

## Educational Forums

Presented the 3rd Tuesday of each month at  
Evergreen Hospital, Suite Tan 100  
12303 NE 130th Lane, Kirkland, WA

**Tuesday, February 21**  
**7 - 9 pm**

**Panel of Individuals With a  
Mental Illness or Impacted by  
a Loved One's Mental Illness**

**Tuesday, March 21**  
**7 - 9 pm**

**Bob Leeds, Positive Solutions**

**Updates from  
Medicare, Part "D"  
and other Benefits News**

**Tuesday, April 16**  
**7 - 9 pm**

**Topic To Be Determined**

**Call NAMI Eastside for more info  
425.885.NAMI (6264)**

### **March Calendar Deadline:**

Please email all material for the March 2006 Calendar to  
newsletter@nami-eastside.org no later than February 18, 2006

### **April Calendar Deadline:**

Please email all material for the April 2006 Calendar to  
newsletter@nami-eastside.org no later than March 18, 2006

## **HERO House Opens Its Doors**

NAMI Eastside is pleased to announce the opening of our Clubhouse, HERO House, which is now accepting applications for Membership.

HERO House is located at 14230 NE 21st Street in Bellevue in the North Creek Business Park and is walking distance from several mental health offices and a Metro bus stop!

### ***Who Does HERO House Serve?***

HERO House serves adults with serious mental illnesses living in East King County ( Eastside).

Visit us or ask your provider for further information on becoming a HERO House Member.

### ***What Is HERO House?***

HERO House is based on the "Clubhouse Model for Psychiatric Rehabilitation. Clubhouses have a proven "track record" of assisting in the recovery and rehabilitation of persons with mental illness who become Members of the Clubhouse.

- Clubhouses offer their Members a "peer support network" and social contacts,.
- Clubhouses offer their Members meaningful work available on a daily basis.
- Clubhouses offer their Members an opportunity for employment and income.

### ***How Can I Become a Member of HERO House?***

The best way to learn about membership in HERO House is to come visit us.

HERO House Members plan and are the "center" of all Program activities.

**Join HERO House and help make  
these Programs "happen"!**

### ***For More Information:***

**Contact our Executive Director,  
Erica Horn at 425-614-1282  
or via email ehorn@herohouseorg**

**HERO House  
14230 NE 21st Street  
Bellevue, WA**

**NAMI Eastside Redmond Office**

Family Resource Center Campus • 16315 NE 87th Street, Suite B-11  
 Redmond, WA 98052  
 (425) 885-NAMI (6264)  
 info@nami-eastside.org  
 www.nami-eastside.org www.herohouse.org

**Support Groups & Education**

- Parents of Children with Bipolar Disorder Support Group  
 Julie Boulter ..... (425) 898-9800
- Children’s Advocate  
 Julie Boulter ..... (425) 898-9800
- NAMI-C.A.R.E. Peer Support Group  
 Joan ..... (425) 821-8125
- Peer-to-Peer Classes  
 Office (425) 885-6264 ..... consumers@nami-eastside.org
- In Our Own Voice presentations  
 Dick (425) 747-5315 ..... ioov@nami-eastside.org
- Family Support Groups  
 Shannon W ..... (425) 885-3477  
 Susan T ..... (425) 467-6690  
 Veda ..... (425) 865-9839  
 Susan or Ray ..... (425) 653-1310
- Grupo de Aroyo Español  
 Raul ..... (425) 881-3514
- Family-to-Family Classes  
 Dick & Sue ..... (425) 455-4236  
 Sherri & Bud ..... (425) 885-5361

**Committee Contacts**

- Housing Committee  
 Abe ..... housing@nami-eastside.org
- Librarian  
 Shannon ..... librarian@nami-eastside.org
- Volunteer Coordinator  
 Connie Barcus..... volunteer@nami-eastside.org
- Educating the Next Generation  
 Margaret ..... margaret.romano@comcast.net
- Membership  
 Bud ..... nami-eastside@verizon.net
- Website  
 Mark ..... website@nami-eastside.org
- Administration  
 Jackie..... office-admin@nami-eastside.org
- Consumer Coordinator  
 Helen ..... consumers@nami-eastside.org
- Office Manager  
 Barb Thompson..... info@nami-eastside.org

