



NAMI

National Alliance on Mental Illness

Snohomish County

Newsletter

Affiliate of the National Alliance on Mental Illness

Fall 2014

Volunteers Wanted

Contact Kathy Chiles at (206) 218-6449 or k.chiles22@live.com for a volunteer application

Renew Your Membership Today!

You can now renew your membership online!

Go to:

[http://www.nami.org/template.cfm?](http://www.nami.org/template.cfm?section=Become_A_Member)

[section=Become_A_Member](http://www.nami.org/template.cfm?section=Become_A_Member)

Upcoming Events

NAMI Family to Family Class

Starts Spring 2015

Contact Gretchen Saari at

(425) 339-3620

NAMI State Conference

On Saturday, August 15th and Sunday, August 16th, NAMI Washington held its annual State Conference at the Red Lion Inn at the Quay in Vancouver, WA.

Snohomish County Board members Mark Soine, Keith Binkley, and Laurie Ummel attended the NAMI State Conference August 15-17 in Vancouver WA. Past President Jim Bloss was Chair of the event.

This year the Conference focused on the criminal justice system, with excellent presentations by the Clark County prosecutor and local law enforcement, among others.

Continuing Education Units (CEU's) were offered for many seminars, including offers on Civil Commitments, Decriminalizing and Destigmatizing Mental Illness, Mental Illness and Washington State Courts, and Restorative and Therapeutic Therapies.



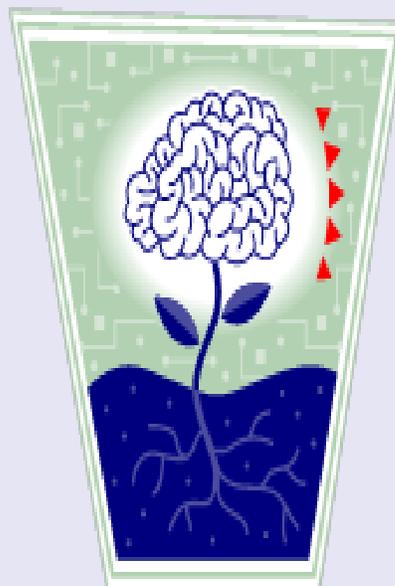
Board Members Mark Soine, Keith Binkley and Laurie Ummel

Mental Illness Awareness Week October 5th through 12th

Mental Illness Awareness Week is held the first full week of October each year and is also known as Mental Health Awareness Week.

In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since then, mental health advocates across the country have joined with others in their communities to sponsor activities, large or small, for public education about mental illness.

MIAW coincides with the [National Day of Prayer](#) for Mental Illness Recovery and Understanding (Oct. 7) and [National Depression Screening Day](#) (Oct. 9.)



CONTACT US!

NAMI Snohomish County

P.O. Box 12487
Everett, WA 98206

Message Phone
(425) 339-3620

nami.snohomish.county@gmail.com
www.namisnohomishcounty.org

NAMI Educational Programs & Support Groups

*AFFILIATE
BOARD
MEETING*

*4th Monday of
every month
7:00 - 8:30 p.m.
Compass Health
4526 Federal Avenue
Everett WA

Everyone is
Welcome*



If this is a life-threatening emergency, call 911.

• North Sound 2-1-1 serves Snohomish, Skagit, Whatcom, Island, and San Juan counties.

The North Sound 2-1-1 call center is open Monday-Friday, from 8 a.m. to 5 p.m. If you are in a crisis that can't wait until the next business day, call the Crisis Line at 800.584.3578.

NAMI Connections Support Group

This is a group for people who have mental illness. It meets monthly, the second Thursday of the month at Lake Stevens Fire Station 82 Conference Room, 9811 Chapel Hill Road, Lake Stevens WA. Contact Kathy Chiles at (206) 218-6449.

NAMI Family-to-Family Program

The F2F program is a 12-week course for family and friends of people with a mental illness that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that are needed to cope more effectively. The next session is tentatively scheduled for Spring 2015. Contact the office at (425) 339-3620 if you want to sign up.

NAMI Basics Program

A 6-week course for parents or primary caregivers of children and teens who may have mental illnesses. The program was developed by Teri Brewster, PhD., LPC, National Director NAMI Programs for Young Families, and a parent of someone with mental illness. Meets weekly for six weeks on Thursdays from 6:30 to 9:30 p.m. at First Presbyterian Church, 2936 Rockefeller Ave, Everett WA 98201-4020. Contact Carolyn Heatherwick Goza at (425) 347-5365 or nami-contact@gmail.com.

NAMI Basics Support Group

A monthly support group for parents and caregivers of children and teens who may have mental illnesses. Share our joys, frustrations, and gain strength from those "walking the walk" with us. Meets monthly on the first Tuesday from 7:00 to 9:00 p.m. at the First Presbyterian Chapel, 2936 Rockefeller Ave, Everett WA 98201-4020. Contact Carolyn Heatherwick Goza at (425) 347-5365 or namicontact@gmail.com.

