

## Educational Forums

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

**Tuesday, May 16**

**7 - 9 pm**

~ **Cancelled** ~

**Join us at the NAMI Walk Instead!**

**Tuesday, June 20**

**7 - 9 pm**

**Topic To Be Determined**

**Tuesday, July 18**

**7 - 9 pm**

**Topic To Be Determined**

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

### **June Calendar Deadline:**

Please email all material for the June 2006 Calendar to  
[newsletter@nami-eastside.org](mailto:newsletter@nami-eastside.org) no later than May 20, 2006

### **July Calendar Deadline:**

Please email all material for the July 2006 Newsletter to  
[newsletter@nami-eastside.org](mailto:newsletter@nami-eastside.org) no later than June 15, 2006

## NAMI Walk Update

There will be no Forum in May due to the upcoming NAMI WALKS on May 20, 2006 at Maguson Park at Sand Point in Seattle. Check-in Time is 9:00 a.m. and the big event gets underway at 10:00 a.m. All walkers must register for the walk but there is no walker registration fee. Please join others in our community to raise awareness of mental illness. Enjoy refreshments, food, fun and music.

All proceeds from the NAMI WALKS will be used to fund NAMI'S programs, which include support, education, advocacy and the encouragement of research involving mental illnesses. A portion of these funds will be returned directly to NAMI-Eastside. Please consider being a walker or sponsor. Additional information can be found online at [www.nami.org/namiwalks](http://www.nami.org/namiwalks), or call the NAMI-Eastside office at 425.885-6264.

### **Help NAMI-Eastside Walk the Walk!**

The NAMI Walk is our most important fundraiser of the year. Share the fun, meet NAMI folks from all over the state, and help NES receive a lion's share of what you contribute. Here's the rule. First we have to qualify by turning in \$1,000 or more in walker income either on the internet or in cash on Walk Day and we'll receive a check for 60% of all the money you've raised. Only two affiliates qualified last year and two more were quite close. NAMI Pierce and NAMI Yakima got checks. We want to be one of those that receive the check this year. Help us make this a memorable NAMI-Eastside event.



**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  
 Helen ..... (425) 885-6264
- Peer-to-Peer Classes  
 Office (425) 885-6264 ..... info@nami-eastside.org
- In Our Own Voice presentations  
 Dick (425) 747-5315 ..... ioov@nami-eastside.org
- Family Support Groups  
 Veda ..... (425) 865-9839  
 Susan or Ray ..... (425) 653-1310
- Family-to-Family Classes  
 Dick & Sue ..... (425) 455-4236  
 Sherri & Bud ..... (425) 885-5361  
 Judy Burk ..... (425) 402-9839

**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@verizon.net
- Membership  
 Bud ..... nami-eastside@verizon.net
- Website  
 Mark ..... website@nami-eastside.org
- Administration  
 Jackie ..... officeadmin@nami-eastside.org
- Consumer Coordinator  
**Vacant** ..... info@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
- Mike Rynas ..... Director
- Laurie Scott ..... Director
- Alan Stratton ..... Director
- Jim Wangelin ..... Director

**NAMI Eastside Newsletter**

- Barb Thompson ..... Editor
- Vacant** ..... Publisher

To volunteer for one of the vacant positions, please contact us at:  
 (425) 885-6264 • info@nami-eastside.org

# HERO House Open House

**Please join us in celebrating  
the official Grand Opening  
for HERO House**

## Thursday May 4th, 2006 4:00 - 8:00 pm

**There will be a 30 minute  
presentation at 6:00 pm  
and light refreshments  
will be served.**

- **Come see the incredible progress we’ve made since our opening in December 2005.**
- **Meet our members and staff.**
- **Learn about HERO House program and activities**
- **Tour our facility.**

**For More Information:  
Contact Erica Horn**

**425-614-1282**

**or ehorn@heroohouse.org**

**HERO House**

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

## **NAMI Eastside In The "Clear"**

NAMI-Eastside recently had its very first, very successful audit. We are still waiting for the official results but were told the audit was considered "clear", meaning that no serious infractions or issues were identified. Our hats go off to Nelly Sing and Debbie Jones for all the hard work that went into the preparations for the audit, and particularly for the great work they do every week to keep our books on the straight and narrow.

