



# NAMI Eastside **NEWSLETTER**

November/December

Support, Education & Advocacy

2007 Volume 8, Issue 5

## **Educational Forums**

**“STRESS MANAGEMENT”** is an educational forum that will be *presented in Spanish* on Wednesday, November 14, 2007, 7-9 pm, at the North Shore Senior Center, 10201 E. Riverside Drive in Bothell.

Alba Zuniga, LMHC, Certified Hypnotherapist and Program Manager for Bellevue SEA MAR Community Health Centers, and Carmina Fuller, MHP, MA, will be our presenters. For more information please call Alba Zuniga at (425) 460-7116 or email at [albaczuniga@yahoo.com](mailto:albaczuniga@yahoo.com).

**There will be no forums at Evergreen Hospital in November and December due to the holidays.**

**Join us again on January 15, 2008**

**"Foundational Nutrition and Supplementation for Treating Mental Illness", a presentation by Dr. Laura Walton, Bastyr University**

See page 3 for a list of other upcoming forums.

## ***BIG NEWS AT HERO HOUSE***

**HERO House**, our Clubhouse Model program for psychiatric rehabilitation in Bellevue, has exciting news. Executive Director, Erica Horn, Advisory Board Chair Roberta Lyon, and members Jesse Levine and Michael Given have just returned from the International Center for Clubhouse Development 14<sup>th</sup> Seminar in Milwaukee. They brought back a wealth of information and experiences to share, including partnering with a clubhouse in Calgary, Alberta to sponsor a clubhouse in Uganda! 22 countries from around the world sent delegates representing some 400 ICCD clubhouses.

A major milestone will be the Certification Review coming up November 4-8, when the faculty of the ICCD (International Center for Clubhouse Development) visits to observe how our Clubhouse is faring with regards to the 36 Standards. We are confident that we will do well, although we have much work to do to increase membership and employment opportunities for the future.

Clubhouse is a consumer-driven program for adults in recovery from severe mental illness where members work side by side in the Work-Ordered-Day, regaining their lives and rejoining their community. A major feature of clubhouse is the employment program: Transitional Employment, Supported Employment and Independent Employment.

Then, on December 1<sup>st</sup> we will celebrate our anniversary with the **Second Annual HERO House Gala** featuring a program of light classical music, yo-yo and juggling acts, generously donated by the Skerlong Family. Kaid Skerlong is a member of HERO House.

(continued on page 2)

**NAMI Eastside**

Family Resource Center Campus

**Mailing Address:** 16315 NE 87th Street, Suite B-11  
**Physical Address:** 16225 NE 87th Street, Suite A-7  
 Redmond, WA 98052, (425) 885-NAMI (6264)  
 Info@nami-eastside.org www.nami-eastside.org

**Support Groups & Education**

- NAMI-C.A.R.E. (Peer).....(425) 885-6264  
Tom and Brian
- Peer-to-Peer..... (425) 885-6264
- In Our Own Voice.....(425) 747-5315  
Dick Hanner.....ioov@nami-eastside.org
- Educating the Next Generation.....(425) 885-6264  
Margaret .....Margaret.romano@comcast.net
- Family Support Groups
- Veda..... (425) 865-9839
- Karin .....(206) 236-5247
- Lisa .....(206) 232-6946
- Jan .....(425) 747-6142
- Nicole .....(425) 443-7202
- Depression Support Group
- Liz.....(425) 392-5027
- Sylvia.....(425) 836-5405
- Family-to-Family Class
- Judy .....(425) 939-7473
- Mental Health & Spirituality Support Group
- John .....(425) 489-4084
- Spanish Speaking Support Group
- Alba .....(425) 306-3681
- Consumer Art Practice .....(425) 885-6264
- Visions for Tomorrow .....(425) 885-6264  
Julie, Alexandra, and Tom

**Committee Contacts**

- Housing Committee..... OPEN
- Librarian.....info@nami-eastside.org
- Volunteers..... volunteer@nami-eastside.org
- Membership.....officeadmin@nami-eastside.org
- Website.....website@nami-eastside.org
- Administration.....officeadmin@nami-eastside.org
- Consumer Coordinator .....info@nami-eastside.org
- Office Director.....info@nami-eastside.org

**Executive Board**

- Michael Maloney.....President
- Alan Stratton .....Vice President
- Debbie Jones.....Secretary
- Nelly Sing.....Treasurer
- Paul Beatty .....Director
- Julie Boulter .....Director
- Roberta Lyon.....Director
- Mike Rynas.....Director
- Laurie Scott.....Director
- Jim Wangelin.....Director
- Ximenita Miller .....Director

**Others**

- Louis Carrozzi.....Webmaster
- Barbara Thompson & Cindy Chase .....Newsletter
- Erica Horn.....Executive Director, HERO House

(Hero House continued from page 1)

Light dinner fare is being catered and donated by Dinners Ready!. **HERO House** will present 5 Platinum Leadership Awards to major sponsors, including Costco, The Nordhoff Family Advised Fund at The Seattle Foundation, Sam and Debra Jones for being among the leading Founders, Wayne and Gayle Laufer for their individual generosity, and David and Janice Horn who will receive the Volunteer Leadership Award. We will also present 2 Platinum Employment Leadership Awards to Sodexo and Marshalls for supporting our members with employment opportunities.

