



News from NAMI of Snohomish County, WA

January 2019

A NOTE FROM THE DIRECTOR

Reaffiliation Process Brings Changes

NAMI Snohomish wrapped up 2019 with approval of our reaffiliation with the national organization. Many thanks to the re-affiliation committee of Kathy Chiles, Karen Schilde, and Gretchen Saari for dissecting our bylaws and making changes to meet the new standards. One of the changes that was required by NAMI Washington is that we set term limits on our board members. This is a significant change for NAMI Snohomish. Our history is that a few dedicated leaders spend many years on the board. Jim Bloss led the group for over a decade with many long-time board members before handing the reins to Keith Binkley, our current president. Keith has now served for nearly eight years and many of the board has been involved just as long. NAMI Snohomish will be looking for current or new members and volunteers who are interested in joining the board or help with its work in other ways as the current members cycle off the board.

One other place where rejuvenation and new opportunities for volunteers exist is with our programs. Many programs such as In Our Own Voice and Ending the Silence have updated the training and are asking old and new recruits to take online training to give volunteers more time to absorb materials and prepare their story to shorten the time away from home for trainings. Over the next couple of years we will be doing this with all the trainings. If you are already trained, I'll be contacting you when new training is available.

We've recruited one new Family Support Group Facilitator to attend the training this month, and are looking for applicants for Connections and In Our Own Voice.

Thank you to all of our hard-working volunteers as we tackle the work ahead. Let's make this a year that really expands NAMI's presence and impact in Snohomish County.



Lisa Utter



Advocating for Mental Health in 2019

NAMI Washington's lobbyist Melanie Smith, Public Policy, Advocacy Director Brad Forbes, and the NAMI WA public policy Committee have been actively involved since our retreat last fall preparing for the new legislative session.

The background of the 1) the Trueblood settlement, 2) the De-Certification of Western State hospital, and 3) Governor Inslee's proposed enhancement and changes to the mental health system have laid the groundwork for intense focus on finding additional funding for mental health and creating a better system. Many NAMI members have attended listening sessions, given their analysis of the gaps in the system, and proposed fixes. Stakeholders have been meeting to prioritize and strategize for the legislative session which starts January 14th and is scheduled to run through April 28th.

As a warm-up to the session:

October - Three GOP lawmakers released [a proposed plan](#) which included boosting mental-health monitoring and counseling in schools to building more treatment facilities and attracting more qualified workers.

December - Court gave final approval to the settlement agreement in Trueblood et. al. v Washington DSHS that makes reforms to the state's forensic mental health system in five areas: [Competency evaluations](#); competency restoration services; crisis triage and diversion support; education and training; and workforce development.

December - Governor Inslee released [a \\$675 million plan](#) that would radically reshape the care of patients by building hundreds of new community and hospital beds.

NAMI Washington is supportive of most of the services in these proposals but is concerned that the funding being proposed is insufficient to fully fund the system needs. As always, the issue of funding sources is the major sticking point. Advocates will need an aligned coalition to support the revenues needed.

Legislative Agenda

NAMI Washington 2019 legislative priority areas are:

1. Protect and Increase Access to Quality Mental Health Services
2. Decriminalize Behavioral Health Conditions
3. Prioritize Prevention and Early Intervention
4. Ensure the Financial Stability of a Quality Mental Health Care System

[Details and more information](#)

HOW YOU CAN HELP

Participate in NAMI Day in Olympia - February 18, 2019. NAMI Snohomish will assist in organizing ride sharing for individuals who wish to attend. NAMI Snohomish will also be holding a remote lobby day to send e-mails, and make telephone calls during lunch in Everett at the Unity Center for Positive Living, 3231 Colby Ave, Everett, WA 98201 from 11 AM - 12:30 PM. [More information on NAMI Day.](#)

Everett Clubhouse Opens Soon

Snohomish County residents with mental illnesses will soon have a new resource: "Hero House Everett" Clubhouse, which hopes to open in spring 2019. The Everett Clubhouse is part of a worldwide system that offers support to people with serious mental illnesses who are in need due to isolation and lack of support, especially those just released from the hospital. According to Clubhouse International, a "Clubhouse provides a restorative environment for people whose lives have been severely disrupted because of their mental illness, and who need the support of others who are in recovery and who believe that mental illness is treatable."