**Executive Board**

- Michael Maloney ..... President
- Vacant**..... Vice President
- Nelly Sing ..... Treasurer
- Vacant**..... Secretary
- Sean Bennick ..... Director
- Julie Boulter..... Director
- Debbie Jones ..... Director
- Abe Kriger..... Director
- Liz Lindquist..... Director
- Laurie Scott..... Director

**NAMI Eastside Newsletter**

- Vacant**..... Editor
- Vacant**..... Publisher

**Spring Family-to-Family Class**

NAMI Eastside and the teaching team for Family to Family will be offering a FREE twelve week NAMI National course in education to those who have loved ones that deal with issues of mental health.

The classes cover topics of specific mental illnesses; such as bipolar disorder, schizophrenia, O.C.D. depression and other related brain disorders. The materials also cover; medications, communication, crises management, research, and recovery.

The Classes run from March 16th until June 1st on Thursday evenings 7 - 9:30 PM in the Totem Lake area. Class size is limited. Registration is required. Please contact Judy at 425-402-9839 JBurk46155@yahoo.com

**Spring Peer-to-Peer Class**

Peer-to-Peer is a free nine week course -- two hours per week -- experiential education course on recovery for any person with serious mental illness who is interested in establishing and maintaining wellness. The course is similar to NAMI’s Family-to-Family Education Course; in that it is based upon the idea that living with serious mental illness is, among many other things, an experience of trauma and the recovery path occurs in predictable stages. The course is designed to offer an opportunity for growth regardless of individual stage, and the diversity of experience among course participants affords for a lively dynamic that moves the course along. Courses are taught by teams of three trained “mentors,” or peer-teachers, who are themselves experienced at living well with mental illness.

The course uses a combination of lecture, interactive exercises and structured group processes to promote awareness, provide information, and offer opportunities to reflect on the impact of mental illness as it expresses itself uniquely through each participant’s life. Relapse prevention plans are devised in the first six weeks of the program, in order that participants gain knowledge, insight and coping strategies for living with their disorders. Practical wisdom is featured on topics as diverse as “the care and feeding of your psychiatrist” and “how to get a good night’s sleep.” Each week builds upon the previous week’s explorations, bringing participants through a progression of awareness that has its roots in the universals of experience associated with the process of recovery with serious mental illness.

Class Mentors will be interviewing class participants shortly to determine class day and time. The series is 9-weeks long. To register, please contact the NAMI Eastside office at 425-885-NAMI (6264) or email info@nami-eastside.org. You may leave a voice message at anytime with your name, phone number and email address, if you have one and you will be contacted by one of the Class Mentors.

## DHHS: Request for Comments on Proposed Rule

The Department of Health and Human Services (DHHS) announced a policy change that would allow local governments and community groups to be able to use Federal surplus property for permanent, supportive housing. This type of housing is provided in conjunction with other services that address mental and physical disabilities, substance use problems, and co-occurring mental and substance use disorders of individuals and families who are experiencing homelessness. DHHS is requesting comments on the proposed rule change through February, 27, 2006.

Learn more about the policy change in the press release at:

<http://www.dhhs.gov/news/press/2006pres/20060126.html>

To submit comments, see the Federal Register article at: <http://a257.g.akamaitech.net/7/257/2422/01jan20061800/eocket.access.gpo.gov/2006/E6-1016.htm>

## ADHD Conference for Parents and Young Adults

This is an invitation for you and your clients with ADHD issues to attend an outstanding conference on Saturday and Sunday, March 4-5, 2006 in Tukwila, WA. This conference, sponsored by ADD Resources, a national non-profit organization, is for both the professional and lay person, and has special sessions for the 15-25 year olds. Save up to \$85 if you register by Feb. 26th. Prices start at \$65 for both days. Learn more and sign up now at [http://www.addresources.org/conference\\_parents\\_2006.php](http://www.addresources.org/conference_parents_2006.php)

Cynthia Hammer, MSW, Director

ADD Resources

253-759-5085

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

Creators of the National ADHD Directory

## Pope Says People With Mental Illness Need Support, Proper Care

By Carol Glatz - Catholic News Service

VATICAN CITY (CNS) -- More needs to be done to offer proper care and support for people who suffer from mental illness, Pope Benedict XVI said in his message for the World Day of the Sick.