If you would like to make a donation, place an ad or request invitations, please contact [rlyon@herohouse.org](mailto:rlyon@herohouse.org). Reservations for the Gala can be made with a suggested donation of \$100 per person. Complimentary tickets are included with donations or ads of \$100 and above.

**Mental Illness Awareness Week was October 7-13, 2007**

Thank you to everyone that participated in our special activities during Mental Illness Awareness Week. Almost 20 people attended the showing of the documentaries, "Out of the Shadow" and "Forging Rough Waters" and agreed that these were both excellent films.

Thank you also to those of you that attended the church service at St. Brendon Catholic Church in Bothell.

\*\*\*\*\*

For many people affected by mental illness, the first place they turn for support is their place of worship. Talk with your spiritual leader about including information about NAMI Eastside programs and classes in your weekly bulletin. This is a great way to reach those in need of support. Contact the NAMI Eastside office for brochures or other information.

## MORE NAMI EASTSIDE NEWS

### UPCOMING TRAINING AND EDUCATION

**Support Group Facilitators** are needed for new and existing support groups. Our family and consumer groups are in great demand all over the Eastside. We need your help to fill existing vacancies and to be able to reach out to people in other areas such as Bothell/Kenmore and Sammamish/Issaquah, and to our non-English speaking neighbors. NAMI Eastside will host facilitator training March 14-16, 2008 at the Family Resource Center Campus, 16315 NE 87th St., in Redmond. This training is a full 2 1/2 days. There is no charge but space is limited. Please contact the NAMI Eastside office at (425) 885-6264 or via email at [info@nami-eastside.org](mailto:info@nami-eastside.org) for more information.

**Peer-to-Peer Facilitator** training will be offered in the spring or summer of 2008. If you have attended a Peer-to-Peer class in the past, you know just how important it is in achieving recovery. Please contact the NAMI Eastside office at (425) 885-6264 or via email at [info@nami-eastside.org](mailto:info@nami-eastside.org) for more information. There is no charge for this weekend training but space is limited.

### A Family to Family class is starting up again in February, 2008.

Time and date to be determined. If you have a family member or loved one suffering with a mental illness, this class can help. The class educates family members and relatives about mental illness. The weekly 11 week course includes education on the major mental illnesses, coping skills, information on medications, and self care. The class is for caretakers and family members only and can be very helpful in understanding and supporting your loved one. Space is limited so please contact Judy Burk - 425 939-7473 in early January, 2008 if you would like to sign up. Thank you.

Judy Burk

**Other classes** planned for 2008 include Peer-to-Peer, Recovery and Resiliency, Wellness Recovery Action Plan (WRAP), and Visions for Tomorrow (VFT). Watch the newsletter for more information.

### ADDITIONAL FORUMS IN 2008

**February 19, 2008, "OCD/Anxiety", Travis Osborne, Ph.D.**

**March 18, 2008, "Updates from Medicare & other Benefits News" Bob Leeds, Positive Solutions**

**April 15, 2008, "Legislative Update", Seth Dawson**

**June 17, 2008, "Good Sleep", Dr. Matthias K. Lee, Virginia Mason Sleep Disorders Center**

*Do you have a suggestion for a forum? Send it to "[info@nami-eastside.org](mailto:info@nami-eastside.org)"*

### NAMI EASTSIDE ANNUAL MEETING

**Saturday, January 19, 2008. The meeting will be held in the morning at HERO House in Bellevue and will last approximately 90 minutes. Stay tuned for more information.**

### NAMI Eastside Goals for 2007

NES priorities for 2007 are as follows:

- Childrens Program Development
- Facilitator Training/Volunteer Development
- Increased Outreach
- Increased Community Awareness and Visibility
- Increased Collaborative Relationships
- Increased stability of funding for HERO House and NES via Additional Grants and Contracts
- Legislative Advocacy

### Newsletter Submissions:

**Newsletter content is accepted on a continual basis. We welcome book reviews and pictures; personal stories are particularly desirable. Please forward any contributions to [info@nami-eastside.org](mailto:info@nami-eastside.org). If you are submitting an article, please obtain authorization from the author/publisher prior to sending it to us. Thank you.**  
The Editors

# Cognitive Therapy in Depression

Cognitive Therapy was designed to help the depressed person in a couple of ways. The goal of the therapy is to change the pessimistic ideas, unrealistic expectations, and negative self-evaluations that create depression and sustain it. Supportive counseling helps ease the emotional pain and addresses the feelings of hopelessness that accompany depression. Cognitive therapy also helps the depressed person recognize which life problems are critical, and which are minor. It helps the person develop positive life goals and a more positive self-assessment. Also, problem solving therapy helps by changing the areas of the person's life that are creating significant stress, and contributing to the depression. This may require Behavioral Therapy to develop better coping skills, or Interpersonal Therapy, to assist in solving relationship problems. All of these interventions are used as part of the cognitive treatment approach. Some psychologists use the phrase cognitive - behavioral therapy (CBT) and others simply call this approach Cognitive Therapy. In practice, both cognitive and behavioral techniques are used together.

