



**Of Walla Walla**

**NAMI NEWS September 2014 Volume XXVII No. 8**

**NATIONAL ALLIANCE ON MENTAL ILLNESS**

**P.O. Box 401, Walla Walla, WA 99362 (509) 529-6160**

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### **Coming Events**

Monday, September 8, 2014 NAMI Walla Walla Board meeting, 6:30 pm at Rising Sun Clubhouse

Wednesday, September 24, 2014 NAMI General meeting, 6:30 pm at SonBridge, 1200 SE 12<sup>th</sup>, College Place. Speaker will be Walla Walla's Comprehensive Mental Health Vice President, Ed Thornbrugh. Come by 6:30 pm. It's free pizza for all!

### **SUPPORT GROUPS UPDATE**

**Local NAMI Support Groups** Liz reports that at this time Family Support group has been suspended because of lack of interest. It will return when people request it. NAMI Connections, a Mental Health Support Group has also been suspended; however, the Depression BiPolar Support Alliance is meeting every Thursday from 6:30 to 8p.m. in the New Library at St. Paul's Episcopal Church on Catherine Street off of Birch. This support group is being offered not only for those with depression and bipolar disorder, but for family members as well. Call Bob Fairchild at 234-517-1470 or e-mail [president@dbsawallawalla.org](mailto:president@dbsawallawalla.org) for more information. Please call 529-7974 if you need more information regarding the Family Support group or wish her to place your name on a list for a possible future Family Support group.

### **SOUTHWEST WASHINGTON NAMI AFFILIATE HOSTS SUCCESSFUL NAMI WASHINGTON CONFERENCE Destigmatizing and Decriminalizing Mental Illness by Kay Maxfield**

NAMI Walla Walla board members Tam Lennox and I attended the state NAMI conference in Vancouver, Washington August 15-17, 2014. The well attended conference had already arranged to feature the state's most pressing dilemma, lack of inpatient evaluation and treatment center beds when the State Supreme Court ruled against the bandaid fix of utilizing emergency room beds as a temporary hold for those persons in need of inpatient treatment but no available beds, known as "psychiatric boarding." With far too few Evaluation and Treatment 14 bed units in the state, this issue merely emphasized the drastic need for increased money to add such E and T units across the state. NAMI Washington's representative Cassandra Ando on the state policy committee held additional impromptu meetings for local affiliate members who are mounting a campaign to meet with their local legislators with powerful talking points supporting ways of creating more beds. Not just once were conference attendees reminded that the State of Washington is 49<sup>th</sup> of 50 states in number of per capita inpatient evaluation and treatment beds in the United States. As a result, state mental health officials and judges and corrections personnel already recognize the need for a big push to improve mental health services in the state, and the conference offered presentations by many prominent and concerned state officials.

Delivering the keynote address: Change is Certain, Progress is Not: Making Progressive Change in the intersection of Mental Illness and the Criminal Justice System, was Sandy Mullins, Government Operations and Public Safety Policy Advisory for the Office of the Governor. She was accompanied by Dan Pacholke, who discussed reform across the continuum of the criminal justice system. This theme was echoed in many of the presentations Friday afternoon and Saturday, with topics such as how Washington State Courts are dealing with people with mental illness, featuring Honorable Mary Fairhurst, Washington State Supreme Court Justice, as well as information about local budget crises and diversion opportunities, and numerous workshops on delivering services to children, including destigmatizing mental illness in schools, early childhood trauma and its influence on brain development and behavior, crisis intervention training, pharmaceutical medications and children, adolescent brain development, ADHD in children, and treating the untreatable—transitioning teenagers and transitioning youth. The latter was a workshop presented by longtime King County psychiatrist, Dr Charles Huffine, who recently retired from practice but who will remain a NAMI Washington board member.

NAMI SW Washington, made up of Clark County, Cowlitz County and Lewis County, has made strides in offering support groups within the local jail populations. STRIVE is a psycho-educational outcomes oriented program newly developed by that newly formed three-county affiliate. It is currently offered at Clark County Corrections as a full program and as an abbreviated program in the Re-entry program. It is also being tested in Clark and Cowlitz counties at the two NAMI SW WA offices and in collaboration with Lutheran Community Services where it is now a Medicaid-approved program.

Conference attendees were bused to Friday night's dinner location--which was hosted by the Corrections Branch of the Clark County Sheriff's Office at the Clark County Jail Work Center, a minimum security facility. People attending were very fortunate in being offered a meal which is the jail Thanksgiving dinner—turkey and gravy, mashed potatoes, vegetable, salad and roll, with a very tasty baked fruit cobbler like dessert. Entertainment was provided by David Granirer and his *Stand Up for Mental Health Group*, Art Miller, Ragtime Pianist, and Jesse Wade Holyk, Musician.

In addition to the conference itself, the NAMI Washington Board held an open board meeting on Sunday. New officers were announced: new President, Jan Hunter, Vice President Tim Osborne, Secretary Cheryl Strange. Norm Anderson continues as treasurer. Gordon Bopp continues on the board as past president. And a couple of weeks after the board meeting and conference, the new officers offered the job of Executive Director to Lauren Simonds, who has accepted the position.

