and services to those in need of mental health services; and*

*WHEREAS, citizen advocates from the National Alliance for the Mentally Ill (NAMI) Greater Seattle Chapter, South King County Chapter, and East Side Chapter have been working effectively to raise awareness and educate elected leaders and the public;*

*NOW, THEREFORE, we, the Metropolitan King County Council, proclaim October 1<sup>st</sup> – 7<sup>th</sup>, 2006 as*

### **MENTAL HEALTH AWARENESS WEEK**

*in King County and applaud the contributions of community service agencies and citizen advocacy*

*organizations who work tirelessly on behalf of the mentally ill.*

*DATED this second day of October, 2006.*

*SIGNED by the King County Council*



Members of King County Council at Proclamation Ceremony. Alan Stratton, Vice President of the NAMI Eastside Board, is on the far right.

### **Fund Raiser for NAMI Eastside**

GoodSearch.com is a new search engine which donates 50% of its revenue to the charitable organizations and schools that its users designate (the other 50% is used to run the company day to day). You use it just like any other search engine, but each time you do, money is generated for good causes.

1. Go to [www.goodsearch.com](http://www.goodsearch.com)
2. Type **NAMI Eastside** into the charity name block
3. Since GoodSearch shares its advertising revenue with charities and schools, every time you search the web at GoodSearch, you will be earning money for NAMI Eastside.

We earn an estimated penny per search, so if 500 people searched four times a day on NAMI's behalf, we could earn \$7300 in a year.

<http://www.goodsearch.com/Press.aspx>

GoodSearch does not require that users sign up and does not collect any user information. They only ask that organizations and supporters help spread the word.

JJ Ramberg (917) 459 9915

(Submitted by Gordon Bopp)

## What's Happening?

### Living With Purpose Honoring Spirit, Mind and Body Washington State Mental Health 2006 Consumer Conference September 15<sup>th</sup> and 16<sup>th</sup>

The above noted Mental Health Conference covered a wide range of topics related to the needs and concerns of consumers in all stages of recovery and resiliency.

The most important concepts I learned were that people can and do recover, recovery means different things to different people, and that we all follow a different path to recovery. I also learned what recovery may or may not mean. Recovery may or may not mean that you never again have psychiatric symptoms. Recovery may or may not mean that the length of time between and during episodes may be further apart or not as severe.

There are several stressors or triggers that can set off an episode of psychiatric symptoms. It was emphasized in many workshops I attended that it is important to get to know your triggers, early warning signs, and stressors.

Triggers are internal signs that may cause a certain feeling, event, or symptom, like recognizing a smell, sound, or taste that brings up painful memories. Triggers are internal because the smell, sound, or taste, can be real or imagined, but either way can set off a chemical reaction in the brain that could set off psychiatric symptoms.

Early warning signs are external signs that you may have that make you feel an increase in psychiatric symptoms such as lasting lack of sleep, sadness, anxiety, or negative feelings.

Lastly, stressors are universal and yet each person reacts uniquely depending on the cause and severity of the stress. However, there are stressors that are common to all, such as facing change. This is true whether the change is a change of routine, a change in circumstances, or even an imagined change.

So, what as consumers can we do to maintain wellness, experience recovery, and practice resiliency? Advocacy. Learning to advocate for yourself is very important because often times you are the only and perhaps the best advocate for yourself. You know how your mind and body feel, what helps and doesn't help, and what to try or not try, to make yourself feel better.

and doesn't help, and what to try or not try to make yourself feel better.

Once you learn to advocate for yourself, you can then advocate on behalf of others. Sometimes, it is even easier to advocate for others than it is for ourselves because we get so good at fixing others, we do not want to face our own problems.

But once you learn self-advocacy through assertiveness, it can be a rewarding experience, more so than when we are passive or aggressive. When we are assertive, the chances of getting what we want are much better than when we are passive or aggressive, and people will tend to listen to us more readily.

Overall, it was a very useful and enlightening conference. I would recommend all consumers of mental health services attend this annual conference in the future.

Jackie Swett

Consumer of Mental Health Services

Another **Family –to-Family Education Class** will be held on Tuesday evenings, 7:00-9:30 p.m., February 13, 2007 through April 24, 2007. The location will be in the Bellevue Crossroads area. This is a FREE education and support program for families who have loved ones with brain disorders called mental illnesses; such as bipolar disorder, depression, schizophrenia, and obsessive disorders.

