

# NAMI Eastside NEWSLETTER

July 2006 Issue

Support, Education & Advocacy

2006 Volume 6 Issue 3

## Educational Forums

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

**Tuesday, July 18**

**7-9 pm**

**Community Feedback on Recovery & Outcome Measures & an Intro to King County's Recovery Transformation Process**

**Tuesday, August 15**

**7-9 pm**

**To Be Determined: Picnic??**

Call NAMI Eastside for more information (425) 885-NAMI (6264) or check out our website: [www.nami-eastside.org](http://www.nami-eastside.org)

### August Calendar Deadline:

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

### September Calendar Deadline:

Please email all material for the September 2006 Calendar to [newsletter@nami-eastside.org](mailto:newsletter@nami-eastside.org) no later than September 19, 2006

## NES: What's up?

**NAMIWALKS 2006** was the big event in May with over 400 people participating. Not only was it a lot of fun, but it helped to increase community awareness of mental illness. The final total raised is not yet available.

May was National Mental Health Month. Here are some of the things that our **Mental Health and Spirituality Support Group** did in recognition.:

\*An information table was set up at all three weekend masses at St. Brendan's Catholic Church on May 6-7, 2006.

\*A Pathways to Promise publication, **When Mental Illness Strikes in a Catholic Family** was available for parishioners throughout the month of May.

\*A double-sided, one page insert was put in the parish bulletin on May 27/28: a book excerpt from **In the Shadow of God's Wings: Grace in the Midst of Depression** by Susan Gregg-Schroeder. Susan is the Coordinator of Mental Health Ministries for the Calif.-Pacific Conference of the United Methodist Church. Her excerpt describes her personal journey through clinical depression, including a stay in the hospital, and how her faith and spirituality were integral to her healing and recovery.

\*Promoted the NAMI Walk via poster, brochures, and bulletin announcements, and led the team, 'Walking with Hope' with several past support group attendees joining us in the walk on May 20th, 2006.

The spring **Family-to-Family class** of 11 weeks ended on June 1st, 2006 and 24 members graduated. It was a helpful, informative class for members as well as the facilitators, family members of ill loved ones themselves. Our sibling class was also well attended and gives brothers, sisters, relatives, etc. an opportunity to understand and share their concerns pertaining to their ill relative.

We were very fortunate to have many members sign up to volunteer for various programs. Their help (and yours) is needed to keep NAMI Eastside growing.

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**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

**Support Groups & Education**

- Parents of Children w/Bipolar Disorder  
 Julie Boulter.....(425) 898-9800
- Children’s Advocate  
 Julie Boulter.....(425) 898-9800
- NAMI-C.A.R.E. (Peer).  
 Helen Nilon..... (206) 617-7820
- Peer-to-Peer.....(425) 885-6264
- In Our Own Voice .....(425) 747-5315  
 Dick Hanner...ioov@nami-eastside.org
- Family Support Groups  
 Veda..... (425) 865-9839  
 Susan or Ray ..... (425) 653-1310  
 Jan Hammons.....(425) 747-6142  
 Nicole Wymaster.....(425) 443-7202
- Health and Spirituality Support Group  
 John.....(425) 489-4084  
 Allison .....(425) 488-4378
- Depression Support Group  
 Liz.....(425) 392-5027  
 Sylvia.....(425) 836-5405
- Family-to-Family Class  
 Judy Burk.....(425) 402-9839  
 Sherri & Bud .....(425) 885-5361

**Committee Contacts**

- Housing Committee..... housing@nami-eastside.org
- Librarian.....librarian@nami-eastside.org
- Volunteer Coordinator.....volunteer@nami-eastside.org
- Educating the Next Gen.....margaret.romano@comcast.net
- Membership.....namij-eastside@verizon.
- Website.....website@nami-eastside.org
- Administration.....officeadmin@nami-eastside.org
- Consumer Coordinator .....consumers@nami-eastside.org
- Office Manager.....info@nami-eastside.org

**Executive Board**

- Michael Maloney.....President
- Alan Stratton .....Vice President
- Debbie Jones.....Secretary
- Nelly Sing.....Treasurer
- Sean Bennick.....Director
- Julie Boulter .....Director
- Abe Kriger .....Director
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- Mike Rynas.....Director
- Laurie Scott.....Director
- Jim Wangelin.....Director
- Ximenita Miller..... Director

**NAMI Eastside Newsletter**

- hompson.....Editor
- Sean Bennick.....Editor/Layout
- Gary Wainscott.....Mailing