NAMI In Our Own Voice (IOOV) Program

PEERS telling their personal stories of living with mental illness and achieving recovery. Contact Kathy Chiles at (206) 218-6449 or k.chiles22@live.com for more information.

NAMI Family Support Group

A group for family and friends of individuals with mental illness, who provide support and hope through a collective group exchange. The group is facilitated by trained family member peers. Meets monthly on the second Monday from 7:30 to 9:00 p.m. at Mountain View Presbyterian Church, 5115 100th St., NE, Marysville, WA. 98270-2022. Contact Wendy Anderson at (206) 790-0162 or wendyha@isomedia.com.

NAMI Family and Friends Mental Health and Spiritual Support Group is for individuals who wish to share their life experiences, spirituality, and coping skills in living with a mental illness. This *interfaith* group is open to caregivers and those living with a mental illness, including family members and loved ones. The group meets on the 1st and 3rd Tuesday of each month from 7:00pm - 8:30pm. North Sound Church, 404 Bell St. Edmonds WA. Contact Ronn Larpenteur at 206-679-8892 or RonnLarp@comcast.net

Other Support Groups

Special Offender Unit (SOU) Support Group : Monthly support group for family and friends of someone incarcerated at the Monroe Correctional Complex/Special Offender's Unit. Meets monthly on the third Saturday from 11:30 a.m. in Monroe. Contact Jim Bloss at (425) 231-5186 or jfcbloss@earthlink.net.

DBSA (Depression Bipolar Support Alliance) Support Groups

2nd Monday of the Month: For those with a mental illness
3rd Monday of the Month: For family members and loved ones of those with m.i.
4th Monday of the Month: For either those with a mental illness or their loved ones
7:00-8:30 pm. Contact Kimberly Miller at (425) 405-0786 for location.

ACCESS Line (for entry into the mental health system)
(425) 212-3900 or
1-(888) 693-7200

CRISIS Line (24 - hour crisis intervention & referral) (425) 258-4357 or 1-(800) 584-3578

CLEAR (Northwest Justice Project) - for anything legal in nature
1-(888) 201-1014

Compass Health Administration
(425) 349-6200

Denny Juvenile Justice Center
(425) 259-0031

Snohomish County Human Services
(425) 388-7200

Designated MH Professional (DMHP) - for involuntary action
(425) 349-8888

Mukilteo Involuntary Treatment Unit
(425)290-9745

Mental Health Ombudsman
Chuck
1-888-336-6164

National Suicide Prevention Lifeline
(24/7) - 1-(800) 273-8255 (routes to Crisis Line)

Adult Services/Constituent Relations/DSHS Caroline Wise
1-800-446-0259
trouble-shoots mental health complaints and responds to callers' requests for info. about how and where to find services.



President's Corner

By Keith Binkley

Awareness Brings Hope

People are inherently compassionate. When a child cries or an elderly person is lost and confused, people typically step up to help or lend a hand. When the power goes out or there is a snow storm, folks rally to assist their neighbors. I believe that most folks live by and subscribe to "the Golden Rule", doing unto others as you would have them do unto you. This is the widely accepted "code" of our society. Sometimes, however, things don't play out according to the code.

When it comes to mental illness, compassion can often be absent in situations where it is needed most. When you ponder about why this may occur, a logical conclusion is that the awareness is simply missing – sometimes complete awareness. It is surprising with mental illness being so prevalent, that awareness is not keener. Fortunately, the tide does seem to be turning. Coverage by the media does seem to be more balanced and less drama focused. The untimely passing of Robin Williams also really brought it home for many. It is important for us to educate and build momentum around the rising awareness. Personalizing it for folks by freely sharing our experiences is especially effective. A good place to start is with family and friends. The first week of October during Mental Illness Awareness Week presents a golden opportunity. Once you test the waters, you will experience a "shift". Small actions can ripple resulting in profound change. When we advocate for the cause of compassionate care for all, we are bringing forward our highest self and we are all better for it.

Worldwide Suicide Prevention Day

Sept. 10 was Worldwide Suicide Prevention Day and to highlight what a preventable act suicide is the Snohomish County Health District is urging area residents to know the symptoms of someone calling out for help or in danger of committing suicide.

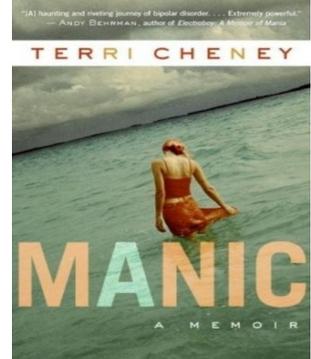
About 80 people take their own lives every year in Snohomish County and each suicide could have been prevented, according to a statement from the health district. By comparison, Snohomish County traffic deaths average about 53 every year

Health officials say that suicide rates have increased since 2006, and suicide now accounts for nearly one-third of all injury deaths. Snohomish County's suicide rate is higher than the rates for Washington state and the United States. (In 2010: Snohomish County = 14.6/100,000; WA = 13.8/100,000; US = 11.9/100,000)