The course is taught by NAMI trained family members who have lived with this experience. All course materials are furnished. Pre-registration is required. For further information, please contact Judy Burk @ (425) 939-7473 or the NAMI Eastside office at (425) 885-NAMI (6264).

This is a popular class and fills up quickly. Call now to get your name on the list.

## What's Coming Up?

By the time you receive this newsletter the Support Group Facilitator Training will be completed. Our hope is to be able to provide co-facilitators for existing groups and to begin new groups. Watch the website for more information.

### “VISIONS FOR TOMORROW”: Facilitators Needed

NAMI WA has contracted with NAMI Texas to provide the *Visions for Tomorrow* course in Washington state. *Visions for Tomorrow* is an 8-to-12 week course, similar to Family to Family, for parents and caregivers of children 18 and younger. Recently the curriculum has been updated and expanded. If you or someone you know would like to teach the course, or if you have been a co-facilitator in the past and want to continue your *Visions* program, then now is the time to sign up for training or retraining.

NAMI Texas will send a trainer to our state, if enough people will participate. If not, each affiliate will have to send their *Visions* instructors to Texas and incur the cost of housing and transportation.

NAMI Texas offers a 1-day training for people who have already taught the course and a 3-day training for people teaching it for the first time. After December 31<sup>st</sup>, any affiliate providing *Visions for Tomorrow* must be certified or re-certified through these trainings.

The course is much appreciated by families who take it. If you or someone you know wants to make a difference in the lives of children by being a *Visions* instructor, please contact the NES office at (425) 885-NAMI (6264). If there is a good enough response, we will arrange an in-state training, hopefully in January. Please call very soon.

From Betty Scott, NAMI Whatcom County and NAMI Eastside.

### Are you “SAD”?

Seasonal Affective Disorder is depression that comes & goes with season changes, occurring most often in winter, and is believed to be caused by variations in light.. It's most common among people age 20-40.

Symptoms include: Depression, Irritability, Anxiety, Loss of Energy, Social Withdrawal, Increased desire to sleep, Sleep disturbances, Loss of interest in activities once enjoyed, Overeating; craving of carbohydrates, chocolate, caffeine, Weight gain, Difficulty concentrating, Decreased sexual drive or interest.

Light therapy may relieve symptoms by influencing the three key neurotransmitters, serotonin, dopamine and norepinephrine, Light therapy is regulated exposure to bright light and has been found to be very effective.

Medications: In June 2006, the Food and Drug Administration approved the antidepressant Wellbutrin XL (bupropion HCL) as treatment of SAD. Some doctors prescribe fluoxetine (Prozac), [d-fenfluramine](#) (to suppress carbohydrate craving), moclobemide (an MAO antidepressant), tranylcypromine (Parnate), and other medications to relieve the symptoms of SAD. Other chemicals being studied include neurotransmitters norepinephrine and dopamine. There is speculation that female sex hormones may also be involved.

Researchers recently found that depression scores in SAD sufferers taking a low dose of melatonin, improved, but it is not thought to be as effective as light therapy.

Medication, in conjunction with light therapy, may make it possible to take smaller doses of medication and to reduce side effects.

Psychotherapy: Stress management is important, because it may relieve some of the symptoms of SAD. It may also help sufferers cope with problems that create stress. Cognitive therapy has also been shown to help relieve the symptoms of depression and SAD.

*One of our two sandwich board signs disappeared from the NES office in Redmond a couple of months ago. We think that it may have been borrowed for a special occasion and then forgotten. If this sounds familiar, please take a look in your garage. We would appreciate getting it back soon.*

*Thank you.*

### Lifestyle

Getting regular exercise helps improve mood in SAD sufferers, especially if it is done outdoors or with a light box. Exercise and diet can also help to control the weight gain common in SAD. Support groups for people with depression and other mood disorders can help. Make sure that activities you have always enjoyed remain on your priority list.

Some people with SAD move to places with sunny climates. For those of us that don't have that luxury, plan a winter vacation in a warm place. Even a week in a sunny locale can make a big difference.

[Dr. Norman Rosenthal](#), the author of "Winter Blues" studied the symptoms in the 1980's. He is credited with naming the disorder.

**YOGA SUPPORT GROUP** Exercise is good for everyone. To that end, if there is sufficient interest, we have a volunteer willing to start a Yoga Support Group in late January.

