

Educational Forums

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

Tuesday, September 21 7-9 pm

Seattle Weekly reporter Philip Dawdy
talks about his struggle with
Bipolar Disorder and examines
the societal infrastructure that
frequently fails the Mentally Ill

Tuesday, October 19 7-9 pm

Mark Forrest, MD, Manager Overlake
Outpatient Psychiatric Services

Tuesday, November 16 7-9 pm

NAMIWalk 2005

Call NAMI Eastside for more Information
425-885-NAMI (6264)

November/December Newsletter Deadlines:

Please email all material for the November/December
2004 to newsletter@nami-eastside.org no later than

October, 14, 2004

Message From Your Vice President!

Hello! My name is Helen Nilon and I have had the privilege
of serving on your NAMI Eastside Board since 2001 and have
met many of you along the way. Thank you for being here!

A lot is happening at ALL levels of government that may
affect our ability to care for ourselves and others -- in the
ways needed. For those currently on Medicaid, the "rules"
have shifted somewhat as to who will qualify to receive
mental health services after the first of the year. Not all
of the changes are negative -- there are a lot of positives
coming our way too.

Individuals served by the Public Mental Health System will
have a broader range of services to facilitate recovery. These
will include Clubhouse and Employment Services, Registered
Peer Counselors -- family members who have children under
age 13 with a mental illness or guardians of individuals over
the age of 13 or adults and finally individuals with a serious
mental illness themselves, who have a passed credentialing
process with the state. We have been told that these
services will be available from the Regional Service Network
(RSN) Community Mental Health Providers.

NAMI Eastside has many working committees and programs
seeking your help: Consumer Committee; Children Programs
for parents of young children; Family Programs; Office &
Referral; and our Legislative Committee has a full season
ahead as which will include local, state and national
elections and need volunteers in every district.

We are seeking volunteers to serve on both Committees
and our NAMI Eastside Board. We would love to have an
attorney or certified public accountant or mental health
providers -- as well as family members and individuals
with serious mental illnesses themselves step forward to
volunteer your time and efforts to help others here in the
eastside -- in whatever ways you can. We need and want
you!

Please feel free to contact the office at 425-885-NAMI
(6264) or me 206-617-7820 to discuss any of the above.
We look forward to talking with you!

Take care and we hope to see you soon! Helen.

NAMI Eastside is one of 27 NAMI Washington Affiliates and a member of NAMI National, the National Alliance for the Mentally Ill. We sponsor
FREE Support groups, Family-to-Family Education Classes, Peer-to-Peer Educational Classes, Educational Forums and advocate for improvements
to the Mental Health Delivery System in terms of access to care, standards of care, continuity of care, housing, rehabilitation and recovery.

NAMI Eastside Redmond Office

Family Resource Center
16315 NE 87th Street, Suite B-1
Redmond, WA 98052
(425) 885-NAMI (6264)

info@nami-eastside.org www.nami-eastside.org

Support Groups & Education

- Parents of Children with Bipolar Disorder Support Group
Robin (425) 836-4136..... robinrodney@hotmail.com
- Children’s Advocate
Ximenita (425) 881-7826
- NAMI-C.A.R.E. Peer Support Group
Joan..... (425) 821-8125
Helen (206) 617-7820 consumers@nami-eastside.org
- 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
Bri (425) 747-2813
Susan (425) 467-1180
Veda (425) 865-9839
Susan or Ray (425) 653-1310
- Spanish Family Support Group
Alba (425) 747-7892
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
Currently Open..... volunteer@nami-eastside.org
- Educating the Next Generation
Margaret margaret.romano@verizon.net
- Membership
Nelly..... NESAccounting@comcast.net
- Website
Mark..... website@nami-eastside.org

Executive Board

- Michael Maloney.....President
- Helen Nilon.....Vice President
- Ximenita Miller.....Treasurer
- Diane Rabin-Jaffe.....Secretary
- Sean Bennick.....Director
- Nedra Gaskill.....Director
- Sam Jones.....Director
- Jim Kenney.....Director
- Abe Kriger.....Director
- Alan Stratton.....Director
- Michael A. Rynas.....Executive Director

NAMI Eastside Newsletter

- Vacant.....Editor

OPEN TO THE PUBLIC

St. Andrew’s Lutheran Church - Health & Healing Ministries

Mental Health Education Hours

2650 148th Ave SE; Bellevue, WA 98007

(425) 746-2529

10:00 – 10:50 AM

In Our Own Voice - Sunday October 24, 2004

The best way to learn about mental illness is to hear directly from those who have suffered through it. In Our Own Voice (IOOV) is a wonderful program that helps break the stigma about mental illness. It is an opportunity for audience members to participate in a meaningful dialogue with those that have suffered from mental illness, which will dispel myths and increase real understanding about mental illness and recovery.