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We will be starting another **Family-to-Family** class this fall on Tuesday evenings. The location will be in the Bellevue Crossroads area. The class will be from 7:00pm to 9:30pm starting on Sept. 12th and ending Nov. 21st. This is an eleven week commitment offering education, resource information, and coping skills to people with loved ones suffering with a mental illness. Contact person: Judy Burk - Ph: 425-402-9839, email: jburk46155@yahoo.com

The **C.A.R.E. (Consumers Advocating for Recovery through Empowerment) group** ended for a short time but has restarted with a new facilitator. The group meets at Crossroads Mall, 15600 NE 8th Street, Bellevue in the ‘Community Room’ which is across from the Information/Lotto desk. Meetings are held the 1st and 3rd Wednesday of each month from 7:00 until 8:30 pm. For more information, please contact the facilitator, Helen, at 425-885-NAMI or 206-617-7820 or by email at consumers@nami-eastside.org

A new **Family Support Group** will be starting in July. It replaces the Family Support Group 1 that discontinued meeting at the Congregational Church in Kirkland in April 2006. This new group will meet at the **East Shore Unitarian Church**, 12700 SE 32nd St., in Bellevue near Factoria. Go to the building that is just left of the Sanctuary, room 204. Meetings will be held on the second Wednesday of each month, 7:30-9:00 PM. Contact Nicole at 425-443-7202 or Jan at 425-747-6142. The first meeting will be July 12, 2006.

The **Consumer Art Practice/Workshop** is held on the **SECOND** Saturday of each month in the Baker-Adams Conference Room at the Family Resource Center, at 16315 NE 87th Street, Building B, from noon until 3:00 PM. Contact Helen at consumers@nami-eastside.org or at 206-617-7820.

**NAMI National Convention  
 June 28, 2006 through July 2, 2006**

Three NAMI Eastside members attended the National Convention in Washington D.C. this past weekend. Sean Bennick’s presentation was extremely well received. John Radoslovich and Allison Hoggard attended as visitors. In addition, John was the NES proxy for this year’s election for both our local affiliate and NAMI WA.

**NEWS Release****U.S. Rep. Sue Myrick**

REPRESENTING NORTH CAROLINA'S  
NINTH DISTRICT

**June 22, 2006**

**REP. MYRICK TAKES PRIVATE LIFE PUBLIC WITH CRUSADE TO DESTIGMATIZE MENTAL HEALTH MISCONCEPTIONS**

(Washington, D.C.) – Today, U.S. Representative Sue Myrick (NC-9) announced that she has initiated an Energy and Commerce hearing on Mental Health Disorders, which will take place Wednesday, June 28, 2006. At this hearing, experts will testify about research advances that have improved the treatment options for brain diseases like depression, bipolar disorder, and schizophrenia.

The hearing will begin at 10:00 am in room 2123 of the Rayburn House Office Building in Washington, D.C. Rep. Myrick is holding this hearing because brain disease, commonly referred to by the public as mental health disorders, affects millions of Americans, including her granddaughter. For more than a decade now, Rep. Myrick has watched her granddaughter struggle with bipolar disorder, and, as a result, drug addiction. She has worked to get her granddaughter help, but it has been a daily battle for her and her family.

Because of the stigma attached to brain disease, Myrick feels that many people struggling with brain diseases are not getting treatment that could help them lead a healthy, normal life. "I am a breast cancer survivor, and I liken the stigma of brain disease to that of cancer 20 years ago," said Rep. Myrick. "People who had cancer 20 years ago wouldn't tell anyone because they were scared they would look weak, or might even lose their job. Today, people with brain disease face the same problems in society. The public doesn't realize that diseases affecting one's brain can be just as destructive and life-threatening as cancer, diabetes, and other chronic illnesses – sometimes even more so. My family has faced this stigma for the past decade, and I hope that these hearings will educate the public on brain disease and change their perception. I hope it will also empower people who have these challenges to step out of the shadows and get treatment."

**NAMI National has developed a NAMI Special Needs Estate Planning interactive guidance system available at their website: [www.nami.org](http://www.nami.org)**

*Many NAMI families face the challenge of planning for a loved one disabled with a severe mental illness. Families need to have a comprehensive financial and legal plan. It takes commitment to do the specialized planning necessary to ensure the continuation of the quality of their loved one's care when they are no longer around to provide for it directly.*

**Introduction:**

Mr. and Mrs. Paul have two children. Their oldest child is a professor at a small college and has had some success with investments. John, a year younger, never completed college, is disabled with severe paranoid schizophrenia and is living in a group home funded by public benefits. He also receives SSI and Medicaid.

The Paul's current estate plans include a simple will leaving two-thirds of their estate of \$400,000 to John since he is obviously more in need of their assistance. Fortunately, while attending a local NAMI seminar on the subject of Special Needs Estate Planning, they learned that leaving an inheritance to their son in this way would create more problems for John than it would solve. If John receives this direct inheritance, he would have more than \$2,000 in assets and be disqualified from receiving needed benefits from certain government programs, such as SSI and, possibly, Medicaid.

