

The National Alliance on Mental Illness

Advocate: NAMI Day, January 18, 2016

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

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

NOVEMBER/DECEMBER 2015 NEWSLETTER

Board of Directors

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Secretary: Margi Ahlgren

Treasurer: Lora Brabant

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Director: Charlie Pridgin

Director: Gisela Simons

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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: Margi Ahlgren

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

NAMI National: www.nami.org

Webpage: www.namiclallam.org

Email: namiofclallamcounty@gmail.com

Newsletter Editor: 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 681-7414

The Second and Fourth

Monday's @ 7p.m.

Sequim Community Church

For more info call 457-0330

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

What's Happening...

Our next Board meeting will be November 19th, 5:30p.m. at Sequim Community Church, 950 N. 5th Ave. 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.

Our program ***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, d

Here's wishing you all a

Happy
Thanksgiving



Like us on Facebook 

Filled with good food,
family, friends and
memories to keep you
warm at night!

*Here comes our annual Christmas Party and
It's a potluck....*

*Treasurer Lora Brabrant and her merry little elves have been working on
this for months. Come and what what they done for YOU!*



Date: 12/05/2015

Time: 5:30 pm

*NAMI
Christmas
Party*

*Location: 1st Presbyterian Church
139 West 8th Street, Port Angeles*

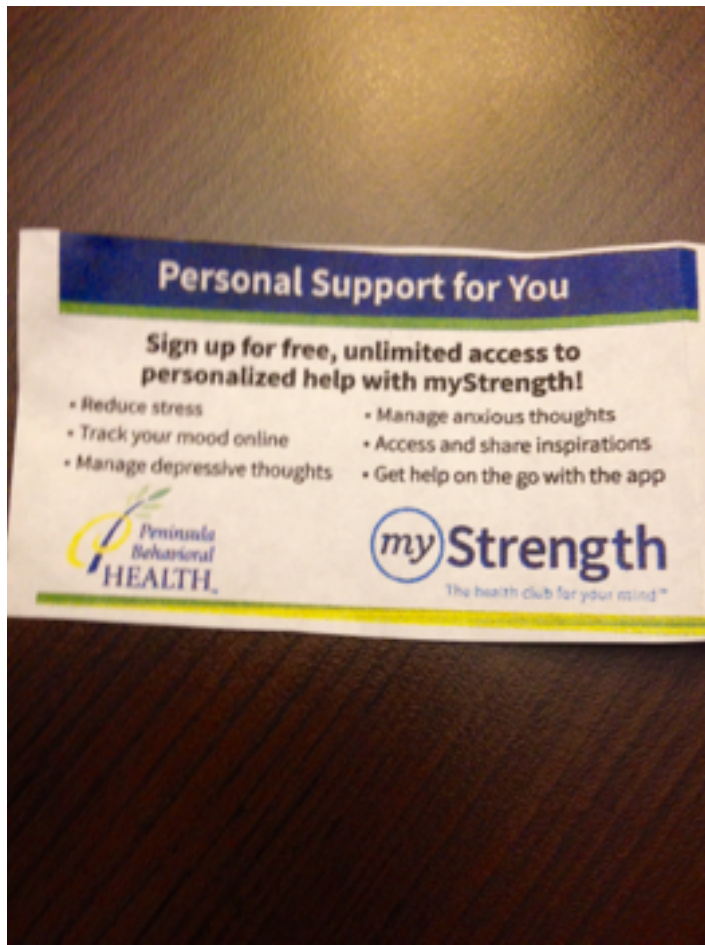
*Sponsor: NAMI of Clallam County
Food, Music, gifts, and lots of fun!*

Can't find anyone to talk to in the middle of the night?

Download our NAMI AIR App....



Breathe Easy with NAMI Air! NAMI Air is a safe, anonymous app to share and air your experiences. *For Android or iPhone.*



Peninsula Behavior Health offers *MyStrength*, an App that gives you on the spot support.

It is a clinically evidence-based program which offers individuals a combination of verbal and video information, coping advice, inspiring images and assures the person that they are not alone.

MyStrength is FREE to clients. Interested persons can phone (360) 457-0431.

For home computers, tablets or

iPads.

What's going on with our Legislators ?

Congress Takes Historic Step Toward Mental Health Reform; NAMI Applauds Many Provisions

ARLINGTON, Va., Nov. 5, 2015 /PRNewswire-USNewswire/ -- Mary Giliberti, Executive Director of the National Alliance on Mental Illness ([NAMI](#)) has issued the following statement on the passage of HR 2646, comprehensive mental health reform legislation by the U.S. House of Representatives Energy & Commerce Subcommittee on Health, late in the evening of Wed., Nov. 4.

"NAMI is thrilled that Congress has taken the first crucial step in moving forward comprehensive, bipartisan mental health legislation. The extensive discussion and action on a bill focused on the needs of our members and others who are affected by mental illness represented an historic moment.

NAMI appreciates the leadership of the full committee and subcommittee and the extensive work of all members of the subcommittee as they discussed the critical issues in improving mental health care in America. We look forward to working with them as we move toward enactment of final legislation. We are particularly grateful to U.S. Representatives Tim Murphy (R-Pa.) and Eddie Bernice Johnson (D-Tx.) for their leadership and strong commitment to improving care for Americans living with mental illness.

This historic step responds to the nation's mental health crisis and seeks to build a modern mental health care system oriented toward early identification of symptoms, effective treatment and sustained recovery.

There is still much work to be done. The bill will move next to the full committee while the U.S. Senate will be working on parallel legislation, S. 1945, introduced by Senators Chris Murphy (D-Conn.) and Bill Cassidy (R-La.)

The bill has many steps before it becomes law, but we celebrate this important milestone."

**NAMI DAY in Olympia: January 18, 2016:
Whose coming with me????**

Review of our last Board Meeting:

- 1.) We are now taking applications for five new Board members to be voted for in March. Their two year terms will begin on April 1, 2016.
- 2.) We voted to make an application to Washington State to host the 2016 State Conference in Port Angeles.
- 3.) We elected a Vice-President. Mr. Doran Metlay from Peninsula Behavioral Health.
- 4.) The Arlene Engel award was discussed and Debbie Fredson will talk OMC to see if we can hang a plaque outside the Linkletter Room with awardees to be added yearly.
- 5.) Charlie and Debbie Pridgin reported on their Homefront training. Pamphlets have been ordered and publicity will follow.
- 6.) Grants and fundraising were discussed.
- 7.) A committee was formed to oversee presenters for our programs that follow our Affiliate meetings. Pam Brown will Chair and Debbie Fredson volunteered to assist.

Don't Forget BINGO!!

Last Thursday of each month At the Horizon Center, Corner of 5th and Lincoln in Port Angeles.

NAMI WALKS COMING ON June 4, 2016

**NAMI OF CLALLAM COUNTY HAS
BEEN SELECTED BY OUR STATE**

BOARD TO HOST OUR STATE CONFERENCE SEPTEMBER 30 - OCTOBER 2, 2016 !!!!!



NAMI Clallam County

Your Local Voice on Mental Illness

MEMBERSHIP DUES 2015

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

PLEASE PRINT

Name _____

Address _____

City, State, Zip _____

E-mail _____

