



*SUPPORT: **NAMI** members support one another by listening, empathizing and sharing information. Monthly meetings are held to offer **HELP** and **HOPE** for individuals, families, and friends.*

NATIONAL ALLIANCE ON MENTAL ILLNESS
Supporting, Educating, & Advocating

NAMI of Clallam County Newsletter

July – August 2015 Issue

Board of Directors

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Featured in This Newsletter

What's Going On2

Jan Yount to Speak at Public Forum3

2015 Arlene Engel Award3

NAMI of Clallam County Annual Picnic in August4

NAMI Washington's Annual State Conference4

NAMI of Clallam County's Web Site Up and Running5

Hidden Pictures5

Five Ways (You may not Know About) You can Benefit From NAMI6, 7

New Advisory Board7

What's New on the NAMI Bookshelf8, 9

2015 NAMI Membership10

Hotlines Available 24 hours a day / 7 days a week

Peninsula Behavioral Health Crisis Line: **360-457-0431**

- Crisis Counselors on call 24 hours a day

East Clallam County Crisis Line: **360-452-4500**

National Suicide Prevention Lifeline: **1-800-273-8255**

What's Going On

Calendar of Events

NAMI of Clallam County Meetings

Free

Olympic Medical Center (Hospital)

July 16 NAMI of Clallam County Meetings

Board Meeting 5:15 pm

Cafeteria

Consumers, members and friends are welcome to attend the Board Meeting as observers.

Affiliate Business Meeting 6:30 pm

Linkletter Hall, Basement

Consumers, members and friends are invited to attend. Only members can vote, however.

Affiliate Program 7:00 pm

Linkletter Hall, Basement

This month's Affiliate Program will be free and open to the public. It is a forum on Mental Health in the Summer, presented by Jan Yount. See page 3 for details.

BINGO

Free

Horizon Center - Port Angeles

(Last Tuesday day of each month 2:00 – 3:15)

July 28, August 25

All Consumers and NAMI members are Welcome!



Support Groups

Free

Family Members

Peninsula Behavioral Health

Port Angeles

(Every Thursday Noon – 1:30)

July 02, 09, 16, 23, 30

August 06, 13, 20, 27

For more info call 681-7414

Family Members

Sequim Community Church

Sequim

(2nd and 4th Monday 7:00 pm)

July 13, 27

August 10, 24

For more info call 457-0330

Adults Living with Mental Illness

Connections

Church of God

Corner of 5th and Race, Port Angeles

Please note dates and time

(First and Third Saturday 2:00- 3:30)

July 04, 18

August 01, 15

All Adults with mental illness, regardless of diagnosis, are welcome!

Attendees are always welcome to stay for the church dinner following the meeting.

For more info call 360-452-5244

The Iris is the NAMI national flower, chosen because Vincent Van Gogh painted many irises while hospitalized for mental illness?

Jan Yount to Speak at Public Forum



Jan Yount

At 7:00 pm On Thursday, July 16, NAMI of Clallam County is sponsoring a public forum featuring Jan Yount, M.Ed. She is speaking on Mental Health in the Summer, followed by a Question and Answer period.

This is a presentation previously scheduled for June 18.

It will be held in the Linkletter Hall in the basement of Olympic Medical Center in Port Angeles. It is free and open to the public.

Ms. Yount is a Mental Health Therapist at New Growth Behavioral Health Services in Port Angeles. She received her Master's of Education Degree in Counseling from the College of Idaho, Caldwell, Idaho in 1991. She has worked in clinical settings with adolescents in residential treatment, crisis intervention and outpatient counseling. She has worked with adults in vocational, individual, group and couples therapy, as well as crisis intervention and trauma resolution work.

2015 Arlene Engel Award

The NAMI of Clallam County Board is reinstating the Arlene Engel Award. The award was established to recognize individuals who have advanced the cause of mental illness in Clallam County. If you know someone who has made a big difference in caring for people who cannot advocate for themselves, you are encouraged to nominate them for the 2015 Arlene Engel Award.

Nominations may be made by email to:

namiofclallamcounty@gmail.com

Or by letter to:

NAMI of Clallam County

PO Box 2878

Port Angeles, WA 98362

NAMI of Clallam County Annual Picnic in August

The annual NAMI of Clallam County picnic will be held

- *August 15, 2015 @ 3P.M. until dusk*
- *At Salt Creek Recreation Area*
- *In the Picnic Shelter, to the left as you come into the Recreation Area*
- *3506 Camp Hayden Road*
- *Port Angeles*
- *Mike Benavidez has volunteered his band, so expect wonderful live music as well as the usual games, campfire, hot dogs and potluck dishes! Look for more information in the near future.*

NAMI Washington's Annual State Conference Mental Health in Sync: Working Together to Improve Lives

August 21, 2015 - 1:00 PM to

August 23, 2015 - Noon

Shilo Inn Hotel, Richland, Washington

50 Comstock Street, Richland

Hosted by NAMI Tri-Cities with NAMI Washington

The NAMI WA conference brings together people living with mental illness, family members, legal, medical and research professionals, and providers, over three days to advance and explore the Collective Impact of all aspects of community Working Together to Improve Lives.