Mental illness "afflicts one-fifth of mankind and constitutes a real and authentic social health care emergency," he said.

However, "in many parts of the world, the services for these sick people are lacking, insufficient or in a state of decay," he said in his written message, released Dec. 9 by the Vatican.

The 14th World Day of the Sick will be marked Feb. 11 in Adelaide, Australia. The pope said he would be "spiritually present" that day dedicated to "the situation of the mentally ill in the world."

He said experts have found "new forms of mental disturbance" linked to "the crisis of moral values."

Also severe mental trauma can be caused by "the prolongation of armed conflicts," natural catastrophes "and the spread of terrorism," he said.

People must integrate appropriate therapy for the mentally ill and "a new sensitivity" toward mental illness and those who suffer from it, he said.

The pope said proper legislation, funding and training need to be supported or implemented in the mental health sector so that caregivers can better help these people and their families.

He said he hoped a "culture of welcoming and sharing will grow and spread" and lead to "suitable laws and health care programs" for the mentally ill.

He encouraged those already working in the sector and asked them to ensure the assistance being offered respects human dignity.

## Family Resource Center Association 9th Annual Eastside Volunteer Fair April 29, 2006 • 11AM – 4PM • Bellevue Crossroads

Campus staffs interested in working on Fair planning and activities are needed.  
Registration materials will be sent out to non-profits at the end of February

- FRCA Speechcraft Workshop – Future Plans or "What do you need?"
- Campus Agencies – Volunteer Opportunities Review of Opportunities/Update

## How To Apply For SSI or SSDI

By Helen Nilon

It does not have to take that long to apply for SSI (minimum assistance) or SSDI (this is based upon your earnings and what you pay into the "system"). First - - BEFORE you apply for Medicaid go online and begin the application for Social Security. Answer as much as you can now ... I forget -- either they send it to you to review and complete or you print it and send it in with a signature. ([www.ssa.gov](http://www.ssa.gov))

Then go to the DSHS CSO (Community Service Office) nearest you that administers Medicaid ... on the eastside this is in Bellevue on Eastgate. Let them know a) you are homeless but have a temporary spot, if you do not pay for your own housing now b) you have begun your application for Social Security c) you need to apply for 1) Food Stamps 2) Financial Assistance 3) Medical -- with the code that allows you to get Mental Health coverage or GAU-X. It is imperative that you get the "X".

Then contact EACH hospital you have been at either as an inpatient OR outpatient. Get their fax numbers. FAX and MAIL each of them a letter letting them know you have relocated and request a copy of your records be mailed to you ASAP. They MUST do this -- however HIPPA (that stupid paper we have to sign everywhere) requires that they have your signature before they will release the records. You may have to pay the copying cost -- borrow it from your Dad or someone ... just get a copy of your records from EACH place you have been received services. When you get some Records Department (which is where you have to talk with the hospital) and are told that you "cannot have a copy of your records they can only send them to another doctor" tell them THAT "it is ILLEGAL for them to refuse to send them to you". Be sure to record names and dates. Typically, they will back off once they know you know your rights. These are Federal rights so it doesn't matter where you live in the US. Before you start all this you might want to get a spiral notebook to record all of the people you talk to as it is very stressful to go through all of this.

THEN, when you get your Social Security Application from the Feds fill out EACH and EVERY spot ... if it does not apply draw a horizontal line through it. When you are complete -- and we know this may take you quite a while -- especially if you do not have help -- but be sure to follow my suggestions. When you are done and have read it all through to make sure it has EACH spot filled in and you have signed it and the release forms required mail the original application and a COPY of EACH of

your hospitalization or psychiatrist/psychologists records in that you have received. If you are jerked around too much try your local NAMI ([www.nami.org](http://www.nami.org)) or Protection & Advocacy Organization (<http://www.napas.org/default.asp>).

