



Of Walla Walla

NAMI NEWS: June July 2015 Volume XXVIII No. 4

NATIONAL ALLIANCE ON MENTAL ILLNESS

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COMING EVENTS

Monday, June 8, 2015 **NAMI Walla Walla Board meeting**, 6:30 pm at Rising Sun Clubhouse.

NAMI General Meeting

Wednesday, May 27, 2015 This meeting will be held, as usual, in the SonBridge meeting room, 6:30 pm, 1200 SE 12th, College Place, WA. Because this is the last general meeting till September, there will celebratory pizza, followed by Diane Marr Longmire, Comprehensive MH Team Leader for Adult and Elder Services.

Sunday, June 7, 2015 will be our local NAMI walk with a celebratory barbecue afterwards at the Rising Sun Clubhouse.

Looking forward: NAMI Washington Annual Conference will be held in the Tri-Cities Friday August 21-Sunday, August 23, 2015!

NO SUMMER GENERAL MEETINGS. AFTER THE MAY MEETING, THE NEXT GENERAL MEETING WILL BE WEDNESDAY, SEPTEMBER 23rd

If you are interested in trainings offered in Washington State in 2015, please contact dorina@namiwa.org.

NAMI WASHINGTON TRAININGS IN 2015

Basics June 26, 27 & 28
Peer to Peer July 17, 18 & 19
Family to Family classes September 11-13

SUPPORT GROUPS UPDATE

Local NAMI Support Groups Liz Fry, Tam Lennox, and Kay Maxfield will be offering Family to Family Support starting in June. It will be two Tuesdays a month, from 7 to 9 pm at the St Paul's Episcopal Church library. More information will be forthcoming. We hope interested people will contact Kay at 429-4854 so we can put together an initial list of possible attendees. The training has revised the structure of the support group to facilitate more specific input from group members regarding possible solutions to problems encountered by those families whose family members have recently been diagnosed or those for whom new problems are being faced.

DBSA: We regret to report that Bob Fairchild, leader of the local Bi-Polar Depression Support Group, has returned to Portland, Oregon, and these support groups will no longer be offered locally.



In honor of **National Mental Health Awareness Month**, the Walla Walla County Commissioners are signing a decree to that effect. It will be on display at the May NAMI meeting and at the Rising Sun Clubhouse. We appreciate the Commissioners' acknowledgement of the importance of treatment for mental illness within our community.



National Alliance on Mental Illness

JOIN US FOR NAMI OF WALLA WALLA'S
"STEPS FOR AWARENESS"

SUNDAY, JUNE 7TH

We will be meeting at 10:00am

in the Parking Lot across from

the 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
THEIR 10

Walkers get
BBQ Lunch
at the
11:30



CELEBRATE
YEAR
ANNIVERSARY!

to enjoy a celebratory
served after the walk
Clubhouse around

APRIL MEETING RECAP:

SGT. KEVIN BAYNE OF THE SWAT TEAM By Cathy Carlin

Sgt. Kevin Bayne of the Walla Walla Police Department spoke at the March 25, 2015 NAMI General Meeting. Officer Mark Hisey accompanied him. Sgt. Kevin Bayne has lived in the Walla Walla community for 37 years and served with the Walla Walla Police Department for 14 years. He is a member of the SWAT team and talked about the police department's attitude toward confrontations with mentally ill persons.



Sgt. Bayne said the goal is resolution. They have never had a crisis response where someone was killed. There are 7 or 8 beds in Yakima at the Bridges facility where mentally ill people sometimes go after being interviewed at Providence St. Mary Medical Center.

Law enforcement does not like using the jail as a clearinghouse for mentally ill people. The officials at the jail do not like mentally ill individuals being around the other prisoners. If a mentally ill prisoner walks into the cell of another prisoner who is in prison because he did not deal well with life, the mentally ill person could get assaulted. Going into someone's cell is like invading their home.

The Walla Walla police work closely with the Crisis Response Team which is under the umbrella of Comprehensive Mental Health. Because of the law there are limits to when someone can be sent to the hospital. The police may call the therapist of a person in crisis, and if the person does not go to their appointment with the therapist after the crisis, the police will go check on the person.

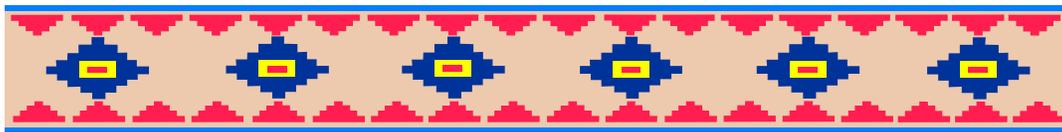


The homeless population downtown is very visible, and the community is trying to develop a plan on homelessness. Officer Mark Hisey said the homeless need a booth like tourists have a booth where the homeless are provided care and a place to stay. Those in mental crisis don't like being around people so the Christian Aid Center is not always acceptable to them. Sgt. Kevin Bayne spoke about Heidi Meliah of Comprehensive Mental Health (who is the head of the Housing Unit and is my boss) going downtown and offering people places to stay with keys in hand and being turned down.

