

Educational Forums

Presented the 3rd Tuesday of each month at Evergreen Hospital, Suite Tan 101, (downstairs) 12303 NE 130th Lane, Kirkland, WA, 7:00 pm - 9:00 pm

NAMI Eastside is co-sponsoring a forum with CHADD (Children and Adults with Attention Deficit Disorder)

November 18, 2008

“Bi-Polar Disorder and ADHD in Children”

Dr. Jack McClellan is a Children's Hospital Child Psychiatrist, who is currently doing a study on Bipolar disorder.

Doors open at 6:30 for those who wish to look over resources, check out books from the library or just chat.

If you would like more information about Dr. McClellan or his Bipolar study, you may contact his research coordinator Chris Budech at 206-884-8138 or christopher.budech@seattlechildrens.org.

There will not be an NES forum in December. We will be back in January.

Did you know that we now have 3 Family Support Groups? Check out page 9 for a listing of all of our groups.

SAVE THE DATE

Third Annual HERO HOUSE

Fundraising GALA

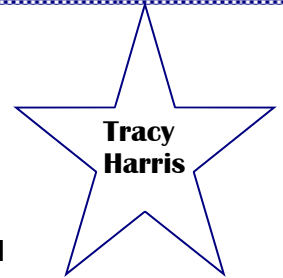
December 6, 2008

Redmond Junior High School

Featuring World Renowned Flutist and Lecturer

Ms. Harris has performed solo recitals, chamber music, and concertos across the United States. She has left audiences breathless with her profound and moving interpretation of the great composers.

(continued on page 2)



NAMI Eastside Annual Meeting

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

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

(continued on page 3)

FALL Giving Campaigns: Consider designating your gift to NAMI Eastside

Sometime within the next couple of months, you'll be hearing about the annual nonprofit giving campaign at your workplace (United Way Campaign, Combined Federal Campaign, or other). NAMI Eastside is not included in the agency listings and usually misses out on this valuable funding resource. To insure that your donation gets to the right place, be sure to write us in.

NAMI Eastside

Family Resource Center Campus

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

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

Support Groups & Education

- NAMI-C.A.R.E. (Peer).....(425) 885-6264
Alexandra and Brian
- 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
 - Steve.....(425) 761-9050
- Family-to-Family Class
 - Judy(425) 939-7473
- Mental Health & Spirituality Support Group
 - John(425) 489-4084
 - Ligia
- Spanish Speaking Support Group
 - Alba (425) 306-3681
- Consumer Art Practice (425) 885-6264
- Visions for Tomorrow(425) 802-3211
Alexandra, Julie, Tom, Shelley and Diane

Committee Contacts

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

NES Board of Directors

- Michael Maloney.....President
- Debra Jones.....Secretary
- Nelly Sing..... Treasurer
- Paul BeattyDirector
- Stan DonoghDirector
- Arlette Lamphere.....Director
- Roberta Lyon.....Director
- Mike Rynas.....Director
- Laurie Scott.....Director
- Jim Wangelin.....Director

Others

- Louis Carrozzi.....Webmaster
- Jackie Swett, Cindy Chase, Barb Thompson.....Newsletter
- Marney Johnson.....Volunteer Coordinator
- Cristina AnniceEducational .Forum Coordinator
- Erica Horn.....Executive Director, HERO House

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

(HERO House GALA continued)

She has played with Sting on PBS and for the Disney Studios. She has studied with most of the greats of our time, including Dr. Julius Baker, Claude Monteux, James Pellerite, James Walker and others. She was selected by Yamaha to become a Yamaha Performing artist, a title bestowed on only the best instrumentalists in the world.

Ms. Harris has held principal chairs with the Santa Barbara Symphony, Santa Barbara Chamber Orchestra, the Coastal Valley's Symphony and the West Coast Symphony. She is also the director of Music Theoretic Studies at The Pacific Center for Advanced Studies.

Ms. Harris suffers from schizoaffective disorder. In her book, *The Music of Madness*, she explains the depths of her despair and how proper help and medications can lead to a life as it is meant to be.

"Living with mental illness is never easy, but it can be done, so just take a deep breath and walk into the spotlight with your head held high. Life is one beautiful concert that no one should miss, so persevere as I did; a sweet series of encores awaits you."