## Cognitive Factors in Depression

**Self-evaluation** is an ongoing process. We always evaluate how we are managing life tasks, and we evaluate whether we are doing what we should, saying what we should, or acting the way we should. In depression, self-evaluation is generally negative and critical. The depressed person tends to take responsibility for everything that goes wrong and tends to give external factors credit for things that turn out fine. Psychologists think that self-evaluation in depressed individuals is too critical.

This negative self-assessment feeds a low self-esteem and a sense of failure.

At sometime, everyone may accurately identify a **skill deficit**. "I'm not good at telling people what I want from them." However, the depressed person assumes that he or she cannot learn how to do what is necessary to achieve a better outcome. One of the goals in therapy is to help depressed people identify their social skill deficits, and also help them develop a plan to improve those skills. This part of cognitive therapy is more behavioral, as the depressed people learn how to manage their life problems better.

**Cognitive distortions**, a concept introduced by Dr. Aaron Beck, are irrational ideas, over generalizing of simple mistakes, or false assumptions about what other people think about us or expect from us. We are distorting the reality by the way we are evaluating a situation. The concept of cognitive distortion highlights the importance of perceptions, assumptions and judgments in coping with the world.

**Automatic thoughts** are repetitive, automatic self-statements that we always say to ourselves in certain situations. They can be positive or negative. It is generally believed that psychological problems develop when our automatic thoughts are consistently negative. They are automatic because they are not the result of an analysis of the problem, they are a reaction to specific situations. These automatic thoughts create an expectancy of something negative.

Albert Ellis, who is one of the founders of cognitive psychology, first presented the idea that **irrational beliefs** are at the core of most psychological problems. What makes

these ideas irrational, or maladaptive, is the belief that they are always correct. There are times when we do everything right, and we still don't get what we want. For some people, this leads to the conclusion that they are lazy, no good, incompetent, or weak. The result is a loss of self-esteem, and sometimes, depression.

The essence of cognitive therapy is the assumption that irrational thoughts and beliefs, overgeneralization of negative events, and negative self assessment, promote the development of psychological problems, especially depression. ■

Submitted by Ligia Cicos

## References

- Franklin, D. (2003), "Cognitive Therapy for Depression." <*Psychology Information Online*> (27 August, 2007)
- Beck, A. (1979), *Cognitive Therapy and the Emotional Disorders*. New York: Penguin Group.
- Ellis, A. (1994), *Reason and Emotion in Psychotherapy*. Citadel, Rev Sub Edition.

## *Letter to the community from an active member of Families of People with Untreated Mental Illness*

### *DISPUTING A CONCEPT*

The single most difficult challenge that families of people with severe mental illness face today is their inability to legally intervene in any way when their loved one refuses medication. Why do they refuse medication? Because approximately half of the people with severe mental illness have a symptom that keeps them from realizing that they are ill, anosognosia. And, why would a person who feels that he/she is not ill agree to take a medication, especially when it may have side effects?

Presently, the law "protects" that individual from having to take medications that he or she does not want to take, no matter how psychotic or irrational that individual may be. As long as that individual is not considered to be a danger to self or others, he/she can be as psychotic or irrational as it is possible to be without anybody being able to intervene. Even though this person may become homeless, suffer from delusions, paranoia, etc., there will be no help unless a law is broken or the person becomes a danger to self or others. All of this is allowed to occur in order to "protect" that person's civil rights!

A baby, child and minor teenager may all be American citizens and yet (usually) would not be able to refuse any reasonable care their parent may deem appropriate. Though they are citizens, a reasonable mind understands that they are immature, and thus unreliable as far as making good, sound decisions that would affect their welfare. So, they are a "set" of American citizens that are denied the right, for a period of time, to do as they choose because they are not, or may not be, capable of making good decisions regarding their welfare.

Certain elderly citizens in our country are affected by dementia. Dementia robs these citizens of the ability to make good, sound judgment affecting their welfare. When a legal procedure determines the affected person to be incapacitated, they may be denied "the right" to make certain decisions. Therefore, we have another "set" of American citizens who, perhaps for just a period of time (though most likely for the remainder of their life), will be denied the right to make certain decisions regarding their own welfare.

Why then, is it such an extraordinary leap to say that there is another "set" of American citizens that, for a period of time, while they are incapable of making rational decisions regarding their own welfare (and, perhaps after a similar hearing as the incapacitation hearing spoken of above), they may be denied the right to choose not to take the medications that they desperately need, to have their sanity restored? There is some likelihood that the person will actually wish to continue taking the medication after he or she feels the improvement that the medication has made. How many "rational" people "want" to live on the streets? [Approximately 39% of the homeless population have some form of mental illness, with 20 - 25% being seriously mentally ill.] Why should irrational persons be allowed to make such decisions about medications if the other "sets" mentioned, that also have impaired thought processes, are not allowed?

Thus, the same parents who lovingly cared for their minor children, providing them with all things necessary to have a healthy, happy life, suddenly are unable to do anything to help their 18 or 19 year old child (coincidentally, the age when severe mental illness is often first diagnosed), who may have become irrational, psychotic, delusional, paranoid, etc.