Would you like to become more active? Find your inner self? Yoga and meditation may be the way to go. Join Nabia Pirehei and Susan Boling in yoga classes which will be held at the Family Resource Center Campus in Redmond. Their mission is to help others find their way into their inner self and become a more active person. If you are interested, call Nabihha Pirehei (206) 290-5453, or via email at [Nabinapirbhai@gmail.com](mailto:Nabinapirbhai@gmail.com), or contact the NES office at (425) 885-NAMI (6264).

### **Multi-Cultural Outreach: Help us reach out to our non-English speaking neighbors.**

If you are bilingual and would be interested in leading a support group, organizing forums, making presentations, editing articles for the newsletter and website, or are willing to help in any other way, please contact Barbara Thompson, Office Manager, at the NAMI Eastside office. (425) 885-NAMI (6264). Thank you.

## Check out our Reference Library

**I Want Out of Here**, Author Carol Kay Green, will be signing her novel on January 10, 2007 at 7:00 p.m. at the Park Place Plaza on 85th Avenue in Kirkland. Meet the author at the Park Place Book Store located near the cinemas. The story is about the experience in a psych ward from a patient's point of view (the names have been changed to protect the innocent).

**I am not Sick, I don't need help!**, A Practical Guide for Families and Therapists Xavier Amador PhD, Vida Press, 1959; "a good introduction to understanding schizophrenia and dealing with it as it relates to your loved one"

**Bipolar Disorder**, A guide for patients and Families, Francis Mark Mondimore, MD, Johns Hopkins Press Health Book, 1999; "on key", "very helpful"

**A Brilliant Madness**, Living with Manic-Depressive Illness, Patty Duke and Gloria Hochman, Bantam Books, New York, 1993; "wonderful book"; she "experiences the illness till she was 30-40 before she was diagnosed", "...acting held it together"

### 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-NAMII (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 that isn't always possible. Check out our website, or contact the NAMI Eastside office at (425) 885-NAMI (6264).

#### **Board Meetings**

The first 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.

## Support Groups

**MONDAY: None**

**TUESDAY:**

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

**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. Contact the NES Office (425) 885-NAMI, **1st and 3rd Wednesday of each month, 7:00-8:30 p.m.**

**Depression Support Group**  
Community Psychiatric Clinic  
13133 Bel-Red Road, Bellevue  
Silvia (425) 836-5405  
Liz (425) 392-5027  
**2nd and 4th Wednesday of each month, 10:30 a.m.-noon**

**Mental Health & Spirituality (Open to All)**  
St. Brendan Catholic Church,  
Lower Brendan House, 10051 NE  
195th St., Bothell. John (425)  
489-4084 or  
Johnrad14@yahoo.com Call or  
email to verify meeting dates and  
times. **2nd and 4th Wednesday  
of each month, 7:00-8:30 p.m.**

The **Spanish Speaking Support Group** needs a new home. We have lost our space and are currently on hold. If you know of some possible space in the South Bellevue/Renton area, please contact the NAMI Eastside office at (425) 885-NAMI (6264).

**Family Support Group 1**  
East Shore Unitarian Church,  
12700 SE 32nd St., in Bellevue  
near Factoria. Go to the building  
that is 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  
Veda (425) 865-9839; Karin  
(206) 236-5247, karin.miller @  
overlakehospital.org, Or Lisa  
(206) 232-6946  
gamrath@comcast.net, **3rd  
Thursday of each month,  
7:00-8:30 p.m.**

**Parents of Bipolar Children**  
Family Resource Center Cam-  
pus, 16225 NE 87th Street,  
Building A, Nisqually Confer-  
ence Room, Redmond. Julie

(425) 898-9800,  
Julie.boulter@comcast.net, **3rd  
Thursday of each month, 9:00-  
11:00 a.m.**

**FRIDAY:**

**Acrylic Painting** In December, our  
new **Acrylic Painting Class** will  
meet on Fridays, 12/1/2006 and  
12/15 2006. In January it will begin  
its regular schedule of meeting on  
the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each  
month, 10am-1pm in the Baker-  
Adams Conference Room. Contact  
the NAMI Eastside office at (425)  
885-6264 or via email at  
info@nami-eastside.org (See page  
2 for more information.)