Presenters are trained by NAMI (National Alliance for the Mentally Ill) and are from the local community. The presentation format consists of a short video and two speakers who share their stories (dark days, acceptance, treatment, coping strategies and successes, hopes and dreams), with time for questions and answers.

Educating the Next Generation - Sunday October 31, 2004

How well do you know the basics about mental illness? What have you heard about it, and what are your questions? Are most mentally ill people also violent? Do lots of them use drugs and alcohol in an attempt to feel better about their distressing world? Can you recognize the disorderly thought patterns of a schizophrenic just by looking at their brain scan? What is it like to go through life with your brain not processing information correctly, and could you live that way?

Although this program was originally targeted to high school and college age students, it has been given repeatedly to parole officers, police departments, and civic and religious groups. Developed by a University of Washington professor, this successful program gets outstanding reviews by audiences of all age and knowledge levels.

When I Became a Stranger: Ministries with Mental Illness - Sunday November 7, 2004

David Zucker has served as Mental Health Advocate at University Presbyterian Church in Seattle since 1994. He is also a survivor of major mental illness, homeless for two years and spending another 3 in institutions. He will share the story of his own struggle and recovery and ways that congregations can work to become more welcoming places for persons with mental illness and their families.

From the Editor: The Net

This issue's From the Editor column has been contributed by long term Eastside resident and NAMI Eastside member Pris Andrews.

Remember the recent news story about the graceful trapeze artist who fell to her death because there was no safety net?

Every human needs a safety net of some degree. Our mentally ill die or are on the streets with no shelter simply because Washington has not put in place a safety net for these citizens.

However, many mentally ill do not have the capacity to vote on their own behalf, rally on their own behalf, or even effectively complain. Someone has to speak for them. We must all speak louder. We must give more. There are no throwaway people. Many of these individuals are most gifted and have much to offer society if only they received appropriate treatment and felt loved.

Where are our hearts? We MUST give more, participate more, share more of our time and lives. Many are lonely. Some are unshaven and dirty, with eccentric behavior. Many onlookers fear them but they are the meek of the world. We must reach out when they need us. After all, we are all family.

What can we do? We vote, we campaign, we give, we care, we understand, we volunteer our time, we speak for them if necessary. We can and we must.

Let's look at Minnesota. That state has few mentally ill sleeping under bridges or lost in anonymity to the streets. We do not need to reinvent the wheel. We can borrow from others who have pioneered better ways of handling such crises. We must convince our senators and representatives to value recovery of the mentally ill and support programs that focus on that process and goal. If our elected officials do not respond, we need to vote into office those who better understand the needs of persons with mental illnesses.

Most people do not comprehend the drastic trickle down effect mental illness has on families. Families alone cannot manage this problem. Many are trying. Parents are depleting savings and other resources, some are forced out of homes they paid taxes on for years to cover mental health costs. Some have not taken a vacation in years. Parents are on antidepressants, some fall physically ill from the continuing stress and trauma. Many are so drained from their efforts in caring, they are too exhausted to fight the fight. Peace of mind is rare. Every ambulance siren and fire truck horn strikes fear in their hearts.

We pride ourselves in being experts in the world wide net. But where is the other net of equal importance? It is not on any computer. So just where is this safety net? How effective is it? The truth is we have yet to construct a seamless or effective safety net for the mentally ill.

If we can go to the moon, we certainly can develop a system for caring for our own. We can and we must.

Thoughts from Susan

I woke up this morning with the thought "It's time" emanating from a very deep place. Since I believe we are all the meaning makers in our own lives, I need to translate this message so that it is meaningful not only to me but to those whose lives touch mine. Further, I firmly believe that in order to allow new and different experiences to enter one's life, there must be "space" available for them. It is so very easy to get so busy with things to do that personal calendars are quickly filled to overflowing. That is how it is with me currently.

