



*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***

## **March - April 2015 Issue**

### ***Board of Directors***

*President: Chris Juel*  
*Treasurer: Lora Brabant*  
*Director: Angel Lucas*  
*Ex-Officio: Ginger Melville*

### ***Local Contact Information***

*NAMI of Clallam County*  
*PO Box 2878*  
*Port Angeles, WA 98362*

*For Information and Referrals*  
*Message Phone Number:*  
*360.452.5244*

*Email:*  
*[namiofclallamcounty@gmail.com](mailto:namiofclallamcounty@gmail.com)*

### ***Web Mistress***

*Dawn Acuna*  
*Web Site: [www.namiclallam.org](http://www.namiclallam.org)*

### ***Newsletter Editor***

*Vivian Mulligan*  
*[vivian.mulligan@gmail.com](mailto:vivian.mulligan@gmail.com)*

### ***Featured in This Newsletter***

<b>What's Going On</b> .....	<b>2</b>
<b>Help Wanted</b> .....	<b>3</b>
<b>So You're Ready to Help</b> .....	<b>4</b>
<b>Funding Reforms of the State Mental Health System</b> .....	<b>5</b>
<b>Family to Family and Basics Classes</b> .....	<b>6</b>
<b>Benefits Central</b> .....	<b>6</b>
<b>NAMI Walks Washington June 06, 2015</b> .....	<b>6</b>
<b>NAMI 2015 National Convention</b> .....	<b>7</b>
<b>Legislative Action Alert</b> .....	<b>7, 8</b>
<b>Training for Parents and Teachers as Allies</b> .....	<b>9</b>
<b>2015 NAMI Membership</b> .....	<b>10</b>

### 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 Affiliate Meetings

**Free**

Olympic Medical Center (Hospital)  
Linkletter Hall, Basement  
**(Third Thursday of each month  
6:30 pm)**

*All Consumers, NAMI members, and Friends of  
NAMI are Welcome!*

***The March 19 Affiliate Meeting  
has been cancelled. Look for  
information regarding the April  
16 Affiliate Meeting in our next  
newsletter.***

#### BINGO

**Free**

Horizon Center - Port Angeles  
Corner of 5<sup>th</sup> and Lincoln  
**(Last Tuesday day of each month  
2:00 – 3:15)**

March 31

April 28

*All Consumers and NAMI members are  
Welcome!*



### Support Groups

**Free**

#### Family Members

Peninsula Behavioral Health  
Port Angeles  
**(Every Thursday Noon – 1:30)**  
March 05, 12, 19, 26  
April 02, 09, 16, 23, 30  
For more info call 681-7414

#### Family Members

Sequim Community Church  
Sequim  
**(2nd and 4th Monday 7:00 pm)**  
March 09, 23  
April 13, 27  
For more info call 457-0330

#### Adults Living with Mental Illness

#### Connections

Church of God  
Corner of 5<sup>th</sup> and Race, Port Angeles  
**(Every Saturday 1:30 – 3:00)**  
March 07, 14, 21, 28  
April 04, 11, 18, 25

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

For more info call 360-452-5244



# Help Wanted!

**The Thursday, March 19 Affiliate Meeting of NAMI of Clallam County has been cancelled!**



A number of NAMI of Clallam County Board members are due to leave the Board – some because of term limitations set by our bylaws, but most due to burnout. As a result, the Board has been forced to downsize our activities.



- Family to Family Classes – Still offering
- Information and Referral Phone – Still offering
- Support Groups – Still offering
- Annual Picnic – Can **no longer** sponsor at this time
- Annual Christmas Party – Can **no longer** sponsor at this time
- Special Programs – Will need to **cut back number** (Such as Presentations by Dr. Jones, Dr. Yelland and Dr. Rennebohm)
- Facebook – Will be **discontinued**
- Website – Will be supported, perhaps for **limited time**
- Newsletter – Will be delivered, perhaps for just **6 months**

**The Thursday, March 19 Affiliate Meeting of NAMI of Clallam County has been cancelled!**

## You Can Help!



- If you are not a member of NAMI, **join now!**
- If you are a member of NAMI, **join the**

**Board!** Board meetings will be held in conjunction with Affiliate meetings, so only one meeting per month.

- Carry some other **critical responsibility**.  
Come on, let your talent shine!



