



News from NAMI of Snohomish County, WA

March 2019

A NOTE FROM THE DIRECTOR

Moving Forward After the Snow Lull

Wow - February in Snohomish County - cold, snowy white and full of cancellations. NAMI had to cancel several support groups as much of the road system was shut down by the snow and ice. Luckily the snows mostly disappeared by NAMI Day (Feb. 18), and 15 Snohomish county representatives made it down to Olympia to talk to our legislators.

The NAMI board had to re-schedule the first of their two-day retreat, but will be finishing up this month and we'll report out in the next newsletter.

We are excited to note that three programs are either taking registration or restarting: Family to Family and Peer to Peer, both of which will be starting later this month in Everett, and the Smokey Point Connections Recovery Support Group will be restarting after a brief hiatus.

NAMI is starting to get sponsorships for the June 8th Walk. Have you strapped on your walking shoes? It's fun and our biggest fundraiser of the year.



NEWS



NAMI Day Well-Attended

Over 200 advocates traveled to Olympia for NAMI day 2019 on February 18th. Festooned in green scarves, the NAMI representatives were very visible as they lobbied legislators from all 49 legislative districts in the state. NAMI Snohomish had 15 participants, covering seven legislative districts (LD 1, 10 21, 32, 38, 39, 44).

Advocates focused on four issues:

- 1) Supporting the Trueblood Settlement - providing timely competency evaluations, and creating forensic navigators to help connect people in jail to services (SB 5444/HB1513)
 - Status - this bill has passed out of the policy committee and had a hearing in the Senate Ways and Means Feb. 26.
- 2) Supporting improved youth mental health - SHB 1876/SB 5903 - Hearing in House Appropriations Feb. 27.
- 3) Fully funding a behavioral health system - Budget item - no bill number.
- 4) Support increasing funding for Health and Essential Needs by \$69M - Budget item - no bill number.

Talking points on the above bills

Other bills NAMI WA is supporting:

- HB 1874: Improving family involvement in adolescent mental health - passed out of policy committee
- HB 1786: Improving youth mental health - passed out of policy committee
- SB 5636: Concerning adding dynamic fiscal analysis to fiscal notes - Passed the Rules committee Feb 27

Contact all three of your legislators in one easy step by calling 1-800-562-6000, they will ask your name and address and then transcribe your message and deliver it to all three of your legislators.

Registering and Volunteering for the June NAMI National Convention

WILL I DEFINITELY GET A VOLUNTEER SPOT IF I REGISTER TO VOLUNTEER?

While there will be a variety of volunteer areas and opportunities using between 60 and 80 volunteers, volunteers will be placed on a first come-first serve basis, with priority being given to NAMI members in good standing (annual dues are up-to-date and not lapsed). To become a NAMI member, or renew your membership, go to NAMI.



WILL THE REGISTRATION FEE BE WAIVED IF I VOLUNTEER?

People who volunteer for two- to four-hour shifts will have their registration fee waived.

WHEN SHOULD I REGISTER FOR THE CONVENTION?

If you want to get a hotel room at the Convention Hotel, the Hyatt Regency in Seattle, you should register as soon as possible and pay for your registration. This is the only way you will be given the code for the special NAMI Convention reduced room rate. If you then volunteer for two- to four-hour shifts, after the Convention is over your registration fee paid will be refunded.

If you do not need to stay at the hotel, wait to register until after volunteer positions have been assigned.

Everett Clubhouse Update



The Everett Clubhouse is moving forward. Since receiving a state grant, the clubhouse has formalized their connection to the HERO House NW of Bellevue, interviewed and hired a Program Manager, and is spreading the word about this new program in Snohomish County offering social rehabilitation services for

community members living with the effects of mental illness.

Everett Clubhouse joins the Seattle and Bellevue Clubhouses to provide a psychiatric rehabilitation model that focuses on socialization and community engagement to bring every participant known as a "member" of the Clubhouse program to the table for the running of the Clubhouse.

The Clubhouse model is an evidenced-based program that has been implemented in more than 320 communities in 34 countries since its inception in 1948 and has proven successful with rehabilitation, recovery, and reintegration into the community. Clubhouse International provides a set of Clubhouse standards, a well-documented training process, and certification for Clubhouses. The Everett Clubhouse is a member of the Clubhouse International and will meet all the Clubhouse International standards. Our vision is that through the unique and vibrant Everett Clubhouse environment, people living with the effects of mental illness will achieve their full potential in the community as respected co-workers, students, neighbors, and friends.

[Everett Clubhouse website](#)
[Information and RSVP link](#)

HELPFUL RESOURCES

Report from Gretchen Saari

MENTAL HEALTH CHAPLAINCY

Trinity Lutheran Church in Everett is adjacent to a city park where “travelers, without a permanent address” congregate. Church members reach out and care about the people who come to the park. In order to give themselves outreach skills they asked the Seattle Mental Health Chaplaincy to provide a workshop on “companioning.” Companioning is a relationship responsive to suffering, supportive of recovery and wellness, and public. The key is mutuality, a relationship between equals. It begins with sensitivity: “We are made to be sensitive compassionate and concerned.” The best part for me is the way of listening: “Whatever a person is able to tell, however they are able to tell it.” and “Starting with what we have in common rather than what separates or alienates.”

