

NAMI WALLA WALLA AND THE WALLA WALLA VA

PRESENTS

Homefront

A 6-WEEK EDUCATION COURSE FOR

FAMILY & FRIENDS OF VETERAN AND MILITARY PERSONS WITH A MENTAL ILLNESS

TOPICS COVERED WILL RANGE FROM:

- OVERVIEW OF MAJOR MENTAL ILLNESSES AFFECTING VETERANS AND SERVICE MEMBERS
- LATEST RESEARCH ON CAUSES AND TREATMENT
- MEDICATIONS
- SUPPORT
- ADVOCACY
- PROMOTING SELF-CARE

WHEN: TUESDAYS; MAY 2 – JUNE 6, 2017; 6:00-8:30 pm

HOW MUCH: CLASS AND ALL MATERIALS ARE **FREE!**

WHERE: WALLA WALLA VETERANS ADMINISTRATION

77 WAINWRIGHT DRIVE, WALLA WALLA

BUILDING 143; ROOM (to be announced)

(Park in back of building, come in back door, facilitators will escort you to the room.)

CLASS IS LIMITED TO 20 PARTICIPANTS

FOR MORE INFORMATION OR TO SIGN UP, CALL 509-529-6160

SOURCES OF STRENGTH

By Justine Taylor

On March 30, NAMI Walla Walla participated in the Sources of Strength community event at Cordiner Hall. The mission of Sources of Strength is to spread hope, help, and strength into every corner of our community. In Walla Walla, they are working with students and staff at Lincoln High School and Walla Walla High School to help them turn to their strengths and their supports that are all around. These supports include: family support, positive friends, mentors, healthy activities, generosity, spirituality, medical access, and mental health. To help provide information about mental health, NAMI Walla Walla distributed brochures about NAMI and about various mental illnesses. We were given the opportunity to describe NAMI's mission and what our local affiliate offers. NAMI and Sources of Strength have a common goal of spreading hope by focusing on stories of strength and to use our voice to break the silence when someone is struggling, and to connect them to the help they need and deserve.

JOIN US FOR NAMI OF WALLA WALLA'S
"STEPS FOR AWARENESS"
SATURDAY, JUNE 3RD



**We will meet at 10:00 AM
in the Parking Lot across from
Walla Walla Children's Museum
(77 Wainwright Drive, Walla Walla)**

**We will walk to RAISE AWARENESS for MENTAL HEALTH!
Wear LIME GREEN to support our ribbon color!**

WALK FROM THERE TO THE RISING SUN CLUBHOUSE
TO CELEBRATE THEIR ANNIVERSARY!

Walkers get to enjoy a celebratory BBQ Lunch served after the walk at the Clubhouse around 11:30

Local Mental Health Updates

Local NAMI Support Group

Tam Lennox and Kay Maxfield offer the NAMI Family Support Group on the first and third Wednesday of the month from 4:00-5:00 pm. The location is in the New Library of St Paul's Episcopal Church at Birch and Catherine Streets. The support group has been revised to facilitate more specific input from group members regarding possible solutions to problems encountered by those families whose members have recently been diagnosed or those for whom new problems are being faced. For more information, call Tam Lennox at 509-540-7452 or Kay Maxfield at 509-529-4854.

Suicide Prevention Services

- Walla Walla Crisis Response Unit..... 509-524-2999
- Columbia County Blue Mountain Counseling..... 509-382-1164
- National Suicide Prevention Hotline..... 800-273-TALK(8255)
- Umatilla Co. Crisis Line 541-938-5511
- Or toll free 866-343-4473

Agency Phone Numbers

- Comprehensive Health Care 509-524-2920
- Blue Mountain Action Council 509-529-4980
- Walla Walla Housing Authority..... 509-527-4542
- Helpline 509-529-3377

HEALTH CENTERS

Stan Ledington and Michelle Salazar

By Cathy Carlin

At the March NAMI General Meeting, Stan Ledington, executive director of The Health Center organization, and Michelle Salazar, a counselor for The Health Center, spoke about their work.

Stan Ledington first talked about “Sources of Strength,” a meeting at Cordiner Hall on March 30 that would be a presentation on suicide prevention for teens. 100 people at Lincoln High School and Walla Walla High School are being trained to be peers for suicide prevention.

The Health Centers at Lincoln High School and Pioneer Middle School and Blue Ridge Elementary School have been so successful that a Health Center is coming to Walla Walla High School. The health centers provide physical care and behavioral health care.

The Health Center organization began 8 years ago when some people got together to talk about the needs of kids. It all began at Lincoln High School. First, volunteers provided the services. Now there are 13 paid staff. And a teen center with beds for homeless kids is in the works.