The program begins at 6:00 p.m. and will feature a reception with *Canto Mio* Harp Ensemble, under the direction of Alison Austin, a fine northwest dinner catered by Sodexho, and an awards ceremony.

If you or someone you know, would like to receive an invitation to the event, please contact the NAMI Eastside office at (425) 885-6264.

You can also submit a Tribute for the 2008 Gala Book or become a Gala Sponsor at any level and be featured in the Gala Book, please contact Roberta Lyon, rlyon@herohouse.org.

The Mental Health and Spirituality

Support Group will not meet on November 26, 2008 or December 24, 2008.

Please contact support group coordinators to make sure that the group you attend is meeting, particularly over the holidays. Contact information for every group is in the support group calendar on page 11.

(NAMI Eastside Annual Meeting continued)

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

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

Three of our long-standing volunteers and board members will be stepping down the end of this year.

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

Everyone is welcome to apply. In particular, we are seeking an energetic, skilled board membership to include an attorney, an experienced fund raiser, a CPA, a Program Manager, a Mental Health professional, and para-professionals who have worked with people who have a mental illness. An individual with ties to other agencies in the community that are involved with mental illness is also desired.

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

NEW ONLINE VIDEOS ON BIPOLAR DISORDER

How is Bipolar illness diagnosed? What advice would you give someone in recovery from Bipolar Disorder? What advances are being made in research and study?

These are some of the questions addressed in a series of 24 short videos now available online from NAMI's 2006 National Convention. Go to HealthCentral's BipolarConnect website at

<http://www.healthcentral.com/bipolar/nami-conference-2006.html>

The Emergency Economic Stabilization Act

was signed into law on October 3, 2008, in an effort to restore confidence in sagging credit markets. The bill included provisions to require group health plans to cover treatment for mental illness on the same terms and conditions as all other illnesses. The parity law becomes effective 1-year after enactment of the bill. This will mean that group health plans will no longer be able to impose limits on inpatient days or outpatient visits or require higher deductibles or cost sharing for mental illness or addiction treatment that are not also applied to all other

NAMI.org:**Strategies for People Living with Mental Illness: Eleven Tips for Managing Stress**

September 2008

Whether measured by the unemployment rate, reaction to the economic bailout debates, rationing money to pay for medications or food, or the effects of the high home foreclosure rate, the current economic situation has Americans experiencing more psychological distress than ever before.

In the face of these realities, reports from all over the country offer a gloomy picture: people are straining both private and public psychiatric services, and are even put in the position of making the choice between needed psychiatric medications and such necessities as food or gasoline. People are stressed out. This all causes a ripple effect that may lead to negative outcomes for many individuals and their families.

And what of the most vulnerable populations, those who are already dealing with serious and persistent mental illness? No one likes uncertainty, and people with mental illness are no different.

"The NAMI HelpLine has been receiving calls from individuals or families affected by mental illness who are further stressed by the news of the struggling economy," said Martha Brick, manager of the NAMI National Information HelpLine. "For individuals and families living with mental illness, it is often the support of a HelpLine associate, a listener who can relate to their experience, that they find the most helpful."

In response, NAMI HelpLine associates offer the following **Ten Tips** as strategies for people with mental illness who are stressed by news of the current economic crisis.

1. Engage with your social networks and friends. Being with people helps to keep you focused on the positive and gives you opportunities to process fears, concerns, and challenges. If you have a NAMI Connection, C.A.R.E., or other recovery support group available, plan to attend.
2. Maintain your medication and treatment plan. Schedule appointments with health care providers, therapists, and others who are part of your treatment plan, if needed to assist during a challenging time.
3. Be mindful of your diet. Caffeine, alcohol, and sugar all contribute to increased anxiety.
4. Avoid short-term "self-medication" that involves using drugs or alcohol. Alcohol, in particular, is a depressant and compounds suffering over time.

