



## The National Alliance on Mental Illness

Advocate: State Conference September 30, - October 2, 2016

Educate: We offer Free Classes for people who care, our families and friends.

Support: We lovingly support each other with compassion and kindness.

***SPRING IS COMING.....***

## ***MARCH - APRIL 2016 NEWSLETTER***

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

President: Chris Juel

Vice-President: Doran Metlay

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Education: Mary Benavidez

Webmaster: Kevin Chinn

Membership Drive: Doran Metlay

Program Development: Pam

Brown and Debbie Fredson

Publicity: Pam Brown

Newsletter: Chris Juel

Literature: Charlie Pridgin

Phone Triage: Mary Benavidez

## How to Contact Us.....

NAMI of Clallam County

P.O. Box 2878

Port Angeles, Wa. 98362

Message Phone: (360) 452-5244

NAMI Wa. [www.namiwa.org](http://www.namiwa.org)

NAMI National: [www.nami.org](http://www.nami.org)

Webpage: [www.namiclallam.org](http://www.namiclallam.org)

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

Newsletter Editor: [namijuelbox@gmail.com](mailto:namijuelbox@gmail.com)

### **Hotlines Available 24/7**

PBH Crisis Line: (360) 457-0431

### **Crisis Counselors on call 24/7**

### **East Clallam County Crisis line:**

(360) 452-4500

### **Suicide Prevention National**

**Lifeline:** 1-800-273-8255

## OUR SUPPORT GROUPS

### For Family and Friends

Every Thursday from 12 - 1:30p.m.

Peninsula Behavior Health

Port Angeles, Wa

For more info call 457-0330

The Second and Fourth Monday's

@ 7p.m. Sequim Community Church

For more info call 681-7414

### Adults Living With Mental Illness

The First and Third Saturday's from 2- 3:30pm

Church of God (little blue church) corner of 5th and Race

For more info call 452-5244

## ***HERE'S WHAT IS HAPPINING.....***

Our next Board meeting will be March 17, 2016 5:30 p.m. All consumers, NAMI members and friends of NAMI are welcome to attend as observers.

Our Affiliate Business Meeting will start at 6:30. All are welcome to attend but only members can vote.

### **BACK BY POPULAR DEMAND FOR PORT ANGELES SHOWING:**

***HIDDEN PICTURES*** starts at 7p.m.

Filmmaker Ruston experienced the silence that surrounds mental illness from her own family experience (as seen in the Award winning film, UNLISTED). When she learns that 450 million people globally have a mental health condition she realizes their plight is the most hidden of all. How are people accepted or rejected? What is mental health care like? Who is helping?

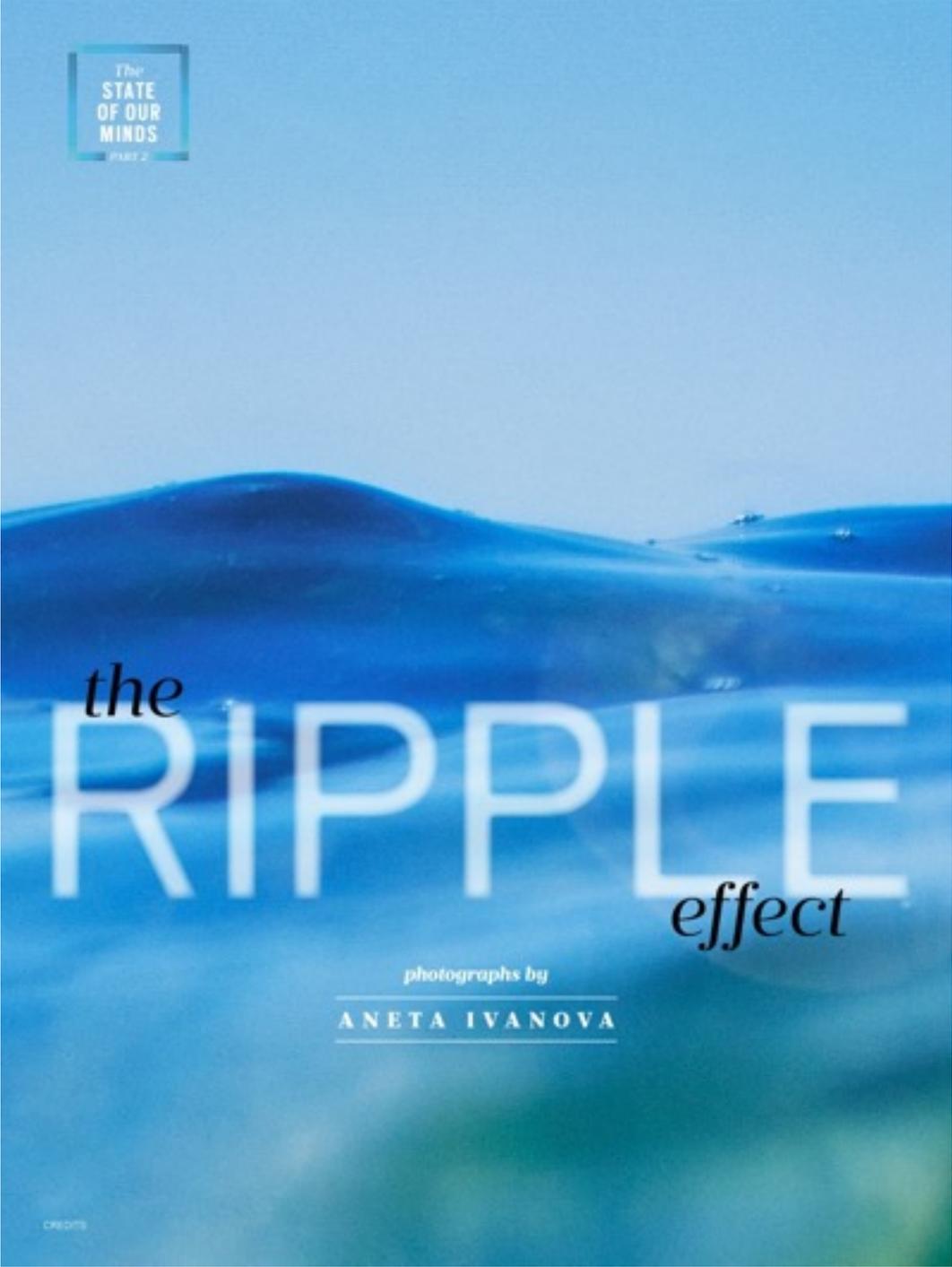
In HIDDEN PICTURES Ruston takes us on her journey to answer these questions, uncovering deeply personal stories in India, South Africa, China, France, and the US. Powerful narratives involving bipolar illness, depression, schizophrenia and anxiety, show the universality of our seemingly different worlds.