*This site contains information to assist families in understanding the process and working with qualified attorneys, as well as state specific information, resources, and protocols.*

**[http://www.nami.org/template.cfm?section=Special\\_Needs\\_Estate\\_Planning](http://www.nami.org/template.cfm?section=Special_Needs_Estate_Planning)**

*This site and resources have been made possible by a generous grant from the van Ameringen Foundation.*

The **First Quarter of the King County RSN (Regional Support Network) Report Card** is now available. The report card show the trends and is a measurement tool used by the public mental health system. You may access it online at: <http://www.metrokc.gov/dchs/mhd/reports/mh/06firstquarter.htm> .

If you would like to request a copy of the Report Card, please contact Caridad Gavino at (206) 205-1321. If you have any questions, please contact Debra Srebnick at (206) 296-7638.

# Announcements

## OPENINGS AT AVONDALE PARK

This is an announcement of current and soon-to-be **openings at Avondale Park**. Avondale Park is a transitional housing facility for homeless individuals and families where residents can stay for up to 24 months and receive case management and other supportive services.

Applicants must be homeless, be under 30% of median income, have no felony convictions or violent misdemeanors, and most importantly, be **ready and willing** to commit to the process of changing their lives in order to be self sufficient. Avondale Park is a completely drug and alcohol free facility. There are a few other criteria including some credit guidelines, but these are the main ones. Avondale Park is a property funded with Section 8 funds as well as tax credits so there is extensive paperwork. The sooner we get people started on the "paper trail", the sooner we can get them screened for housing. There are 1, 2, 3 and 4 bedroom units coming available in the near future.

Please refer applicants to Bryce Kennedy at Catholic Community Services at (425) 883-0150, [brycek@ccsww.org](mailto:brycek@ccsww.org) :

- Large families of 4 or more people
- Large families needing a handicapped accessible unit
- Families of 4 or fewer
- Family of 2, single applicant or couple who have at least \$600 per month in income but are still under 30% of median income

Please refer applicants to Jen Lucas at Friends of Youth (425) 881-2921, [Jennifer@friendsofyouth.org](mailto:Jennifer@friendsofyouth.org) :

- Families of 4 or fewer – heads of household must be between the ages of 18 to 24

Please refer applicants to Akil Eshete at Hopelink (425) 556-9328, [akile@hope-link.org](mailto:akile@hope-link.org)

- Families of 4 or fewer

Feel free to contact me if you have questions about referrals or Avondale Park.

Have a great day!

*Meghan Altimore, Collaborative Mgr. Avondale Park  
Hopelink 425.885.0043 ext. 103*

The **MHPAC Children Youth and Family subcommittee** is looking for youth and family members that can act in an advisory capacity to the Mental Health Division around policy issues. For More information contact Bronwyn at [VinceBV@dshs.wa.gov](mailto:VinceBV@dshs.wa.gov). Thanks! Stephanie Lane

## NEWS FROM KING COUNTY King County Recovery Initiatives Group

Helen Nilon has been appointed to serve on this group on behalf of NAMI Eastside. The RIG will oversee the work that the many subcommittees of King County's Mental Health Chemical Abuse & Dependency Services Division have developed related to the State's Transformation Plan and the implementation of King County's Mental Health Recovery Plan. The first meeting will be July 12th, 2006.

Please contact Helen at [consumers@nami-eastside.org](mailto:consumers@nami-eastside.org) to provide information on this activity so that she will represent your voice. Helen will provide an update in newsletters and alert the Board and you to items that will affect NAMI Eastside's members and our eastside community. Information about Washington's activities can be found at: <http://mhtransformation.wa.gov>

### Wanted: Event Planner

As grant money becomes more scarce each year, **NAMI Eastside relies more than ever** on memberships and gifts to pay day-to-day expenses like rent, utilities, etc. Funds raised through the NAMI Walk help, but they are not enough to provide for the growth that is so desperately needed. If you have ideas for a fundraising event, we need your help. Please contact the Volunteer Coordinator, Connie Barcus, at [volunteer@nami-eastside.org](mailto:volunteer@nami-eastside.org), or the Office Manager, Barb Thompson at 425 885-6264 or [info@nami-eastside.org](mailto:info@nami-eastside.org).