## **NAMI Eastside Welcomes New Staff Members**

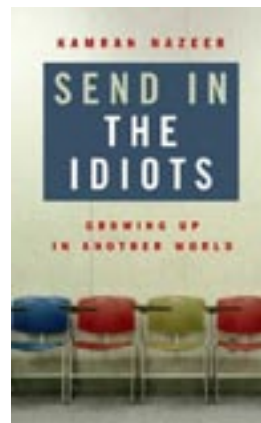
Please welcome Barbara Thompson as our new Office Manager. Barbara recently retired from the Department of Veterans Affairs Medical Center in Seattle/American Lake where she was the Geriatric Administrator. She has a myriad of administrative and management experience which we are happy to take advantage of. Barbara will tell anyone that asks that working here at NAMI Eastside is her "dream job" and we are thrilled to have her on board.

## **New Volunteer Coordinator Joins NAMI Eastside**

Connie Barcus is now the Volunteer Program Coordinator for NAMI-Eastside. She is registered as a counselor and nursing assistant in the state of Washington. She has a Master's degree in Psychology/Counseling and is working on her hours towards licensure. She has been volunteering at NAMI-Eastside for several months, and will continue on to watch other NAMI-Eastside volunteers come to the fore.

Connie enjoys walks, talks, books, and people. She considers these amongst some of the therapeutic aspects she includes in her life. She hopes that she will be able to meet you and help you find your niche in NAMI-Eastside. We value all of our volunteers and would not be able to continue without them. Thanks so much.

## **Book Review:**



### **"Send in the Idiots: Stories from the other side of Autism"**

by Kamran Nazeer

This is the story of an autistic young man and four of his childhood classmates. As an adult and successful businessman, the author decides to track down the other children to find out how they are functioning in the present time. What he finds turns the myth of public stereotypes on its ear. This is the moving story of someone who seeks to understand his autism and others. (The title comes from the chant of one of the other students in the classroom.)

## **Book Review:**

### **"Crazy: A Father's Search Through American Mental Health Madness"**

by Pete Earley.

Pete was interviewed on NPR, KPLU, Fresh Air, Monday, April 17, 2006, from 6:30-7:30 PM. Log on KPLU's website and click on Fresh Air for April 17th to hear the interview. A very good and in-depth interview. The book is available at the King County Library System.

**Join Us For NAMI Walk 2006**

**May 20th @ 9:00 am**

**Magnuson Park • Sandpoint, Seattle**

***Help Raise Awareness of Mental Illness!***

## Out of the Shadow Premieres on PBS for Mental Health Month

April 2006

During a 20-year journey, Millie Smiley, who lives with schizophrenia, traveled through 17 psychiatric wards, eight apartments, three boarding houses, and countless motels.

Beginning April 27, she will visit the living rooms of millions of Americans through PBS television broadcasts of *out of the shadow*, a powerful documentary made by her daughter, Susan Smiley. Her television debut arrives in time for Mental Health Month.

PBS stations are scheduling the documentary independently. Check local listings for broadcast dates and times in your area. It will remain available for broadcast for three years -- giving it tremendous potential for broad public education.

The film is the story of one family's experience with mental illness, as well as with what Susan calls the "travesties of our public health system, which so poorly cared for my mother that decades of her life were wasted."

Today, Susan and her sister, Tina, are Millie's guardians. At the end of the film, Millie is able to return to work, in a sandwich shop, for the first time in 25 years. "Anything I can do for you, let me know," Millie tells Susan. "I'm still your mother. I'm supposed to be the mother. I know you are, but I am supposed to be."

*out of the shadow* is inspiring -- but not sugar-coated. It is about pain, anger, and shame, but also love and forgiveness, recovery and hope. The film weaves family interviews, home movie footage, and family photos with more recent footage shot in hospitals and group homes, during different stages of Millie's illness.

NAMI screened the film in 2004 at its national convention in Washington, DC, and numerous NAMI affiliates have sponsored local screenings around the country. NAMI's Mind of America Foundation will honor Susan at the upcoming Annual Convention with its Outstanding Media Award for a Television Documentary for 2006. The current cover story of Schizophrenia Digest is devoted to the film, including photos, narration, and dialogue from 12 scenes.

By sharing her family's story, Susan hopes to encourage other families, educate people, and dispel stigma and misconceptions about schizophrenia. She also hopes it will help fuel grassroots advocacy to transform the current mental healthcare system.

"It is a heart-felt and eye-opening film that needs to be seen by everyone, in order to effect change," said Ken

Duckworth, NAMI's medical director, who has written study guides to accompany the film.