See the person not the illness, take action, take  
the pledge and be...

**stigmafree**

#IAmStigmafree

More From Oprah.... Second of three Special Series





# **NAMI** of Clallam County

*Your Local Voice on Mental Illness*

## **MEMBERSHIP DUES 2015**

<b>SINGLE MEMBERSHIP</b>	\$35
<b>CONTRIBUTION / GIFT</b>	_____ \$
<b>FAMILY MEMBERSHIP</b>	\$35
<b>OPEN DOOR</b> <i>(minimum/ low income)</i>	\$ 3

**PLEASE PRINT**

**Name**

**Address**

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

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

**Like us on Facebook** 

# NAMI WASHINGTON STATE CONFERENCE 2016

Red Lion Hotel PORT ANGELES, WASHINGTON

SEPTEMBER 30, - OCTOBER 2, 2016

SIGNED...

SEALED...

DELIVERED...

NAMI Wa. Exective Director  
Lauren Simmons, going over contract  
with Lynn Merry of The Red Lion



Left to Right: Lauren, Tom Lane  
Community Engagement Director  
NAMI Wa., Chris Juel President,  
NAMI of CC





Join us in Denver, July 6 -9, 2016, for the NAMI National Convention. This year's theme is Act. Advocate. Achieve. #act4mentalhealth. For complete details on the convention, including a preliminary program schedule, please visit: [www.nami.org/convention](http://www.nami.org/convention)

If you are looking for more information on just about anything, the NATIONAL INSTITUTE OF MENTAL HEALTH puts out an update every 2 weeks !!!  
[SO MUCH INFO](#)

Find clinical trials by state by clicking [here](#).



Download the latest NIMH update by clicking [here](#). To learn more about NAMI Washington's role as Washington State's NIMH Outreach Partner visit the NAMI Washington [website](#) and the NIMH Outreach Partnership Program [page](#).

Choose recovery not incarceration  
Criminalizing people living  
with mental illness has reached crisis proportions

Dear NAMI Supporter,

Mental illness doesn't just strike an individual. It strikes a family.

Family caregivers are often isolated by the stigma of mental illness. According to an NAC report developed in collaboration with NAMI, *On Pins and Needles: Caregivers of Adults with Mental Illness*, more than 8 million family caregivers of people with mental illness face serious gaps in getting needed support. The report revealed that caregivers experienced the following:

- High emotional stress and anxiety about their loved ones.
- Lack of involvement by providers in health care decisions.
  - Poor access to care and community health services.

Over 8 million Americans are  
affected

This crisis in caregiving happens to families addressing mental illness when the responsibility of care falls solely on them. Without adequate support, services or information, that demanding role often affects the entire family's wellbeing.

“Everyday caregivers wait on pins and needles for another call that turns their life upside down, and for many of us the endless stress and uncertainty leads to depression and anxiety.”

We can't ignore the vital role that a caregiver often has in the recovery of a person living with mental illness. NAMI is taking a stand to demand that mental health reform legislation addresses the needs of family caregivers and ensuring that vital information and support is available. Support NAMI today to help ensure that the current crisis in caregiving isn't the future of caregiving.