Unfortunately, families without the means to challenge this concept legally, which would probably entail taking it all the way to the Supreme Court, will probably have to wait until somebody with "deep enough pockets" to be able to afford such legal representation has the terrible "luck" to have a son or daughter who desperately needs but refuses their medications. Would that person "allow" their son or daughter to become homeless, abandoned to their delusions, possibly even being incarcerated? But, what parent can bear being put into that position?

Florence

Founder and Active Member of the Families of People with Untreated Mental Illness

[www.lackofinsightmi.org](http://www.lackofinsightmi.org)

## Community Announcements

### ***Study for Major Depression Accompanied by Sleep Problems***

The Pacific Institute of Mental Health (Dr. Robert J. Reichler) is conducting a study to research a new medication. DSHS participants will be accepted as long as there are no other psychiatric complications i.e. schizophrenia, bipolar, etc.,. The Study is in Phase I and they are currently accepting new participants for Phase II. Call Judy in Dr. Reichler's office at (425) 248-4850 for more information.

### ***Eastside Therapeutic Resource is a mental health research clinic which conducts clinical trials on psychotropic medications.***

Eastside is currently conducting a Schizophrenia study on a new antipsychotic medication which, in previous studies, has been associated with weight loss. This is an important study for those who have found earlier antipsychotics to be associated with weight gain.

Eastside is also conducting two Bipolar studies.

All doctor care and medications are free, and patients receive \$25 at each visit. In the US, clinical trials are the only means of finding new, more effective medications for patients, who in turn gain access to new treatments and help others by contributing to medical research. For information call (425) 443-9551.

### ***Help Solve the Schizophrenia Puzzle!***

Researchers at the UW are looking for individuals with schizophrenia who have at least two other relatives (with or without schizophrenia) that may be interested in participating in research. Participants must be over 18 with no current drug or alcohol problems, and able to travel to the VA Medical Center on Beacon Hill in Seattle. Volunteers will be compensated for their time, and transportation costs will be reimbursed.

For more information call the research hotline at (206) 277-1163 or (800) 597-5441.

### ***Drama Group Forming***

The Circle of Friends Drama Class is building a group of persons interested in being in a drama group with thoughts of a production or small productions that can be shared with the NAMI community and the community at large, bringing fun and pushing "stigma" into the background.

The group meets on Thursdays at 1:30 pm in Room 4135 at Central Seattle Community College, 1701 Broadway, in Seattle.

We will have theater games, theater exercises, group fun and when ready will begin to develop the play "Day Diaries".

Abby Taylor, a fun actress and drama graduate is leading the group and Al Souma from the college is our sponsor. KT Goeke will help.

If theater and fun is your bag, call Carolyn Hale at (206) 325-6386 or email her at hale700@hotmail.com to add your name to the list. There are lots of ways to be involved; come if you are interested.

Sponsored by the Circle of Friends for Mental Health. There is no charge.

### ***Depression and Bipolar Support Alliance***

*"Improving the lives of people living with mood disorders".*

Free information on depression and bipolar disorder as well as listings to over 1000 patient support groups across the country.

Website: [www.dbsalliance.org](http://www.dbsalliance.org)

### ***Bipolar Disorder Awareness Educational Symposium in Yakima***

Dr. Juan Guerra, a Seattle-area primary care physician, will address Bipolar Disorder diagnosis and treatment within his family medicine practice.

Thursday, November 8, 2007, 6:00-8:00 p.m.  
Yakima Valley Memorial Hospital Auditorium,

Free of Charge and Open to the Public

Please RSVP to NAMI Yakima at

(509) 453.0753, [namiyakima@nwinfo.net](mailto:namiyakima@nwinfo.net)

## Washington Behavioral Healthcare Conference June 12-13, 2008, Yakima, WA

### Call for Presentations

Proposals must meet the following criteria:

1. Present information based on outcomes and/or measurable results
2. Build participant skill development and enable easy replication; offer practical and innovative approaches
3. Display sensitivity and applicability to a multicultural population, and employ person-first language
4. Address meaningful consumer and family involvement
5. Incorporate evidence-based and/or promising practices
6. Promote the advancement of clinical skills beyond an introductory level

If you have questions, please contact Alison Avery, Education and Project Manager for the Washington Community Mental Health Council at (206) 628-4608, ext. 12, or at [aavery@wcmhcnet.org](mailto:aavery@wcmhcnet.org).