Dealing with adolescents is a unique situation. The kids do not usually stay at the Juvenile Justice Center. They only do if they have committed a heavy felony offense. Most are taken home by their parents. Parents can be as problematic as kids at blocking services. Some parents think the police are just trying to get their kids in trouble with the law.

During the question and answer session Kay Maxfield of the NAMI board said she has lived in Walla Walla since 1966 and marvels at how well the police treat the citizens in Walla Walla.

Sgt. Kevin Bayne closed by telling us the motto on the police department building—"Return With Honor." He said he likes that motto.



RECAP OF THE APRIL 2015 PROGRAM:

HEATHER VONDERFECHT OF WWU SPEAKS AT APRIL NAMI MEETING

By Cathy Carlin

Heather Vonderfecht has been at Walla Walla University since 1994. She is now the director of the Master's in Social Work program. She says she has taught half the therapists in Walla Walla how to counsel. She jokes, "If I needed therapy I'd have to go to another town to get it." One of her first students was NAMI Walla Walla board member and VA manager of Recovery Services, Bobi Goodson.

She says when she was a little kid of six or seven and her mother was an "old" 23, she admired cool Uncle Jimmy who was 16. He'd play the guitar and harmonica and sing and sing those '60s folk songs. Uncle Jimmy joined the Coast Guard where he had a psychotic break. Then he had one break after another. The psychological school of thought of the time blamed his parents, her grandparents. The neighbors whom her grandma was close to backed away. Her father wasn't sure Uncle Jimmy should be around his children. Heated telephone conversations with his mom resulted. It split the family and shaped Heather Vonderfecht's career.



In the 1980s Ms. Vonderfecht worked in a psychiatric hospital where they blamed things on chemical imbalances, not bad parenting. She did her training at Washington University in St. Louis where they

very early got into biological models. She listed some things they used to do to psychotic people because they were desperate to fix them. I'm not sure what she said because my mind blurred a bit as she gave the list. I think she said lobotomies, cold sheets. Perhaps she could have added putting patients into a diabetic coma to snap their brains out of it which I heard about in Abnormal Psychology class at the community college. Maybe you know of more things tried on people who'd slipped away from reality.

Does a bad marriage cause mental illness? Or does mental illness cause a bad marriage? Yes to both. Stress can send a person vulnerable to mental illness into an episode. When soldiers get PTSD it puts a strain on their families. A marine wrote some stories about what it's like to always be on orange alert the whole time you're at war. Then you come home. It's hard on everybody.



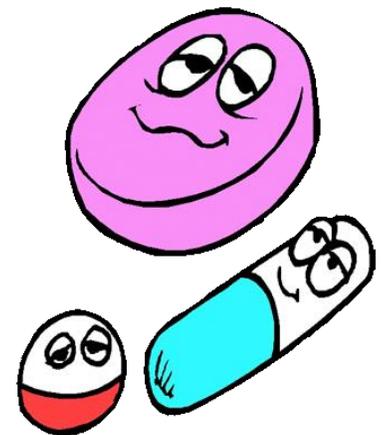
Concerning genetics, Ms. Vonderfecht said that generally if schizophrenia is in a family the next generation is more vulnerable. A person with an identical twin with schizophrenia has a 50% chance of also having schizophrenia. The ratio is 1-3% in the general population. From what I've read, a vulnerability to bipolar is also partly genetic.

If a boy's (but not a girl's) biological father is an alcoholic, the boy has a 40% chance of becoming alcoholic. If both his biological father and mother are alcoholics, the odds rise to 80%. It's not clear about girls.

But if you never have a stressor that makes the genetic vulnerability kick in, you may escape.

What will be done for autistic individuals when they become adults? When Ms. Vonderfecht was young, children who would be diagnosed autistic now were just thought of as "weird." Lots of people are now labeled autistic. The ratio of children being labeled autistic now is 1 in 150 or 1 in 88. "Geeky scientists" often have Asperger's. People at the high end of the autism spectrum do pretty well. But what will be done about the mid to lower level individuals? Even considering that the range for getting diagnosed with autism is much wider than it used to be there is still a huge uptick in lower level functioning autistic individuals.