## Upcoming Events

**Future Horizons, Inc.** proudly presents **Asperger's 2006**, Seattle, Washington, July 19, 2006.

**Keynote Speaker: Dr. Tony Attwood, Australian clinical psychologist, world renowned for his expertise in the field of Asperger's**

**Register Early - Seating is Limited!**

Professional \$135 family/Student \$110

Consumer with Autism/Asperger's \$75

**Register On-Line and Save \$\$\$**

### Community Legislative Forum: Issues for Mental Health and Substance Abuse.

The eighth annual forum will be held on Thursday, December 7, 2006 from 6:30-8:30 p.m. at the St. Mark's Cathedral, Bloedel Hall, 1245 10th Avenue East, Seattle, Washington. The forum is sponsored by the King County Mental Health Advisory Board, the King County Alcoholism and Substance Abuse Administrative Board, NAMI Eastside, NAMI South King County, NAMI Greater Seattle, and Spotlight on Recovery. The program will begin promptly at 7:00 p.m. following the open reception.

### Third Annual Puget Sound Suicide Awareness Day

in conjunction with World Suicide Prevention Day,  
presents Walking Laps for Life in  
Federal Way Memorial  
Stadium, Federal Way, Washington  
**Sunday, September 10, 2006**  
**1:00-4:00 PM**

For more information call 253.838.8947 or email  
pssad@auburnsos.com,  
www.auburnsos.com/pssad

**Mission Statement:** *To prevent suicide through awareness and education with compassionate support for survivors.*

### Consumer-run Service Bill Workgroup

The next meeting will be held on Friday July 21st, 2006 at the Washington Protection and Advocacy System Offices located at 315 Fifth Avenue South; Suite 315; Seattle, WA from 11:00AM to 1:00PM

C J Thurston

Executive Director

New Century Consumer Coalition

<http://www.freewebs.com/hornedowl/>

Phone: 206 852-2338 Fax: 309-404-4642

[cliffordthurston@hotmail.com](mailto:cliffordthurston@hotmail.com)

The **Employment and Recovery Conference** will be held on July 20-21, 2006...Red Lion at the Quay, in Vancouver, WA. The conference is sponsored by Columbia River Mental Health and a number of other agencies including Dept. of Labor, DSHS, MHD and the UMASS, Boston, MA.

Phone M. Jadwisiak at 260-687-7954 for program details.

### Fund Raiser for NAMI Eastside

GoodSearch.com is a new search engine which donates 50% of its revenue to the charitable organizations and schools that its users designate (the other 50% is used to run the company day to day). You use it just like any other search engine, but each time you do, money is generated for good causes.

1. Go to [www.goodsearch.com](http://www.goodsearch.com)
2. Type **NAMI Eastside** into the charity name block
3. Since GoodSearch shares its advertising revenue with charities and schools, every time you search the web at GoodSearch, you will be earning money for NAMI Eastside.

We earn an estimated penny per search, so if 500 people searched four times a day on NAMI's behalf, we could earn \$7300 in a year.

<http://www.goodsearch.com/Press.aspx>

GoodSearch does not require that users sign up and does not collect any user information. They only ask that organizations and supporters help spread the word.

JJ Ramberg  
917 459 9915

## Check out our Reference Library

### Reviews:

**The Burden of Sympathy: How Families Cope with Mental Illness**, by David A. Karp, Oxford University Press, 2001, "This book was helpful because it had great examples"

**The Quiet Room: A Journey Out of the Torment of Madness**, by Lori Schiller and Amanda Bennett Warner Books, New York, 1994, "I liked this book because it was a very real look at the mental illness of schizophrenia.." "... honest and open.."

### Also available:

**Your Brother's Keeper: A guide for families confronting psychiatric illness**, James Ray Morrison, M.D., Nelson-Hall, Chicago, 1981

**When Madness Comes Home: Help and Hope for The Children, Siblings, and Partners of the Mentally Ill**, Victoria Secunda, Hyperion, NY, 1997

**A Brilliant Madness: Living with Manic-Depressive Illness**, Patty Duke and Gloria Hochman, Bantam Books, New York, 1992

## NAMI Eastside: A Poem

In recovery we attest  
Faith and trust are really best

With belief you will find  
Hope can spring within the mind

When you know you're truly loved  
Strength flows down from above

NAMI Eastside is a place  
Where is found no disgrace

Stigma busters to the core  
We'll tell you this and much, much more.

Contributed by Connie Barcus

## JUNE FORUM:

### **Bipolar in Adolescence: Identification, Treatment, & How the Family Can Help**

Our speaker was **Stefanie A. Hlastala, Ph.D.**, Acting Assistant Professor University of Washington School of Medicine; Attending Psychologist, Children's Hospital and Regional Medical Center..