So, to allow space in which to grow something new, some older role or responsibility or endeavor must be released—which brings me full circle to my opening thought.

It's time for me to give up my role as Editor of our affiliate newsletter and encourage another of our members to step into that role. I am most grateful for the opportunity to have occupied this position since May of 2002. I've learned much and I value getting to know so many outstanding and caring individuals through this venue. A special thank you is in order for your encouragement, feedback, support and friendship. I appreciate all of it.

I will continue to facilitate the family support group in Kirkland on the second Tuesday of every month, and, should you want support yourself or want to lend another support, you are welcome to join us. Perhaps I'll see you there.

Take good care.

Susan

Strides for Stability

The Strides for Stability is a 5-K Run/Walk to be held Saturday September 18, 2004 at 9:30 am at Sand Point Magnuson Park.

It is a step to help mental health and community housing solutions. It will aid in education of us all. Website www.stridesforstability.org, or hotline 206-545-2398.

The Circle of Friends for Mental Health is having a fund raising dinner called Ashiana, "loving shelter" on September 17, 2004. Reservations can be made with Carolyn Hale, halecarolyn@juno.com, or 425-481-0806

Parents Group Resumes

NAMI Eastside Parents of Children with Bipolar Disorder Support Group will restart its meetings on September 14th from 10 a.m. to 11:30 a.m. in the Baker/Adams Room at the Family Resource Center in Redmond. For more information, please visit the website at www.namieastbp.org or contact Robin at 425-836-4136.

New Fall Class

NAMI Eastside will be offering a new free 8-week course called Visions for Tomorrow beginning on September 22, 2004. These classes are for parents of children up to high school and a mental illness. The course will cover ADHD, Aspergers, Tourettes, Bipolar Disorders, Depression, Anxiety Disorders, Eating Disorders, Oppositional Defiant Disorder and Conduct Disorder.

Expand your understanding of mental illnesses while learning valuable coping skills and building community with other parents.

Classes will meet on Wednesdays from 10 a.m. to 12:30 p.m. at the Family Resource Center in Redmond. Space is limited. Please call Robin at 425-836-4136 or Ximenita at 425-881-7826 to register.

IOOV Coordinator Assistant Job

DESCRIPTION

This person works with IOOV Presenters to make arrangements for presentations in the community to schools, police departments, service groups, faith communities and etc. He/she would attend presentations, set up video and make sure evaluations are filled out by the audience, reviewed with Coordinator and then sent to NAMI national. Time commitment is about 4-8 hours per month. Some phoning and email is required. If interested call Dick Hanner 425-747-5315 or email ioov@nami-eastside.org.

POSITIVE QUOTES OF THE DAY

I had rather do and not promise than promise and not do.

-- Arthur Warwick

To be able to practice five things everywhere under heaven constitutes perfect virtue... gravity, generosity of soul, sincerity, earnestness, and kindness.

-- Confucius (551-479 BC) Chinese Philosopher

Parent Partner

The staff member provides advocacy and support to selected Interagency Staffing Team parents and foster parents. Leads a parent – community development effort to provide formal and informal support and resources to parents, foster parents, families and children / youth.

Experience with severely emotionally disturbed children, working knowledge of social services, our community, individualized and tailored care and local systems required. Excellent communication and interpersonal skills essential. Must be a parent of a child / youth who is or has been involved in the system of care and have experience in facilitation and coordination of groups.

This is a part time, 20 hours / week position with partial benefits. Qualified candidates please submit a letter of interest and resume to:

SEATTLE MENTAL HEALTH

Attn: Theresa Winther, Manager

1600 East Olive Street

Seattle, WA 98122

E-mail Theresaw@smh.org

Fax 206-324-9433

www.smh.org

SMH is an EEO/AA Employer

Family-to-Family Opportunity!

Your NAMI Eastside Board has reserved TWO spots for a team to take the Family-to-Family Teacher training September 10th through 13th. The Training will be held on Birch Bay, near Bellingham. To take the training to become a Family-to-Family Instructor you should have completed the Family-to-Family Class in the past.

