



## **Educational Forums**

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

**Tuesday, September 19**

**7-9 pm**

*"Depression", presenters are Michael  
McAlister, MA, LMHC, CMHS, and Teri  
McNeely, MA, MHP, from the NW Counseling  
Institute. "What do you want to know about  
depression?" Bring your questions.*

**Tuesday, October 17**

**7-9 pm**

*"Guardianships and Estate Planning For Families  
With Special Needs Family Members".  
Charlotte Cassady, Attorney*

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

## **NES: What's up?**

*NAMI Eastside will be hosting the 2007 NAMI  
Walk. Success takes planning; it's not too early  
to start now. Help us make this the best NAMI  
Walk ever; contact the office at (425) 885-NAMI  
(6264). Thank you.*

**Mental Illness Awareness Week** is an annual national observance created in 1968 by presidential proclamation to recognize "the urgent need to educate the American public about mental illnesses and their treatment". This year it will be held the week of **October 1st thru the 7th, 2006**. This year's theme is **Leveling the Playing Field** and reflects the hope and real possibility of reclaimed lives in all communities across the country and encapsulates the true spirit and essence of NAMI.

**Bipolar Disorder Awareness Day, October 5, 2006**, was created by NAMI and Abbott Laboratories to increase awareness of bipolar disorder, promote early detection and accurate diagnosis, reduce stigma, and minimize the devastating impact on the 2.3 million Americans presently affected by the disorder.

## **We want to hear from you!**

**Do you have an idea for a future forum? Would like to contribute an article to the newsletter?**

Please send it to NAMI Eastside, Family Resource Center Campus, 16315 NE 87th St., Suite B-11, Redmond, WA 98052, call the NAMI Eastside office at (425) 885-6264, or email it to [info@nami-eastside.org](mailto:info@nami-eastside.org)

**Send all material for the newsletter not later than the 15th of each month.**

## **Two new Support Groups started in late August:**

**Spanish Speaking SG** on the 2nd and 4th Wednesdays, 6:30-8:00 p.m. The group meets at 817 S. 3rd Street, Suite 4, in Renton, in the Porcello Bldg. next to the La Hacienda Mexican Restaurant. For more information, contact the facilitator, Alba Zuniga at (425) 306-3681.

**Eating Disorders SG** will meet on the 4th Sunday of each month, 7:00-8:30 p.m. at the Family Resource Center Campus, Bldg. A, Rainier Conference Room, 16225 NE 87th Street, in Redmond. For more information, contact the facilitator, Shannon Albert at (206) 276-6121.

**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 and Education**

- Depression Support Group
  - Liz..... (425) 392-5027
  - Sylvia..... (425) 836-5405
- Eating Disorders
  - Shannon .....(206) 276-6121
  - Liz.....(425) 392-5027
- Educating the Next Generation.....(425) 485-1346
  - Margaret ..... Margaret.romano@comcast.net
- Family-to-Family Class
  - Judy .....(425) 939-7473
- Family Support Groups
  - Veda M..... (425) 865-9839
  - Karin .....(206) 236-5247
  - Lisa .....(206) 232-6946
  - Jan .....(425) 747-6142
  - Nichole .....(425) 443-7202
- In Our Own Voice.....(425) 747-5315
  - Dick Hanner.....ioov@nami-eastside.org
- Mental Health and Spirituality Support Group
  - John.....(425) 489-4084
  - Allison .....(425) 488-4378
- NAMI-C.A.R.E. (Peer).....consumers@nami-eastside.org
- Consumer Art Practice Wksp. ....consumers@nami-eastside.org
- Parents of Children w/Bipolar Disorder and Children's Advocate
  - Julie .....(425) 898-9800
- Peer-to-Peer.....(425) 885-6264
- Spanish Speaking
  - Alba .....(425) 306-3681

**Committee Contacts**

- Housing Committee..... Abekrigger@aol.com
- Librarian.....info@nami-eastside.org
- Volunteer Coordinator.....volunteer@nami-eastside.org
- Educating the Next Generation....margaret.romano@comcast.net
- Membership.....nami-eastside@comcast.net
- Website.....website@nami-eastside.org
- Administration.....officeadmin@nami-eastside.org
- Office Manager.....info@nami-eastside.org
- Newsletter, Gary and Sharron .....info@nami-eastside.org

**Executive Board**

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

**Pain Free Fund Raisers 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. 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/>

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.