When treating the mentally ill, a lot of money is put into pushing pills. Yet there are side effects. It has been proven that a caring loving safe environment helps the mentally ill greatly, but little money has been put into providing these environments. Research shows that families with lower Expressed Emotion (EE) of a hostile, critical and overinvolved nature ("Do you think you could maybe get a date?") tend for their family member with schizophrenia who's living at home to have fewer hospitalizations.



When an individual first starts showing signs of mental illness in their life, it's good "to nip it in the bud." There is an incredible value in police officers having mental health training. Sometimes when Ms. Vonderfecht has been at the ER she's seen suicidal people treated quite disrespectfully by the staff. "We're here to save people's lives, and you want to die?" Ms.

Vonderfecht tries to talk to them, saying, “Could you give a little kindness? It’ll help. This person can’t see any way out.”

Once Ms. Vonderfecht saw a Baptist reader board that said, “When people are at their most unlovable that’s probably when they most need love.”



1520 Kelly Place Suite 130, Walla Walla, WA 99362, (509) 529-0120

Volunteers: We have 3 new volunteers from Walla Walla University. Jennifer, Lindy and Nicole have been visiting us several hours a week to prepare community fundraiser jars, participate in journaling, facilitate group discussions, gardening, and even playing Domino with the members! We are always welcoming new volunteers to help out with different projects around the clubhouse. Please contact Michelle at risingsunclubhouse@yahoo.com if you know anyone interested in volunteering at the Clubhouse.

Mud Mania: The Rising Sun Clubhouse will be hosting our First Annual Mud Run Fundraiser called **MUD MANIA!** Mud Mania is set to take place at the Walla Walla Regional Airport on August 8, 2015. The event will include a 6-kilometer run with 16 obstacles including a mud pit, wall climb, hurdles, tube crawl, and a rope maze just to name a few. We will also have an after-party with music, games & wine for participants. We are currently looking for sponsors for the obstacles. Sponsors will have their business name displayed on the obstacle they help sponsor. Please contact Michelle at risingsunclubhouse@yahoo.com for a sponsor package. More information can be found on the registration website at www.mudmaniawallawalla.myevent.com.

Fundraisers: It’s that time of year again to spread mental health awareness and help bring **Change for Change** with our 2nd annual Community Jar fundraiser. May is Mental Health Awareness month and the Rising Sun Clubhouse has been busy placing fundraiser jars in businesses throughout the community. There are three ways you can help support our fundraising efforts:

1. Drop your change into one of our jars placed throughout the community (see list, below);
2. Host a community jar at your business/agency or encourage a business owner to host a jar;
3. Be a matching sponsor! Matching sponsors are still needed for many of our jars. Matching sponsors will match the dollar amount collected in one of the jars as a donation for the clubhouse. Please take a look at the list of business and contact us if you would like to be matching sponsor!

Here is a list of businesses hosting jars:

Bright's Candies	Book & Game	Earthlight Books
Andy's Market	Walla Walla Bread Company	La Cocina de la Abuela
Sally Beauty Shop - CP	Del Taco	Antonio's Barber Shop
Taqueria Yungapeti	Estetica Leos	Popular Donuts
John's Wheatland Bakery	Primp A Beauty bar	Mongolian BBQ
Valley Vision	Walla Walla Sew Vac & Spa	El Sombrero

More from The Rising Sun Clubhouse

Cinco De Mayo: The Rising Sun Clubhouse celebrated Cinco de Mayo with an authentic Mexican Carne Asada! Our celebration included members from some of our neighboring agencies who joined us for the fiesta! We served over 25 plates filled with carne asada, rice, beans, guacamole salsa and chips. Everything was muy delicioso!

Weekly Schedule:

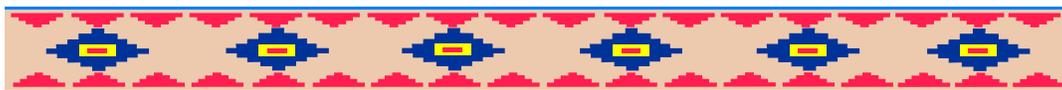
Monday: 10:00 AM Clubmember's square table meeting, meal planning, grocery shopping

Tuesday: 10:00AM Gardening & Journaling

Wednesday: 10:00AM IMPACT program volunteer lead activity

Thursday: 10:00AM Walking & Exercise Club

Friday: 9:00AM Art with Anne



2015 NAMI WALLA WALLA BOARD OF DIRECTORS

Justine Taylor Board President
Cathy Carlin, secretary
Tam Lennox. Vacant
David Surratt, treasurer

Dale Goodson
Kay Maxfield
Michelle Meyer
Bobi Womack Goodson

Contact Kay Maxfield (509) 529-4854 kmaxfield@live.com to offer newsletter submissions and ideas.