We are looking for a team of two individuals who are willing to agree to teach the series two-times during each of the next two years. Additionally, this team would be expected to turn-around almost immediately upon completion of the training and teach a class this fall.

If you are available, please contact Helen Nilon 206-617-7820, Sue Wuhrman 425-455-4236 or the NAMI Eastside office 425-885-6264 immediately.

NAMI Eastside is a 501 (c) 3 non-profit organization.
All dues and donations are Tax deductible.
Please Specify NAMI Eastside For your 2004
United Way Payroll Deduction.

NAMI Eastside 2004 Consumer Project

DRAWING as a medium – 6 Thursday’s beginning September 23rd from 10:30 am until 1:30 pm. Learn how to draw to express your sense of art! This workshop is limited to 12 individuals, RSVP IS REQUIRED.

Joe Chou, instructor.

The time has come for us to FRAME our beautiful pieces of art for our Exhibit!

Please join us Saturday September 18th as we prepare our work for Exhibit! PLEASE contact Helen if you can help us finalize our work – we need YOU!

If you are unable to join us for one of our FREE workshops, please join us at our open PRACTICE SESSIONS

Make beautiful cards or bookmarks with simple designs using stamps.

Make buttons, mirrors or other items using one of our button-making machines.

Fun guaranteed!

We would like to be able to work in many mediums, including watercolor, oil pastels, beading etc. If you are an artist and would like to share your skills with us in these -- other areas, please contact Helen at the NAMI Eastside if you have any questions and to register for a workshop. The NES number is 425-885-6264 or you can email Helen at consumers@nami-eastside.org.

NAMI Eastside Consumers & Families

ART EXHIBIT

In Honor of Mental Health Week

October 1 through 9th, 2004

Redmond City Hall

15670 NE 85th Street

Redmond, Washington

Exhibit will be available for viewing throughout the month of October.

Peer-to-Peer Course Information

Peer-to-Peer is a nine week – 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.

Please contact the NES Office at 425-885-6264 or email Helen at consumers@nami-eastside.org for more information about the course.

Peer-to-Peer Mentor Opportunity

This fall there will be a NAMI WA training to train additional Mentors to teach the NAMI Peer-to-Peer Educational Series. The training will be in the King County area.

If you are interested in becoming part of this exciting team, please contact one of the following people:

Joan: 425-821-8125

Helen: 206-617-7820 or consumers@nami-eastside.org

NES office: 425-885-6264

An Invitation!

I am writing to invite you to become a member of one of these two groups. The King County Mental Health Advisory Board and the current of the Quality Council Committee lack countywide representation -- ESPECIALLY from east and south King County. The vast majority of members are from Seattle or one of its adjacent cities. Diversity -- as it relates to minorities is also an area lacking representation.

"The King County Mental Health Advisory Board is a statutory citizen's advisory board which advises the King County Executive and the King County Council on County-funded services to seriously emotionally disturbed children and chronically mentally ill adults. The Board provides policy direction, prioritizes and advocates for service needs, oversees evaluation of services, and provides public information." The Board meets on the 2nd Tuesday of the month from 4:30 to 6:30 pm. In addition to serving on the Board, members are required to serve on a committee as well as liaison with one of the public mental health agencies. The Board does the "work" of the Board via committees.

<http://www.metrokc.gov/dchs/mhd/mhab/mhbrecrut.htm>

A less time consuming task -- yet one that is critical to success -- are our Committees, which have individuals from the Community which serve as members. Members are professionals within the public or private sector, parents or family members of individuals with serious mental illnesses (children, young adults or adults) or have a mental illness themselves. I do not believe we have anyone on the Quality Council whose focus is on children with mental illnesses. We have but one provider represented.

The Quality Council is in need of several members from the community to fill spots. You would be a "full" member of the Committee and have voting rights etc. Again -- there is a serious lack of representation from east of Lake WA and south King County, which is a primary reason I am turning to you.

The Quality Council is responsible for reporting to the King County Mental Health Advisory Board (KCMHAB) issues and recommendations that affect the quality of mental health services delivered through the King County Mental Health Plan. The focus is on:

- * Consumers' access to appropriate and timely care
- * Quality of care
- * Consumers' satisfaction with services
- * Consumers' outcomes relevant to goals and recovery expectations

PLEASE contact me or Rhoda Naguit if you are interested in serving on the KCMHAB or the Quality Council. Rhoda can be contacted at 206-296-7623.