(Submitted by Gordon Bopp)

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**Amazon.com:** We also receive a small percentage from Amazon.com for any books that are purchased through their website. I don't know how competitive their prices are, but you might want to check them out.

***Thank you for your support of NAMI Eastside.***

**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

### HELP WANTED: Co-Facilitators

A Co-Facilitator is needed for the "Parents of Bipolar Children Support Group".

"C.A.R.E. Consumers Advocating Recovery through Empowerment Support Group" also needs your help. *You must be a consumer to become a facilitator for the C.A.R.E. group.*

*If you are interested in helping out with either of these groups, please contact the NAMI Eastside Office at (425) 885-NAMI (6264) or [info@nami-eastside.org](mailto:info@nami-eastside.org)  
Thank you.*

### FACILITATOR TRAINING

*Training for support group facilitators will take place October 20—22, 2006 at the Family Resource Center, 36817 NE 87th St., Redmond. Training starts on Friday at noon. Contact Connie at [volunteer@nami-eastside.org](mailto:volunteer@nami-eastside.org) or call the NAMI Eastside office at (425) 885-NAMI (6264). Free.*

## NATIONAL DAY OF PRAYER

### For Mental Illness Recovery and Understanding



NAMI Eastside's sponsored Mental Health & Spirituality support group will be holding two interfaith candle light prayer services in the evening during Mental Health Awareness Week, October 1-7, 2006. The facilitators plan to have it at two different locations—one at Saint Brendan Catholic Parish in Bothell and another service on a different evening at Saint Louise Catholic Church in Bellevue. The exact days and times will be determined very soon. Please contact the facilitator John, via phone or email at (425) 489-4084 or [johnrad14@yahoo.com](mailto:johnrad14@yahoo.com) or NAMI Eastside at (425) 885-NAMI (6264) to verify dates and times.



### In Memoriam

Brian Apel  
December 7, 1962 - April 1, 2006  
In loving memory of Brian Apel who is missed by all.

### No Person is Ever Truly Alone by Richard Fife

No person is ever truly alone.  
Those who live no more,  
Whom we loved,  
Echo still within our thoughts,  
Our words, our hearts.  
And what they did  
And who they were  
Becomes a part of all that we are,  
Forever.

"Brian's Beach Bums" raised over \$1900 for the NAMI Walk held in Seattle in May, 2006.

## Announcements

### National Day of Prayer for Mental Illness – Now Is the Time to Plan!

The third annual National Day of Prayer for Mental Illness Recovery and Understanding, which is observed on Tuesday, October 3 during Mental Illness Awareness Week, is rapidly approaching. For more information, check out the FaithNet website at [www.faithnet.nami.org](http://www.faithnet.nami.org)

### Interpreters Available

Spanish, Chinese, Russian and Ukrainian speakers have volunteered their services as interpreters.

Please contact the NAMI Eastside office at (425) 885-NAMI (6264) and we will make arrangements with them. Requests must be made in advance.

## Conferences and Training

### The Legislative Joint Task Force on Administration & Delivery of Services to Children and Families will meet in Spokane on September 27th beginning at 9:00 a.m.

The work session is open to the public with the topics, presentations, and other agenda items to be announced.

If you would like additional information, sign up for the listserv via the Washington State Legislature's website at: <http://apps.leg.wa.gov/>

Parent Legislative input is requested at two **Children's Mental Health Stakeholder community input sessions that will be held in Seattle on September 12, 2006.** The first one will be 10:00-11:30 a.m. at the Fremont Public Association in Seattle on N. 45th ST ; The second one will be 1:00-2:30 p.m. at the Children's Home Society on NE 65th St in Seattle.

What are your comments? What would you recommend? Legislation is going to be developed, removed, and revised by the Legislature. You are your child/youth's best lobbyist. Don't let someone else make all the decisions.

Please contact Sherry Axson, South King County Parent Coordinator at (253)-876-3454 or [www.skcrsg.org](http://www.skcrsg.org), if you can attend.

