



News from NAMI of Snohomish County, WA

April 2019

PRESIDENT'S NEWS

Ready, Set, Retreat!

Just as with public institutions such as schools and hospitals, NAMI also has a process to be accredited or "reaffiliated." Late last year, the NAMI Snohomish County affiliate completed the process of reaffiliation with the state and national offices of NAMI. This was the first time that the widespread process of reaffiliation was undertaken, which ensures that appropriate standards, procedures, and bylaws are in place across the county. We passed!

Sadly, some affiliates were not able to meet these rigorous standards. Building upon that fact, the board of the Snohomish County Affiliate committed to and is going through a rejuvenation process. With all our board members, Marilyn Littlejohn facilitated two Saturday retreats which allow us to identify our strengths and weaknesses and to chart a path forward with the goal of developing a strategic plan. Both the reaffiliation process and the retreat signal our commitment to do our best to help individuals and families living with mental illness. Finally, and on top of that, almost the entire board has completed the Boards in Gear training offered by Washington Non-Profits.



NEWS



Everett Clubhouse Informational Meeting a Great Success

by Keith Binkley

On March 21, the Everett Clubhouse held an Informational Evening at Everett Community College. From the moment I walked in the building, I could tell there was a buzz of energy. I gravitated towards the sound and as I got closer to the room where the event was being held, the volume increased dramatically. It was a great feeling to walk in and see the room filled with folks keenly interested in learning more about the

Everett Clubhouse, mingling and socializing before the program.

At 6:00 pm, the presentations got kicked off by Larry Clum, Chief Operating Officer of HERO House NW. The Everett Clubhouse will be a program of HERO House NW. Larry was impressed with the turnout, stating that it surpassed a similar event for the Seattle Clubhouse. His opening remarks reinforced that something big is underway.

Larry then introduced Jonathan Beard, seen in the photo above. Jonathan is a professional practitioner in the field of social work and psychiatry. He was a principal in the founding of not only HERO House in Bellevue but also Rose House in Tacoma. It was clear that it would be difficult to find someone who knows the benefit of Clubhouses better than Jonathan. He is a huge advocate for those living with mental illness.

Next in the program, we were fortunate to hear from Kim and Ronaldo who gave a personal account of how their lives have changed as a result of their Clubhouse involvement. This was the moment when attendees who were curious about the benefits of the Clubhouse received that info.

Soozee McNamara, Program Director for the Everett Clubhouse, was not able to make it in person. but the crowd was still able to see Soozee's excitement in a video. . It was evident that Soozee is personable, caring, and compassionate and has a lot of experience with several Clubhouses.

Last to speak was Harold McClure, President of the Everett Clubhouse Advisory Board. Harold has been a champion of this effort since day one.

It is so rewarding to see the concept of a Clubhouse coming to fruition so quickly. The Clubhouse is destined for success because helping those living with mental illness integrate into our community is the noblest of missions!

Legislative News

Legislature moving toward a final budget with Behavioral Health investments

by Lisa Utter

As of April 4th, both houses of the Washington legislature had passed budgets. The Senate has passed its proposal for a two-year state budget, after the House had approved a budget on March 29th. Overall, the Senate budget proposes about \$1.6 billion in new spending, while the House budget includes about \$2.3 billion, according to nonpartisan budget estimates.



Now budget writers from the Democratic-led chambers will begin the process of hashing out a compromise, before ultimately sending a single final budget to Gov. Jay Inslee for his signature, before the legislative session ends later this month.

The Senate passed its budget on a 31-17 vote, with three Republicans voting with the Democratic majority. Like a plan passed previously by the House on a 56-38 vote, the Senate proposal looks to increase spending on K-12 education, higher education, and behavioral health.

NAMI testified in support of the House plan which raised revenues to pay for additional services, including the following investments in the \$52.6 billion two-year operating budget:

Behavioral Health: The two-year House Democratic budget will make significant investments in continued efforts to fix the state behavioral health system. Highlights include:

- \$91 million to expand community behavioral health beds & services.
- \$136 million in this biennium to ensure the stability of our state hospitals and the safety of our patients and staff.
- \$76 million in this biennium to comply with the Trueblood

Affordable Housing: In addition to the state capital budget, the state operating budget invests in housing programs and services such as:

- \$21 million focused on permanent supportive housing and youth homelessness.
- \$13 million for the Housing and Essential Needs Program, which helps people with disability who are struggling to find and maintain housing.



New Support Group at the Snohomish County Correctional Facility

by Kathy Chiles

About a year ago, we got a call from a woman requesting that we have a support group at the Snohomish County Jail (Correctional Facility). I took the call and set up a tentative support group meeting, but it wasn't advertised well in the jail so they canceled the meeting due to lack of interest. We agreed to try again in the future.

I'm happy to report that we recently held our very first support group meeting at the jail. Three young men

attended, and the group lasted half an hour. It was also attended by two counselors who observed the meeting. At a short debriefing, the counselors thought the session was a success, and are going to put more energy into advertising it. The intent is to have a monthly meeting, based on the NAMI National model but modified for the jail's constraints.

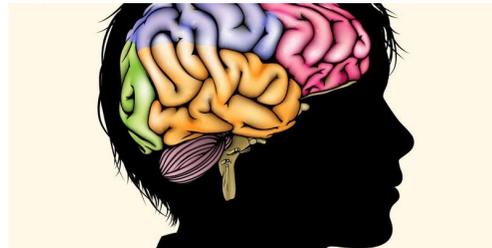
At the meeting, I was able to normalize mental illness as a medical condition, the same as other medical conditions that require treatment. I was happy to let them know that there is a Connections support group that meets in Lynnwood, and that the model they experienced that day is the same model they would encounter outside jail walls. Continuity of care is one of the goals that the Sheriff has publicly expressed, and I believe he will be pleased.