Helen Nilon
Member, King County Mental Health Advisory Board
Chair, Quality Council

News Release

August 2, 2004

Seattle Mental Health Offering Services in Snoqualmie Valley

Seattle Mental Health has opened a new office located in the Kimball Creek Medical Center, 9450 Ethan Wade Way SE, Suite B, in Snoqualmie. The agency offers individual, group, and family solution based counseling for children and older adults, including psychiatric evaluations, medication management, and chemical dependency treatment.

Founded in the Capital Hill area of Seattle in 1967, Seattle Mental Health (SMH) now provides services for more than 10,000 clients throughout King County. SMH is a private, non-profit agency, accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), and is a licensed and certified provider of behavioral health services for many health plans, as well as Medicaid and Medicare.

SMH employs multidisciplinary mental health professionals including social workers, counselors, psychiatrists, psychologists and nurses, all of whom are state registered, licensed and/or certified.

For further information or to schedule an appointment, please call the main SMH Access number at 206-302-2300 or 1-800-828-1449. Also, please visit us on the web at www.smh.org.

Free Community Educational Sessions

Community Psychiatric Clinic is offering a series of behavioral healthcare educational sessions to learn about mental illness, chemical dependency and community resources.

- All sessions are on Wednesdays from 6 to 7:30 pm:
- Sept. 8 Mental Illness in the Family
 - Sept. 22 Bipolar Affective Disorder
 - Oct. 6 Major Mental Illness & Medications
 - Oct. 20 Schizophrenia
 - Nov. 3 Family & Friends of Drug and Alcohol Users
What Can You do to help?
 - Nov. 17 Accessing Funding & Benefits

Community Psychiatric Clinic's Eastside Regional Service Center
13133 Bel-Red Road
Bellevue
(425) 454-3021

Reservations are not required.

Book Reviews

Title: Do The Right Thing - Living Ethically in an Unethical World

Author: Thomas G. Plante, Ph.D., ABPP

A thought-provoking book causing the reader to determine 'what's right for you' by contemplating and exploring his/her thinking with regard to some hypothetical, ethical dilemmas faced in specific circumstances and situations. Using five steps to measure the consequences of our actions, the reader may be challenged to evaluate their decisions using principles of integrity, competence, responsibility, respect and concern in our present world.

The author investigates the basis for making ethical decisions in our lives and the effect of our thoughts and feelings when 'doing the right thing'.

The pros and cons of applying the principles of egoism, utilitarianism, absolute moral rules and others are explored.

Reviewed by Lillian Meier

Title: When Anger Scares You: How to Overcome Your Fear of Conflict & Express Your Anger in Healthy Ways

By John R. Lynch, Ph. D.

When Anger Scares You: How to Overcome Your Fear of Conflict & Express Your Anger in Healthy Ways is an interesting view of anger. The goal of the book is explicitly stated early on and repeated throughout the text. "This book is intended to help you name the origins of some of your problems with anger, especially in relationships, and it offers a cognitive model to organize your understanding of and response to anger" (p.12). The book is light on solutions and explanations are frequently plagued by circular logic and confused concepts. I found myself getting confused by inconsistent definitions of terms, contradictory statements and poorly chosen metaphors. It's important to note that Lynch clearly states in the preface that his model of anger and healthy anger expression is "not based on statistics or researched treatment protocols". The model is based on his observations as a therapist and it is therefore largely a matter of his opinion. If you are looking for a proven effective strategy for dealing with anger and fear of anger, this is not the book for you. Those who choose to read this book should keep in mind that it is one man's opinion and not the final word on anger management.

Reviewed by Halima Alli

Title: Depressed and Anxious - The Dialectical Behavior Therapy Workbook for Overcoming Depression and Anxiety

By Thomas Marra, Ph. D.