(continued on next page)

INFORMATION

5. Play with your pet. Research shows that pets help combat loneliness, reduce blood pressure, organize your day, and are a source of solace.
6. Maintain a structured routine. Many people with mental illness report that structure is motivational and supports a feeling of accomplishment, which can help offset feelings of worry or anxiety that may accompany the news of the day.
7. Participate in spiritual and relaxation practices. Many report that yoga, faith-based practices, breathing, meditation, and visualization contribute to reduced anxiety and promote a sense of wellness.
8. Exercise. Positive feelings enhanced by the release of endorphins are only part of the benefits of exercise. Improved self-esteem and enhanced self-worth are other advantages.
9. Laugh. Watch an old movie, cartoon, or comedy sketch on TV to elevate your spirits. Laughter often helps people overcome feelings of depression and worry.
10. Avoid negative media, including television and radio news, if it proves to be agitating.
11. Listen to music, or sing. Many people with mental illness report that listening to music and singing familiar songs can help them through difficult times by temporarily replacing worry and anxiety with moments of pleasure and joy.

"Borrowing from cognitive-behavioral therapy, it can be helpful to remember that the economic problems are not your fault--and you can control how you choose to respond to them," said Ken Duckworth, MD, NAMI Medical director.

People with mental illness working on their recovery know that it is a step-at-a-time process. The economic situation is likely to be a similar journey. Things will get better over time.

"Of course we remind people that coping strategies are not intended to replace the components of their individual treatment plan. As with any serious medical illness, however, successfully managing stress is part of the effort to achieve wellness," Martha Brick concluded.

"We recognize that many just need someone to talk to, someone to help them think through their worry and concern. That is at the heart of the NAMI Helpline and what we do."

Reprinted from the NAMI National website

The NAMI National Information Helpline offers the following as additional resources for those interested in exploring this topic more:

Try "[A Simple Form of Meditation](#)"

Participate in [NAMI's online discussion groups](#) with others who may be feeling as you do:

Check out the [Stress Center's recommendations](#) from the renowned Mayo Clinic (includes a blog entry on stress and the financial crisis).

NAMI Helpline: 1-800-950-6264



2009

SPONSORS NEEDED

The NAMIWalks Washington Steering Committee is already at work preparing for the big day, **May 16, 2009 at Magnuson Park in Seattle.**

Sponsorship packets are now available at the NES office. If you are aware of individuals or companies that might be willing to help sponsor the walk, please contact the NES office. We can get them out as soon as we hear from you.

Also, if you are interested in becoming a Team Captain, please contact the office at (425) 885-NAMI (6264). I will make sure that you are notified about the very latest information on the walk and will get a packet to you as soon as I receive them.

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

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

Contact the NES office at (425) 885-6264 or via email at info@nami-eastside.org.

ANNOUNCEMENTS

The King County Warm Line

After nearly 18 months of hard work, I am pleased to announce that plans to establish a King County Warm Line continue to move forward. In March, members of the Warm Line Committee met with RSN leadership and received glowing support for the work accomplished thus far. Unfortunately, there are no funds to support this needed service at the present time and it now appears to hinge upon the grace of the private sector or County Council to help make this public service happen. While we continue to look for funding, we are committed to moving forward as many volunteers along with one very innovative mental health agency have stepped up to help make this dream a reality.

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

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

Thanks to the timely action of Navos (formerly, Highline West Seattle Mental Health) we are one step closer to getting this program up and running. Navos will serve as the Fiscal Agent for the King County Warm Line. In the upcoming months, we will need many volunteers to step forward to begin training to work on the Warm Line. The committee has recommended that the Warm Line begin operation with the service hours of 5 to 10pm, which is in line with programs across the country, which aim to be available when traditional mental health services are unavailable.

Upcoming meetings of the Warm Line Committee will be on the following Fridays: November 7th & 14th and December 5th & 12th. Meetings will be held at between 11 am and 12:30 pm at Navos' Burien campus, 1010 South 146th Street. We will be adjacent to the Third Runway Café in the Johnson Room. If you have additional information or would like to help, in any way, please do not hesitate to contact me at WarmLine@Navos.org or via phone at 206.439.2625.

Helen Nilon,

Chair, King County Warm Line

KING COUNTY LEGISLATIVE FORUM

A community legislative forum on issues for 2009 related to mental health and substance abuse, prevention, treatment and recovery will be held on Thursday, December 11, 2008, between 6:30-8:30 p.m. at St. Marks Cathedral, Bloedel Hall, 1245 10th Avenue East, Seattle, WA. Light refreshments followed by a program to begin promptly at 7:00 p.m.