*Rooms will be \$82-129 at the Shilo Inn, which has reserved a block of rooms for NAMI attendees. Conference registration at the early bird rate (**Early Bird Rate Extended to July 20th!!**) is \$175. State Executive Director Laurel Simons has been working on making partial scholarships available.*

CONFERENCE FRAMEWORK

*The theme of the conference is **Mental Health in Sync: Working Together to Improve Lives**. Washington is in the process of a major healthcare transformation, with the integration of Behavioral Health and Substance Abuse, and Physical Health and Behavioral Health. The conference will highlight where Washington is now, and focus on programs and stories of innovation and promise as we move forward in integration. The conference will highlight what we can learn from others who are part of writing this new story and how Washington's myriad systems and organizations and advocates for mental health and mental illness can contribute to it.*

For more information and to register go to: <http://namiwa2015conf.brownpapertickets.com>

NAMI of Clallam County Web Site Up and Running

Our web site has been inactive for a while, but is now up and running, thanks to Lora Brabant! Go to: <http://www.namiclallam.org>

Hidden Pictures



Hidden Pictures

A Personal Journey into Global Mental Health

DELANEY RUSTON

Director/Producer/Cinematographer/Writer/Additional Editing

Delaney Ruston began filmmaking 17 years ago to merge her passion for film with her desire to work for social change. Through her company, MyDoc Productions, Delaney has produced short films for such clients as the The Bill and Melinda Gates Foundation, Grand Challenges Canada, and The World Health Organization

Thanks to our President Chris Juel's communication with Ms. Ruston, we have been given a free copy of this award winning film. Details later on when it will be shown.

Five Ways (you may not know about) You Can Benefit From NAMI – Written and Contributed by Margi Ahlgren

App for anonymous support

AIR (Anonymous. Inspiring. Relatable) is the new NAMI app, a free, mobile-based social network designed for individuals living with mental health conditions and their family members/caregivers. NAMI AIR is intended to provide another way for people to find and give support, to connect with others through smart phone and computer tablet.

AIR facilitates personal connections with others who may be going through, or have been through, similar situations. Users are anonymous but not alone.

- See more at: <http://www.nami.org/Find-Support/Air-App#sthash.TjI0t5xp.dpuf>

Television Channel

Arcos Films has launched the Mental Health Channel (MHC) offering 12 regular documentary series (or shows) with a total of 47 episodes currently filmed out of 120 that are planned. Each episode is about seven minutes in length.

Every episode is available 24/7 on the MHC website “free to view, free to share and commercial free.”

- See more at: <https://www.nami.org/Blogs/NAMI-Blog/May-2015/Tune-In!-The-Mental-Health-Channel-is-Here#sthash.WBA59wuy.dpuf>

Crisis Intervention Team (CIT) Information

NAMI's CIT Advocacy Toolkit is designed to help NAMI members advocate for CIT in their communities. As NAMI develops materials, find them at www.nami.org/cit, and in CIT in Action, NAMI's monthly e-newsletter. To subscribe to CIT in Action, contact Laura Usher at laurau@nami.org.

- See more at: <https://www.nami.org/Extranet/Advocacy/CIT-and-Criminal-Justice-Issues#sthash.BJu6AnQQ.dpuf>

Continued on the following page

Five Ways You Can Benefit From NAMI Continued from the previous page

Digital Newsletters

To sign up to receive any of NAMI's digital newsletters, [create a nami.org account](#) and manage your subscription options. Available e-newsletters include:

- **NAMI Now**, which features news, blogs and information on mental illness, research, arts and culture, NAMI inside events and more
- **NAMI e-News**, which features the latest in federal action alerts, legislation and policy updates
- **CIT In Action**, which features news and information about police Crisis Intervention Team (CIT) programs, jail diversion, community reentry and decriminalization initiatives

- See more at: <http://www.nami.org/About-NAMI/Publications-Reports#sthash.bAkIsH1P.dpuf>

YouTube Videos

NAMI uploads videos to YouTube on a wide variety of topics. These are available for viewing at no cost by connecting with www.YouTube.com and searching on National Alliance on Mental Illness. You can get information on mental health disorders, personal stories, policy issues, and many other interesting aspects of mental health.

Conclusion

We've merely taken a peek at NAMI offerings for those living with mental health challenges, their families, providers and policy makers. Explore more at www.nami.org.

New Advisory Board

An Advisory Board is being formed in coming months for the Behavioral Health Organization (BHO) that will replace the Regional Support Network (RSN) system for distributing state funds and monitoring mental health/chemical dependency services in the three-county (Jefferson, Clallam, Kitsap) collaboration. A nominating committee is currently forming to screen applicants. It was agreed that we would like to see representation on that Board and will recruit appropriate candidates. The composition of the Advisory Board is required to be 51% users or past users of publicly-funded mh/cd services.