Dr. Hlastala used Power Point to present information about the four clinical categories of Bipolar and explain how specific criteria are used by physicians to make their diagnosis and prescribe treatment. Within the Bipolar Spectrum are Bipolar I Disorder, Bipolar II Disorder, Bipolar Disorder NOS, and Cyclothymia.

Symptoms of bipolar in a teenager run the gamut of having some significant problems in school, to problems sleeping, to suicidal thoughts, etc. Misdiagnoses are common so it is important to see a medical professional with the right background and experience.

Dr. Hlastala had some recommendations as to how the family can help their child. A few of these were to help them be consistent about taking medication, maintain a low-key atmosphere at home, develop a plan for controlling the escalation of mood swings, among others.

\*\* Copies of Dr. Hlastala's Power Point presentation are available in the office..

## 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 Gary at (425) 885-3577 or volunteer@nami-eastside.org.

### **HERO House 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 that isn't always possible. Please watch for your email notification (see page 10), check our website, or contact the NAMI Eastside office at (425) 885-NAMI (6264).

## BOARD MEETINGS

The first 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.

## Support Groups

**Depression Support Group**  
Community Psychiatric Clinic  
13133 Bel-Red Road, Bellevue  
Silvia (425) 836-5405  
Liz (425) 392-5027  
**2nd and 4th Wednesday of Each month, 10:30 a.m.-noon**

**Mental Health & Spirituality (Open to All)**  
St. Brendan's Catholic Church,  
Lower Brendan House  
10051 NE 195th St., Bothell  
John (425) 489-4084 or  
Johnrad14@yahoo.com  
**2nd and 4th Wednesday of Each month, 7:00-8:30 p.m.**  
Contact John Radoslovich via email or phone, to verify meeting dates and times.

**Post Traumatic Stress Disorder (PTSD) Support Group** This group has ended. Consider joining C.A.R.E.

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

**C.A.R.E. (Consumers Advocating for Recovery through Empowerment)** Crossroads Mall, 15600 NE 8th Street, Bellevue in the "Community Room" which is across from the Information/Lotto desk.  
Helen (206) 617-7820  
consumers@nami-eastside.org

**Family Support Group 1**  
East Shore Unitarian Church,  
1700 SE 32nd St., in Bellevue near Factoria. Go to the building that is just left of the Sanctuary, Room 204.  
Nicole (425) 443-7202  
Jan (425) 747-6142

**2nd Wednesday of each month, 7:30-9:00 p.m.** The first meeting will be **July 12,**

**Family Support Group 2**  
St. Andrews Lutheran Church  
2650 148th Ave. SE, Room E-2, Bellevue  
Veda (425) 865-9839  
Sue or Ray (425) 653-1310  
**3rd Thursday of each month, 7:00-8:30 p.m.**

### Multi-Cultural Outreach

There are people of many different cultures living here on the Eastside, but support services for some are extremely rare. NAMI Eastside would like to expand our services to these populations but we need your help.

If you are bilingual and would be interested in organizing forums, making presentations, editing articles for the newsletter and website, or are willing to help in any other way, please contact Barbara Thompson, Office Manager, at the NAMI Eastside office. (425) 885-NAMI (6264) or via email at info@nami-eastside.org

Thank you.

## Important Research

### “Interpersonal and Social Rhythm Therapy for Adolescents with Bipolar Disorder”.

Dr. Stefanie Hlastala is the Principal Investigator of a research project that is being funded by the National Institute of Mental Health (NIMH). Researchers are studying a psychotherapy program originally developed for adults with bipolar disorder with the aim of finding out if this program helps young people as well. They are looking for volunteers between the ages of 12 and 18. The study starts with a psychiatric evaluation that lasts 2-4 hours. This is used to confirm the diagnosis at which time the teen will be invited to take part in the therapy sessions. Volunteers are asked to come to Children's Hospital once per week for 12 weeks for a one hour therapy session. After the initial 12 weeks, there are 4 more sessions every other week. Sessions are taped. Every 4 weeks, volunteers are interviewed and asked to fill out some questionnaires. These sessions last 30-60 minutes. All of the evaluations and psychotherapy are provided free of charge.

Volunteers will be paid \$25 for the first visit and last session, and \$10 for visits 4, 8, 12, and 16. Travel costs for volunteers living outside of King County will be reimbursed.

For information, contact Alex Roberts, Research Assistant, at (206) 987-1771 or email him at  
alexander.roberts@seattlechildrens.org.

### Questions to ask yourself before you agree to participate in a research study:

What is the study about? \* What will you be asked to do in the study? \* What risks might you face? \* Who do you contact with questions, concerns, or problems? \* How will you be kept informed about the progress and results of the study?

You should feel that you fully understand the project and your role in it before signing an informed consent document. Do not enter any studies you do not fully understand.

