

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.

MAY and JUNE 2016 NEWSLETTER

May is Mental Health Awareness Month

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How to contact us:

NAMI of Clallam County

P.O. Box 2878

Port Angeles, Wa. 98362

Phone: (360) 452-5244

Email: namiofclallamcounty@gmail.com

Website: www.namiclallam.org

NAMI State: www.namiwa.org

NAMI National: www.nami.org

HOTLINES AVAILABLE 24/7 :

Peninsula Behavioral Health Crisis Line (360) 457-0431

East Clallam County Crisis Line: (360) 452-4500

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

NAMI CLALLAM COUNTY SUPPORT GROUPS

FAMILY MEMBERS

Peninsula Behavioral Health

Every Thursday, Noon til 1:30

For Info call (360) 452-5244

Sequim Community Church

2nd & 4th Mondays 7 p.m.

For Info call:(360)452-5244

FOR ADULTS LIVING WITH MENTAL ILLNESS

CONNECTIONS GROUP

Church of God, 5th & Race, Port Angeles

Every 1st and 3rd Saturday, 2-3:30 p.m.

For Info call: (360) 452-5244

Look at us GROW..... meet our new Board Members



ANNE GROVER

I am a recent college graduate with a degree in psychology from Western Washington University. I really enjoy working with children and adults along with working outdoors, which is why there is a split in my work experience between forestry and jobs related to my degree. I have recently moved back to Port Angeles and hope to gain experience related to my degree in any and all ways possible in the community I grew up in.



SUSAN WINTERS....

Susan is a former administrative assistant with Crescent School District's Olympic Peninsula Home Connection which partners with home schooling families in the education of students. She and her husband homeschooled all 5 of their daughters until the girls were old enough to attend Peninsula College in the Running Start Program. She is experienced in coordinating educational activities and assisting where ever she is needed. She has over 30 years volunteer and professional experience.

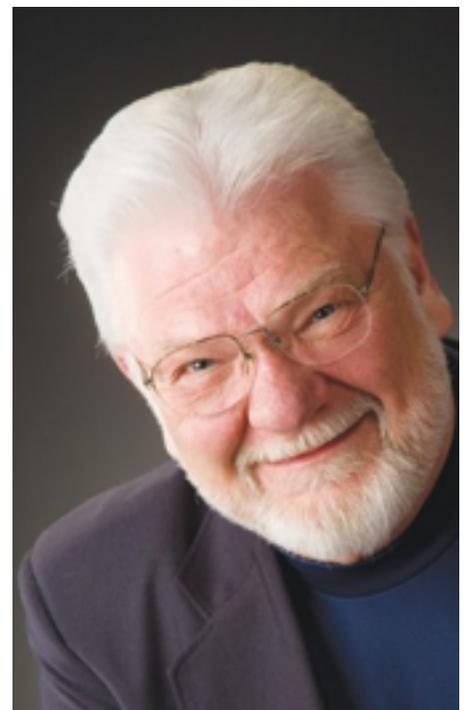
After working for the school district Susan operated Loving Care Estate Cleaning Services. This small business cleaned out estates of those who had to move into care facilities or were deceased. She is currently a professional organizer working with people who face cognitive challenges that keep them from being organized.

CAL SCOTT

I am not a mental health professional, however it is my commitment to utilize my abilities, professional business and educational background to assist NAMI in whatever capacity I am allowed.

My core belief is that the underlying contributor to most societal ills lies within our community not fully recognizing and fostering a fundamental commitment to mental health wellness. Virtually everyone I have known, taught or worked with in the last fifty years has been affected in some degree by mental illness. I have found that if we personally experience mental health challenges or not, we are still affected by those who suffer from a lack of mental wellness.