**SATURDAY:**

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

**SUNDAY**

**Eating Disorders, Family Re-  
source Center, 16225 NE 87th St.,  
Bldg. A, Rainier Room, 4th Sun-  
day of each month, 7:00-8:30  
p.m., Shannon at (206) 276-6121,  
or Liz at (425) 392-5027**

*Contributed by Jack Vanderweerd*

**Focus On: Skills, Inc.**

### ***Jennifer Jockeys For Position***

For some the Internet means entertainment. For Jennifer (not her real name), it represents her window to the world. Not that she is agoraphobic. This former talented and academically gifted student navigates King County by bus just fine. And using food stamps to maintain herself has also proven no barrier...so long as she can just avoid verbal interaction with people.

Backed by a supportive family serving as her human interface, Jennifer tenaciously negotiated the bureaucratic thicket that represents society's social safety net. It took years of countering Catch-22 rules and "Gotcha!" regulations in order for her to receive public assistance. Tax-payers, rejoice! Your government does not dispense its largesse easily. To Jennifer, if not for a persistent mother, it would not have been dispensed at all.

Jennifer is still learning to accept that she is disabled and looking for ways to rise above it. She has not lost her intelligence nor her quick wit, she just has great difficulty sharing them with others. In the past few years Jennifer has completed hundreds of *on-line* job applications. When employers respond, the phone rings unanswered. Messages left on her machine cause great anxiety and are not returned. After a not-so-brief flirtation with DVR (the State's Division of Vocational Rehabilitation) left her at the tail-end of a 3 year waiting list, a vocational counselor familiar with Jennifer and her family suggested she contact Skills, Inc.

### ***A Most Remarkable Company***

Susan Pfeiffer was not surprised to hear a relative of Jennifer call to arrange a meeting. Nor was she surprised when the relative accompanied Jennifer to the interview (most likely the only way to get her there). As Director of Human Resources for Skills, Inc., Susan has become adept at judging a candidate's employment potential regardless of physical or mental impairment. It is both her personal and her company's mission.

Skills, Inc. was founded in 1966 on the strength of a \$4590 grant from Boeing's Good Neighbor Fund to

provide work opportunities for two employees impaired by tuberculosis. From its humble beginnings as a sheltered workshop, Skills, Inc. has grown into a \$15 million (annual) business with some 300 staffers, approximately 70% of which cope with physical or mental challenges.

While the company operates as a 501(c)3 non-profit organization, its products and services are competitively

priced and its employees receive not-so-sheltered competitive wages and benefits. In this day of business globalization, outsourcing, downsizing, and consolidation, Skills does not employ sub-minimum-wage labor. As Charlie Harris, Skills' affable CEO, points out, "The market-place determines prices. We have to be competitive in order to attract employees and customers." Skills' employees are encouraged to apply and train for any position matching his or her aptitude and capability.

To walk through Skills' non-descript facility in Auburn is to walk through a 'mini-me' version of Boeing's manufacturing plant a few miles south. Huge CNC machines turn slabs of aluminum and titanium into finely-honed airplane parts, all meeting the exacting standards of Boeing, the FAA, and a dozen other agencies. Directly and indirectly Boeing still represents about 48% of Skills' annual revenues. With millions of dollars invested in equipment, Skills is capable of fully fabricating and finishing chunks of metal up to 240 inches in length, a task some companies might find daunting, and actively seeks such challenging assignments from within and outside the aerospace sector.

### ***More Than Just Aerospace***

A robust reliance on aerospace business, however, has its downside. After 9/11 (2001), the aerospace business tanked and Skills, Inc. felt the ripples. Reluctantly it was forced to layoff people. It also forced the company to re-examine its business model. Where earlier its Board of Directors had insisted on a model of self-sufficiency, it now allowed the solicitation of grants and subsidies. It also sought diversification to counter aerospace business cycles. As Director of Outreach and Development, Cheryl Row has been broadening the Skills, Inc. business portfolio.

At its Ballard location, Skills performs finish work on fabricated aerospace components, as well as contract re-assignments for outside customers. Through its Outreach Program, Skills provides people and services to a

number of companies which may not previously have considered challenged employees part of their labor pool. As Cheryl explains, "My job is to educate and to re-educate (the business community)." Companies buy results while Skills provides the roadmap for getting there. Sometimes this involves helping employees manage their meds, their hours, or to receive job instructions in ASL (American Sign Language). For at-risk high school students from several school districts, it means direct involvement in their IEPs (Individual Educational Plan).