## Advocacy - A Wellness Tool

To truly experience wellness and recovery I have learned that I want to be, and have to be, an advocate for issues that I feel passionately about. A big part of recovery for me has been learning to advocate for myself. When I began work on my recovery, I had no idea how to ask for what I wanted, needed and deserved. I don't think I even knew what it was that I wanted. Over the years that has changed dramatically. I have become a seasoned self advocate. I know what I want for myself and work on it until I get it, or until I decide it is really something else I want and start working toward that. From time to time I have advocated for another person or a program. But now, with major cuts proposed in programs that are very important to me, and with the focus of our government being oppositional to many of my beliefs, I have become convinced that I must become a strong advocate in my community, region, and even nationally.

As I have gotten more and more involved in this advocacy work, I have discovered that for me--perhaps not for everyone--advocacy is a wellness tool. I need to include it in my TOOLBOX of things to do to keep myself well and to help relieve symptoms if I am feeling badly.

How did I discover this? Usually by January I am fighting to keep seasonal depression at bay. This winter that was not so. Today, as I write this column, it is March 1 and I realize I have missed my mid winter depression. Why? I think it is because I have been working hard on a public issue that I feel passionately about. I have called and written officials at all levels, I have gone to public meetings and spoken out--even when I knew my views were strongly opposed. I arranged a public education meeting that drew so much attention to the issues that there were front page stories in our two newspapers and a radio interview. The phone keeps ringing off the hook. Everyday there are arrangements to make. I call people I thought I would never have the courage to call. I even had a dialogue with the Governor on interactive television.

I hope advocacy is a wellness tool for you as well because we are all moving into a time when the things that have been most helpful to us in our recovery--programs, services and technical assistance centers--are being threatened with cuts or loss of cuts of effective funding. I get at least one e-mail every day about troubling cuts of effective programs that benefit all of us. Our governments don't seem to realize that it is much more cost effective to provide supports to our recovery, than to pay exorbitant

costs as we go into crisis again and again and again. We all need to do everything we can to insure that the funding for the programs we find most helpful is not cut or eliminated. The more of us that speak out, the more likely it is that we will be heard.

Begin by thinking about those services that have been most helpful to you. They may be mental health services, vocational rehabilitation or it might even be your local library or an adult education program. Then be watchful. Read your newspaper, Listen to the radio. Talk to your peers. Read your e-mails. If things that you care about are being threatened with cuts, make a commitment to do something about it. If officials hear from enough people, they can change their view and their vote.

Get together with others--friends and community members-- who have similar concerns and work together to develop and implement strategies to influence the people who make decisions. Set a time and place to meet, call several others that you know are concerned about this issue, ask them to come and bring along several friends. You may decide to make calls, do a mailing or set up an informational meeting. If you are lucky, others in the community may already be working on this issue and you can join their efforts

You could begin by making phone calls. This is not as easy as it sounds. You may be, as I was, a bit reluctant to call someone you don't know. Try to let go of these fears. Figure out who it is you need to influence and give them a call. Perhaps it is a town or city official, your legislators, the Governor or even the President. It's scary the first time you do it. If the person you are trying to reach is not in, leave a voice message asking them to call you back. If they don't call you back, call again the next day. Keep calling until you have a chance to tell them how you feel about these cuts. Ask them to keep you posted on what is happening with regard to this issue. Call them back when you have new questions or concerns. Keep your calls brief and to the point.

Send letters and e-mails--even if you don't feel you are a good writer--clearly stating your case. I have been told that officials pay more attention to letters, but if all you have time for is a quick e-mail, go ahead and send it.

A fax is an excellent way to get attention. Again, make it brief and to the point. Don't use too many words or people won't bother to read it. For instance, if you are concerned about threatened cuts of technical assistance centers you might fax your congress people (you can get the fax numbers by calling their office) and say: Please use your influence to assure continued funding of the technical assistance center in any city, any state. This center has promoted the recovery and wellness of thousands of people at great savings to the mental health system. Or, I had not been able to hold a job for over 20 years. This center gave me needed skills. I now work over 20 hours a week. If the food stamp budget is being cut you might say: Do not cut the food stamp budget. I lived on the streets for over five years. If it weren't for food stamps, I would have starved. I now have a good job and am able to take care of my own needs.

Go to hearings. During the breaks, let officials know why you are there. If there is a chance for you to speak, go ahead and do it--even if you feel very scared and have butterflies in your stomach. Everyone goes through that. This is too important. Just do it. It gets easier each time you do it. Again, keep it brief and to the point. Everyone gets bored and stops

listening if a person goes on for too long. Afterward, give yourself a nice treat--like lunch with a friend or night at the movies.