Now, remember that when you fill out your application for SS you are not applying for a job -- you are painting your typical or worst days that you have. They need to have a true picture of your functionality to make a determination. I have done the above for me and two other folks -- each of us got a response and approval from SSA within 4 or 6-months.

Know that typically it takes a person 3 or 4 tries to get an approval ... they weed folks out maybe by wearing us out. SSI will go into effect 6-months AFTER the last day you were able to work or worked. They do not pay for ANY of that time but place that date on the application. They will retroactively pay you for the time between 6-months after your last day of work and the length of time it takes to process. At least in the meantime you should be able to obtain services from the state.

With Medicaid, in WA State one has to meet certain "Access to Care" standards, which is a combination of diagnosis and current functioning. I currently have superb service with the public mental health agency I work with but know that the service will vary depending upon what your medical necessity is at a particular time.

The only deviation to the above that I know of is that people who have most recently worked for a government or entity that does not pay into SSA do not qualify for it but typically have disability through a union. If you have never worked and are under 22 years of age I believe that the amount of Social Security may be based upon the parent's income that is highest or it may simply be the lowest level or SSI. No one receives "less than what the current year's SSI limit is".

ONLY individuals who are expected by their medical team to NOT be able to work for a minimum of a year qualify for Social Security. (I believe this was the case previously)

Medicare kicks in after 29-months (pretty worthless but does pay 50% of mental health costs) -- especially for those disabled and under age 65.

Each state is different regarding what is covered under Medicaid but I think most pay for mental health services and prescriptions.

I have heard that over half of those with a serious mental illness also have a co-occurring disorder of alcoholism or chemical abuse. This makes sense

especially if you have not been properly diagnosed or if the medications you have been prescribed are not the correct "balance" for you. IF you are one your life will become much less complex if you go onto the proper medication rather than put unknown chemicals in your body to self medicate. It is also important that the adults be the ones who take meds -- the littles react differently from them, in our experience.

If you have a good psychiatrist or therapist and they want you to go into the State Hospital that may be just the place for you. I have known people to get very good treatment at times. Hospitals do not necessarily mean bad treatment. The goal for us is to learn how to better communicate within ourselves so that we can function in the external world "better" or more "functionally".

Best wishes -- if you follow the above like a recipe, I promise you the speediest process. I know all of the above because I had to go through it myself.

Applying for and then getting social security disability was one of the hardest things I have every done. I could not see or believe that I was disabled. My therapist tells me all of the time that THIS is my opportunity to work on "me". That IS my job now. Those of us with serious mental illnesses are not our illness ... just like someone with heart disease is not "heart disease".

Unfortunately, there is a LOT of stigma and I know I had lots of misperceptions about mental illness before I began to learn from others with mental illnesses and their families. There IS Recovery – however, we will have to learn how to live within the constraints of our mental illness. This can take some of us quite a long time. I believe that this means a) take medication and be completely honest with our medical team b) get the proper amount of sleep – typically 8 to 10-hours a night c) eat properly and d) exercise. In my case, having bipolar disorder I also have to avoid the sun during the peak months of manias or depression – June and I believe December. I also am the kind of person who gets much from talking with others on both and individual and support group basis and I try to read as much as I can about both the disease I have and also love reading stories about people who also live with this diseases.

There is much to hope for – I know that it does not feel like it now there IS recovery and our resiliency is enormous!

## Bellevue Hosts Washington State Nonprofit Conference

We are pleased to announce that registration begins today for the 12th Annual Washington State Nonprofit Conference to be held Wednesday April 5, 2006 at The Meydenbauer Center in Bellevue.

For the past 11 years this one-day conference has been the premier gathering of nonprofit leaders, supporters, and board members - coming together to learn, broaden perspectives connect and re-connect with peers throughout the sector. On April 5, 2006 we will again convene more than 300 nonprofit and community leaders representing a wide variety of organizations and positions from across Washington State.