NAMI Snohomish has been involved in the creation of the Everett Clubhouse for nearly three years. In August 2016, interest was assessed at a community forum consisting of people from NAMI's Family to Family classes, peer support leadership, and the NAMI Snohomish board. Also, some eight planning committee members have been meeting twice monthly and six of the Everett team attended the Clubhouse International start-up training in Texas in 2017.

Dr. Camis Milam, Compass Health chief medical officer, has been providing a supportive presence and

counsel as the Everett Clubhouse committee moves forward. She wrote an [interesting letter to the editor](#) of the *Everett Herald* in response to an [article the newspaper wrote](#) on the Everett Clubhouse.

The Everett Clubhouse will join Hero House NW, which operates clubhouses in Bellevue and Seattle. It has received a \$100,000 grant from the state to get started but more money is needed from the community. Donations can be made through the [Hero House NW website](#) by specifying Everett Clubhouse under "add special instructions."

There is also a [Facebook page](#). Anyone is welcome to join the group by e-mailing info@everettclubhouse.org.



Opening of Carnegie Center

The historic Carnegie building at 3001 Oakes Avenue, Everett, held a opening event in December. The county funded the Carnegie renovation and new Carnegie Resource Center as a gateway to services related to mental health counseling and substance use disorder treatment; employment services; housing enrollment; veterans' programs; health insurance navigation; and public benefits

enrollments. The one-stop center is open to all residents but is targeted to serve "men and women who are overcoming the challenges of substance abuse, and mental health issues, and criminal histories. Pioneer Human Services is providing the services under the leadership of Carnegie Resource Center Director, Calei Vaughn, who explained "we have first focused on partnering with veteran service agencies, coordinated entry services, housing navigation, and SUD and MH assessors. In addition, we have solidified relationships with 12-step and other recovery support groups; employment navigators; GED instructors; and DV advocates."

The location right across from the County campus which houses Snohomish County Human Services and the County Detention Facility ensures that individuals can access services conveniently. Currently the Carnegie has 25 community partner and service providers engaged in the program. NAMI representatives Jim Bloss, Keith Binkley, Michael Goza, and Carolyn Heatherwick Goza attended the opening.

GET INVOLVED

NAMI National Convention Proposals Due

NAMI National Convention is coming to Seattle this coming June 19 - 22, 2019. NAMI is looking for engaging presenters from diverse backgrounds to offer sessions on thought-provoking topics. Proposals for presentations are due January 15. [More information](#)



Contribute to *The Beacon* newsletter

Each month we like to highlight a personal story that includes information that can be helpful to others. Contact the office at nami.snohomish.county@gmail.com if you would like to share your story.

Looking for reader feedback on Smart 911 for future story

Smart 911 gives you, as a citizen, the ability to proactively provide important details about yourself and your family to 9-1-1 before an emergency happens. Your information is stored in a secure facility and is only made available to 9-1-1 when you make an emergency call from a phone tied to your Safety Profile.

Have you used Smart 911? How did it work for you? Did you feel the information you provided helped you get better service and support from public safety officers? Please [contact NAMI through our website](#) to talk to us about your experience.

Fundraiser and event organization help needed.

Does lighting the fundraising bug in people get you excited? NAMI WA is looking for a volunteer to assist with the State Walk Committee. The NAMI Walk is the biggest fundraiser for local affiliates and provides much of the funding for the NAMI state office. If interested in representing NAMI Snohomish on the committee, please contact Lisa via email at nami.snohomish.county@gmail.com.

State Department of Health Seeking Advisory Board Members

There are current openings on state boards for a certified counselor, chemical dependency professional, and mental health counselor. See links for additional information.