Save The Dates

In Our Own Voice Training: Spring 2015
NAMI Washington Walk: June 6, 2015

MEDIA REVIEW



Manic: A Memoir by Terri Cheney

On the outside, Terri Cheney was a highly successful, highly attractive Beverly Hills entertainment lawyer. But behind her seemingly flawless façade lay a dangerous secret—for the better part of her life, Cheney had been battling debilitating bipolar disorder. With *Manic*, Cheney gives voice to the unarticulated madness she endured. This harrowing yet hopeful book is more than just a searing insider's account of what it's really like to live with bipolar disorder.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

If you or someone you know is thinking about suicide, call the **National Suicide Prevention Lifeline**.

NAMI National Conference Washington, D.C. September 3-6, 2014



Sandy Mays and Karen Schilde, teachers for Snohomish County Family to Family Classes since 2007, were enthusiastic about attending the National NAMI Convention in Washington DC in September 2014. With a long roster of speakers including politicians from Patrick Kennedy (<http://www.patrickkennedy.net/articles/kennedy-and-nami-join-end-mental-health-stigma>) to Virginia Senator Creigh Deeds (<http://www.cbsnews.com/news/mentally-ill-youth-in-crisis/>), the program highlighted research from Dr. Paul Summergrad, president of the American Psychiatric Association, Dr. Thomas Insel, Director of National Institute of Mental Health and Dr. Ken Duckworth of NAMI. "There is no health without mental health" was a frequent message across the medical and political speeches.

Attendees had opportunities to visit their representatives' and senators' office to deliver their support of specific bills and encourage more actions.

Encouraging programs: Open Dialogue (<http://www.mindfreedom.org/kb/mental-health-alternatives/finland-open-dialogue>) from Tornio, Finland, has now been "Americanized" into a Massachusetts program called Collaborative Pathways. Dr. Christian Gordon of Harvard Medical School described the twenty year old Finnish program which emphasizes that the voice of the person at the center of the concern must be heard. Contrasted with a disease model, this crisis model utilizes strength to resolve crisis with support and teamwork. Use of neuroleptics is sparing, at lower doses and for shorter periods of time than in the US, with a team approach usually with the family "around the kitchen table," even early in the crisis.

Another similar team and holistic approach to early intervention in psychosis is a name which will become more familiar in the next year when it becomes a state block grant: RAISE or Response After an Initial Schizophrenic Episode, piloted in New York by Dr. John Kane. (<http://www.nimh.nih.gov/about/director/2014/from-research-to-practice.shtml>) It also uses shared decision making in its strength-based approach with family psychoeducation (such as Family to Family), supported employment/education, IRT or individual Resiliency Training and even smart phone applications such as FOCUS to monitor med adherence, voices, social functioning, mood and sleep.

A repeat presenter at NAMI, Ray Gonzalez describes himself as a psychiatric social worker and optimist. He explained how neuroplasticity remains a strong basis for the evidence of sustained positive outcomes in CET or Cognitive Enhancement Therapy. Partners and groups use computer exercises in this approach which can be replicated with the training his organization provides.

Inspiring and entertaining: Art and Craft, a documentary film which will open in Seattle on October 31, 2014, depicts the life and work of Mark Landis, one of the most prolific art forgers in the US, who also lives with schizophrenia. Since he donated all his works to museums, he committed no criminal acts but duped many art professionals. He received a standing ovation from the NAMI crowds after the showing of his film. http://www.nami.org/Template.cfm?Section=Top_Story&template=/contentmanagement/contentdisplay.cfm&ContentID=171422
<http://www.npr.org/2014/09/27/351738720/art-craft-explores-how-one-forger-duped-more-than-45-museums>

Discouraging: Director of National Institute of Mental Health, Dr. Thomas Insel, presented research on the dismal state of science for mental illness. In so many causes of mortality (childhood leukemia, cardio-vascular illness, AIDS/HIV, traffic fatalities and homicides) we have decreased the number of deaths. Deaths from suicide, 90% of which are rooted in mental illness, have seen none of these improvements. He further stated that in the past fifteen years, we have doubled the number of anti-depressant and anti-psychotic prescriptions with no improvement in outcomes, contrasted with AIDS/HIV. Just as science developed the human genome, research now is directed to brain circuitry or connections, therefore a human "Connectome."

New 23 Bed In-Patient Psychiatric Facility

On September 29, 2014, Fairfax Hospital opened a new 23 bed in-patient psychiatric facility on the 7th floor of Providence Hospital's Pacific Campus in Everett,

In order to be admitted, a patient must first be cleared by the Central Intake Specialist by first calling (425) 821-2000 and asking for intake. Another route is through the hospital emergency department, who will call for admission.

Involuntary patients will be referred by the County Designated Mental Health Professional (DMHP).

The addition of the new facility complements Fairfax's expanded 158 bed facility in Kirkland, WA.