To download an application packet, go to [www.wcmhcnet.org](http://www.wcmhcnet.org)

### FREE (and Outstanding) ADHD Teleclasses in November

*"Everything You Wanted to Know About Coaching But Were Afraid to Ask"* with Nancy Ratey, M. Ed.,  
MCC Wed Nov 28, 5 pm PST, 6 pm MST, 7 pm CST and 8 PM EST Call 1-605-725-3600 and enter the access code of 053078#

*"The Maverick Approach to ADD Management: How to Be Happy & Successful by Breaking the Rules"*  
with Jennifer Koretsky, ADHD Coach Thu Nov 29, 5 pm PST, 6 pm MST, 7 pm CST and 8 PM EST Call 1-605-725-3600 and enter the access code of 053078# **Note:**

All our teleclasses are recorded and made into podcasts so you can listen to them at anytime. Podcasts are free for members and cost \$7 for non-

members. See our current listing of podcasts at [http://www.addresources.org/adhd\\_podcasts.php](http://www.addresources.org/adhd_podcasts.php)

Become a member of Attention Deficit Disorder Resources at <http://www.addresources.org/membership.php>

### KCTS 9 HAS LAUNCHED "V-ME," A NEW, 24-HOUR SPANISH-LANGUAGE PUBLIC TV CHANNEL

SEATTLE, WA ♦ KCTS 9, Seattle's PBS affiliate, will launch V-me, the first 24-hour Spanish-language channel distributed by public television stations, on September 17 on digital channel 9.2 and Comcast digital cable channel 119. V-me (pronounced "veh-meh") entertains, educates and inspires viewers with a contemporary mix of original productions, exclusive premieres and acquisitions, and popular public television programs specially adapted for American Latinos.

V-me's programming is organized into four areas: kids, lifestyle, factual, movies and specials. Children's educational programs make up 25% of the program schedule. These research-based programs promote early learning, helping ensure children are ready for school, reading and English-language acquisition. No other Spanish-language channel provides research-based, quality children's programs. Beyond the children's schedule, Spanish speakers will enjoy high-quality lifestyle programming, including parenting, travel, self-improvement and sports; and the factual and current affairs programs only available on public television, including *La Plaza: Conversaciones con Maria Hinojosa*. And, V-me en Pantalla presents contemporary, international Spanish-language films every night.

"KCTS 9 is proud to serve a diverse audience of viewers, reaching 2.3 million viewers each week. Now we have the opportunity to help close the achievement gap for Spanish-speaking children with the same kind of high-quality public television programs shown to improve children's readiness to enter school. By providing thoughtful, intelligent programming to all viewers, KCTS 9 aims to improve the quality of life in Washington state now and in years to come," said Bill Mohler, KCTS Television President & CEO.

V-me will be available on digital channel 9.2 and Comcast digital cable channel 119 at launch. For additional cable channel locations and more on V-me, visit [KCTS.org/V-me](http://KCTS.org/V-me) or [www.Vmetv.com](http://www.Vmetv.com), or call KCTS 9 at 1.800.443.9991.

## Check out our Library

Cognitive Therapy and the Emotional Disorders By Aaron T. Beck, M.D.

This book is an introduction to cognitive therapy by its most prominent founder, Dr. Beck. After more than 30 years since its publication, it is still one of the most cited books on the subject. As mentioned on the cover, the book is "a major exploration of an influential approach to the understanding and treatment of mental illness." Dr. Beck describes both the theory and the therapeutic techniques for anxiety disorders, depression, psychosomatic disorders, as well as tries to demonstrate the wide range of applicability of the cognitive approach. The book is comprehensive and advances a strong argument for the usefulness and validity of cognitive therapy, which is now accepted as a valuable tool in the fight against the various emotional disorders. While the book might be perceived as being too academic, a well-informed reader will probably find it extremely persuasive and informative. Submitted by Ligia Cicos

The Complete Family Guide to Schizophrenia By Kim T. Mueser and Susan Gingerich

This is a good book for family or friends of a consumer to assist them in understanding the illness and the process for recovery. The book is broken down in several parts: an overview of the disease; special issues for family members; preventing relapses; creating a supportive environment; coping with specific problems such as psychotic symptoms; and improving the quality of life for the consumer.

### VIDEOS

"The Caveman's Valentine" from Universal, starring Samuel L. Jackson, is an excellent portrayal of a man with the full gamut of schizophrenic symptoms who is involved in a mysterious death. Not quite up to "A Beautiful Mind" but impressive and entertaining".

"The Hours" from Miramax, starring Nicole Kidman, Meryl Streep and Julianne Moore. If you were depressed before this movie, you won't feel any better afterward. It was slow and difficult to follow, and didn't make sense until the very end.

*Now available in the NES Library, both of these films were recognized by NAMI for their outstanding contribution to public understanding of mental illness..*

***A NES member recently suggested presenting the calendar in this format. Please let me know if you find it helpful.***

### NOVEMBER 2007 CALENDAR

- 7 C.A.R.E. Support Group
- 8 Depression Support Group
- 10 Consumer Art Workshop
- 13 NAMI Board Meeting
- 14 Mental Health & Spirituality Group
- 14 Family Support Group I
- 15 Family Support Group II
- 21 C.A.R.E. Support Group
- 22 **No** Depression Group
- 26 Spanish Support Group
- 28 Mental Health & Spirituality Group

### DECEMBER 2007 CALENDAR

- 5 C.A.R.E. Support Group
- 8 Consumer Art Workshop
- 11 NAMI Board Meeting
- 12 Family Support Group I
- 12 Mental Health & Spirituality Group
- 13 Depression Group
- 19 C.A.R.E. Support Group
- 20 Family Support Group II
- 26 **No** Mental Health & Spirituality Group
- 27 Depression Group
- 31 **No** Spanish Group

Our lending library is open to all. It is located at the NES office, Suite A-7, at the Family Resource Center Campus, 16225 NE 87th St., in Redmond.