Our local, national and world community has a personal share of responsibility toward achieving mental health wellness. Not fully



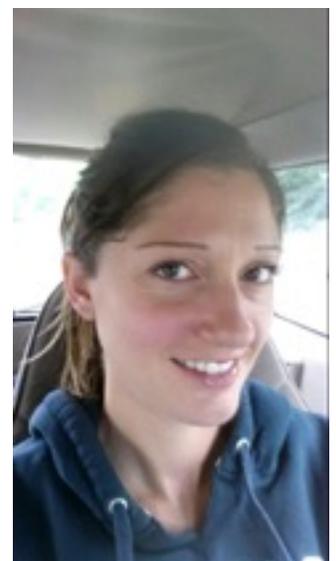
recognizing, understanding or addressing the facts regarding mental illness within our communities has caused harm to our people, society, economy and even our day to day living. I believe that when we, the community, consider the contributing factors of mental illness found within homelessness, crime, suicide, addictions and the daily functions of a healthy society, we may begin to embrace me reach out, publicize, engage, inform and address further committment regarding the mental health challenges and concerns within our community.

My personal goal is to replace fear and apathy toward mental health issues with understanding and empathy by working through a highly visible *campaign* of repetitious engagement and education of local public, media, business and governmental spheres of influence. Further, it is my hope to help bolster grass roots to regional understanding, participation, contribution and funding of mental wellness. aningful solutions.

Because of my beliefs, I am compelled toward greater enlightenment and solutions regarding mental health. I offer to utilize my experience, expertise and professionalism reflected in my résumé.

JESSICA BRANTLEY

My association to mental illness is through my own personal history of addiction co-occurring with anxiety disorder which eventually lead me into homelessness. I am proud to say I have actively been in sobriety now for a year and a half and am building my life back up. However I do feel passionately about the issues of addiction co-occurring with mental illness and would love to step in and help anywhere I am needed. Also I am very active in the community of sobriety and can bring awareness of NAMI and what it has to offer.



EULALIA ENGEL (photo not available)

To me, there is no more a comprehensive issue than mental health. I believe that most breakdowns occur because of oppression, shame and alienation. Addressing the nature of the disease in which we suffer from, instead of focusing on our symptoms, will initiate a great healing in society.

I have obtained my A.A. at Peninsula College. I am an officer for Diversity Alliance and served on the Associated Student Council. I have spent many years of my life working with people experiencing psychiatric imbalance and chemical addiction. I myself am a survivor that has reached a state of balance and acceptance within myself. I feel it injustice not to use this experience to share and advocate for others.

I speak at City Council meetings and have a monthly column in the Port O Call newspaper.

I want to help build and advocate for a more dynamic and understanding community so we can all be advocates for those experiencing cognitive peril.

I look forward for the opportunity to join the conversation.





NAMI Washington State Conference



The Road to Recovery: Mental Health Matters

September 30th - October 2nd, 2016

Red Lion Hotel - Port Angeles, Washington

Hosted with NAMI Clallam County

Summary: The theme of the 2016 NAMI Washington State Conference - *The Road to Recovery: Mental Health Matters* - reflects our deep commitment to not only provide information and support to those who struggle, but to also recognize and celebrate those who seek and find recovery. Taking an active part in one's own recovery involves self-awareness, persistence and support from peers and others.

We are planning the conference's keynotes and sessions to highlight the many roads to recovery and how individuals' journeys add up to meaningful, positive, experiences of living with mental illness; deeper, more effective involvement of families, friends and advocates; and stronger, more responsive systems of care. NAMI Washington is seeking workshop proposals in all areas which touch upon Recovery including People, Research, Treatment, Law and Justice, Systems and Policy for all populations including youth, veterans, communities of color and under-served populations.

Workshop Specifics

Conference Workshops will be held on Saturday, October 1st. Each workshop will be 90 minutes and may have up to a maximum of 3 presenters plus one moderator for a total of 4 people on a panel. We invite workshop proposals that are interactive, inspiring, and informative; workshops which will actively engage participants and send attendees away with lessons learned and even action they can take. We encourage workshop proposals from all sectors of the Mental Health Community: PEERS, Family Members and Caregivers, Mental Health Providers, Researchers and Specialists from across the state .

Sponsors:

The 2016 State Conference current list of sponsors includes NAMI Washington, NAMI Clallam County, Johnson & Johnson, phARMA, Perkins Coie, and the Salish BHO.