In a more enterprising venture orchestrated a few years ago, Skills opened a store in downtown Seattle to sell industrial furniture (and some art) of its own design, crafted by its own manufacturing staff. Despite winning critical acclaim, the venture was not a financial success and was discontinued after two years. The experience gleaned from this exercise, however, is expected to propel future outreach efforts to more profitable conclusions.

Under Row's direction, Skills, Inc. has become an approved vendor at many Northwest organizations, including Microsoft, where Skills employees perform a variety of functions. She is, however, always open to additional partnering opportunities and has several creative business concepts under development.

### **Start of a Career?**

As for Jennifer, her first gainful employment has progressed from an exploratory few hours per week to more than half-time daily; her meds and SSI cooperating. She takes her job responsibilities seriously and has not missed a day...as Susan Pfeiffer knew she would. She has been able to put her considerable computer talent to practical business use...as Susan knew she would. Though perceptible mainly to those close to her, Jennifer has developed a spark in her eye and a lift in her step...as Susan knew she would.

For more information, contact Susan Pfeiffer, Director of Human Resources or Cheryl Row, Director of Outreach and Development

SKILLS, INC.

206-782-6000

[www.skillsinc.com](http://www.skillsinc.com)

## **February's Forum: What is WRAP?**

WRAP stands for Wellness Recovery Action Plan™

WRAP is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives.

WRAP is designed to: Decrease and prevent intrusive or troubling feelings and behaviors, Increase personal empowerment, Improve quality of life,

Assist people in achieving their own life goals and dreams.

WRAP is a structured system to monitor uncomfortable and distressing symptoms that can help you reduce, modify or eliminate those symptoms by using planned responses. This includes plans for how you want others to respond when symptoms have made it impossible for you to continue to make decisions, take care of yourself or keep yourself safe.

People who are using WRAP say:

"It helps me feel prepared."

"I feel better more often and I'm able to improve the overall quality of my life."

The person who experiences symptoms is the one who develops their personal WRAP. The person may choose to have supporters and health care professionals help them create their WRAP.

The WRAP system was developed by people who have been dealing with a variety of psychiatric symptoms for many years and who are working hard to feel better and get on with their lives. Mary Ellen Copeland has shared it with people with other illnesses and they too believe that it can be easily adapted for use with other conditions.

### **Copeland Center for Wellness & Recovery**

P. O. Box 6464, Chandler, Arizona 85246  
Toll-Free: 1-866-I DO WRAP (1-866-436-9727)

Phone: (480) 855-3282 Fax: (480) 855-5118  
Email: [info@copelandcenter.com](mailto:info@copelandcenter.com)

October 21, 2006

RE: Vagus Nerve Stimulation Therapy

I was first diagnosed with Bipolar Disorder at the age of 21 after having a manic episode that almost cost me my life. It's been a downhill battle with depression and mania since. I have had extensive psychological therapy, hospitalizations and was put on a regime of antipsychotic and antidepressants medications that have caused horrible side effects. I finished my Masters degree in Architecture in 1993, despite many challenges and setbacks.

In 1996, the frustration of continued depression, guilt, and overwhelming loss of hope, I attempted a near successful suicide. ECT became my primary form of treatment along with an extensive medication regime. This affected my memory and slowed me down cognitively, causing more frustration and fear.

Employed as an intern architect, more hospitalizations became my history. Subsequently, with continued distortions of Treatment Resistant Depression, I lost my ability to work in 2002. In 2005 my psychiatrist presented to me Vagus Nerve Stimulation (VNS) Therapy. Having lost my only sister to manic/depressive driven suicide five years earlier, I needed something to believe in. After receiving information and doing research, I decided to go forth with VNS Therapy. I received VNS Therapy March 2006. Changes began within three weeks, with significant changes in two months.

After six months I look forward to living each day and welcoming the future. There is great hope I will be able to work again without the worry of my memory being affected or having major neurological side effects. I had my final ECT three months ago and my medications are being steadily reduced.

My life is clear again. My friends and family have seen an obvious and significant change in both my mental health and physical well being. They have seen a miracle. Now it is laughter not sorrow that brings tears to my eyes.

-Kim Rettig, M.Arch.

For more information about VNS Therapy visit the Cyberonics web site at [www.VNSTherapy.com](http://www.VNSTherapy.com).

## Volunteers

Welcome...

As we move into and through the autumn of the year, I stop and gaze at the beauty that surrounds me. The colorful leaves are out in all of their glory. A chill is in the air. Inward and outward we see signs of change, new insight, new developments, new layers upon us to stay warm.