Copies of the film are available for purchase in VHS and DVD formats through the film's Website. There is a 38-minute version for high schools (\$89) and a 13-minute advocacy version for short presentations (\$24). Copies for personal use only are \$37, including shipping.

*out of the shadow* is produced by Vine Street Pictures and Oregon Public Broadcasting and distributed by American Public Television. Funding has been provided by Janssen L.P., the David C. and Lura M. Lovell Foundation, Pfizer, and the Zellerbach Family Foundation.

### For More Information:

[www.outoftheshadow.com](http://www.outoftheshadow.com)

[www.promotion.opb.org/programs/shadow.htm](http://www.promotion.opb.org/programs/shadow.htm)

## More About out of the shadows

When documentary filmmaker Susan Smiley decided she was finally ready to turn the camera on her own family, the result became *out of the shadow*, the story of her family's secret struggle to deal with her mother's schizophrenia within the confines of the public health system. This film is a story of madness and dignity, shame and love, illuminating a national plight through one family's journey.

*out of the shadow* premiered at SILVERDOCS: AFI/Discovery Channel Documentary Festival in June, 2004. Since then it has toured festivals across the United States, and after its international premiere at the Vancouver International Film Festival, it is now being screened around the world. It is proving to be an effective tool to dispel stigmas and misconceptions surrounding this harrowing and often confusing illness.

*out of the shadow* is a provocative and courageous film which is also having a tremendous impact on mental health communities nationwide, providing much-needed insights to psychiatrists, case managers, social workers, educators, consumers and their families. Advocacy organizations such as NAMI (National Alliance for the Mentally Ill) and NMHA (National Mental Health Association) have hailed the film as a critical tool for raising public awareness and have sponsored hundreds of screenings nationwide.

The film is also educating policy makers about the realities, issues and needs of America's severely mentally ill population. Screenings for policymakers have been held in Washington, D.C., Sacramento, CA and Albany, NY.

ABOUT THE FILM   EDUCATION GUIDES   SCREENINGS   REVIEWS   PRESS KIT   LINKS

# out of the shadow

PREMIERING ON PUBLIC TELEVISION IN MAY 2006.  
Click here for broadcast dates and times.

"Out of the Shadow movingly captures a side of schizophrenia that few of us ever see..."  
Sharon Begley, Health Reporter, THE WALL STREET JOURNAL

"...a terrifying portrait of mental illness..."  
THE WASHINGTON POST

DVD AVAILABLE  
CLICK FOR DETAILS

OFFICIAL SELECTION  
SILVERDOCS

OFFICIAL SELECTION  
VANCOUVER  
Intl'l Film Festival

## **Hello To Those Who Are Working For the Mind of America,**

April 27, 2006, "Out of The Shadow", will premier on television on PBS stations nationwide for Mental Health Month in May. Channel 9 will not be airing this show at this time.

This important documentary follows a schizophrenic woman as she is shuffled off from one public health service agency to another. Over the course of twenty years, the woman and her family experience what one daughter refers to as "the travesties of our public health system". This is an emotional, thought-provoking film and should not be missed by anyone effected by mental illness in one way or another.

Please contact Channel 9 and express your interest in having this program aired. You can submit your comments online at the following address, or use the contact information below to contact them.

<http://www.kcts.org/inside/contact/index.asp>

[www.kcts.org](http://www.kcts.org) • [start@kcts.org](mailto:start@kcts.org)

**KCTS/Seattle  
401 Mercer St.  
Seattle WA 98109**

**Phone: 206.728.6463 • Fax: 206.443.6691**

## Parent Education Sessions At Seattle Children's Hospital

The Center for Children with Special Needs, through a grant from the Amgen Foundation, is offering a series of classes via teleconference for parents in Washington. Each class is taught by a specialist in the field and includes a question and answer time for parents. The classes are free.