Agenda:

- Keynote from King County Executive Ron Sims
- Presentations by Consumers and Family Members
- Legislative Priorities for Mental Health and Substance Abuse Prevention, Treatment and Recovery
- Legislative Roundtable with King County Legislators and United States Congressional Representatives

The forum is jointly sponsored by: King County Alcoholism and Substance Abuse Administration Board; King Country Mental Health Advisory Board; King County Community Organizing Program Advisory Board; NAMI-Eastside; NAMI-Greater Seattle; NAMI-South King County and Spotlight on Recovery.

The forum will be moderated by Neil Scott, Recovery Coast to Coast. Sign language interpretation and other accommodations for people with disabilities are available upon request. Please call (206) 263-9000 by 11/28/2008.

Announcements

Need help paying for your medicine? Help is for you.

The Partnership for Prescription Assistance was launched in April of 2005. Since that time, more than 4 million Americans have received help in getting their medications.

If you don't have prescription coverage and can't afford your medications, here's what you do:

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

Partnership for Prescription Assistance is funded by America's pharmaceutical companies. www.pparx.org

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

Mens' Shelter

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

Women's Shelter

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

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

Find a practitioner or treatment center, learn about disorders and conditions, read about medications, used in treatment of mental illnesses, get the latest mental health news, locate resources for emotional help and more.

Check out this website: <http://www.athealth.com/indexhtml>



Library Corner

Hurry Down Sunshine: An honest chronicle of a daughter's mental illness, by Michael Greenburg, Other Press.

It tells the story of Michael's 15 year old daughter, Sarah, who had a psychotic episode and had to be hospitalized. This isn't a new story for many of our members and readers who have experienced similar tragic occurrences in their own homes. The father tells about his daughter's journey and the impact her illness had on the family.

Remains of a Cloud, Ruth Cohen, 2007.

This is a fascinating story of Ruth and her years of trying to come to grips with an internal force, or *venom*, as she calls it, bipolar disorder. This book should be read by people with bipolar, their families and friends, and the mental health professionals who treat them. *Prof. Bernard Lerer Professor of Psychiatry Director, Biological Psychiatry Laboratory Hadassah – Hebrew University Medical Center Jerusalem*

The NAMI Store offers an exclusive offer on their website to purchase a PDF version of the book Shattered Lives by Laura Lee Hall, Abigail Graf, Michael Fitzpatrick, Tom Lane and Richard Birkel, published by NAMI. Regular Price is \$7.50 and NAMI Member Price is \$3.25.

It is a first of a series of examinations of the state of mental health services in the U.S. of NAMI released data from its national survey of individuals with serious mental illnesses and their families. The voices of more than 3,400 individuals from all 50 states clearly proclaim that their lives have been shattered by the shambled policies and programs that constitute the mental health system of America.

We invite you to submit a review for publication in the newsletter. If you have read a good (or bad) book lately, let us know.

Contributions

The following is an excerpt from a letter written by a NAMI Eastside member with bipolar to a concerned friend.

Dear K,

It was great seeing you and John after such a long time. I'm sorry that things were a bit awkward part of the time. I appreciate your concern about me. I know I've changed, I'm certainly not anything like I was when I lived in St. Louis. Since I began my bipolar meds last year, my overall mood has improved. The trade off is that I often feel as though I am watching things from afar and am not part of whatever is taking place around me.

I saw my psychiatrist yesterday and once again, complained about feeling 'foggy' all the time. We have talked about this before. He said that the alternative is to risk the return of the overwhelming pain that I've had these many years. Until yesterday I have always chosen to take the 'lesser of the two evils' and have stayed on the same meds.

But after what happened last week I decided to go the other way this time and he eventually agreed to lower my bipolar med by 1/4th, saying that it has been known to "dumb people down". He cautioned that my manic and depressive episodes are potentially dangerous and instructed me to call him in 3 weeks or sooner if I have a problem.