### Successful Community Living: Cross-System Strategies for Supporting Vulnerable Adults Sept. 26, 2006 - Arlington, or Sept. 29, 2006 - SeaTac

One of the goals of a recovery-oriented system of care is helping individuals remain in the community. This training is designed to increase the knowledge of those supporting vulnerable adults, so that they are aware of the available resources and system structures that can assist them in helping their clients remain in the community.

The presenter is Theresa Mahar, Licensed Independent Clinical Social Worker who has worked with multiple populations for 32 years. She has significant experience working with developmentally disabled adults, was Director of Social Work at Eastern and Western State Hospitals, was a nursing home administrator and has consulted in nursing facilities since 1986. She co-authored a paper with Cheryl Strange on the Washington State system of integrating mental health and developmental disabilities concepts to ensure that dually diagnosed clients receive the treatment they need from both systems.

Contact the Washington Community Mental Health Council with questions at (206) 628-4608, ext. 12, or [aavery@wcmhcnet.org](mailto:aavery@wcmhcnet.org) The presentation is free but space is limited. Pre-registration is required.

## More Conferences and Training

### Announcing Community Wide Recovery And Resiliency Training

Friday, September 29th, 2006. Pre-registration is required. The training is free and lunch is provided. Contact Judie Ebbert Rich at (360) 866-8512.

People with mental illness can, and do, get well. A free training on mental health Recovery and Resilience is being offered to anyone interested in supporting mental health recovery. The purpose of the training is to invite the broader community into the conversation of mental health recovery.

### ONE DAY STATEWIDE SUMMIT

#### “Dealing with Mentally Ill and Chemically Dependent Offenders in Washington State”

The Washington State Criminal Justice Training Center, 19010 1st Ave. S., Burien, WA

September 18: 8:00 a.m.—5:00 p.m.

NAMI WA is planning a massive effort titled, “The Ultimate Jail Diversion” to change the laws to remove criminal jeopardy for most offenses for which the mentally ill are charged. Decriminalization is the goal. This summit will kick off a formal campaign to get action this year at all levels of government to divert the flow of the mentally ill from jail to treatment facilities. Register online with WA Assoc. of Sheriffs & Police Chiefs @ [www.waspc.org](http://www.waspc.org). Contact: Raeanne Myers at (360) 486-2380.

### 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.

### NAMI Greater Seattle Educational Seminar

Friday, September 29, 2006, 9:00 am—5:00 pm, at the Seattle Center, Northwest Rooms, Lopez Room, 305 Harrison Street, Seattle.

Learn about the different public benefits available from our state and federal governments; how to successfully navigate the eligibility and application for these benefits; and experience the many positive work incentives that permit people who return to work without jeopardizing their eligibility for benefits while assisting them to succeed. Presenters include Gerald Tarutis, Atty at Law, Jonathan Beard, MSW, and others.

Registration: \$25 for consumers/family members\ \$50 for professionals (discounted to \$40/person for agencies with groups of 10 or more). Scholarships for clients of the public mental health system, unpaid advocates and family members in King County are available for those who qualify. Contact NAMI Greater Seattle at (206) 783-9264.

For registration forms, go to the NAMI Greater Seattle website: [www.nami-greaterseattle.org](http://www.nami-greaterseattle.org), or call Magen at (206) 783-9264. You may also register at the door.

**Carbone Workshop #1**, October 26-28, 2006, at the new Kitsap Conference Center in downtown Bremerton, Washington.

Dr. Vince Carbone, Ed.D., BCBA (Board Certified Behavior Analyst) specializes in teaching communication skills to children with disabilities. His New York clinic presently serves school districts, agencies and families throughout the US, as well as families in Canada and the United Kingdom.

Pre-approved CEUs or credits available. Fee \$495 Parents of children with autism, \$295; Late registration and CEUs extra.

Visit [www.AutismAndBehaviorConsulting.com](http://www.AutismAndBehaviorConsulting.com) to see/print a brochure for a Carbone Workshop #1

## **Renewal of 1996 Insurance Parity Law Included in Minimum Wage-Estate Tax Bill – Measure Clears House, Blocked in Senate**

**August 8, 2006**

A controversial bill cutting the federal estate tax, increasing the minimum wage and renewing popular expired tax breaks includes a provision that would renew the 1996 Mental Health Parity Act. The 1996 requires equitable coverage for treatment of mental illness with respect to annual and lifetime dollar limits (but not cost sharing or durational limits on inpatient days or outpatient visits). Congress has renewed the 1996 law annually since 2001.