Brian Gallagher, CEO of United Way of America will present the opening keynote address. A lunchtime plenary will be presented by Ruth McCambridge, Editor of the Nonprofit Quarterly. Sessions, designed for leaders with varying levels of experience, will range from hands-on skills to exploration of emerging trends, models and current issues. Innovations this year include facilitated roundtable discussions; a focus on emerging leaders and preparing the sector for the future; and effective consultative and contractor relationships. We will be offering discounts for groups from the same agency and for early registrations.

For more information, agenda, speakers and registration visit the website at [www.npconference.org](http://www.npconference.org). Please note Executive Alliance members receive an Affiliate discounted registration. We strongly encourage you to invite more than one member of your organization to attend and receive a multiple registration discount. As an added benefit, the first 100 registrants will receive a free subscription to the Nonprofit Quarterly. To receive the multiple person discount you must register all participants at the same time.

## What is a Journal?

By Derek Wood, RN, BC, MS

A journal is a series of writings don't in response to daily life. It is not a diary, which contains only descriptions of the events of the day. The journal may include these, but it also has your reflections, emotions, feelings, thoughts and understandings of them. Also, although a person may choose to allow others to view their writings, it is not written for an audience. It must be written for the writer alone. Only in this way, can it honest and truthful. A journal is not designed, essentially, to express what is inside, to start at point A, and end wherever this takes you. You may have an idea of what point B is, but the journal is not a creative writing process, where a story is being told, generally.

You can rediscover yourself through the creative process of journaling. It is a very personal and unique experience, never being the same for two people. For a psychologist, it denotes a tool for a patient's self-analysis. For the writer, it may be a notebook of ideas and ramblings. For most, it is a day-to-day log of actions and reactions. No matter how we look at it, It provides for you a small window of time in which to be self-reflective in an otherwise chaotic world. It can be a wonderful way to ease worry and obsession, for identifying hoes and fears, for allowing creativity to flow. It harnesses the power to tap successively deeper layers of the subconscious mind while it withers the nervous, passive energy that ties your stomach in knows and leads to more guilt and worry. Journals can tap the wisdom within, can bring you hope, but can also challenge you. But you know it comes from you. Through this process, you can also dispel feelings of loneliness and confusion by increasing the feeling of unity within yourself.

Journaling is powerful because it allows us to captures our thoughts and feelings on paper. And when we can see what we are thinking, we can work with our thoughts in new ways, and learn new ways of thinking. It allows us to access our inner thoughts and find answers to lingering problems. We reach deep into ourselves and allows us to have freedom of expression. This is especially important to those who have a mood disorder and are stuck in a single mindset. Journaling allows us to identify our personal challenges such as: defenses, life themes, blocks to growth, justifiers and excuses, victim statements, and our limiting beliefs. It is the very process of journaling that brings the power, not the end result, as it becomes a route of self-discovery. It allows us to look at the meaning and purpose of the people, events, feelings, ideas and experiences in our lives.

Where and when you journal is important as well. Experiment with both. Some people may like to journal by a sunny window, while others reclined in a favorite chair. Some may journal over lunch, while others lying in bed at night. But try to be consistent with both. This well help extraordinarily with the process.

One of the major focus points of journaling is that it needs to be done in a non-judgmental manner. Recording thoughts, feelings and observations without judging for being right or wrong. Over time, this allows us to take the past journaling, and look back and gain perspective on our current events to gain focus on where our actions may come from, and how we may be able to handle events the same through insight, as actions may have worked well before, or differently, as actions may have failed before. In the end, we begin to recognize our strengths, see possibilities, and see our resources and talents.

When you write in your journal, you are allowed the opportunity to be candid about your inner-most though and feelings. It helps to see you through the most difficult times, and can give you personal-growth insights. It becomes a ritual that is calming and adds meaning on a daily basis. By adding a picture to your journal, you are given the opportunity to add even more of a creative element, and to express what you cannot put into words, and it may help you to break free the words you were unable to put down.