Next time you read a book about mental illness, send us a short note about what you thought and if you would recommend it to others. We'll include your review in the newsletter. Your comments help others when they are choosing a book or video.

## NAMI Eastside Calendar

### MONDAY:

**The Spanish Speaking Consumer and Family Support Group** at Sea Mar, Crossroads Medical Center, 1811 156th Ave NE, Bellevue, WA 98007. Call Alba at (425) 306-3681 **Last Monday of each month, 6:30-8:00 p.m.**

### TUESDAY:

**NAMI Eastside Board Meeting**, Family Resource Center Campus, 16225 NE 87th St., Bldg. A, Redmond, Washington, (425) 885-NAMI (6264) All are welcome. **2nd Tuesday, 7:00-9:00 p.m.**

### WEDNESDAY:

**NAMI C.A.R.E. (Consumers Advocating Recovery through Empowerment)** Crossroads Mall, 15600 NE 8th Street, Bellevue in the "Community Room" which is across from the Information/Lotto desk between the Shoe Pavilion and Pzazz. Contact the NES Office (425) 885-NAMI, **1st and 3rd Wednesday of each month, 7:00-8:30 p.m.**

### Mental Health & Spirituality (Open to All)

St. Brendan Catholic Church School, 2nd Floor. Teachers' Lounge, 10049 NE 195th St., Bothell. To verify location, and time, contact John at (425) 489-4084 or via email at johnrad14@yahoo.com. **2nd and 4th Wednesday of each month, 7:00-8:30 p.m.**

**Family Support Group 1**, East Shore Unitarian Church, 12700

SE 32nd St., in Bellevue near Factoria. Go to the building just left of the Sanctuary, Room 204. Nicole (425) 443-7202 or Jan (425) 747-6142, **2nd Wednesday of each month, 7:30-9:00 p.m.**

### THURSDAY:

**Family Support Group 2** St. Andrews Lutheran Church 2650 148th Ave. SE, Room E-2, Bellevue, Contact Veda, (425) 865-9839; Karin (206) 236-5247, karin.miller@overlake-hospital.org, or Lisa (206) 232-6946 gamrath@comcast.net, **3rd Thursday of each month, 7:00-8:30 p.m.**

**Depression Support Group** Family Resource Center Campus, 16315 NE 87th St., Bldg. C, Garibaldi Conference Room, Redmond. Contact the NES Office (425) 885-NAMI, **2nd and 4th Thursday of each month, 10:00-11:30 a.m.**

### SATURDAY:

**Consumer Art Practice / Workshop** Family Resource Center, 16315 NE 87th Street, Building B, the Baker-Adams Conference Room, Info@nami-eastside.org, Helen (206) 617-7820. **2nd Saturday of each month, noon till 3:00 p.m.**

### Parents of Bipolar Children

This support group ended due to lack of attendance, but support is still available. E-mail the former support group leader, Julie Boulter at muddyfetlocks@hotmail.com, or contact the NAMI Eastside office at (425) 885-6264 for assistance.

### ANNOUNCEMENTS

#### Bulk Mailing Party

Family Resource Center (Conference room to be designated when group is scheduled), 16225 NE 87th Street, Suite A-7, Volunteer group is notified about a week ahead of each mailing party. Contact the NES office to volunteer (425) 885-NAMI (6264).

**HERO House Advisory Committee** at HERO House, 14230 NE 20th, Bellevue, Please call (425) 614-1282 to verify date and time.

#### Monthly Forums

Every effort is made to nail down forum details in time for this newsletter but it isn't always possible. Check out our website, or contact the NAMI Eastside office at (425) 885-NAMI (6264).

#### Board Meetings

The second Tuesday of each month, 7:00-9:00 p.m., Family Resource Center, 16225 NE 87th Street, Rainier Room, Bldg. A, Redmond. Call NES office at (425) 885-NAMI (6264). Everyone is welcome.

## Volunteer Corner

*This month we would like to recognize two more outstanding volunteers. Meet Sherri and Bud Brown!*

Question: How did you first learn about NAMI?

Our daughter came home from her first job after college with severe depression. Our assumption was that she was just tired, stressed out with work issues, and needed some rest, home cooking, and tender loving care. Unfortunately, that was not enough!

As she became more depressed and anxious we sought out help from her doctor. They prescribed an antidepressant and sent her home. We knew very little about what to expect from the medicine or what the prognosis for depression was. Because of confidentiality laws and her doctor's strict interpretation of them, we were unable to get information from the medical community at that time. Fortunately, she later found a doctor who believed in a team approach. With our daughter's permission we were included at the end of her sessions when needed. What a difference that made in her recovery!

About a year after her initial diagnosis, we were in the waiting room of the doctor's office when another family asked us if we had connected with NAMI. We had never heard of NAMI, but decided to contact the Seattle group. NAMI Eastside did not exist yet.

Question: How did you become involved?