## So You're Ready to Help....



Become a Member

To join NAMI, which includes membership in NAMI of Clallam County:

- Fill out the Membership Form on the last page of this newsletter, include your check, and mail it to:  
National Alliance on Mental Illness  
Clallam County  
PO Box 2878  
Port Angeles, Washington 98362
- Or go online to <https://www.nami.org/get-involved/join#g> and click on **Become a Member** to access online registration



Join the Board

We are looking for NAMI of Clallam County Board members. To express your interest in joining the Board, leave a message at:

360.452.5244

Or contact any of the existing Board members:

President: Chris Juel	<a href="mailto:christopher.anne.juel@gmail.com">christopher.anne.juel@gmail.com</a>
Treasurer: Lora Brabant	<a href="mailto:-serving4ever@gmail.com">serving4ever@gmail.com</a>
Director: Angel Lucas	<a href="mailto:angeliquemarielucas@gmail.com">angeliquemarielucas@gmail.com</a>
Ex-Officio: Ginger Melville	<a href="mailto:rgprecious@olympen.com">rgprecious@olympen.com</a>



Take on a Critical  
Responsibility

We need people to do jobs like:

- Organize a telephone tree
- Take charge of refreshments for Affiliate meetings
- Handle Public Relations
- Track legislative bills

If you do **not** wish to join the Board, but **do** wish to take on a critical responsibility for NAMI of Clallam County, call:

360.452.5244

# Funding Reforms of the State Mental Health System

By Seattle Times editorial board

Originally published March 8, 2015 at 4:04 pm

The Legislature is passing necessary reforms of the state mental health system, but now it needs to ensure they are funded. WASHINGTON State’s slow climb back toward a functional mental-health system took a long, welcome stride Wednesday as the state Senate passed a slate of important reform bills.

If all become law, people with serious mental illnesses could see wider access to urgently needed care, and their families could have more power to get them that help. And the state could begin to slow the appalling trend of jails becoming de facto psychiatric institutions.

The most important word is could. The Senate’s package of four bills — two of which already passed the less fiscally conservative state House — are IOUs for state budget-writers. Funding these necessary and overdue reforms is estimated to cost at least \$40 million in the 2015-17 budget — no small task for a Legislature under a court mandate by the state Supreme Court to increase education funding.

A centerpiece of the Senate package is known as Joel’s Law, named in honor of a 28-year-old software engineer who, in the midst of psychosis, was killed by Seattle police in 2013. Thanks to tireless advocacy by his parents, [Doug and Nancy Reuter](#), the law would create for the first time an appeal process for families to intervene if their loved one is denied crisis hospitalization. A similar proposal passed the House last year, but was quashed in the Senate. This version, sponsored by state Sen. Steve O’Ban, R-University Place, passed 46-3, and was previously unanimously approved by the House.

The most telling argument for Joel’s Law is embedded in a state financial analysis, which estimates that perhaps 500 more people a year would be hospitalized simply because their families could appeal. Otherwise, those people would likely not get help they desperately need.

The Senate also addressed the inhumanely long waiting lists for treatment faced by people sitting in jails. Currently, some mentally ill defendants charged with low-level crimes sit in jail, waiting for treatment for months because of a backlog at Western State Hospital. That practice will go to trial later this month in federal court, where the state is widely expected to lose.

.....  
The Legislature has taken a step forward to shore up its duty to people with mental illnesses. But until these reforms are funded, it is only a half-step.

## ***Family to Family and Basics Classes***

*We are currently holding the Family to Family Class, which is specifically for parents, caregivers and loved ones of adults with mental health issues, diagnosed or not.*

*Our Basics Class is for parents and caretakers of children with behavior issues, diagnosed or not. The March class is not meeting due to lack of enrollment. Look for announcements of future classes.*

## ***Benefits Central***

Benefits Central assists people with disabilities who want to know about working while receiving benefits. In fact, SSA Work Incentives lessens or may even eliminate the impact of wages on benefits. For more information contact Caryl at [360-917-4893](tel:360-917-4893) or [www.benefitscentral.org](http://www.benefitscentral.org)

Information courtesy of  
Karla Zabel,  
Mental Health Ombuds Program Coordinator  
BRIDGES  
Serving Kitsap, Jefferson and Clallam Counties  
[360-692-1582](tel:360-692-1582) or [1-888-377-8174](tel:1-888-377-8174)

## ***NAMI Walks Washington June 06, 2015***

*NAMI Walks Washington is on June 06, 2015, in Kirkland, WA. There will be more information in the next newsletter. In the meanwhile, go to:*  
<https://securewalks.nami.org/registrant/LocationHome.aspx?eventid=157231&langpref=en-CA&locationID=160648&Referrer=direct%2fnone>  
*or for more information contact Tom Lane, Walk Manager, at [tlane@namiwa.org](mailto:tlane@namiwa.org) or 206-783-4288.*



<http://www.nami.org/Get-Involved/NAMI-National-Convention>

# Legislative ACTION ALERT!

## HELP GET NAMI BILLS OUT OF COMMITTEE!

NAMI has three priority bills currently pending in Senate Ways & Means and House Appropriations - each bill must pass by this Friday, March 27th or they will be dead for the session.