You may wish to stimulate your journaling sessions with mood music appropriate to the days events. Whether you are sad, happy, or somewhere in between, music can bring out additional emotions, thoughts and feelings for you to access, assess, and possibly put down on paper. Instead of drawing a picture, you may wish to "scrapbook" the day by pasting in picture, whether it is a photograph, a picture from a magazine that reminds you of how the day went, or a comic strip that is particularly relevant. If you come across a quote that strikes a chord within you, that summarizes your emotional state, by all means write it down.

Two methods of journaling that you may try if writing in a narrative format does not work include the "unsent letters" in which you write a letter to a person or thing that stand between you and your goal or your forgiveness, or have caused you distress. You can write anger, or sadness, whatever you want the letter to be about. Then sign it. But you never need show it to anyone. This is done as a cathartic release. Clustering is another method for when the words don't easily flow. Write a main ideas in a bubble in the center of the page, then, begin writing words that associate with in bubble

around the central idea. The result will be a complex matrix of associations, some tied to the central idea, some tied to other associations. You may choose to leave it like that, or then you can tie them into a more typical journal entry.

Tips for journaling include: write quickly, allowing the words to freely flow, without editing them; keep writing, without erasing or crossing out any words. If you begin writing about something uncomfortable, you may choose to explore it, or stop that avenue and start a new paragraph, and know that you need to explore that issue further; After you have finished writing, take a break, take a walk, doing something different for a while, then come back and re-read what you wrote, then write a simple sentence or two that summarizes what you think your journaling is trying to say.

## Seven Journaling Tips

By Doreene Clement

1. Set your journal where you will see it everyday, i.e., on your nightstand, at your desk, where you have coffee. This will help to remind you to journal.
2. Part of keeping a journal, is skipping a day, a week, and even months.
3. Writing a word, sentences, or paragraphs, journaling whatever you have to say that day is just the right amount to write.
4. Journal whatever is important for you to write about right then and there. I've journaled about a fabulous soup I ate, my concerns about a friendship, my dreams for the future.
5. Keeping your journal private. That can mean setting boundaries with those in your home, it may mean hiding it, or locking it away. You will have to make an individual decision about what that means to you.
6. Re-read your journal or not. Rarely do I re-read my journals. Some people always read what they have written. Again it is a personal choice.
7. Remember to use your journal for your benefit and well being, what ever that that means to you. Keeping a journal is a powerful tool that you can give to yourself everyday. Plus, this creates time for you every day.

Doreene is the creator of, The 5 Year Journal, a journal where you can journal your life in one book for 5 years. You can tour the book at: [www.the5yearjournal.com](http://www.the5yearjournal.com)  
[dkcomni@aol.com](mailto:dkcomni@aol.com)  
 480.423.8095

## Free Online Journaling and Symptom Tracking Tool Now Available

psychTracker, a developer of Journaling tools, has announced the release of the web-based version of their mental health journaling and charting system. This online version, located at <http://www.psychtracker.com>, retains the look and feel of the current paper based version of psychTracker, which is available for 19 different mental disorders.

psychTracker Online pulls together a number of features familiar to internet users, in addition to its own copyrighted system. Users log into the system on a daily basis and chart how they are feeling on a number of personally chosen symptoms on a scale of 0 – 10; with 0 being no problems, and 10 being the most problems. The second step is the daily journaling section, in which they write about significant events that occurred during the day, similar to what they would do in “blogging”. Next is the revolutionary part of the system. The user selects a window of time to track, and can view, in a graphical manner, each symptom and see any trends that have been occurring for that symptom. What has been reported to company representatives by users of the paper system is that they can actually see trends in the graphs before they feel alterations physically or psychologically. This allows them to take proactive action to either stop the alteration, or minimize its effects.

The online version allows users to track as many symptoms as they wish multiple times each day.