Depressed and Anxious by Thomas Marra, Ph. D. is a proactive approach to addressing the challenges of living with both depression and anxiety together. Dr. Marra provides extensive references and citations that are relevant and current. The information is presented in practical terms so that even the more complex concepts are accessible and adaptable to the individual situation. The use of mnemonics helps to remember to use the information throughout the day. Dr. Marra presents a rational, realistic approach to coping with depression and anxiety in daily life.

Dr. Marra begins with overviews of anxiety and depression disorders as defined by the DSM IV (Diagnostic and Statistical Manual of Mental Disorders). Once he has established an understanding of the major disorders, he goes on to describe the occurrence of the two classes of disorders together. The combination of features of depression and anxiety creates unique motivations and challenges for individuals. Anxiety causes one to anticipate disaster but depression features a loss of initiative to do anything about it. This contradiction creates tension and confusion for the individual experiencing them together. The discussion of this conflict leads right into the explanation of dialectical behavior therapy and how it can be used to reduce the tensions of co-morbid depression and anxiety.

A dialectic is a set of issues that demand different and incompatible responses. A dialectic domain is an area of life where you have to struggle to meet two sets of needs. Conflict and compromise are integral parts of everyday life. The pain of depression and anxiety is the result of internal conflicts and flawed interpretations of reality. The work of dialectical behavior therapy is to identify the dialectic conflicts in your life and how compromises you make can affect anxiety and depression. The exercises throughout the book are designed to help you work on identifying dialectics and examining the choices and compromises you make. They are challenging and require time and commitment. Dr. Marra makes no promises of quick and easy solutions. He is very straight forward about the hard work required to achieve objectives in the book. The goals and objectives are realistic and achievable but the process is not easy or quick. Dr. Marra provides plenty of encouragement and acknowledgment of the effort required to complete the exercises. He even suggests consulting with your therapist on the exercises, allowing you to ask for help.

Reviewed by Halima Alli

New Post Traumatic Stress Disorder (PTSD) Support Group

NAMI Eastside and the National Gulf War Resource Center, Inc (NGWRC) have teamed together to begin a PTSD support group. Outreach is extended to veterans of Iraqi Freedom, Afghanistan, Gulf War veterans and their families. Anyone with suffering from PTSD is welcome.

"This is being pro-active, said Mike Rynas of NAMI Eastside." If someone has post-traumatic stress disorder or another serious issue, when they get back into daily life we expect they are going to have problems. We want to help them take care of themselves."

Many soldiers and their families have difficulties transitioning back into daily life after returning from long deployments. John Lee, deputy director of the state's Department of Veterans Affairs, has said that the Department of Defense, federal VA and the Washington National Guard have put support programs together that consider the soldier and their families, too.

Over three thousand National Guard troops will be returning to Washington State. Julie Mock, Washington State Chair of the NGWRC and Gulf War veteran, stated that it may appear that all is well, but problems often surface after a time. "That's when the military lacks an effective response", she added.

The VA reports that Iraqi Freedom veterans returning from deployment are being diagnosed with PTSD at a rate of 17-21%. The National Gulf War Resource Center believes that these figures are very low.

"Our hope is to bring people with common denominators together," Mock said "Our goal is to assist veterans and their families' transition back into day-to-day life by providing support within the community." Cost-free resource information from NAMI, the VA and the NGWRC will be available at meetings.

NAMI Eastside's Post Traumatic Stress Disorder (PTSD) peer support group is held on the 2nd and 4th Thursday's each month at Cedar Park Apartment's Cabana, 7512 NE Bothell Way Kenmore. (Please park behind CJ's Restaurant @ 7520 NE Bothell Way or walk over from the Kenmore Park & Ride). The meetings are from 7 to 8 pm. For additional information, please contact Sean 425-402-6934 or email consumers@nami-eastside.org. All individuals who have PTSD, regardless of the trauma's origin are invited to attend!

August 14, 2004 NAMI Eastside Board and Leaders Developed and Reaffirmed the Following:

MISSION STATEMENT

The mission of NAMI Eastside is to improve the quality of life of those persons affected by acute and chronic mental illness through support, education and advocacy.

OUR VISION

That NAMI Eastside is seen by the Eastside community as a premier support and advocacy resource for mental illness.

That community leaders, political officials, the judicial system and healthcare providers understand mental illness as a physical/biological brain disorder that impacts the individual, their families and the communities in which the mentally ill live.