# Depression Survival Guide

By Larry Godwin | Feb. 10, 2016



Although I am not a health care professional, I've seen depression from the inside. My expertise is rooted in the trials and errors of personal experience. Every person is different and therefore not all of these suggestions will work for you, just as they haven't all worked for me. My hope is that through this list you can gain insight into at least one strategy that helps assuage your depression.

## Recognize That Depression Is Not A Sign Of Weakness

It's not just sadness. Unfortunately, a lot of people still don't understand that. Stigma still exists that prevents people from getting help, but know that you are not alone. Millions, including everyday people and celebrities, have [talked about their struggles with depression](#), received help and are in recovery.

## Don't Be Afraid To Get Help From A Professional

Make an appointment, whether it's with your family physician, a licensed mental health professional or a psychiatrist. It's important to find someone that you feel comfortable with. If you can't afford the cost for a private visit, [SAMHSA provides a treatment locator](#) or you can call your local county health services department

or mental health center for assistance. Healthcare providers draw from their areas of expertise and personal experiences. That means if one doesn't work for you, there's another out there who might be a better fit. Here are some more [tips for finding a mental health professional](#).

## Be A Part Of Forming Your Treatment Team

Being a team is important. Being included in decisions about what works for you can make sure you help decide what's important for you in recovery. Members of your treatment team can include your therapist, psychiatrist, or other health care provider, a trusted family member or friend, and a support group.

## Don't Struggle In Silence

Confide in those you trust, whether it's your spouse or partner, a relative, a close friend, or your healthcare providers. You can also join a support group, either a face-to-face one in your community or online. Warmlines are also an option. They are free, peer-run support lines that provide the opportunity to speak to a peer. At the same time, be selective in [how much you disclose about your illness](#) when a casual friend or acquaintance asks how you are.

## Be Patient

Although some [treatments](#) can bring results within a few days, many take weeks to make a difference. Follow your physician's directions—don't exceed what he or she recommends, and look for gradual improvement rather than huge changes overnight.

## Keep A List Of Things That Make You Smile And Laugh

In other words, create a rainy day fund for your mental health. Depression can come in cycles so having things that you can call on quickly that you know will help pull you up can be important. These might include a friend you can call, a compilation of funny cat videos, pictures from a fun vacation, a playlist of your favorite songs or an inspirational quote.

## If Traditional Treatments Don't Work, Explore Other Options

If common services and supports like therapy and prescription medications and supplements don't seem to work, there are other types of treatment you can try. For example, [repetitive transcranial magnetic stimulation \(rTMS\)](#), which

stimulates nerve cells in the brain to improve symptoms of depression, meditation, and [complementary health approaches](#) like yoga, acupressure and acupuncture.

## Engage All Of Your Senses

Being aware of your surroundings and your body can help ground you and connect you to the moment. This awareness is a practice known as mindfulness. Becoming mindful takes lots of practice (and often training), but there are small things you can do on your own. For example, try to pay attention to the soft rug under your feet or the scented candle in your room. Also, you may find eating flavorful foods like chocolate can help.

## Do Things That You Find Relaxing Or Fun

Color, listen to uplifting music, garden, pet a furry friend and spend time doing whatever it is that makes you feel at peace. Take a vacation or staycation if you can. Doing what you love can have lasting effects after you finish.

## Get Outside

Spending time outside improves your mood, reduces stress and anxiety, gives you energy and improves focus. [Find the time to soak up some rays](#) and get your daily dose of Vitamin D.

## Explore Your Thoughts And Feelings In A Private Place

Journaling isn't a new idea, it's hard to get started and you may find it tedious—but it can make a difference! Just writing down your thoughts can bring validation and relief. Let any anger or frustrations that you have out on paper instead of bottling them up.

## Make Plans To Look Forward To

Fill your agenda every day. Idle time can cause you to dwell on negative thoughts, so instead keep yourself occupied. Take up a new hobby, enroll in an interesting class or volunteer to help others. Try to establish daily routines and stick to them, for they can provide structure and stability, providing mileposts to carry you through the day.

## Exercise

It's been said before, but exercising releases feel-good endorphins into your brain and can lift your mood. Take long walks, jog, play tennis, join a fitness club or find another form of exercise that you enjoy. **Make an exercise routine and stick to it.** Start small. If you haven't exercised in a while—or have never really gotten into it—that's OK! Set a small goal to start out with—just 10-15 minutes a few times a week. Once you get used to the routine, keeping it going will get easier.

## Surround Yourself With Positive People

A positive attitude can be infectious, so stick around the people that make you happy and avoid those who don't. Negativity breeds more negativity and it's hard to stop the cycle. Try to stop the cycle from starting!

## Be Compassionate Towards Yourself

Forgive yourself for your blunders and for angry remarks you may have made. Realize you're doing the best you can, but don't become complacent. Resolve to do better in the future. Keeping your inner dialogue positive isn't easy, but positive thinking can go a long way toward increasing your resilience.

Need 4 new members to our NAMI of Clallam County Board.