Our NAMI involvement began with that first phone call to the NAMI office, requesting any information they could give us. They sent us their newsletter and invited us to come visit their office. We also drove into Seattle for monthly NAMI forums where we heard doctors, therapists, legislators and other family members giving messages of hope and encouragement.

At the NAMI office we also learned about a new NAMI program designed for families. We signed up immediately. This program is now known as Family to Family. It was the most helpful way to connect with others who were on this journey, to learn about the latest research on the brain, and to help our daughter as we became better informed parents. We cannot say enough good things about these classes. They were a life saver for us!

Question: What have you contributed to NAMI Eastside and what have you gotten in return?

We were fortunate to hear about the formation of a NAMI group on the eastside in the winter of 2000. We joined the effort of many wonderful people who had a dream to bring this wonderful organization closer to home. Through long hours and hard work, the NAMI Eastside Board was established. Through the efforts of many, office space was found; furniture acquired; volunteers recruited; programs, support groups, and trainings were established; funding was sought; and we functioned like a family with a passionate mission!

Seven years have passed and NAMI Eastside has grown into a strong presence, serving thousands of families on the Eastside. HERO House is now a wonderful reality and other NAMI programs continue to thrive. All provide support, resources, and information, working every day to reduce stigma through compassionate education.

We have been able to help with this education. We taught Family to Family for six years. That experience is one of the richest treasures in our lives. We met the most incredible people who displayed strength, courage, persistence, and unbelievable caring for others.

We have also helped with other projects: membership work, interviews and hiring, meetings with families, teaching, and trying to be available when needed. Everything that we have done with NAMI Eastside has been enriching because of the amazing people we have been fortunate to meet.

In the words of one of our favorite poets:

I slept and dreamed that life was joy.

I awoke and saw that life was service,

I acted and behold, service was joy.

~Rabindranath Tagore~

### **FEBRUARY 18, 2008 IS NAMI DAY IN OLYMPIA**

Meet your state legislators and be an advocate for people affected by mental illness. This is a wonderful opportunity to let your voice be heard by people that can do something about it.

Watch for more information in the next newsletter.

***A Word from Marney Johnson, our Program Manager for Volunteer Services:***

It is not too early to get involved with the NAMI-Walk. Don't wait until April. You can be involved in walk preparations **NOW!**

I am starting a list of folks who would like to volunteer at some level over the next few months to help with the walk. Find out about all the ways that you can help. For more information call 425-885-(NAMI) 6264 or email [volunteer@nami-eastside.org](mailto:volunteer@nami-eastside.org) to be put on the list.

Help us make this event a great success. Mark your calendar for **Saturday, May 17, 2008** at Magnuson Park in Seattle. This is a fun and exciting event and any time you can give will be greatly appreciated.

**We are always looking for new volunteers. Our most critical needs are:**

**Bookkeeper/accountant** urgently needed for HERO House in Bellevue. Contact the NES Office as soon as possible!

**Support Group Co-Facilitators Are Needed Now.** Work with a trained facilitator now; then attend the Support Group Facilitator training in March 2008 (required). See page 3 for more information.

**Board Members:** If you are interested in receiving an application for the NES Board, please contact the NAMI Eastside Office at (425) 885-NAMI (6264) or via email at [info@nami-eastside.org](mailto:info@nami-eastside.org).

**Membership Coordinator:** A detailed description is available at the NAMI office. Much of this work can be done at home.

**Data Entry:** NAMI Eastside uses ACT! as our data base. If you are familiar with it, or are willing to learn, we could use your help in cleaning up our records.

**Community Coordinator:** Attend meetings related to mental illness and relate information to the NES Board.

Additional information about these and other positions is available by contacting [volunteer@nami-eastside.org](mailto:volunteer@nami-eastside.org) or the NAMI Eastside office at (425) 885-NAMI (6264) or via email at [info@nami-eastside.org](mailto:info@nami-eastside.org), and THANK YOU!

***Put MyNAMI to work for you***

Are you aware of a feature offered on the NAMI Web site called "myNAMI". It allows you to indicate your personal areas of interest and then, when new content is added to the NAMI Web site that matches your interests, you can be automatically notified by e-mail.

It is the best way to stay informed about the topics that matter most to you.

Did you know that over the past 12 months, more than 800 new pages were added to NAMI's Web site? That is a lot of information, and that is why myNAMI can be so useful to you. With myNAMI e-mail updates, you will be sure to find out about the latest information that matches your particular interests on the same day it is added to the website.

We hope you will give myNAMI a try, and join the 38,000 others who are already taking advantage of this tool.

1. It is simple to select your myNAMI preferences. Here's how:  
Visit [www.nami.org/mynami](http://www.nami.org/mynami) and sign in.
2. Click the myPreferences tab.
3. Check the boxes beside the topics that interest you and click "Submit."

That's all there is to it!

At NAMI, it is our goal to make it as easy as possible for you to stay aware of the latest information related to mental illness, medication and treatment options, research, education and support opportunities, public policy, and the full range of mental health services.

We hope you will find myNAMI to be a useful tool in your quest to stay informed, find support, and take action on behalf of yourself or your loved one living with mental illness.

