



News from NAMI of Snohomish County, WA

February 2019

A NOTE FROM THE DIRECTOR

Lots of Activity on Mental Health

The NAMI Snohomish Board is buckling down for two days of work, holding a strategic planning retreat led by a Marilyn Littlejohn, an experienced public manager and facilitator for non-profits. This initiative will direct our new board recruitment as a plurality of the board is currently serving their third terms, which will be their last leadership terms in accordance with the new bylaws passed by the membership in December. It is an exciting time and a time for the organization, and a time for members, to consider how they might increase their participation.

The legislature opened with lots of focus on mental health. While the main focus is on the Governor's proposal to enhance community services and rebuild/enhance/change Western State Hospital to ensure that it meets adequate standards, there are a lot of other issues that are also moving forward. See below and let the legislature know how you feel.



NEWS

The Legislature is moving on Mental Health



Over 100 bills have been introduced this session that the NAMI WA Public Policy committee are following. Everything from "affordable or supportive housing" to "school resource officers" is being considered this year in the legislature. NAMI Washington's public policy team worked through the fall with several coalitions to help craft bills and give input on proposals.

Children's Mental Health and Schools

One of the projects that we were very excited about was a omnibus mental health bill. Among other initiatives NAMI hoped that it would include a required mental health curriculum for high school students. The Omnibus School Mental Health bill - HR 1876 was filed last week and did not include this

element. We are currently working with the sponsor, Noel Frame - 36th LD to determine the best method of adding this to the bill.

There are also proposals to increase police presence by funding school resource officers in every school (HB 1035), NAMI WA opposes based on our belief that the criminal justice system is not the best way to address behavioral issues for youth, particularly for children with mental health challenges.

Involuntary Treatment Act changes

Of particular interest to our members is SB5720, a bill proposed by Senator Manka Dhingra, this bill would change the Involuntary Treatment Act in substantive ways. It would change the initial hold from 72 hours (3 days) to (5 days) with the intent that this longer time would allow more time to stabilize, enable medications to have more of an effect, and allow the providers time to create better plans for future care. As many of us know, three days can be too short a time for many. Patients can always be released before the full treatment period by a doctor. NAMI has signed on with support for this bill, while supporting some amendments and expressing the need for the state to expand capacity in order to handle this new policy.

Other changes include adding involuntary medication to Least Restrictive alternative treatments and allowing single bed certification for SUD, meaning that treatment could be offered outside of hospitals, instead of just holding patients in these locations while waiting for psychiatric bed.

Follow Up on I-940 - A Consensus De-Escalation Training for Police

NAMI WA took an active stance in the coalition to pass Initiative 940, the Police Training and Criminal Liability in Cases of Deadly Force Measure. NAMI-WA Executive Director Lauren Simmonds was one of the authors of the voters' guide statement for the initiative. The initiative passed with over 59% of the vote. The first bill of the legislative session, HB1064 made several fixes and clarifications to I-940. It passed unanimously and Governor Inslee signed it on February 4th. The bill tightened the language on the good faith standard for use of deadly force, clarified independent investigation requirements, and made it clear that cops can secure the scene and ensure public safety before rendering first aid to the person that has had deadly force used upon them by the police.

Fiscal Notes

Our own Jim Bloss has been instrumental in pushing forward the long-standing goal of requiring dynamic fiscal impacts of a bill to be calculated, specifically if the bill relates to corrections, child welfare or mental health. SB 5636 NAMI WA Supports This means that analysis includes the costs of not providing services. This bill has been on the top of NAMI WA's agenda for a number of years and is finally getting sponsorship. While other issues have moved up the state agenda this year, this remains NAMI WA-supported and has been introduced in the past legislature.

Clubhouse

Thanks and kudos to the following NAMI members for the time and effort they put into serving on the Health Care Authorities, The Division of Behavioral Health and Recovery (DBHR) Clubhouse programs workgroup which recently released their report to the legislature on Developing Clubhouse Programs.

Harold McClure - Representative for Everett Clubhouse initiative
Kimberly Miller - Representative from the public
Linda Batch Representing NAMI
Kailey Fiedler - Representing Hero House



The report is part of NAMI's continuing effort to push for services that encourage engagement with the community and support employment for people with mental illness.

The Everett Clubhouse initiative was the starting point for Hero House Everett, which has recently hired an Executive Director and hopes to open a facility in the first part of this year.

[Read the report.](#)

NEW RESOURCES

Disclaimer: Listing of new resources does not represent an endorsement of the program or resources by NAMI.

We have heard good reports on the NAMI Greater Seattle's sponsored Bipolar Disorder Meetup group that meets at Virginia Mason Hospital, 925 Seneca, every Monday from 6-8 PM.

A recent review of a meet-up listing in the area show a large and regularly meeting Depression support group that meets weekly in Bothell.

NAMI Greater Seattle also sponsors a youth adult (18-35) Social Support group run by the NAMI Trainer Trez Buckland. It meets in the greenwood area of Seattle on Most Fridays of each month from 5:30 - 8:00. Dinner is provided until 6:00. The purpose of the group is to provide a safe, drug free space for young adults who are interested in making friends but find it challenging due to anxiety about meeting people or because of psychosis/delusions which make it difficult to feel safe with others. The group shares gratitudes after their meal as a way of introducing themselves to one another and focusing on what is working their lives that they are thankful for. Then they have an activity that focuses on building personal strengths. After that they take a break and play games until 8 PM. Contact NAMI Greater Seattle to find out more.

If you would like to write a review about other groups or share information, please forward it to us at nami.snohomish.county@gmail.com.

GET INVOLVED

NAMI DAY FEBRUARY 18 (MONDAY, PRESIDENT'S DAY)

We urge you to make your voices heard this session.

OLYMPIA

Join us in Olympia February 18th by [registering here](#).

or

EVERETT

Drop in for lunch and join other NAMI Snohomish members and supporters to contact your legislators on February 18th, 11 AM - 1 PM at the Everett Unity Center for Positive Living, 3231 Colby Ave., Everett WA. Several experienced members will guide you through the process. Last year we generated over 50 contacts with legislators to support our mission. Join us for lunch and participate in democracy to make our state a better place for everyone.

Advocacy Training, Saturday, February 16th

NAMI Eastside will be holding a [Pre-Lobby Day NAMI Smarts Advocacy training](#), Saturday February 16th, 9:30 AM - 12:30 PM at NAMI Eastside.

[More information on NAMI Day.](#)

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

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: March 1
for the Training to be held: TBD We will have more details soon!

Peer to Peer Teacher Training
APPLICATIONS due March 29th

Provider Education
APPLICATIONS due March 29th

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

January

- January 5 - Constituent Coffee with Representative Lauren Davis (32nd Dist). Jim Bloss attended.
- January 17 - Family Night with a school psychologist for ELL parents.
- January 18 - Presentation on De-Criminalization to the Seattle University Criminal Justice Advisory Committee by Jim Bloss.

February

- February 2 - Edmonds School District Recreation and Resource Info Fair for Families impacted by Special Needs - Sheila Harrington

UPCOMING

This Month

Watch for NAMI Snohomish at these February events:

9th - 1st day of Board retreat

13th - Mukilteo's Youth Advisory Committee conversation on suicide awareness and mental health with "Mukilteo Stands Behind Youth," Rosehill Community Center. 6-8:30 PM

18th - NAMI Day in Olympia

18th - NAMI Day - lunch and lobby at Unity Center for Positive Living

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 January 2019](#)

[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 keep moving ahead, as always, knowing deep down inside that I am a good person and that I am worthy of a good life."

~ Jonathan Harnisch

Donate Now



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