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### **Crisis and Support Information**

In her U-B column in a recent Tuesday's newspaper, Rising Sun Clubhouse Director Shelby Paulsen gave some useful numbers:

Local Crisis Response number: on call 24/7 365 days a year: 509-524-2999

National Suicide Prevention Lifeline: 1-800-273-8255

Central Washington Comprehensive Mental Health 509-524-2920

**Support Group called Surviving Suicide Loss** meets every second Tuesday of the month from

5:15 to 6:45 pm in the Columbia Room in the Community Service Center, 1520 Kelly Place, welcoming adults dealing with the loss of a loved one due to suicide.

### **Another Services Option**

#### **NeuroPsych Program**

Daniel Varnell, MD, Board Certified Family Psychiatrist FAMILY MENTAL HEALTH SERVICES for children, adolescents and adults

128 N. 2<sup>nd</sup> Ave. Suite 209, Walla Walla, WA

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## **New Ideas to Support Veterans and their Families**

**by Tam Lennox**

One of the breakout sessions I attended at the NAMI Washington Conference in August was called Veterans, Wounded Warriors and Their Families. There were two presenters, John Niebert, a Peer Support Specialist, and Daryn Nelson, a Masters in Social Work intern who is doing the training for the USC and NAMI signature program, Homefront.

Only eight persons attended this session so we got a very personal and up front presentation. John told us how he feels that a Peer Support Specialist can strongly relate to the problems vets have returning from active duty, because, as he says, they're all problems he has had and has successfully dealt with. He has had three tours of duty. He was excited about the new classification the Veterans Administration is about to initiate. As of October 1, 2014, there will be an official classification of Peer Support Specialist. He feels peer support specialists will be best able to provide guidance to vets to navigate the resources available to them.

In addition, NAMI Homefront has been developed to meet the unique needs of families of service members and/or veterans who are living with a mental health condition. Homefront is a six-session adaptation of the Family to Family program. The Homefront program is specifically designed for spouses/partners, parents, siblings, adult children and others who love a service member or vet who is dealing with complex challenges. The goals of the program are:

- Provide the fundamental information necessary for the family to understand what the service member or veteran is experiencing.
- Help the family cope with the impact that mental illness has had on the person living with the illness and on their entire family
- Provide tools for the family to use even after completing the program that will assist them in responding as effectively as possible to

challenging situations and crises

- Help the family members learn to take care of their own needs in addition to those of their family.

If you are interested in working with Homefront and you are already a Family to Family teacher you can take the NAMI Class, "Understanding Military Family Issues." It is three hours long. There are also thirteen hours of additional course material, Instructions for starting the process including going on line to <http://www.waheconnect.com/citizensoldier/>

## **MEET A RISING SUN CLUBHOUSE MEMBER**

By Barbara Gilbert Needles

Rikki Union first heard about The Rising Sun Clubhouse from Heidi, an employee from Comprehensive. She suggested Rikki checkout the Clubhouse. Her initial visit to the clubhouse was friendly and homey.

Rikki said everyone was welcoming and treated her like a welcome guest. On her second visit she stayed and ate lunch with the members. The clubhouse is like a family; warm and caring. She said, at first the clubhouse is like going to a friend's house for a visit. But over a short time it become like a second home.

Much like family, members work together and run the recovery groups. Rikki said, there are people just like her, with the same problems she has. And so it makes it easier to talk about and find ways of dealing with the mental illness.

Shortly after joining the clubhouse, Matt, a member who runs a group, invited Rikki to co-facilitate the group. One of Rikki's goal is to be a peer counselor so she jumped in with both feet and helped Matt run the group. And in recent weeks she has facilitated the group by herself.

Rikki feels that her role is to help anyway she can. She said, she has grown so much in the short time she has been coming to the clubhouse. She has great dreams for the clubhouse and what the members can do to change the stigma of mental illness.

The clubhouse has really helped in her recovery. With the clubhouse, Rikki feels that the support of the members has helped to meet her recovery goals.

**2014 NAMI Walla Walla Board of Directors**  
**President Justine Taylor**  
**Vice President Liz Fry**  
**Secretary Dale Goodson**

**Treasurer Kay Maxfield**  
**Board at Large: Charles Eichler Bob Fairchild**  
**Bobi Goodson Tam Lennox Michelle Meyer**  
**Barbara Gilbert Needles**

Contact Kay Maxfield (509) 529-4854 [klmaxfield@live.com](mailto:klmaxfield@live.com) to offer newsletter submissions

### **2015 DUES AND DONATIONS DRIVE**

If you have not already done so, it may be time to renew your membership in NAMI Walla Walla. NAMI Walla Walla is a non-profit organization under IRS rules. Dues and/or donations are tax deductible. If you prefer to join online, please go to [www.nami.org](http://www.nami.org) and click on the join button. We urge you to send us your e-mail address so we may send you your newsletter via e-mail. To do that, contact [klmaxfield@live.com](mailto:klmaxfield@live.com) or give her a call at 529-4854.

*PLEASE RETURN THIS SLIP WITH YOUR CHECK TO: NAMI Walla Walla P.O. Box 401, Walla Walla, WA 9936*

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