Even on medication I have experienced 'slipping' occasionally. What usually happens is that I tend to blame it on lack of sleep or stress and it is often days before I remember my illness. I know that sounds crazy but for me, depression causes 'tunnel vision'. I can only think about feeling bad and not much else. The same is true when I experience a manic episode. I feel so euphoric and energized. Of course, I continue taking my medication and eventually settle back to 'normal'. If I weren't on the meds I expect that I could 'fall' below my baseline, but I don't usually go directly from a high to a low. I always tell my doctor about it at my next appointment and he admonishes me once again for not contacting him as soon as I recognize that I am having an episode.

I remember as a child going from 'high as a kite' one day, to lethargic, silent, and weepy a day or two later. How could my parents not recognize that something was wrong? I expect that they dismissed it as a teenage thing or more likely, were relieved that they had one quiet child among five.

I remember feeling very paranoid and talking about death a lot and wondering why I did that. I knew that there was
(next column)

something different about me but figured it couldn't be that big of a deal. After all, it never affected my grades at school and I was able to hold a good job for 30 years.

I remember sitting around after Thanksgiving dinner one day, reminiscing with my siblings and parents about growing up.. All of them remembered childhood as fun, full of laughter and love. I told them that I had a terrible childhood. I remember the shocked look on their faces.

(contributed by a member)

Are You Disposing of Unused Prescriptions Properly?

As innovation allows doctors to treat illness more effectively, patients need to be increasingly aware of the steps they take to properly dispose of medicines.

Unfortunately, when pills are not disposed of properly, it can lead to unintended exposure to people or animals.

At one time, flushing was believed to be the safest way to dispose of medicine. Flushing medications was thought to protect children and pets from accidental ingestion of unused medication and decrease the chance of the medication being misused. That is no longer the case. Patients are not asked **not to** flush them or pour them down the drain.

Proper disposal is quick and easy:

Mix medicines in a sealable plastic bag with coffee grounds, kitty litter or sawdust, and water.

Seal it in a bag.

Throw it in your garbage.

Destroy prescription information.

The extra steps we recommend, including removal of personal information from medication containers, provide a safer method of disposing of unused or expired medications.

Join the Washington State Pharmacy Association, the Pharmaceutical Research and Manufacturers of America, the Washington State Health Foundation and many others in taking steps to make sure prescription medicines don't fall into the wrong hands.

Education

Circle of Friends is Building Health and breaking down Stigma.

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

Fun with Drama, games, interaction, and laughter take place on Thursdays at 1:30-2:45 at Seattle Central Community College, Broadway and Pine. Email Sara, cool_sara@hotmail.com or call Carolyn 206.325.6386 for more information or to sign up. It's FREE. Our presentations have been cheered. We WILL break down stigma, and show our skills. Free parking at Bonney Watson Funeral Parlor across the street, if you go in and tell the desk you are with COF drama class.

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

2009 NES Classes

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

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

Another 11 week "**Family-to-Family**" class is planned for sometime this spring. This class is for families whose loved one has a mental illness. Contact the NES office now to get on the waiting list.

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

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

Call for Presentations

Washington Behavioral Healthcare Conference

"Building Hope - A Path to Wellness"

June 18-19, 2009

Vancouver, WA

The Deadline for the Call for Presentations is approaching! Potential topics include : Health & Wellness, Consumer Recovery & Resiliency, Evidence Based Practices, Diversity & Cultural Competence in Mental Health, Special Populations and more!

Three easy ways to get a Call for Presentations application:

1. Download the application as a Word document at www.wcmhcnnet.org/conferences.html
2. Email Alison Avery: aavery@wcmhcnnet.org
3. Call Alison Avery: (206) 628-4608 ext. 12

Don't miss the deadline: December 5, 2008

Mental Illness can strike anyone at anytime.

These are a few people whose names you may recognize:

- Delta Burk (Actress)-Depression, hoarding and panic attacks
- Gwyneth Paltrow (Actress)- Post-partum Depression
- Brooke Shields (Actress)- Post-partum Depression, psychosis
- Linda Hunter (Actress)-Bipolar Disorder
- Linda Hamilton (Terminator)- Bipolar Disorder
- Ben Stiller (Actor)-Bipolar Disorder
- Katharine McPhee (American Idol runner-up)- Bulimia, Agoraphobia
- Kim Basinger (Actress) Anorexia
- Kirsten Dundst (Actress) Depression
- Jessica Alba (Actress) Anorexia
- Carrie Fisher (Actress and Writer) Bipolar



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

For several months now I have been telling you about a pain-free fund raiser, a new search engine called “**GoodSearch.com**”. Now you can also shop at your favorite stores and they will donate up to 30% of your purchase to NAMI Eastside. You can shop at **Macy’s, Target, Barnes & Noble, Nordstrom, Nike, Office Depot and Sears** to name a few.