- [Certified Counselors and Hypnotherapists Advisory Committee](#)
- [Chemical Dependency Professional Certification Advisory Committee](#)
- [Mental Health Counselors, Marriage and Family Therapists, and Social Workers Advisory Committee](#)

CLASSES AND SUPPORT GROUPS

REGISTRATION and WAITLISTS OPEN for CLASSES Planned for FEBRUARY

BASICS class - Starting February 18th in Everett - Cynthia Gahan, and Carolyn Heatherwick-Goza - Teachers

Basics is the 6-week class for parents or primary caregivers of children and teens who may have behavioral health issues.

BASICS Support Group is a great way to learn more about the BASICS class and get support. The support group meets from 7:00 - 9:00 PM:

Everett, First Presbyterian Chapel
-1st Tuesday of each month

PEER to PEER class - February Date TBD - Cathie Reindl and Becky Allen - Teachers
This 10-week class in self-care is for adults with a mental health diagnosis.

CONNECTION Support Groups, which serve the same population, meet regularly at three locations:

Edmonds, North Sound Church - 7:00 - 8:30 PM (caretakers also welcome)
-1st, 3rd and 5th Tuesday of each month

Lynnwood, Verdant Health Commission - 7:00 - 8:30 PM
- 2nd and 4th Thursday of each month

Smokey Point Behavioral Health - 6:30 - 8:00 PM
- 1st and 3rd Thursday of each month

FAMILY to FAMILY Class - February Date TBD
This class is for family and supporters of people with a mental illness.

Family Support Groups which serve the same population meet regularly at three locations from 7:00 - 8:30 PM:

Edmonds, North Sound Church
(individuals with MI diagnoses also welcome)
- 1st, 3rd and 5th Tuesday of each month

Marysville, Mountain View Pres. Church
- 2nd Monday of each month

Everett - Snohomish County PUD
- 4th Monday of each month

PROGRAMS

Training Opportunities

Connection Recovery Support Group Facilitator training
APPLICATIONS DUE: January 18th, 2019
for the Training to be held in Kirkland on February 2nd - 3rd

In Our Own Voice Presenter training
APPLICATIONS DUE: February 8th, 2019
for the Training to be held in Kirkland on March 16th, 2019

Ending the Silence Presenter training

APPLICATIONS DUE: SOON

for the Training for be held: TBD We will have more details soon!

All applications can be found at the [NAMI WA Training page](#). Application require sponsorship by a NAMI affiliate.

Email your application to Lisa at nami.snohomish.county@gmail.com. In order to submit a complete application, NAMI Snohomish leadership needs to sign off the final page of the application, submit the NAMI Snohomish \$50 refundable deposit, and send the completed application to NAMI Washington. SPACE IS VERY LIMITED -- GET YOUR APPLICATION IN EARLY!

JUNE - NAMIWalk Washington 2019, June 8th in Kirkland

By participating in NAMIWalks, you will be joining NAMI's movement to raise awareness of mental illness and raise funds for our mission. Sponsor the walk. Start your team now. Registration has opened. The NAMIWalk is the largest source of funding for NAMI Snohomish and NAMI Washington -- you can build a team and support NAMI Snohomish. [Register and find more information here](#).

ACTIVITY REPORT

December

- Everett School District Superintendents Annual presentation
- CIT presentation - Kathy Chiles and Karen Schilde
- Carnegie Resource Center Opening
- Scriber Lake School Presentation to Teachers -Gretchen Saari

UPCOMING

This Month

Family Support Group training - Nikkie Kautzman
Legislative coffee with Lauren Davis

QUICK LINKS

[Our Board of Directors](#)
[Mental Illness: What You Need to Know](#)
[Guide: Navigating a Mental Health Crisis](#)
[Circle of Care: A Guidebook for Mental Health](#)
[Caregivers](#)
[The Beacon E-Newsletter December 2018](#)

[NAMI of Snohomish County](#)
[NAMI National](#)
[NAMI Washington State](#)
[NAMI Greater Seattle](#)
[NAMI Videos on YouTube](#)

24-Hour Crisis Hotline: 1-800-584-3578

[Contact Us](#)

FINALLY...

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

~Jimmy Dean

[Donate Now](#)



Banner photo of Mukilteo Lighthouse courtesy of David R. Irons Jr.