A guest user has been setup for system evaluation purposes:

**<http://www.psychtracker.com>**

**Username: testuser**

**Password: password**

For more information, please contact:

Sean Bennick

(425) 402-6934

[seanb@psychtracker.com](mailto:seanb@psychtracker.com)

### Disclosure Statement

*Sean Bennick, a NAMI Eastside Board Member and Consumer, is the founder and Vice President of Get Mental Help, Inc., the parent company of psychTracker. Get Mental Help also runs the following websites:*

<http://www.mental-health-matters.com>

<http://www.psychforums.com>

<http://www.amoodjournal.com>

# Help Us Solve the Schizophrenia Puzzle

University of Washington researchers are seeking individuals over age 18 with schizophrenia, along with their adult siblings and parents, to participate in research. We are investigating how genes may influence the development of schizophrenia. This is part of a National Institute of Mental Health project that involves seven universities nationwide. This study does not involve any changes in medications and no medications are given. Volunteers should not have any current drug or alcohol problems.

## **Depending on eligibility, study participation may include:**

- 1-4 Visits to the Seattle VA Medical Center, each visit about 4-6 hours long
- A confidential interview about mental health history and family history of schizophrenia
- Computerized and paper-and-pencil tasks to measure memory, vision, eye movements, and responses to sounds heard through headphones
- A blood draw from the arm

**Volunteers will be compensated for their time**

**Transportation costs will be reimbursed**

**For more information, call:**

**(800) 597-5441**

**COGS text ad • 2/2/06**

## **2006 Peer Counseling Training DSHS Mental Health Division**

The Mental Health Division is now accepting applications to attend Peer Counseling Training for 2006. You must be a consumer to qualify for this training and certification. Applicants should desire to seek employment in the public Mental Health System as a certified Peer Counselor after completion of the program.

The classes fill up quickly be sure to submit your application as soon as possible.

**Dates of Training**  
**February 27 – March 3, 2006**  
**May 22 – 26, 2006**  
**August (Dates to be announced)**

Individual applying must be in mental health recovery for a period of one year.  
A signed and dated application and application questions should be submitted to:

**Bonnie Staples**  
**DSHS Mental health Division**  
**PO Box 45320**  
**Olympia, Washington 98530-5320**

**Application accepted for training are prioritized in the following order:**

- Individuals currently employed in the mental health field.**
- Individuals currently volunteering in the mental health field.**
- All other applicants based on date of application submittal.**

**Following successful completion of the training and examination individuals will be required to register with the Department of Health as a Registered Counselor before Peer Counseling Certification is issued by the Mental Health Division.**

**Please Contact Bonnie Staples at  
1-888-713-6010 or 360-902-0794,  
or Visit [www1.dshs.wa.gov/mentalhealth](http://www1.dshs.wa.gov/mentalhealth)  
for an application or further information.**

# Washington Behavioral Healthcare Conference

## June 14-16, 2006 • Wenatchee, WA

Come join us for the 17th Annual Washington Behavioral Healthcare Conference!

35 workshops on a broad variety of mental health topics

Continuing Education Credits • Networking

### Confirmed Keynoters to Date:

- Scott Miller, Ph.D., Author and Expert on Outcome-Informed Clinical Work
- Victoria Maxwell, Internationally Acclaimed Consumer Advocate & Performer
- Daniel Tomasulo, Ph.D., Developmental Disabilities Specialist

Brochure & registration materials  
will be mailed in April, 2006

For more information:

**206.628.4608 x 12 • [www.wemhenet.org](http://www.wemhenet.org)**

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### Help Change The System! Join NAMI Eastside Now!

Mail To: NAMI Eastside, Family Resource Center, 16315 NE 87th Street, Suite B-11, Redmond, WA 98052-3537

Name(s) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ WA, Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Bus. Phone \_\_\_\_\_  
Fax \_\_\_\_\_ E-Mail \_\_\_\_\_

Please check as appropriate.

- |  |   |
|--|---|
| <input type="checkbox"/> Membership \$35.00              | <input type="checkbox"/> Donor \$100.00               |
| <input type="checkbox"/> Professional membership \$40.00 | <input type="checkbox"/> Benefactor \$250.00          |
| <input type="checkbox"/> Corporate \$500                 | <input type="checkbox"/> Low income membership \$4.00 |

A Donation to NAMI Eastside in the amount of \$\_\_\_\_\_ is enclosed.