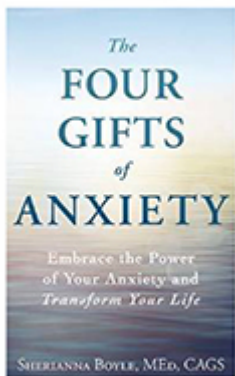
What's New on the NAMI Bookshelf?

By Joni Agronin | Mar. 16, 2015

Each week, NAMI receives books from all over the world on various mental health topics. Every person that sends us a book has the hope that their story or their professional experience can be helpful or meaningful to our community.

We believe that everyone's story can have a positive impact on someone else so we wanted to share with you some highlights of the many books we have received over the past month.

[The Four Gifts of Anxiety](#)

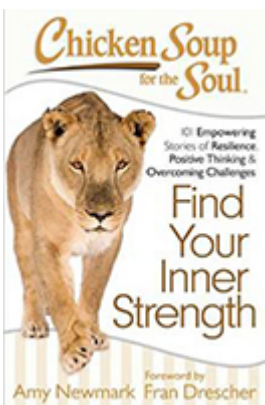


By Sherianna Boyle, MEd, CAGS

Adams Media, 2015

Sherianna Boyle's book focuses on what she deems the four gifts of anxiety: resiliency, hope, empathy and purpose. She provides her readers with information about how to reframe anxiety so that it can be used in a positive way and not disturb the lives of those living with it. The goal is for readers to take control of their futures and live healthier more fulfilling lives with their anxiety.

["A Lifelong Challenge" in Chicken Soup for the Soul: Find Your Inner Strength](#)



By Jill Davis

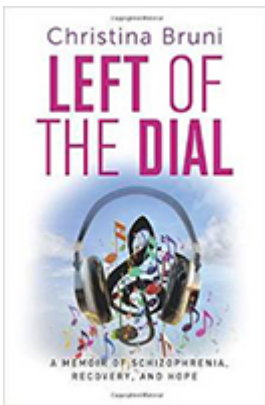
Chicken Soup for the Soul Publishing, 2014

This edition of Chicken Soup for the Soul would help anyone get through a rough day but Jill Davis' story focuses on her experience with bipolar disorder and how she overcame the many challenges that she faced. Her story showcases how faith and a solid support system can make a world of difference in an individual's recovery.

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What's New on the NAMI Bookshelf continued from the previous page

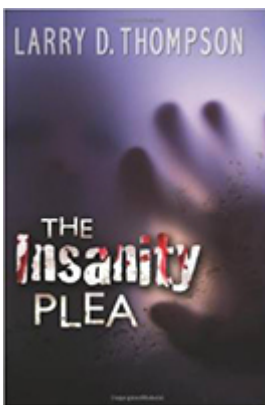
[Left of the Dial](#)



By Christina Bruni
Self-published, 2015

Christina Bruni was a college radio disc jockey, playing alternative rock “to the left of the dial” and aspiring to a career as a writer. She becomes one, but not without first facing a struggle through the mental health care system. But even in the most difficult moments Christina’s individuality and her family’s love never quit. Her optimism, humor, ambition and down-to-earth perspective are an inspiration.

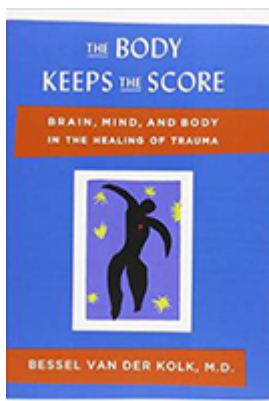
[The Insanity Plea](#)



By Larry D. Thompson
Story Merchant Books, 2014

An innocent man living with schizophrenia is wrongfully accused of murder and has to rely on the help of a few key supporters to prove his innocence. This fictional thriller explores a journey through the criminal justice system that defies stereotypes. It will keep you on the edge of your seat from start to finish and definitely take you on an emotional rollercoaster.

[The Body Keeps the Score](#)



By Bessel Van Der Kolk, M.D.
Penguin, 2014

Doctor van der Kolk has spent over three decades working with trauma survivors. His book talks about the ways trauma affects our brains in profound ways affecting our ability to think, trust, engage with others and experience pleasure. This book provides information about innovative treatment options for those who have experienced trauma and helps the reader find ways to reclaim their life.

For more books and more information go to:

<http://www.nami.org/Blogs/NAMI-Blog/March-2015/What's-New-on-the-NAMI-Bookshelf>

National Alliance on Mental Illness
Clallam County
PO Box 2878
Port Angeles, Washington 98362



NAMI

of Clallam County

Your Local Voice on Mental Illness

MEMBERSHIP DUES 2015

SINGLE MEMBERSHIP _____ \$35

CONTRIBUTION / GIFT _____ \$

FAMILY MEMBERSHIP _____ \$35

OPEN DOOR (minimum/low income) _____ \$ 3

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