Below you will find information about the bills, and the actions you can take to help move them forward.

### The Bills

SB 5649/HB1450 concerning Involuntary Outpatient Mental Health Treatment (this is the Assisted Outpatient Treatment bill).

- Message : Please hear and pass this bill out of committee as amended, it is a more economical, less restrictive means of providing critical mental health services.
- If emailing your message you can either download and include this document or include a link to this document: [AOT Fiscal Talking Points](#).



© Can Stock Photo - csp16531921

***SB 5311/1348 requiring Crisis Intervention Training for peace officers.***

- **Message:** Please hear and pass this bill out of committee. Crisis Intervention Training saves both lives and money as police officers are properly trained in dealing with crisis situations involving people who are mentally ill.
- If emailing your message you can either download and include this document or include a link to this document: [CIT Training Fiscal Impact](#).

***SB 5667/HB 1643 Addressing the fiscal impacts of bills and budgets***

**Message:** Please hear and pass this bill out of committee. This bill will provide legislators with more helpful information as they make fiscal decisions. While current fiscal notes on bills emphasize the cost of implementing a bill - such as Crisis Intervention Training or Assisted Outpatient Treatment - this bill would require a more thorough analysis of what the cost will be if such bills are not enacted, thus highlighting the long term cost savings or cost avoidance.

***TAKE ACTION! WHAT WE NEED YOU TO DO***

***If you are a constituent of any member on the Senate Ways & Means Committee and/or the House Appropriations Committee please contact them to deliver the messages related to the above bills; you can either call or email them.***

***Legislative District 24***

Senate Ways & Means

Senator Jim Hargrove    360.786.7646    [jim.hargrove@leg.wa.gov](mailto:jim.hargrove@leg.wa.gov)

House Appropriations

Rep. Steve Tharinger    360.786.7904    [steve.tharinger@leg.wa.gov](mailto:steve.tharinger@leg.wa.gov)

***Thank you for taking action to help move these critical mental health bills forward!***

***On behalf of the Public Policy Committee,***

***Sandi Ando***

***NAMI Washington Public Policy Committee Chair***



# Training for Parents and Teachers as Allies

NAMI SW Washington and NAMI Washington are pleased to announce an addition to the state training schedule:

## Parents & Teachers as Allies

Saturday, March 28, 2015

8:30 AM - 5:30 PM

Funding for this class has been made possible by grants to NAMI SW Washington. NAMI SW Washington and NAMI Washington are collaborating to make the training possible. However, there will be **no travel or lodging funds** available for NAMI members travelling to Vancouver for the training - those costs will be the responsibility of the affiliate or individual attending the training. NAMI SW Washington will pay for a light continental breakfast, lunch and snacks, and all training materials.



### Guidelines for Participation in Education & Training Program:

1. All participants must be a minimum of 18 years of age.
  2. All participants must be a NAMI member in good standing.
  3. All participants will be screened by the class Teacher(s) or members of the Education Team who will determine if the applicant is appropriate to become a presenter
  4. All participants commit to attending the full training. Failure to do so will result in the forfeiture of the deposit check for that participant.
  5. Completion of the full training does not guarantee participants will receive a Certificate of Completion. Skills will be evaluated by the State Trainers who will determine if participants have learned and can exhibit the skills needed to become presenters
  6. No guests are permitted to attend the training. Application Process
- Attending the training is by pre-registration only, and class size is limited to 24 spots. If there are more applications than spots for the class a waiting list will be created.
  - In order to reserve a space a completed application and a \$50 refundable registration deposit from your affiliate is required.
  - Spots are assigned on a first come, first serve basis after the completed application **and** deposit has been received in the NAMI WA office. Where necessary, priority may be given to areas with critical need and this will be a decision made by NAMI WA.
  - If you need to cancel after being accepted, notify Dorina Hyseni at the state office by calling [206.783.4288](tel:206.783.4288) or [emailing her](mailto:dorina.hyseni@nami.org) no later than March 23, 2015 so we can fill your spot or your affiliate will lose its \$50 registration deposit. Cancelled spots are filled with applications from the waiting list for the class, not by sending another affiliate member.
  - Please note that completion of the application and the affiliate deposit does not guarantee acceptance into the training class. All applicants will be participate in a brief phone screening Here you will find the [Parents and Teachers as Allies Training Application](#).
  - If you have any questions contact the NAMI Washington office at [206.783.4288](tel:206.783.4288)

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

---

**PLEASE PRINT**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City, State, Zip** \_\_\_\_\_

**E-mail** \_\_\_\_\_