### Class Information:

**Bi-Polar Syndrome**

**May 11, 2006**

**7:00pm to 8:30pm**

**Location: Seattle Children's Hospital**

**Speaker: Kathleen Myers, MD**

## Behavioral Issues at School for Children with Underlying Conditions (ADHD, OCD)

**June 8th, 2006 7:00pm to 8:30pm**

**Location: Seattle Children's Hospital**

To register, contact:

**marianne.gonterman@seattlechildrens.org**  
**(206) 987-5318**

**\*Please identify the class title, your name, and phone number.**

For more information about the project:

**<http://www.cshcn.org/projects/bridges.cfm>**

## Beyond Pills: Life Experiences Affect Maternal Depressive Symptoms... and Kids

Child Trends - April 4, 2006

Child Trends' newest research brief, Depression Among Moms: Prevalence, Predictors, and Acting Out Among Third Grade Children. examines maternal depression and complements the biomedical study just released in the March 22, 2006 issue of the Journal of the American Medical Association.

**<http://www.childtrends.org/files/MomDepressionRB.pdf>**

# Executive Alliance Annual Meeting

**Thursday, June 15th**

**8:30-10:30 a.m.**

**Location: Seattle Center Alki Room**

## Keynote Speaker:

**Eric Liu**

Former Clinton Administration Advisor and author of:

"The Accidental Asian"

and

"Guiding Lights: The People Who Lead Us  
Toward Our Purpose In Life".

## Presentation of the Executive Alliance Annual Leadership Award

## Election of Board and Officers for 2006-2007

Space is limited. RSVP early to Jeanne Cragin at [jcragin@exec-alliance.org](mailto:jcragin@exec-alliance.org)

Thank you to our 2006 Program Partners:

- The Collins Group
- Strategic Learning Resources
- Waldron and Company

## Sponsors

- The Alford Group
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- Davis Wright Tremaine
- Hagel Executive Search
- Moss Adams
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## What is Attention Deficit Hyperactivity Disorder (ADHD)?

By Derek Wood, RN, BC, MS

[www.mental-health-matters.com](http://www.mental-health-matters.com)

### ADHD: Overview

Attention Deficit Hyperactivity Disorder (ADHD), sometimes inaccurately referred to as ADD (There is no clinical term by this name) is a disorder usually first diagnosed in infancy, childhood or adolescence. In the United States, approximately 3 - 5% of children are diagnosed with this disorder currently, with the peak around ages 8-9 years of age., with approximately 50% of cases diagnosed before age 4. The ratio of males to females is 3 males for every 1 female diagnosed.

There are 4 recognized types of ADHD. They are: ADHD - predominantly inattentive type; ADHD - predominantly hyperactive-impulsive type; ADHD - combined type (inattention and hyperactivity-impulsivity); and ADHD - Not otherwise specified.

Some of the symptoms of ADHD - hyperactive-impulsive type include: overactivity, impulse inhibition, language disorders, rejection by peers, aggressiveness, and conduct disorders. These children are generally referred for their behaviors early in their schooling or by their parents, and the symptoms have a high chance of persistence. More males than females have this subtype of disorder. Thus, the younger the age a child is diagnosed, the greater the chance they will be diagnosed with ADHD - hyperactive-impulsive subtype.

Some of the symptoms of ADHD - inattentive type include: sluggishness, organization, subtle deficits, social withdrawal, anxiety and depression. These children are generally referred for learning disabilities later in school, and have a greater chance for adjustment. Males and females have a more equal chance of being afflicted by this subtype of the disorder. Those diagnosed in their teen years are more likely to be diagnosed with ADHD - inattentive subtype.

There is a high level of correlation between children with ADHD and other psychiatric illnesses. This included illnesses ranging from behavioral, mood, family, anxiety, cognitive, social to school functioning, with the greatest increase in those with the ADHD - combines subtype. 45% of those with ADHD exhibit symptoms of Oppositional Defiant Disorder, and 25% Conduct Disorder. Younger children are more at risk for social phobia, while adolescent children are at risk for depression.

The symptoms of ADHD change over time. As children enter adolescence, ADHD is persistent, although the diagnosis appears to change from ADHD - hyperactivity-impulsive or ADHD - combined to one of ADHD - inattentive. This is possibly due to the hormonal changes. At this point, only 70-80% still meet the full criteria for ADHD, lowering the percentage of teenagers with ADHD to 1-2%. Entering Adulthood, the estimates range from 30 to 70% of those diagnosed as a child still meeting the full criteria, though there is general agreement that those who do meet the criteria have a definite lessening of the hyperactivity-impulsivity of the disease.

Substance abuse is common among those with ADHD. 75% of males with ADHD who were not on medication are reported as having a substance abuse disorder, 25% of those on medication having a substance abuse disorder (18% of the general population has a substance abuse disorder for comparison), and adults with ADHD were 2 times as likely to develop a substance abuse disorder. They estimate that 33% of adults with ADHD abuse alcohol and 20% abuse other substances.