Four years ago, Blue Ridge Elementary School got a health center. Two years ago, the kids there started receiving behavioral health services. Pioneer Middle School now has a full-time counselor. That is where the other speaker of the evening, Michelle Salazar, works.

Stan Ledington said kids need a safe relationship with adults who don’t judge. Lots of problems manifest as physical symptoms like stomach aches and headaches. Then the staff find out a lot is going on with the kids. This can lead to behavioral health counseling.

At Blue Ridge Elementary School, the staff does not see the kids without the families being involved. At Pioneer Middle School, most of the work is with the students. At Lincoln High School, many of the kids are not that involved with their families.

Now often instead of the kids going to the principal’s office, they go to the health center and see a counselor. Discipline issues have dramatically decreased.

Michelle Salazar talked first about Blue Ridge Elementary School. She said the first meeting is always with the parents. Then the teachers. What are they seeing with the student? Also, they send letters to their primary care physicians to see if they have concerns about the student.

At Pioneer Middle School, many referrals come from the classroom. When she talks to the students, she calls them requests rather than referrals. It sounds less threatening. The parents are called up to make sure they are on board. But if the student is age 13 or above, the student can access services without their parents knowing.

At Lincoln High School, half the referrals are from the classroom and half are self-referred.

The therapy is client-centered and from a trauma perspective.

Michelle told the story of a boy she decided to call Jason which was not his real name. He was in the first grade. His parents had split up and his dad did the intake. One day the boy shut down in class and was hiding under a table in the lunch room. He passed a note to Michelle that said, “I hate myself.” She said, “Do you want to go back to the room and show me how you feel on the feelings thermometer?” He said, “Yes.” Turns out his mother had gotten cancer, and it was the first day he noticed his mom’s hair falling out. Michelle said, “You don’t hate yourself. You’re scared.”

The feedback she is receiving from parents is “Now that we know what counseling is like, we may get counseling from somewhere else.”

The dream of The Health Center organization is to be in every school in Walla Walla, but they have a tight budget. The school can’t pay for their services, but they can make space for them to be at the school. Some money comes from the county’s 1/10 of one percent fund for mental health care.

A nice turn of events is happening. Lincoln High School used to have the reputation of being where less-adjusted students went. But now it has the reputation of being a creative place to get your needs met. Test scores have skyrocketed. Kids are coming to Lincoln High School who are not from disadvantaged families because of this new reputation.

The Health Center organization has probably had a lot to do with that success.

Check Us Out Online

For useful news and notices about upcoming events, visit our website at www.NAMIwallawalla.org today!

Or you may prefer our Facebook page at www.facebook.com/wallawallaNAMI.

Either way, getting in touch with NAMI online will give you a great source of information about upcoming classes, happenings in the community and a regular dose of inspiration!

Thank You for Your Support

by Justine Taylor
NAMI Walla Walla President

As with any volunteer organization, we rely entirely on the generosity of our wonderful community members. The dues and donations we receive help us with expenses for training presentations, information presentations, materials, and activities

that make a difference in the lives of those affected by mental illness. We are deeply appreciative of the generosity of those who support our organization.

NAMI of Walla Walla is an affiliate of the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. For over 25 years, NAMI of Walla Walla has continued to advocate for access to services, treatment, support and research, and is steadfast in its commitment to raise awareness and build a community of hope for all those in need. This is only made possible by the contributions from the many wonderful people whose kindness makes the world a better place.

We urge you to send us your e-mail address so we may send you your newsletter via e-mail. Please contact Kay Maxfield at klmaxfield@live.com or give her a call at 509-529-4854.

Renew Your Membership Dues Soon

Beginning **July 2017**, there will be some changes to membership dues. Renew now to enjoy membership for the whole year at the current rate. The easiest method is to fill out the form below and send it with a check to P.O. Box 401, Walla Walla, WA 99362-0011. Or take it to the next NAMI meeting and turn it in there. For more information, or if you have questions, please call Justine Taylor, 509-525-5740.

The changed and new dues starting July 1 will be:

Open Door Membership \$5	Regular Membership \$40	Household Membership \$60
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Membership and Donations:

PLEASE RETURN THIS SLIP WITH YOUR CHECK TO: NAMI Walla Walla P.O. Box 401, Walla Walla, WA 99362-0011

- Member \$35.00 Open Door member \$4.00 Agency \$50.00
- Sponsor \$100.00 Newsletter only \$10.00 Donation \$ _____

Name _____ Date _____
 Address _____ City/State/ZIP _____
 Email _____ Phone # _____