The morning inspired me. I met compassionate and honest people. The model is beautiful. It can be found easily at <http://mentalhealthchaplaincy.org/>. NAMI is fortunate to have partners like Trinity Lutheran Church and the mental health chaplaincy.

GET INVOLVED

NAMIWalks

The [NAMIWalks](#) is the biggest fundraiser of the year for NAMI Snohomish. NAMIWalks Washington is a fund, quick 5K walk in Kirkland bringing together people of all ages and fitness levels. Those who are unable to walk with us in Kirkland are welcome to register and participate as a volunteer or as a “virtual walker.” Registration is free.

[Registration Link](#)

Applications Due

Peer to Peer

APPLICATIONS due March 29th

Provider Education

APPLICATIONS due March 29th

Ending the Silence Presenter Training

APPLICATIONS due: March 30

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!

PERSONAL STORY

Everett Herald Features NAMI Snohomish Board Member's Tragic Story

Board member Gretchen Saari was recently interviewed by the *Everett Herald* for a story called "Everett Mother Mourns Two Beloved Sons Who Died from Heroin." [Read it here.](#)

CLASSES AND SUPPORT GROUPS

REGISTRATION and WAITLISTS OPEN for CLASSES Planned for MARCH

Family to Family - the new six-week version is currently accepting registrations for a class starting March 16th in Everett.

NAMI Family-to-Family is a free, condensed six-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

For more information and to register contact Karen via nami.snohomish.county@gmail.com or our message line 425-339-3620.

Peer to Peer

NAMI Peer to Peer – ten-week program is accepting registration for a class starting March 27 in Everett.

NAMI Peer-to-Peer is an eight-session recovery-focused course for adults with mental health conditions.

- Free and confidential
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

For more information and to register contact Cathie via nami.snohomish.county@gmail.com or our message line 425-339-3620.

NAMI Connection Recovery Support Group Program will be held the 1st & 3rd Wednesday of each month 6:30-8:00PM at Smokey Point Behavioral Hospital, 3955 156th St NE, Marysville, WA 98271. Spring dates - March 20, April 3, 17, May 1, 15

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential
- Held twice a month for 90 minutes
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

Ongoing Support Groups

BASICS Support Group for parents or primary caregivers of children and teens who may have issues. The support group meets from 7:00 - 9:00 PM:

Everett, First Presbyterian Chapel

- 1st Tuesday of each month

CONNECTION Recovery Support Groups are for adults with a mental health diagnosis and 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 starting March 20th

Family Support Groups are for family and supporters of people with a mental illness and 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

See Events at www.namishnomishcounty.org for full schedule.

ACTIVITY REPORT

February

- February 2: Recreation and Resource Info Fair for Families impacted by special needs, Edmonds school district, Sheila Harrington
- February 8: Current Crisis System - Families perspective, Evergreen Hospital Board, Jim Bloss
- February 16: Companionship Training by Mental Health Champlaincy, Trinity Lutheran Church, Jim Bloss, Gretchen Saari
- February 18: NAMI Day in Olympia. Jim Bloss, Debbie Strauss, Wesley Strauss, Tierra Lovelace, Tieanna Lovelace, Louellen Morgan, Tessa Morgan, John Rodoslovich, Shelley Mackaman, Lesley Smith, Megan Amaya, Kim Feeney, Julieanne Salisbury, Cathie Reindle, and Faarah Misbah
- February 18: NAMI Day in Everett. Keith Binkley, Kathy Chiles, Liz Vogeli, Dawn Macon
- February 21: Verdant Healthier Community Conference. Lisa Utter
- February 23: Board Retreat: Marilyn Littlejohn, board members

UPCOMING

This Month

Watch for NAMI Snohomish at these March events:

- March 11: One Time: Resilience: The Biology of Stress and the Science of Hope - Movie followed by Panel Q&A, Snohomish County Health District
- March 12: One Time: Resilience: The Biology of Stress and the Science of Hope - Movie followed by Panel Q&A, League of Women Voters, Edmonds
- March 12: Angst about Anxiety - Movie followed by discussion, Alderwood Middle School PTA
- March 14: Annual: 2nd Annual Veterans Stand Down, Workforce Snohomish
- March 18: One Time Angst about Anxiety - Movie followed by Panel Q&A, Archbishop Murphy School
- March 26: Annual: 22nd Annual Transition Resource Fair - Tabling event, Snohomish County Transition Network and Everett School District

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 February 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...

“One small crack does not mean that you are broken,

it means that you were put to the test and you didn't fall apart.”

[Donate Now](#)



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