Random Ramblings

by David Surratt

Forward: *This column contains a number of links to web pages with more information about the subjects under discussion. In most cases these links are too long to list in the column itself. If you receive the electronic version of our newsletter, you can simply click on a link to view that page. If you are not currently receiving this newsletter electronically and would like to, please contact Kay Maxfield at (klmaxfield@live.com).*

A [February 4, 2015 column](#) on the legal website Jurist describes the findings of a recently published study which found that “*mental health professionals experience different degrees of empathy for patients with a mental disorder, depending on whether the disorder is explained using biological (genetic and neurobiological) factors or psychosocial (experiential or life history) factors.*” These findings were surprising given that one might expect mental health professionals to be empathetic regardless of the reason(s) their patient is experiencing a mental disorder. The article, as one might expect on a legal website, looks at the study in light of experiences working with juries, but it still makes for an interesting read.



[Jurist also reports](#) that on February 12, 2015, President Obama signed into law the Clay Hunt Suicide Prevention for American Veterans (SAV) Act, in order to combat increasing suicide rates among American veterans suffering from post-traumatic stress disorder (PTSD). After being held up by a single Senator, this important bill passed both houses of Congress unanimously. This law is intended to facilitate veterans' access to mental health resources, as studies have shown that suicide rates are higher among those who do not receive any type of mental health care. Clay Hunt was a marine who served our country honorably during multiple tours of duty. Later Clay volunteered in Haiti after the 2010 earthquake. He then focused on helping other veterans, who like himself were dealing with conditions such as PTSD and depression. Clay dedicated himself to helping others. We hope this law will continue his efforts as an important step in addressing the mental health of our veterans and service members.

Harvard University's Project Implicit offers [an opportunity](#) to uncover your hidden thoughts about mental health. Their website says that “*Conscious experience provides only a small window into how the mind works. What are your unconscious or uncontrolled reactions when you think about anxiety, depression, alcohol, eating disorders, or persons with mental illness? Find out by experiencing the Implicit Association Test (IAT).*” They offer eight topic areas, the tests require less than 10 minutes, and you receive feedback about your performance along with access to more information about automatic thoughts and mental health.



Recent stories on the NAMI website include:

- [When Mental Illness Enters the Family](#)
Dr. Llyod Sederer offers advice on how to care for a loved one with a mental health condition.
- [Your Teenager: Just Moody... or Something More?](#)
Anxiety and depression often first develop in adolescence. Knowing what to be concerned about can mean better outcomes.



- [When It Comes to Getting Help, Culture Counts](#)
For African Americans, the shame of asking for help for mental health concerns is still a significant barrier.
- [Filmmaker Jono Oliver Brings African American Mental Health to the Screen](#)
NAMI Wisconsin will present the film *Home*, the story of an African American man who is attempting to rebuild his life.
- [My Battle with Mental Illness](#)

After years of going back and forth on this decision, I think it's finally time to be open about it. My illness is nothing to be ashamed of.

- [The Edge of a Cliff](#)
What would you expect to feel if you were blindfolded and walking toward the edge of a cliff? Does distressed, at the least, or absolutely terrified and panic stricken come to mind?

May 27 at 6:30 pm at the [Sonbridge Community Center](#), we will host
Diane Marr Longmire of Comprehensive Mental Health.
She is a Team Leader for Adult and Elder Services and will
share with us information about mental health services for this population.

DONATIONS MADE EASY!

by Michelle Meyer

Visit our website at www.NAMIwallawalla.org today! You'll find all kinds of useful news and information there as well as notices about our upcoming events.

In addition, you'll notice a PayPal button on the HOME page and on the SUPPORT page. This makes it easy for you to support your local chapter of NAMI and all the work we do to advocate for those with mental illness in our community. Your donations are tax deductible.

And if your membership has lapsed, you can also renew that on our SUPPORT page. If you're not a member yet, you can join...just click "Join Online" and you'll be taken to the national website where you can create your profile and pay your annual dues.

Don't forget to check out our Facebook page at www.facebook.com/wallawallaNAMI for a great source of information about happenings in the community and a regular dose of inspiration!



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 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 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 99362

Member \$35.00

Open Door member 4.00

I would like to be a member under the "Open Door" policy

Agency 50.00

Sponsor 100.00

Newsletter only 10.00

Name _____ **E-mail address** _____

Address _____ **City/State/ZipPhone** _____

Enclosed is my check for _____ **I would like to make a donation for** _____.



Of Walla Walla
PO Box 401

Walla Walla WA 99362