

*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

September 2015 Issue

Board of Directors

President: Chris Juel
 Treasurer: Lora Brabant
 Secretary: Margi Ahlgren
 Director: Pam Brown
 Director: Debbie Fredson
 Director: Charles Pridgen
 Director: Gisela Simon
 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

NAMI National

www.nami.org

Newsletter Editor for Now

Vivian Mulligan
vivian.mulligan@gmail.com

Featured in This Newsletter

What's Going On2

Suicide Prevention March and Rally3

Dr. Joshua Jones to Speak on Stigma4

In Loving Memory Ted Andrew Reid5

NAMI of Clallam County's New Web Master6

NAMI Washington Upcoming Trainings6

**Salish Behavioral Health Organization Advisory Board
Volunteers Needed**7

2015 NAMI Membership8

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**



**"Mental illness is
nothing to be ashamed
of, but stigma and bias
shame us all."**

- Bill Clinton

What's Going On

Calendar of Events

NAMI of Clallam County Meetings

Free

Olympic Medical Center (Hospital)

September 17 Meetings

Board Meeting 5:30 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 Stigma: How our Resistance to Facing Mental Illness is Holding Us All Back, presented by Dr. Joshua Jones. Details page 4.

Suicide Prevention March and Rally

Free

See page Details page 3.

BINGO

Free

Horizon Center - Port Angeles

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

September 29

All Consumers and NAMI members are Welcome!

Support Groups

Free

Family Members

*Peninsula Behavioral Health
Port Angeles*

(Every Thursday Noon – 1:30)

September 10, 17, 24

For more info call 681-7414

Family Members

*Sequim Community Church
Sequim*

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

September 14, 28

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)

September 19

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

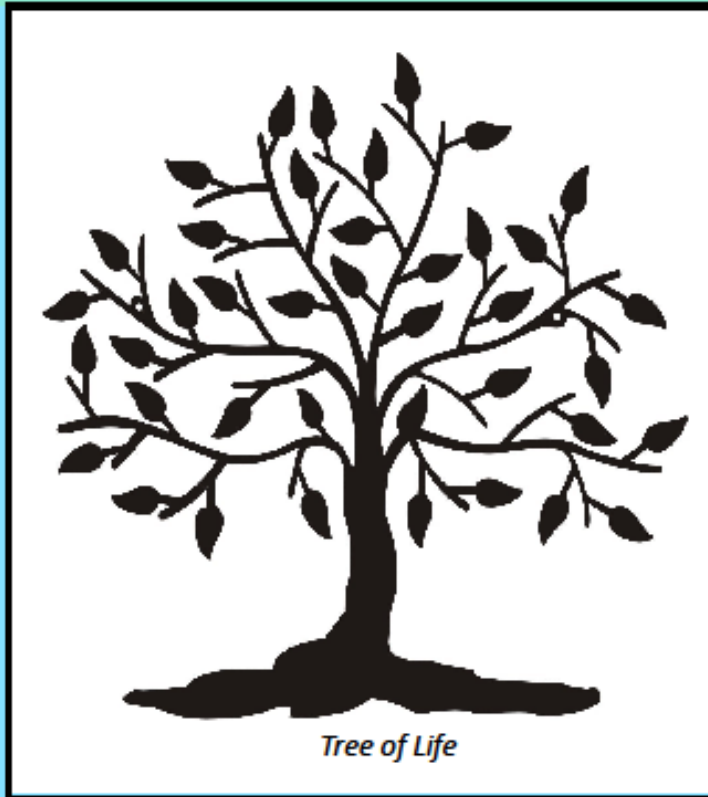
**it's time to talk. it's
time to change**
let's end mental health discrimination

**Join the National Alliance on Mental Illness
and Peninsula Behavioral Health**

**THURSDAY,
SEPTEMBER 10**

4:00 pm

Meet us at the pier, and walk with us to the 8th Street bridges. Join the **Compassion Rally** at Peninsula Behavioral Health at 5:00.



Guest Speakers

Dr. Joshua Jones
Lucille Celestino
Suzanne Debey
Erran Sharpe
Barb Wilson
Kim Ykema

**SUICIDE
PREVENTION
MARCH**

You are invited to hear



**“Stigma: How our resistance
to facing mental illness is
holding us all back”**

*Thursday, September 17th, 7:00 p.m.
Olympic Medical Center – Linkletter
Training Room (Basement)*

A free **Public Outreach Event** sponsored by the
National Alliance on Mental Illness (NAMI) of Clallam County
360-452-5244