The renewal of the 1996 law is included in the so-called "tri-fecta" bill that integrates expansion of exemptions from the federal estate tax, an increase in the federal minimum wage and renewal of certain corporate tax breaks. The bill (HR 5970) cleared the House on July 29, 230-180. On August 3, the Senate fell 4 votes short of the 60 votes needed to cut off debate and move to pass the measure. Efforts to pass the measure in the Senate are expected to be renewed when Congress returns in September.

### **What you must know before heading to the polls: New voting equipment is available that will benefit people with limited vision and physical disabilities.**

This fall, King County Elections is introducing another way to cast a private ballot at the polls—on Accessible Voting Units (AVU). The AVU provides the opportunity for voters with limited and partial vision or physical disabilities to vote a truly secret ballot for the first time. They won't replace paper ballots but do provide an alternative. Voters have the option of casting a touch screen ballot or audio ballot in English or Chinese. The touch screen offers large text and high contrast options to help read the ballot more clearly. Audio ballots are available for individuals who need the measures read aloud. It is also wheelchair accessible and allows voters to use a keypad.

For more info, call (206) 296-9699 or visit [www.metrokc.gov/elections/access](http://www.metrokc.gov/elections/access)

## **September Forum: A little bit more about our presenters**

Michael McAlister, MA, LMHC, CMHS has over 12 years of experience in mental health therapy, serving adults, children and families. He is also experienced in case management and crisis intervention.

Teresa "Teri" McNeely, MA, MHP has 20 years of experience with individuals and families. Her expertise includes providing treatment services in both outpatient and inpatient settings. She also has case management and crisis intervention experience, and is a facilitator in self-protection, de-escalation, and crisis intervention training.

Both of them come to us through Northwest Counseling Institute (N.C.I.), a diverse and progressive counseling practice that includes staff from Seattle Mental Health (SMH). N.C.I. clinicians provide counseling and treatment services to address a broad range of issues and disorders from parenting to family/marital/relationships, depression to self-esteem, managing transitions or loss, to recovering from past trauma and abuse.

### **ANNOUNCEMENTS**

#### **Bulk Mailing Party**

Family Resource Center Campus (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](mailto: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 check our website, or contact the NAMI Eastside office at (425) 885-NAMI (6264).

### **BOARD MEETINGS**

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

## Support Groups/Events/Programs

**MONDAY: None**

**TUESDAY:**

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

**WEDNESDAY**

**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. Contact the NES Office (425) 885-NAMI, **1st and 3rd Wednesday of each month, 7:00-8:30 p.m.**

**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 Catholic Church,  
Lower Brendan House, 10051 NE  
195th St., Bothell. John (425) 489-  
4084 or Johnrad14@yahoo.com  
Call or email to verify meeting  
dates and times. **2nd and 4th  
Wednesday of each month,  
7:00-8:30 p.m.**

**Spanish Speaking Support Group, 817 S. 3rd St., Suite 4, Porcello Building, Renton. Alba (425) 306-3681 2nd & 4th Wednesday of each month, 6:30-8:00 p.m.**

**Family Support Group 1**  
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.  
Nicole (425) 443-7202 or  
Jan (425) 747-6142,  
**2nd Wednesday of each  
month, 7:30-9:00 p.m**

**THURSDAY**

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

**Parents of Bipolar Children**  
Family Resource Center Campus,  
16225 NE 87th Street, Building  
A, Nisqually Conference Room,  
Redmond. Julie (425) 898-9800,  
julie.boulter@comcast.net, **3rd  
Thursday of each month, 9:00-  
11:00 a.m.**

**FRIDAY: None**

**SATURDAY:**

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

**SUNDAY**

**Eating Disorders, Family Resource Center, 16225 NE 87th St., Bldg. A, Rainier Room, 4th Sunday of each month, 7:00-8:30 p.m.,** Shannon at (206) 276-6121, or Liz at (425) 392-5027

**"In Our Own Voice (IOOV)" and "Educating the Next Generation"** are two of our 'stigma buster' presentations that are available to schools and community groups. Presentations last about an hour and are free. For IOOV, contact Dick Hanner at ioov@nami-eastside.org or (425) 747-5315; for Educating the Next Generation, contact Margaret Romano at margaret.romano@comcast.net

**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.

## DANISH EMPLOYMENT AGENCY PLACES AUTISTIC 'SPECIALISTS'

Danish employment agency, "The Specialists," (<http://www.specialisterne.dk/english/index.html>) is unique in the world. All its job candidates have autism. People with autism are generally good at precision work and they prefer regular routines which makes them especially suitable for testing and debugging software, for example.