I trust that you are finding warmth and care where ever you are in life. If not, you are in the right place. NAMI-Eastside makes it our business to find resources for those who are caught in the struggle. We wish you help and strength. Give us a call (425-885-NAMI 6264).

As hot beverages and soups are appreciated to warm our core so a new volunteer warms the soul. A kind word can go a long way, as does a smile. Deeds done for others strengthen us. There is hope for each of us though darkness and cold threatens our being. Perhaps now is a good time for you to join us as a volunteer.

I really appreciate our volunteers. I have seen such dedication, such openness, such vision, and much ability to overcome the obstacles. There is so much wisdom found here. We keep growing in so many ways; some of us stretching beyond what we knew was possible for us. There is a place for you in NAMI-Eastside regardless of age, skills, or whatever. Please stop by the NAMI Eastside office, or call (425) 885-NAMI (6264).

Thanks,

Connie B.

# NAMI Eastside - Will You Volunteer

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ WA Zip: \_\_\_\_\_ Email \_\_\_\_\_

Home Phone \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

## Which of the following areas are you interested in?

### Resource & Referrals:

- Work in the Resource/Referral Office
- Assist individuals to check out resources
- Prepare monthly Bulk mailings
- Prepare quarterly Newsletter mailings
- Pickup or answer calls from your home
- Assist in Coordinating Volunteers

### Administrative Services:

- Assist with Data entry
- Collect & Prepare Volunteer Information
- Grant Preparation & Administration
- Send E-Alerts to distribution lists
- Review MH and Disability Email Alerts
- Review State & Federal E-Alerts
- Review Elected Officials Newsletters
- Research specific topics

### Consumer/Peer:

- Co-Facilitate a NAMI-C.A.R.E. Peer Group
- Co-Facilitate Other Support Group
- In Our Own Voice Presenter
- Peer-to-Peer Class Co-Mentor
- Art Projects
- Assist/Develop Social Activities

### Parents with Young Children:

- Co-Facilitate a Parents Support Group
- Visions for Tomorrow Co-Instructor
- Children's Conference
- Parents are Vital in Education (PAVE) Training
- ISP Assistance or Training

### Housing & Special Projects:

- ADU (Accessory Dwelling Unit Project)
- Homeless Initiative (shelter/voucher)
- Clubhouse Development
- Liaison for clients in public MH system

### Policy & Advocacy:

- Work on the Legislative Committee
- Serve as lead contact for a Legislator
- Be part of a phone-tree
- Write letters to community agencies etc. when services for the mentally ill are inadequate, inappropriate or of poor quality.

### Family Programs:

- Co-Facilitate a Family Support Group
- Co-Facilitate an Adult Child or Sibling Group
- Family-to-Family Class Co-Instructor

### Community Outreach:

- Forum Setup or Greeter
- Serve on the NES Board or a Committee
- Be a NAMIWalk Team Captain
- Co-Teach Educating the Next Generation
- Distribute literature in the Community
- Serve on County or State Boards/Committees
- Tell your "story" to Community Groups
- Newsletter Production
- Write articles or book reviews for NES
- Circle of Friends Notice

### Computer Skills/Other:

\_\_\_\_\_  
\_\_\_\_\_

### Your Availability

\_\_\_\_\_ Hours per week  
 \_\_\_\_\_ Hours per month  
 \_\_\_\_\_ Hours per quarter  
 \_\_\_\_\_ Other

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

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

NAMI Eastside News

November 2006

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

Phone: 425-885-NAMI (6264)  
Web: [www.nami-eastside.org](http://www.nami-eastside.org)  
E-Mail: [info@nami-eastside.org](mailto:info@nami-eastside.org)

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

**Return Service Requested**

**NAMI Eastside**

**(425) 885-NAMI (6264)**

**[Info@nami-eastside.org](mailto: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 or (206) 461-3222  
Suicide Prevention Hotline: 1-800-SUICIDE  
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

**Local Resources & Information**

Community Psychiatric Clinic: [www.cpcwa.org](http://www.cpcwa.org) (425) 454-3021  
Seattle 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  
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 -Multilingual Clinic: (425) 747-1663  
Presbyterian Counseling Svc. (206) 527-2266

**Helpful Websites**

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 Infosource: [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)  
Healthy Place: [www.healthplace.com](http://www.healthplace.com)

**Other Helpful Organizations**

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)  
National Foundation Depressive Illness: [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