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? We need your help to take advantage of this opportunity. This is a wonderful opportunity to help us 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.

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

Thank you for your support!

DONATE YOUR CAR/TRUCK/RV/BOAT

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

All donations are tax deductible!

Join NAMI Eastside!

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

Name(s) _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

Membership level:

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

No one will be turned away for lack of means

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

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

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

For more information, call 425.885.6264 or send e-mail to volunteer@nami-eastside.org or info@nami-eastside.org.

Education

In Our Own Voice (IOOV)

Presenter training is being planned for the Spring of 2009. If you are interested, please contact the NAMI Eastside office at (425) 885-6264 or via email at info@nami-eastside.org.

Presenters are individuals with mental illnesses who are ready for the next step in their recovery. They share their stories in an effort to prove that mental illness is nothing to be ashamed of and that recovery is an ongoing reality. Presentations are made at schools and community meetings and organizations.

Dine With a HERO

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

The November 18th presentation will be by the Better Business Bureau, a fantastic resource when you have trouble with a business or service or just want to learn about a contractor or business before you contract with them. Some people also use it as a "preemptive strike" before contacting the Attorney General's office with a complaint.

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

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

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

NEW SUPPORT GROUP FOR CONSUMERS COMING SOON:

Have you heard of Connections?

Connections is a NAMI support group that is open to anyone at any point in their recovery--no registration fee, no cost. Groups meet for 90 minutes weekly and work within a solid model to keep people focused in a positive recovery-oriented direction. NAMI Connections is an excellent follow-up for those who have attended the 9-week NAMI Peer to Peer class. Moving on to a Connections support group will help to maintain recovery!

We at NAMI Eastside are in the process of getting a group up and running. We are currently looking for a free or (very) low cost meeting space. Contact Laurie Scott (425) 223-9328, or by email at laurie_es@comcast.net. You may also contact the NAMI Eastside office at (425) 885-6264 or via email at info@nami-eastside.org. Thank you for your support of this exciting new program.



*Wishing you a happy and safe
Holiday Season!*

From the NAMI Eastside Board

NAMI Eastside Calendar

MONDAY:

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

TUESDAY:

Family Support Group 3

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

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. (Will not meet November 26, or December 24, 2008)**

Family Support Group 1

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

THURSDAY:

Family Support Group 2

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

****Please note:** Due to low attendance, the art workshop 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 at (425) 885-6264.

Depression Support Group This group has ended due to low attendance. If enough people express interest, it may be started again in the fall. Contact the NES office at (425) 885-6264 or via email at info@nami-eastside.org.

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.

The 4th Thursday of each month at HERO House, 14230 NE 21st Street in Bellevue. Please call (425) 614-1282 to verify time.

Monthly Forums

Every effort is made to nail down forum details in time for this newsletter but it isn't always possible. Check out our website, or contact the NAMI Eastside office at (425) 885-NAMI (6264).

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

Board Meetings

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



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

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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
Survivors of Suicide: (253) 838-8947
DSHS Food Stamps & Medical Coupons (425) 649-4000
Catholic Community Services: (425) 284-2211
Crisis Clinic Caregiver Info: 1-800-621-4636
Salvation Army: (425) 452-7300
St. Vincent de Paul: (206) 767-6449
Community Health Centers of KC: (425) 882-1697
SKC Public Health: (206) 296-4920
SSDI & SSI Social Security (800) 772-1213, www.ssa.gov

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
Fairfax Hospital 1-800-435-7221
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
Ombudsman of King County: (800) 790-8049, (206) 205-1357

Other Helpful Organizations

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 Infocource: www.medinfosource.com
Nat Res Center on Homelessness & Mental Illness: www.prainc.com
Mental Health Today: www.mental-health-today.com
Health Place: www.healthplace.com
Freedom From Fear: (anxiety, depression) www.freedomfromfear.org
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 Fdtn 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