The Specialists, currently consisting of 26 men and 1 woman, are accompanied to their jobsites by a project leader, who is the primary interface with the employer. More importantly, the project leader makes certain that job instructions given to Specialists are clear and very specific. A psychologist is available to deal with stress or other problems encountered by Specialists.

The Specialists was founded several years ago by Thorkil Sonne, a former technical director at a telecommunications company, after his 3 year-old son was diagnosed with autism. His idea to form The Specialists was met with huge skepticism since the general public does not view people with autism as a potential part of the labor force but rather as part of the handicapped world in which autistic people are thought to require constant care. Instead, many people with autism have successfully negotiated the educational system, often earning a Ph.D in the process. Funding for The Specialists, in any fashion, failed to materialize until Sonne put up his personal home as collateral.

It quickly became apparent to Sonne why autistic people were so difficult to employ. In most western societies employees are expected to be flexible and to value teamwork. During interviews, painfully honest autistic candidates would cite their resistance to change and difficulty working with others. The remainder of the interview would thereafter become a mere courtesy.

The Specialists, many of whom work part-time, have so far been placed primarily in the IT and the Telecommunication Industries where, for example, they control, check, and double check the accuracy of the extensive paper work and test routines required to switch cell-phone users from one carrier to another. Autistic people like what they know, have single-minded memories, and prefer regularity in their routines.

Where others may tire or get bored quickly, a Specialist will stay on task even if the task is repeated a dozen times.

One Specialist with an insatiable photographic memory can be called upon to recall even the most obscure details of a product service manual, but on-line, rather than face-to-face, since he has difficulties dealing with interruptions. With their special skills, Specialists have been proposed as being particularly suited to serve accounting firms, the health-care industry where they could, for example, scan x-rays for irregularities, or for (checked) baggage screening at airports.

Sonne was surprised to learn that the considerable autistic talent pool had not been tapped earlier. With the success his agency has encountered in Denmark, Sonne is looking to export his concept to other markets.

Contributed by Jack Vanderweerd

### The Family Bill of Rights and Not-So-Rights

The Family Bill of Rights:

Families giving support and care have the right:

- To speak
- To ask questions
- To be present
- To be treated with respect
- To know (about the illness--education)
- To be informed
- To have a logical and reasonable treatment plan
- To have a 2nd opinion without prejudice or discharge.

"Cannots" or "Can'ts" for the Family :

- The family cannot be the agent of cure.
- The family cannot get their actions right all the time.
- The family cannot have power over the illness.
- The family cannot be entirely objective (in the face of insult, etc.)
- The family cannot give up.

*Both of the above from Dr. Anthony Levitt at the recent "Family Matters" conference in Niagara Falls, Ontario, Canada.*

### GENIUS AND A TOUCH OF MADNESS GO TOGETHER

Genius cannot exist without an accompanying mental disturbance. According to an Irish expert on the Asperger variation of autism, at least 21 well-known artists suffered from the syndrome.

Beethoven, Mozart, Hans Christian Anderson, Immanuel Kant, and George Orwell populate a list of composers, writers, painters, and philosophers who, the psychiatrist claims, suffered from symptoms of the Asperger Syndrome. A number of scholars also contend Albert Einstein coped with autism. (A recent study of Einstein's preserved brain showed that, not only was the entire organ substantially larger and heavier than average, but at the microscopic level blood vessels feeding the neural pathways of Einstein's brain were often 50% or more larger than 'normal.')

Affiliated with the University of Dublin, Irish professor Michael Fitzgerald has diagnosed more than 900 patients with Aspergers during his 30 years of practice. The syndrome primarily affects patients' social skills but not their intellect. In a recently released study, Fitzgerald shows that Asperger patients often exhibit exceptional artistic or intellectual capabilities. One Asperger symptom is an inability to engage in creative play with peers. George Orwell, British painter Laurence Stephen Lowry, and British author and mathematician Lewis Carroll, all started their writing and painting careers as forms of therapy or self-medication. As Fitzgerald points out, Asperger and creativity seem to be two sides of the same coin.