Speakers (confirmed)

Keynote Speakers will include Jim Vollendroft, Director of King County Behavior Health Division; Dr. Joshua Jones, Medical Director of Peninsula Behavioral Health; Assistant Secretary Carla Reyes of DSHS Behavior Health; Cheryl Strange, CEO of Western State Hospital; Assistant Secretary for the Department of Corrections Re-Entry Division; Mary Giliberti, Executive Director of NAMI National; Cinda & Linea Johnson, authors of "*Perfect Chaos: A Daughter's journey to survive bipolar, a mother's struggle to save her.*"

Current special workshops include: Navigating Public Benefits, Rethinking HIPPA to Save Lives by Involving Families; CODE the Movie - a documentary film featuring expert commentary as well as the stories of correctional officers and inmates who live with mental illness in prison. Workshop proposals are being accepted through June 3rd, and the full schedule of workshops will be available after July 15th.

At least \$3,000 of scholarship funds are available for NAMI members who wish to request support to attend the conference. The scholarship application will be available in mid-June.

Art Show & Awards:

A highlight of the conference is an art show featuring works of all types by people living with mental illness and caregivers. NAMI Washington will be honoring several people with NAMI awards - those nominations will be open in mid-June.

Come and join our conversation.....

Hearing Voices Network And it's Implications on Recovery

**HEARING VOICES
NETWORK
USA**



Voices, Visions & Other Unusual or Extreme Experiences

**May 19th 7:00 Linkletter Hall at Olympic
Memorial Hospital**

Public Policy Report – 2016 Legislative Session

Submitted by Seth Dawson, NAMI Washington Public Policy Consultant

NAMI Washington celebrates the many legislative victories accomplished during the 2016 legislative session. All of the victories were made possible by the hard work of NAMI activists across the state, our NAMI Washington Public Policy Committee, and our Public Policy Consultant, Seth Dawson.

Spurred in part by federal litigation concerning undue delays in competency evaluations being conducted in jails and the possible loss of federal matching funds due to safety issues in the state hospitals, the legislature continued its recent year trend of making substantial improvements in the state mental health system.

Beyond addressing such external pressures, the legislature commendably continued to otherwise enhance mental health efforts, as well – reversing the trend of cutting such services, a propensity that began several years ago when state revenues declined substantially and ultimately led to many of the severe service shortfalls we are now experiencing.

While much work in our mental health field remains to be done, the 2016 session saw no less than 18 pieces of helpful legislation enacted and a number of positive allocations in both the supplemental operating and capital budgets itemized in this report.

Interim Matters

NAMI Washington has several opportunities to help shape public policy during the interim, especially by fielding representatives to the following:

☐ Children’s Mental Health Task Force (see E2SHB 2439).

☐ The Washington Statewide Reentry Council (see 2SHB 2791).

☐ Police Use of Deadly Force Task Force (see ESHB 2908).

☐ Police Use of Body Cameras Task Force (see EHB 2362).

☐ Suicide Prevention (see E2SHB 2793).

☐ Suicide Prevention: Higher Education (see SHB 1148 from the 2015 legislative session. We will continue to have our hands full in the coming year.)



*Change the way the
world sees mental illness.*

NAMIWalks Saturday June 4

Join NAMIWalks to help end stigma and provide support, education, and inspiration to those living with mental illness and their loved ones. Sign-up for free today at www.namiwalks.org/washington.



Like us on Facebook 

STAY CONNECTED



Download our NAMI AIR

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 advispiring images and assures that you are not alone. *MyStrength* is FREE to clients.

Interested persons can phone (360)457-0431.

MEMBERSHIP APPLICATION

Join NAMI of Clallam County

When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the National NAMI organization.

You will receive NAMI's flagship, the *Advocate*, as well as NAMI's monthly e-newsletter, *NAMI Now*, if you subscribe at: www.nami.org/subscribe

Yes, I want to: *(please check one)* Join NAMI

Renew membership for one year **Dues**

\$35 Regular Membership

\$3 Open Door *(for low income)*

Title: Mr. Mrs. Ms. Dr.

Primary Member Last Name:

Address: _____

City, State, Zip:

Phone: _____

Email: _____

Payment Information: Check: Pay to the order of NAMI of Clallam County (NCC)

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