*Please inquire for reduced rates and special circumstances. No one will be turned away for lack of means.*

All NAMI Eastside members are members of NAMI Washington and NAMI National and receive the Local and National newsletters: NAMI Eastside News, & The Advocate as well as the NAMI Washington weekly e-news, Friday Facts by request from [fridayfacts@namiwa.info](mailto:fridayfacts@namiwa.info)

# NAMI Eastside - Will You Volunteer

## General Volunteer Information

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ WA Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_  
Email: \_\_\_\_\_

### Which of the following areas are you interested in?

#### Resource & Referrals:

- Work in the Resource/Referral Office
- Assist individuals to check out resources
- Prepare monthly Bulk mailings
- Prepare quarterly Newsletter mailings
- Pickup or answer calls from your home
- Assist in Coordinating Volunteers

#### Administrative Services:

- Assist with Data entry
- Collect & Prepare Volunteer Information
- Grant Preparation & Administration
- Send E-Alerts to distribution lists
- Review MH and Disability Email Alerts
- Review State & Federal E-Alerts
- Review Elected Officials Newsletters
- Research specific topics

#### Consumer/Peer:

- Co-Facilitate a NAMI-C.A.R.E. Peer Group
- Co-Facilitate Other Support Group
- In Our Own Voice Presenter
- Peer-to-Peer Class Co-Mentor
- Art Projects
- Assist/Develop Social Activities

#### Parents with Young Children:

- Co-Facilitate a Parents Support Group
- Visions for Tomorrow Co-Instructor
- Children's Conference
- Parents are Vital in Education (PAVE) Training
- ISP Assistance or Training

#### Housing & Special Projects:

- ADU (Accessory Dwelling Unit Project)
- Homeless Initiative (shelter/voucher)
- Clubhouse Development
- Liaison for clients in public MH system

#### Policy & Advocacy:

- Work on the Legislative Committee
- Serve as lead contact for a Legislator
- Be part of a phone-tree
- Write letters to community agencies etc. when services for the mentally ill are inadequate, inappropriate or of poor quality.

#### Family Programs:

- Co-Facilitate a Family Support Group
- Co-Facilitate an Adult Child or Sibling Group
- Family-to-Family Class Co-Instructor

#### Community Outreach:

- Forum Setup or Greeter
- Serve on the NES Board or a Committee
- Be a NAMIWalk Team Captain
- Co-Teach Educating the Next Generation
- Distribute literature in the Community
- Serve on County or State Boards/Committees
- Tell your "story" to Community Groups
- Newsletter Production
- Write articles or book reviews for NES
- Calendar Production
- Circle of Friends Notice

Other: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Your Availability

\_\_\_\_\_ Hours per week  
\_\_\_\_\_ Hours per month  
\_\_\_\_\_ Hours per quarter  
\_\_\_\_\_ Other

#### Computer Skills

- MS Word
- MS Access
- MS Visio
- DAZZel
- ACT 6.0
- MS Excel
- MS Publisher
- HTML/Web Development
- Adobe InDesign
- Other: \_\_\_\_\_



Family Resource Center Campus  
16315 NE 87th Street, Suite B-11  
Redmond, WA 98052-3537

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## Return Service Requested

## Looking For Information Or Help?

**NAMI Eastside**  
**(425) 885-NAMI (6264)**  
**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 or (206) 461-3222  
Suicide Prevention Hotline: 1-800-SUICIDE  
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

### Local Resources & Information

Community Psychiatric Clinic: [www.cpcwa.org](http://www.cpcwa.org) (425) 454-3021  
Seattle 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  
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 - Multilingual Clinic: (425) 747-1663

### Helpful Websites

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)  
Natl Res Ctr 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)  
HealthyPlace: [www.healthyplace.com](http://www.healthyplace.com)

### Other Helpful Organizations

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)  
National Foundation Depressive Illness: [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 or (425) 888-0096  
Issaquah Church & Community Services: (425) 284-2218