For his study of the 21 well-known personalities, Fitzgerald used published biographical information as well as accounts from personal witnesses. That Orwell suffered from the syndrome is evidenced by his social awkwardness, his rigid outlook, his compulsive repetitive behavior, and an overall clumsiness. Beethoven is reputed to have been physically awkward and emotionally immature. Biographers describe him having an unusually large head, often an Asperger symptom.

The Fitzgerald study has been endorsed by British autism interest and support groups. Its reception has met with less than universal acclaim from friends and descendents of the referenced artists.

Contributed by Jack Vanderweerd

### Check Out Our Reference Library

**I Want Out of Here.** by Carol Kay Green, Book Publishers Network, 2005, "gives the reader a great insight to what goes on in the mind of the mentally ill. Very real, honest, and heartfelt, the author of *I Want Out of Here* used her personal experience to teach others."

**The Glass Door,** by Kasey Taylor, 2006  
Mental Illness and Domestic Violence.

"A young woman diagnosed with manic-depression, in and out of mental institutions, trying to survive as she slips in and out of mental oblivion".

**A Child Called "It"; "The Lost Boy"; "A Man Named Dave"** by Dave Pelzer, 2000, Plume Printing, A 3 volume set. "A difficult read", "Child abuse at its worst", "an amazing story of survival and triumph"

**Recommended Reading:** Books On Bipolar recommended by Dr. Stephanie Hlastala, June's Forum Speaker

**The bipolar disorder survival guide: What you and your family need to know.** Miklowitz, David J. (2002) Guilford Press.

**New Hope for Children and Teens with Bipolar Disorder.** Birmaher, Boris (2004 ). Three Rivers Press.

**Raising a moody child: How to cope with depression and bipolar disorder.** Fristad, M, & Goldberg, Arnold J. (2004) Guilford Press

**An Unquiet Mind,** Jamison, Kay R. (1995), Alfred A. Knopf

**How to talk so kids will listen and listen so kids will talk.** Faber, A & Mazlish, E (1999) :Harper Collins

**How to talk so teens will listen and listen so teens will talk.** Faber, A, & Mazlish, E (2005). Harper Collins

Hello NAMI-Eastside,

One person can make a difference. That person can be you, as a volunteer at NAMI-Eastside. We are looking for a few brave souls who care to make a difference in the world and do it in a way that suits their personality and interest. It is simple to come on board. All you need to do is to fill out one of our volunteer applications, talk to Barbara, our Office Manager, or myself, and you're in. We provide encouragement and support to our volunteers as well as help in getting them established in their niche. Your participation will help NAMI-Eastside increase support to the mentally ill and their loved ones. It's also fun! It is inspiring to see what is possible and then work to achieve it. Personally, I would miss the good news and involvement.

Volunteer opportunities are listed in the next column. One of our needs is for a volunteer who is familiar with Quick Books software. Any leads for this important role?

We still have a few openings in our upcoming **facilitator training** which will be held **October 20-22, 2006**, here at the **Family Resource Center in Redmond**. This training enables a person to co-facilitate a family/friends support group on behalf of NAMI-Eastside. Call now to get your name added to our list at 425-885-NAMI (6264). You can also email us at [volunteer@nami-eastside.org](mailto:volunteer@nami-eastside.org).

Did you know that you can deduct the cost of driving to and from a volunteer site? You can deduct actual mileage costs, or take the standard deduction of 14 cents a mile. You can also deduct the cost of bus transportation, as long as volunteering is the primary reason for your trip.

Thanks for being who you are in the whole process of recovery. Each individual is unique and valuable.

Connie B.  
Volunteer Coordinator

**NAMI Eastside thanks the Washington State Medical Association Alliance Health Foundation for a \$1,000 grant to be used for our Peer-to-Peer Class.**

## Volunteer Opportunities 2006

**Office Volunteers:** Establish & schedule regular shifts

**Membership Coordinator:** Greet, sign-up, collect dues, keep membership list 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 for speakers, setup, greeter, 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:** Represent NAMI Eastside interests in the state legislature.