Perhaps someone is organizing an action of some sort--like a march to a public building or standing on a street corner with a well worded sign about the issue. Maybe you are on the committee or in charge of the committee that is organizing the action. Actions are a great way to let others know how you feel while being supported by your peers.

Avoiding winter depression is not the only benefit I have noticed of being an advocate and speaking out. I notice that my self esteem, self confidence and self respect have been all gotten a "shot in the arm". I feel less stressed because I know I have done what I can. I have met and worked closely with many wonderful people. My circle of supporters, friends and acquaintances has grown. I feel much more connected to my community. And I have created some change in the world. All in all the payoff is great.

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## Training

### Family-to-Family Support Group Facilitator

**Training:** John Radoslovich, Allison Hoggard, and Jan Hammons, NAMI Eastside members, attended a Family-to-Family Support Group Facilitator Training for family and consumers that was held April 28-30, 2006 at the Good Shepherd Lutheran Church in Spokane Valley, WA. There were twenty attendees representing nine cities from two states – Washington and Idaho.

The veteran NAMI facilitator trainers, Bill and Rosemary Stewart of Spokane, led their fifth series and they were both very excited to finally realize their dream of having a series so close to home. They were quick to recognize that the combined support of NAMI Spokane and the Good Shepherd Lutheran Church were instrumental in turning their dreams into a reality. Bill and Rosemary have facilitated a family support group for the past seven years.



Trainees in Spokane

In September of 2003, they held a very successful series at **NAMI Eastside** in Redmond that led to the forming of several new support groups, some still going strong after two or more years.

The NAMI model for facilitating was written by Joyce Burland, Ph.D., Director NAMI Family-to Family Education Program. Key areas of training include Stages, Principles and Group Guidelines that are essential to follow for a successful support group.

**Hello NAMI-Eastside family.** I trust that you are enjoying watching NAMI grow and provide even more resources for our community. I personally am impressed with what NAMI Eastside has to offer.

I have found that helping others is a very important aspect of healing. Therefore, I wish to invite you to join those of us at NAMI who volunteer something of who we are to contribute to this worthwhile cause. At NAMI, we **care** to help our loved ones work to a place of possible recovery. We are learning what we can. Out of the brokenness, we are looking for that place of hope and renewal. We are changed in the process. As those who have experienced this sort of thing, we have a lot to offer our world.

Mental illness can rob your joy. I choose to keep laughing where I can, if not only for the comic relief provided. You know, you actually feel better if you smile. The trick is to keep perspective. I regularly plan joy into my life. It is a part of self-care.

Mental illness can take too much of our lives, especially when there is a crisis. I challenge you to live through the crises with an eye to a better day. Learning to cope and realize that “this too shall pass” is essential. Things can get better.

There have been times when the mental illness took too much of our lives—the grief was not bearable alone. Our friends and family didn’t get it and the doctors hadn’t figured it out. We were hurting. We needed the confidentiality and understanding support of NAMI. NAMI provided a community of relief from the loneliness and despair of MI. Together, we faced the hardships with renewed insight, awareness, strength and support.

Our volunteer organization would not exist without the loyalty and support of its members. Each volunteer hour counts. The grantors we receive from (Bellevue, Kirkland, Redmond, and King County, for example) need us to document each precious volunteer hour. These hours show just what it takes to run our organization.

The volunteers who put on F2F are one example of how valuable volunteers can be.

NAMI is a place where everyone is important. Our president and board lead by example in giving of their time and energies. Our members who have been diagnosed with mental illness often play key roles here at

NAMI. We come with our various gifts and take on appropriate responsibilities. We need all kinds of things done.

We need those who can help us smile, who listen, who believe us, who hear our pain, who cheer us on, reminding us who we are, or can be, in the struggles. You, who know and understand, are the ones to lead society as we develop better and kinder ways of dealing with our loved ones. Please join us.

Connie Barcus  
Volunteer Coordinator

Any questions? Contact [volunteer@nami-eastside.org](mailto:volunteer@nami-eastside.org). Join our band of volunteers today.