*Watt Hamlett*

*Director of Web Services for NAMI, the National Alliance on Mental Illness.*

Family Resource Center Campus  
NAMI Eastside  
16315 NE 87th St., Suite B-11  
Redmond, WA 98052

NAMI Eastside News

November/December 2007

NON-PROFIT ORG  
U.S. POSTAGE PAID  
REDMOND, WA  
PERMIT NO. 377

Phone: 425-885-NAMI (6264)  
Web: [www.nami-eastside.org](http://www.nami-eastside.org)  
E-Mail: [info@nami-eastside.org](mailto:info@nami-eastside.org)

## ***Mental Illness is Not a Choice***

### **Return Service Requested**

#### **NAMI Eastside**

**(425) 885-NAMI (6264) [Info@nami-eastside.org](mailto:Info@nami-eastside.org)**

NAMI Eastside Website: [www.nami-eastside.org](http://www.nami-eastside.org)  
HERO House Website: [www.herohouse.org](http://www.herohouse.org)  
Online PPD Support Group: [www.ppdsupportpage.com](http://www.ppdsupportpage.com)  
NAMI National: [www.nami.org](http://www.nami.org)  
NAMI Washington: (425) 990-6404

#### **Helpful Phone Numbers**

24-hour Crisis Line: 1-866-4 CRISIS, (206) 461-3222, or dial 2-1-1  
Suicide Prevention Hotline: 1-800-SUICIDE  
Survivors of Suicide: (253) 838-8947  
DSHS Food Stamps & Medical Coupons (425) 649-4000  
Catholic Community Services: (425) 284-2211  
Crisis Clinic Caregiver Info: 1-800-621-4636  
Salvation Army: (425) 452-7300  
St. Vincent de Paul: (206) 767-6449  
Community Health Centers of KC: (425) 882-1697  
SKC Public Health: (206) 296-4920  
SSDI & SSI Social Security (800) 772-1213, [www.ssa.gov](http://www.ssa.gov)

#### **Local Resources & Information**

Community Psychiatric Clinic, [www.cpcwa.org](http://www.cpcwa.org), (206) 461-3614  
Sound Mental Health: [www.smh.org](http://www.smh.org) (425) 653-5000, (206) 302-2200  
Western State Hosp Family Advocate: Pat Lovett (360) 698-4668  
Fairfax Hospital 1-800-435-7221  
Washington State Legislators: [www2.leg.wa.gov](http://www2.leg.wa.gov) or 800-562-6000  
Community Resources Online: [www.ci.seattle.wa.us/crisisclinic](http://www.ci.seattle.wa.us/crisisclinic)  
Eastside Legal Assistance: (425) 747-7274  
Eastside Legal Assistance and Multilingual Clinic: (425) 747-1663  
Presbyterian Counseling Svc. (206) 527-2266  
CHADD Eastside (206) 622-2127  
Eastside Community Health Center  
Medical Clinic: (425) 882-1697, Dental Clinic: (425) 883-8000  
Ombudsman of King County: (800) 790-8049, (206) 205-1357

#### **Other Helpful Organizations**

Mental Health Matters: [www.mental-health-matters.com](http://www.mental-health-matters.com)  
Get Mental Help: [www.getmentalhelp.com](http://www.getmentalhelp.com)  
Psych Forums: [www.psychforums.com](http://www.psychforums.com)  
PsychTracker: [www.psychtracker.com](http://www.psychtracker.com)  
Consumers' Self-Help Clearinghouse: [www.mhselfhelp.org](http://www.mhselfhelp.org)  
Mental Health Infosource: [www.medinfosource.com](http://www.medinfosource.com)  
Nat Res Center on Homelessness & Mental Illness: [www.prainc.com](http://www.prainc.com)  
Mental Health Today: [www.mental-health-today.com](http://www.mental-health-today.com)  
Health Place: [www.healthplace.com](http://www.healthplace.com)  
Freedom From Fear: (anxiety, depression) [www.freedomfromfear.org](http://www.freedomfromfear.org)  
National Inst Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)  
Social Security Administration: [www.socialsecurity.gov](http://www.socialsecurity.gov)  
Americans with Disabilities Act Info: [www.usdoj.gov/crt/ada](http://www.usdoj.gov/crt/ada)  
National Mental Health Assn: [www.nmha.org](http://www.nmha.org)  
International Fdn for Research & Education on Depression: [www.ifred.org](http://www.ifred.org)  
Depression & Bipolar Alliance: [www.dbsalliance.org](http://www.dbsalliance.org)  
Recovery Inc.: [www.recovery-inc.org](http://www.recovery-inc.org)  
NARSAD, brain research: [www.narsad.org](http://www.narsad.org)  
MH Planning & Advocacy Council: [www.wamentalhealth.com](http://www.wamentalhealth.com)  
Mental Health Recovery: [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

#### **Shelter/Housing/Food**

Eastside Domestic Violence: (425) 746-1940  
Friends of Youth: (425) 869-6490  
Issaquah & Community services: (425) 391-0137  
Eastside Love, Inc. (425) 869-9561  
Hopelink: (425)889-7880,(425)333-4163,(425)392-4123,(425)888-0096  
Issaquah Church & Community Services: (425) 284-2218