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

**Support Group Facilitators:** Become a backup or new facilitator for existing or new support groups; help 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 Continues to Grow!

HERO House is entering its 10<sup>th</sup> month of operations and growing stronger and stronger every day. Our current membership roster exceeds 60 with an average daily attendance of 15. Members participating in the program choose how and when they will utilize the services offered. Currently, we have two pre-vocational work units, the Business Unit and the Kitchen Unit. Each unit offers opportunities for members to develop meaningful relationships through a work mediated environment.

July and August proved to be very busy months for HERO House and its membership. In July, 5 members and one staff attended the Employment and Recovery Conference in Vancouver, WA. We started our weekly computer classes taught by members on Fridays. We organized a Speaker's Bureau which meets regularly and helps members and staff improve their public speaking skills while increasing community awareness of HERO House. Through our Education Workshop Series, we hosted the following workshops: Suicide and Risk Assessment, Recovery and What it Looks Like, and Consumer Advocacy.

HERO House is proud to announce our new program called Dine With A HERO. This program invites key people from the community to share a meal with our Heroes (members) at HERO House. We have successfully facilitated a Dine With A HERO Luncheon in July and a Breakfast in August. In all, we have had 12 guests join us. In addition to raising awareness and de-stigmatizing mental illness, we hope to gain supporters to help us achieve our goals in development, employment and new member resources. We look to host our next Dine With A HERO in late September.

In addition to the Dine With A HERO program, we have also entertained the following guests at HERO House through tours and meetings over the past two months: Costco, Nesholm Foundation, Astra Zeneca, Farifax Hospital, and DVR

(Department of Vocational Rehabilitation). We have participated and presented at community based events such as EISCC's (Eastside Inter-faith Social Concerns Council) July meeting,

Rose House sponsored DVR meeting, WSCC (Washington State Clubhouse Coalition), King County Mental Health Division, and Washington State Mental Health Division. At the WSCC meeting, I was nominated and elected as the WSCC Secretary which will increase HERO House's involvement and exposure in the state wide Coalition. We also presented survey results of a WA State Clubhouse Survey that HERO House members and staff conducted in the month of July.

HERO House continues to be committed to helping its members achieve employment and education goals. We are excited to report that we are closing in on some great Transitional Employment Opportunities here on the Eastside. Some employers that we have targeted are: Sodexo, Chipotle, PCC, Marshalls, Microsoft, Fred Meyer, Safeway and Sears. We hope to report actual Transitional Employment Placement starts by the next publication of this newsletter. We have also seen at least 4 more of our members return to independent employment through July and August. As always we celebrate employment attempts and successes at our monthly Employment Dinners.

Looking ahead, we remain as busy as ever. In September we will send eight members and two staff to Park City, UT for the 9<sup>th</sup> Western Regional Clubhouse Conference. This will be an awesome opportunity for members and staff to network with their clubhouse colleagues from around the West. Two members and two staff will be presenting at this conference. We also look to presenting at a Recovery Consortium in Seattle and the Recovery Walk in Kirkland.

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 [www.herohouse.org](http://www.herohouse.org). Thank you for your on-going support and dedication to the mission of HERO House and NAMI Eastside.

Erica Horn, Executive Director

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

**September 2006**

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Web: [www.nami-eastside.org](http://www.nami-eastside.org)  
E-Mail: [info@nami-eastside.org](mailto:info@nami-eastside.org)

*Mental Illness is Not a Choice*

**Return Service Requested**

## Looking for Information or Help?

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

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

### Helpful Phone Numbers

24--hour Crisis Line: 1-866-4 CRISIS or (206) 4671-3222  
Suicide Prevention Hotline: 1-800-SUICIDE  
Catholic Community Services: (425) 284-2211  
Cris 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

Communiy 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  
Communiy Resourcs 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  
Eastside Mental Health (425) 827-9100  
Presbyterian Counseling Svc. (206) 527-2266

### 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)  
Sonsumers' Self-Help Clearinghouse: [www.mhselfhelp.org](http://www.mhselfhelp.org)  
Mental Health Infosource: [www.medinfosource.com](http://www.medinfosource.com)  
Nat 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.healthplace.com](http://www.healthplace.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.mentalhealth.com](http://www.mentalhealth.com)  
Mental Health Recovery: [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

### Shelter/Housing/Food

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