NAMlofClallamCounty@gmail.com
www.namiclallam.org

*Joshua Jones, M.D.
Medical Director, Peninsula
Behavioral Health*

Joshua Jones, M.D. became the Medical Director of Peninsula Behavioral Health in December, 2010. Dr. Jones, born in White Salmon and raised in Kelso, is a graduate of the University of Puget Sound and the University of Washington School of Medicine. He is Board Certified as a Diplomate of the American Board of Psychiatry and Neurology in General and Forensic Psychiatry. In 2008, he served as Attending Psychiatrist to the U.S. Army's 1835th Medical Detachment in Camp Taji, Iraq. Previously, Dr. Jones was Medical Director of the Alexander Assessment and Treatment Group in Rochester, N.Y. Dr. Jones is a Clinical Instructor in the University of Washington Family Medicine Department and Clinical Assistant Professor of Psychiatry at the University of Rochester School of Medicine and Dentistry. Dr. Jones has co-authored several journal articles and book chapters on psychiatric practice. Dr. Jones's duties include supervising PBH's psychiatric treatment services, performing forensic psychiatric evaluations, and coordinating services under PBH's contract with the hospital district to provide bedside psychiatric consultations.



Ted was born in North Bend, Washington, and grew up on Pine Lake in Issaquah. He attended Issaquah High School. Ted had been a resident of Port Angeles for the last 20 years.

Ted was a much-beloved son and brother who always had a ready smile and words of wisdom. He was a man of dignity, respect and had a wonderful sense of humor. He will be greatly missed.

Ted is survived by his mother, Janice Reid; brothers Tom, Tim and Terry; sister Kathy (Reid) Benson; brother-in-law Dave Benson; and sister-in-laws Janice Reid, Julie Reid and Michelle Reid.

In lieu of flowers, please make donations to Peninsula Behavioral Health, 118 East Eighth Street, Port Angeles, WA 98362.

A small family service was being planned in Bellevue, Washington.

<http://www.legacy.com/obituaries/peninsuladailynews/obituary.aspx?n=ted-andrew-reid&pid=175544930#sthash.FY7JdnOW.x5mCMIbp.dpuf>

Ted's mother, Janice Reid, is a long-time active member of NAMI of Clallam County. She is always there with a smile, a potluck dish, and helping hands at all of our events. We all have Janice in our thoughts and prayers and offer our condolences to her on the passing of her beloved son.

NAMI of Clallam County New Web Master

We are pleased to announce that Kevin Chinn Kkchinn@gmail.com has accepted the position of Web Master for NAMI of Clallam County's web site. And he's already hard at work! Among other things, there are current links to all our newsletters. Check out our new, improved site at <http://www.namiclallam.org>

NAMI Washington Upcoming Trainings

NAMI Washington offers Training in the NAMI Signature Programs, which allow affiliates to bring NAMI Programs to their community. **All trainings are offered at no-cost to participants.** For more information, contact dorina@namiwa.org

NAMI Homefront

Applications Are Still Being Accepted

- *Training Dates: September 12-13, 2015*
- *Location: Kirkland, WA*

NAMI Homefront is a peer led class for families and primary caregivers of active-duty military service members and veterans with mental health conditions. Applications are still being accepted. To download an application go to:

<http://files.ctctcdn.com/52f7ddd9401/83a30d2d-ed06-4221-ad58-e2cf5b7e538c.pdf>

NAMI Peer-to-Peer

Applications Due by October 16th!

- *Training Dates: October 30 - November 1, 2015*
- *Location: Kirkland, WA*

NAMI Peer-to-Peer is a peer-led recovery education course open to any person with a serious mental illness. The course emphasizes recovery from mental illness as a feasible, supportable goal and challenges the stigma often wrongly associated with mental illness. Applications are still being accepted. To download an application go to:

<http://files.ctctcdn.com/52f7ddd9401/826067aa-385b-42fb-8fca-b52197f4583b.pdf>

Salish Behavioral Health Organization Advisory Board Volunteers Needed

In 2014 the WA State Legislature passed [Senate Bill 6312](#) directing DSHS (Department of Social and Health Services) to change how it purchases mental health and chemical dependency services. Currently, the state purchases these services from two separate systems: Regional Support Networks and counties. Beginning in 2016, these services will be purchased by regionally operated Behavioral Health Organizations (BHOs) through a managed-care structure.

Questions or comments about the BHO transition may be emailed to BHOtransition@dshs.wa.gov

Salish Behavioral Health Organization will serve the Clallam, Jefferson and Kitsap County region. They are looking for volunteers to serve on their Advisory Board. I understand that, by law, 51% of that board must be comprised of consumers who currently use mental health services. For the voice of NAMI of Clallam County to be heard, it is essential that we have representation on the board.

If you received this newsletter via email, that email also contains a link to an application. Applications will also be available at the September 17 Affiliate Meeting.

"We welcome your willingness to serve the Clallam, Jefferson and Kitsap County region. Please return this application to Linda Ward, Administrative Assistant; 614 Division St. MS-23, Port Orchard, WA 98366; lward@co.kitsap.wa.us; 360.337.4604"



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 _____