### Volunteer Opportunities 2006

- Office Volunteers:** Establish & schedule regular shifts
- Membership Coordinator:** Greet, sign-up, collect dues, keep up to date
- Database & Email List Coordinator:** Keep up to date as it changes
- Bulk Mailings**
- Tracking of Volunteer Hours:** Follow up, to keep accurate and up to date
- Bookkeeping and Accounting**
- Library:** Register materials, tracking and returns
- Website Assistant:** Someone to help update and maintain NAMI website
- Grants/Foundation Writing:** Explore new and existing possibilities, write grants and track outcomes, fulfill requirements
- Recording Secretary:** For board meetings
- Forums & Meetings:** Arrange speakers, setup, monitor books, pins, & literature
- Newsletter:** Articles, book reviews, proof reading, teamwork, etc.
- Literature Coordinator/Brochures:** Keep up to date literature available
- Production & Distribution in the community,** expand awareness of NAMI-Eastside
- Distribution of Materials:** Libraries, hospitals, doctor’s offices, bulletin boards (with permission)
- Events Planner and Fund Raiser:** NAMI walk, for example, open for new ideas
- Eastside Activity Monitor:** Keep list of activities of interest to members, coordinate with Website and Newsletter lead people on new and ongoing activities

**Community Liaison/Outreach:** Network with local agencies, promote NAMI-Eastside

**Legislative Lobbying**

**Trainings & Orientations:** Establish and prepare regular training sessions, coordinate with national trainings

**Support Group Facilitators:** Backup and new trainees for new groups (need bi-polar group) also someone to unify support groups

**Facilitators:** F2F, IOOV, Peer to Peer, Educating the Next Generation

**Promoter of NAMI-Eastside:** Each of us as we talk around in our sphere of influence, getting the word out about NAMI Eastside.

## HERO House Update

Currently we have **44 members** who have joined HERO House with an average daily attendance of 12 members. Our membership consists of a diverse group of mental health consumers residing on the Eastside of King County who have decided to reclaim their lives and rejoin their community. HERO House remains committed to helping members achieve affiliation and affirmation as they seek independence in their recovery from mental illness. To date, HERO House has implemented a well structured **Work Ordered Day (WOD)** to help facilitate the operations and activities of the clubhouse. As members become more proficient in the operations of the clubhouse WOD, build their self-esteem and develop meaningful relationships with other members and staff; they begin to consider paid employment in the community. While our **TEP** (Transitional Employment Program) is in its early stages of development, we are proud to report that in the month of May we had 4 active members working in 9 independent employment positions, 6 members volunteering and 2 members enrolled in higher education programs. Our members earned a total of \$7,869 in wages and clocked 926 employment hours. We have begun celebrating our members' employment at monthly employment dinners.

Thanks to the implementation of the **CVRC** (Clubhouse Virtual Resource Center), HERO House now hosts a series of **Educational Workshops** which occur during the WOD. These workshops give members an opportunity to be exposed to information from various subject matters.

Thus far, we have hosted a workshop on the Pharmaceutical and Therapies Committee's restriction of A-Typical Pharmaceuticals, a workshop on Essential Features of SSDI/SSI and how to benefit plan for paid employment, and finally a workshop on Transitional Employment Development. We will be adding the information presented in these workshops to our library in various formats (i.e. digital, audio, written, pictorial, etc.) for future members' reference. We hope to average one/two workshops monthly with an emphasis on diversifying the topics.

In addition to work, HERO House also seeks to provide social programming activities to give members the opportunity to develop positive socialization skills and **promote mental health** stability and physical health. Currently we offer five social program activities per week at various hours to meet the needs of our working members. Social activities range from in house movie nights, bingo nights and game nights to outdoor recreation like walks, hikes and BBQs at local parks. There are also special activities outside of the clubhouse that members can participate in like Mariner's games, community festivals, camping trips and golfing.

If you or someone you know would be interested in learning more about HERO House please contact us at (425) 614-1282 or visit us on line at [hero.house.org](http://hero.house.org) Thank you for your on-going support and dedication to the mission of HERO House and NAMI Eastside.

Erica Horn  
HERO House  
Executive Director

**NAMI now has its own travel Web site.** This new service is like having our own Expedia® just for NAMI supporters and friends. . You get access to the same airlines, hotels and rental car companies, cruises, and vacation packages you find on all the other major travel Web sites, and **you get some of the lowest travel prices on the Internet.** **Every time you use a travel Web site like Expedia®, the travel companies pay big commissions for your reservation. Now when you book travel on our Web site, NAMI will get 40% of those commissions** You get great travel rates and you help funnel dollars from the travel companies into NAMI. Check out the website at [www.namitravel.com](http://www.namitravel.com)

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July 2006

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

**Return Service Requested**

The NAMI Eastside Newsletter is now available at our website, [www.nami-eastside.org](http://www.nami-eastside.org).

In an effort to save time and money, we have purchased some software that allows us to send out **Special Announcements** (forum reminders, notices of upcoming meetings and conferences, etc.) to everyone on our mailing list that has provided us with an email address. We don't want **you** to miss out on anything, so if you have not already provided us with your email address, please do so as soon as possible by calling the office at (425) 885-6264 or by emailing us at [info@nami-eastside.org](mailto:info@nami-eastside.org)

Thank you.  
Barbara Thompson  
Office Manager