OBJECTIVE A: CLIENT PROGRAMS & SERVICES

To ensure access to - and be a model community known for - successful support programs and services, regardless of ability to pay, for persons impacted by serious MI and their families.

OBJECTIVE B: ADVOCACY & EDUCATION

To successfully advocate for the mentally ill so the community and judicial systems support MI issues when setting policy and understand about MI when dealing with MH and related issues.

OBJECTIVE C: ORGANIZATIONAL & HUMAN RESOURCES

To sustain NAMI Eastside programs and services using dedicated and informed volunteers supported by professional, knowledgeable staff.

OBJECTIVE D: FINANCIAL SOUNDNESS

To have NAMI Eastside be financially sound; able to sustain and grow its level of programs and services and be able to count on future funding.

Thank You

Another BIG thank you goes to **Carol Schillios**, of the Schillios Consulting Group for her generous and productive work with the Board and NAMI Eastside members to reaffirm and adopt our Mission and Goals as we continue to grow and expand as a young organization. Information regarding Carol and the Schillios Development Foundation, The Fabric of Life can be found via her website, www.schillios.com. Carol not only has a voice of reason and calmness but also brings hope to many in Third World Nations. It was a true pleasure to work with her. NAMI Eastside extends our gratitude to Carol and hope you will take a moment to look into her other good works.



Our Facilitator Training Class was a huge success and was instrumental in the creation of several new Support Groups.

NAMI Eastside NAMI-C.A.R.E. Facilitator Training

Utilizing a generous grant from Brighton First NAMI Eastside was able to train 17 NAMI Eastside members to become Co-Facilitators for Support groups, in addition to a team from NAMI Clark, who will facilitate a support group for parents of young children with serious mental illnesses.

Bill and Rosemary Stewart, from NAMI Spokane have been trained as NAMI Family Facilitator Trainers. They are a truly suburb team and we were overjoyed that they fit us into their busy schedule.

From those trained we now have a new Family Support Group that will meet the 3rd Thursday of the month, a new Spanish Family Support Group which meets on the 1st Monday of the month, except on holidays. Our Spanish group meets at Consejo Counseling & Referral Service.

On the consumer side of our "shop" we now have a new NAMI-C.A.R.E Depression Support Group that will be held on the 2nd & 4th Wednesday of the month at Community Psychiatric Clinic. Up in Kenmore we have a new NAMI-C.A.R.E. Post Traumatic Stress Disorder Support Group which meets the 2nd and 4th Thursday of the month.

For all affected by mental illness – either in themselves or in a loved one we have two sets of Mental Health & Spirituality Support Groups. One meets the 1st and 3rd Friday of the month at the NAMI Eastside Office, at the Family Resource Center. Our second set meets at St. Brendan's Catholic Church in Bothell on the 2nd and 4th Wednesday evening.

For additional details and contacts for the above, please refer to your monthly NAMI Eastside calendar.

NAMI Eastside THANKS the following:

Patricia Love of Coldwell Bankers who generously donated 10% from the sale of our previous Co-Office Manager Barbara Broadley's home. For those who may not know Barbara has married and moved to her new home in Florida. Her enthusiasm will be missed by many. For any NAMI Eastside members or friends looking to sell you home, Patricia will duplicate her donation to NAMI Eastside. Patricia can be contacted at (425) 450-5254 or via patricialove@cbbain.com.

A big thank you goes to **Shannon Vieria**, who has served us well as first the Co-Office Manager and more recently as the the Office Manager. We will miss her efficiency as she steps back to focus on serving as our Librarian and her business.

We are also in need of a new team to step forward to manage the business of running the office. Please contact the NAMI Eastside Office at 425-885-NAMI (6264) and leave a message for Shannon V. or email info@nami-eastside.org. You will be contacted on a Monday, when Shannon is in the office.

Susan Rynas has stepped down from her position as editor for the NAMI Eastside News. We wish to thank Susan for her tireless hours of dedication to getting us up and running and for the passion she brings to the table each and every day. We wish Susan the best as she continues to serve her fellow man.

NAMI Eastside has begun the search for new members to join the editorial team. Please let us know if you are interested by sending an email to newsletter@nami-eastside.org at your earliest convenience.