The primary treatment for ADHD is stimulant medications such as Ritalin or Adderal, sometimes combines with supportive psychotherapy, especially when other psychiatric disorders are present.

With appropriate psychotherapy, that focuses on controlling their environment to increase or decrease stimulation as needed, working on coping mechanisms, among other factors, approximately 50% of adults with ADHD can stop medications by some reports.

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**For More Information:**  
[www.nami-eastside.org](http://www.nami-eastside.org)  
[www.chadd.org](http://www.chadd.org)  
[www.add.org](http://www.add.org)  
[www.adhdnews.com](http://www.adhdnews.com)  
[www.adhd.com](http://www.adhd.com)  
[www.mental-health-matters.com](http://www.mental-health-matters.com)  
[www.psychforums.com](http://www.psychforums.com)  
[www.mentalhealth.com](http://www.mentalhealth.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**

# Join Us For The 2006 NAMI National Convention in Washington, D.C. Wednesday, June 28, 2006 through Saturday, July 1, 2006

The NAMI National Convention, held in Washington D.C. this Summer, is being held at the Washington Hilton and Towers Hotel.

The nightly rate at this Hotel is \$129/single occupancy or \$139/double occupancy. However, there are other less expensive options that are close to the site of the convention. The Carlyle Suites is located with ½ mile of the Washington Hilton and Towers Hotel, and has a special rate of \$119/night. Or another option is the Days Inn, located 2 ½ miles from the Washington Hilton and Towers Hotel, and has a special rate of \$99/night.

The registration fee for this event includes: all registration materials, attendance at all meeting sessions and events, and the convention dinner on Saturday, July 1, 2006. However, the attendee will have to pay for: transportation, lodging, food, or incidental expenses; and the attendees must make their own hotel and travel arrangements.

Reagan National Airport is the most convenient airport to fly into and is closest to the Convention Site. A taxi from Reagan National to the Washington Hilton and Towers Hotel will cost approximately \$17. The other airports in the area are: Baltimore Washington International Airport and Dulles Airport. A taxi from Baltimore Washington International Airport to the convention site will cost approximately \$60. A taxi from Dulles Airport to the convention site will cost approximately \$46. Renting a car is not recommended unless you are comfortable driving in congested city traffic. Taxi service and Metrorail are effective and economical alternatives to rental cars. The convention site is 3 ½ blocks from a Metro stop (Dupont Circle).

Casual or business clothes are appropriate attire for this event. Temperatures in Washington D.C. range from 80 – 85 during the day, and 70 – 75 at night. The meeting rooms can be a little cool in the mornings, so a sweater or light jacket are recommended.

You can save a lot of money by leaving the Washington Hilton and Towers Hotel for breakfast, lunch, and dinner. There are many restaurants around the hotel that offer many different price ranges and array of foods. There are also carryout and deli-type restaurants in the area. A guide to area restaurants will be in all registration packets as well as at the NAMI Information Desk.

For more information regarding attending the NAMI National Convention in Washington D.C., be sure to check NAMI's website: [www.nami.org](http://www.nami.org).

# Join Us For The 2006 NMHA Annual Meeting Wednesday, June 7, 2006 through Saturday, June 10, 2006

We as a nation have moved mountains in our understanding of mental health. But, we still have many miles to travel toward acceptance, equality and justice.

If you see mental health and wellness as a major issue in your community, and believe in social justice for the millions of Americans affected by mental health problems, you need to join us at the 2006 NMHA Annual Meeting, June 7-10 in Washington, D.C.

“Building the Movement” is our theme and mission. The Annual Meeting will help us come together to grow the reach, power and effectiveness of the nation's mental health movement.

***Don't miss this opportunity  
to make history!***

***It's our time.***

# 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

- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> MS Word   | <input type="checkbox"/> MS Excel             |
| <input type="checkbox"/> MS Access | <input type="checkbox"/> MS Publisher         |
| <input type="checkbox"/> MS Visio  | <input type="checkbox"/> HTML/Web Development |
| <input type="checkbox"/> DAZZel    | <input type="checkbox"/> Adobe InDesign       |
| <input type="checkbox"/> ACT 6.0   | <input type="checkbox"/> 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  
2-1-1 Crisis Clinic Community Resources: 211  
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