SPANISH SPEAKING SUPPORT GROUP

The Spanish-speaking support group is for parents, siblings, adult children, spouses, and friends of people with a mental illness. This group is for people that feel more comfortable expressing themselves in Spanish.

Discussions may include options for how to navigate during a crisis, managing relationships, understanding medications or other topics suggested during the evening.

Meets 1st Monday of every month from 6:00 to 7:30 PM (except holidays)

Consejo Counseling & Referral 1412 – 140th Place NE Bellevue, WA

Call one of our facilitators for more information:

Alba: 425-747-7892

Raul: 425-881-3514

Remmedicalraulmunoz@comcast.net

NAMI GRUPO DE APOYO EN ESPAÑOL

El grupo de apoyo en español es para los padres, hermanos, esposos, y amigos de personas con enfermedades mentales.

Este grupo es primordialmente para las personas que tengan mas confianza expresandose en el idioma español.

Las discusiones pueden incluir los temas de como soportar las crisis, mantener buenas relaciones, aprender de medicamentos y otros topicos que sean sugeridos durante las sesiones.

Las reuniones son el primer Lunes del mes de 6:00 a 7:30 de la noche

en el Consejo Counseling Center 1412 140th Place NE en Bellevue, WA

Para mas informacion por favor llame a:

Alba: 425-747-7892

Raul: 425-881-3514

Remmedicalraulmunoz@comcast.net

Help change the system! JOIN NOW!

Mail To: NAMI Eastside, Family Resource Center, 16315 NE 87th Street, Suite B-1, Redmond, WA 98052-3537

Name(s) _____

Address _____

City _____ WA, Zip _____

Phone _____ Bus. Phone _____

Fax _____ E-Mail _____

Please check as appropriate.

- Membership \$35.00
- Professional membership \$40.00
- Corporate \$500
- Donor \$100.00
- Benefactor \$250.00
- 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

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
- 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
- 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
- Write articles or book reviews for NES
- Be a NAMIWalk 2005 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

Other: _____

Your Availability

_____ Hours per week
_____ Hours per month
_____ Hours per quarter
_____ Other

Computer Skills

- MS Word
- MS Access
- MS Visio
- DAZZel
- MS Excel
- MS Publisher
- ACT 6.0
- Other: _____

Mail to: NAMI Eastside, Family Resource Center, 16315 NE 87th Street, Suite B-1, Redmond, WA 98052



Family Resource Center
16315 NE 87th Street, Suite B-1
Redmond, WA 98052-3537

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Looking For Information Or Help?

NAMI Eastside

(425) 885-NAMI (6264)
info@nami-eastside.org

NAMI Eastside Website: www.nami-eastside.org
Parents of Children with Bipolar Disorder: www.namieastbp.org
Online PPD Support Group: www.ppdsupportpage.com

NAMI National: 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) 827-1930

Local Resources & Information

Community Psychiatric Clinic: www.cpcwa.org (425) 454-3021
Seattle Mental Health: www.smh.org
(425) 825-1761, (206) 324-0206
Western State Hospital Board Member and Family Advocate:
Pat Lovett (360) 698-4668
Washington State Legislators: www.leg.wa.gov or 800-562-6000
Community Resources Online www.ci.seattle.wa.us/crisisclinic

Helpful Websites

Mental Health Matters: www.mental-health-matters.com
Get Mental Help: www.getmentalhelp.com
Psych Forums: www.psychforums.com
Consumers' Self-Help Clearinghouse: www.mhselfhelp.org
Mental Health Infosource: www.medinfosource.com
Natl Resource Center on Homelessness & Mental Illness:
www.prainc.com
Mental Health Today: www.mental-health-today.com
HealthyPlace: www.healthyplace.com

Other Helpful Organizations

National Inst Mental Health: www.nimh.nih.gov
Social Security Administration: www.socialsecurity.gov
Americans with Disabilities Act Info: www.usdoj.gov/crt/ada
National Mental Health Assn: www.nmha.org
National Foundation Depressive Illness: www.depression.org
Depression & Bipolar Alliance: www.dbsalliance.org
Recovery Inc.: www.recovery-inc.org
NARSAD, brain research: www.narsad.org
Mental Health Planning & Advocacy Council
www.wamentalhealth.com