Based on my conversation with one of the attendees who is traumatized by interaction with law enforcement, I believe we're on the right track in our efforts to help roll out Initiative 940 as well as our continued involvement in the CIT training. See "Your Input is Needed" below for related information.

What we do matters.

You are Invited to a Talk on Early Childhood Brain Development

The NEAR Collaborative for Action would like to invite you to the April ACEs Quarterly event for Building Brains: The Latest Science on Brain Development in Early Childhood with the Institute for Learning and Brain Sciences. The event takes place on **Wednesday, April 24th** at 3:00 - 4:30 pm at the Snohomish Health District Auditorium, 3020 Rucker Avenue, Everett.



Amelia Bachleda, PhD will present the most recent science on brain development in early childhood. Amelia is an outreach and education specialist at the University of Washington's Institute for Learning and Brain Sciences. As a trained science communicator, Amelia works to put the latest science into the hands of those who can act on it by developing resources and delivering trainings nationwide. She has a PhD in neurobiology and specializes in developmental neuroscience and language learning.

This event is free and open to the public so feel free to forward this invitation to friends, family, and colleagues.

For more info and to register go [here](#).

ACEs Webpage: <http://www.snohd.org/aces>

PERSONAL STORY



Ending the Silence Young Adult Speaker Busy With Requests

Emma Volesky, a Montana native, who has been with NAMI Snohomish since 2015, completed the updated Ending the Silence training in late December, and has been in hot demand as a speaker ever since. She has done ten presentations for NAMI Thurston/Mason and three for NAMI Eastside, and is scheduled for eight in Snohomish county in May. NAMI Skagit has recently trained a partner speaker and scheduling is in the works for our northern

neighbor.

Her background as a child with an early diagnosis of mental illness makes her a great speaker for the program that reaches out to middle and high school students. She is also a frequent attendee of the NAMI board meetings and a recently re-certified In Our Own Voice presenter. Outside of NAMI she is beginning to volunteer at the animal shelter and writes. Her self-published autobiography, *Staying Sane: A Struggle of Survival* documents her childhood experience with mental illness. Congratulations to Emma on having been selected as one of NAMI Washington's annual Brain Power Chronicles presenters this fall.

GET INVOLVED

Save the date - APRIL 30 - Give Your Input on New Police Training Requirements

In November 2018, the State voted on Initiative 940, which, among other things, mandated Crisis Intervention Training (CIT) for all law enforcement and first responders. The initiative passed, and is now in the implementation stage. Part of the implementation stage is getting feedback from the community, and especially from those people with direct experience with a mental health crisis involving first responders. As part of the due diligence, NAMI Snohomish County is hosting a Stakeholder's meeting Tuesday, April 30th, at a venue yet to be determined. Members of the implementation committee and law enforcement will be attending to receive feedback. The public is welcome to attend, and we especially encourage input from those people interacting with first responders because of a mental health crisis. Registration to attend is not required. For more information, please contact Kathy Chiles at 206-218-6449 or k.chiles22@live.com.

NAMIWalks

The weather is getting nice -- time to sign up for the NAMIWA Walk on June 8th

Already 323 people have signed up for the June 8th Walk. This is NAMI's largest fundraiser of the year. Strap on your shoes and support the free classes, support groups, and advocacy that we provide for your community. www.namiwalks.org/washington [Registration Link](#)



Advance Notices

MAY - Mental Health Awareness Month

- Look for upcoming information about the lighting of Seattle's Great Wheel in Green and an event to celebrate and raise awareness.
- NAMI Snohomish is working on a Legal Defense of Individuals with Mental Disabilities. To help contact Jim Bloss - jfcbloss@earthlink.net

JUNE - Men's Health Month

- June 8th, NAMIWA Walk, Kirkland (see more above)
- June 19 - 22, NAMI National Convention, Seattle Hyatt Regency

CLASSES AND SUPPORT GROUPS

Class

Nearby NAMI Skagit Affiliate Offers Daytime Peer-to-Peer Class

NAMI Skagit will be offering weekday Peer-to-Peer class, NAMI's signature program on self-care for individuals with mental health conditions.

For the first time ever, NAMI Skagit will be hosting this program in a twice a week format during the afternoon. This allows the class to be completed in just four and a half weeks. This Mt. Vernon class is just 27 miles north of Marysville (I-5 exit 226) and accessible from Everett via Skagit Transit's 90X County Connector from Everett Station. Pre-Registration is required by May 1st. For registration information contact Polly, 360-559-1509, or reflectivesunshine@gmail.com. NAMI SKAGIT: <https://namiskagit.org/>

DATES - May 13 - June 10th - Monday and Thursday,

TIME - 2:30 - 4:00 PM

LOCATION - First United Methodist, 1607 E Division St., Mt Vernon, WA 98273

Transportation info - Driving (I-5 Exit 226), Transit from Snohomish County - Skagit Transit County Connector 90X (Skagit Transit Center within 1.1 mile of the Church) or Skagit Transit route 206 (runs every 30 minutes).

Skagit Transit - <https://www.skagittransit.org/route-90x/>

Support Groups

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 are April 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

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.namisnohomishcounty.org for full schedule.

NAMI Seattle Support groups: <http://namiseattle.org/wp-content/uploads/2019/01/Support-Group-Schedule-2019-01.pdf>

NAMI Eastside groups: <https://nami-eastside.org/calendar/>

ACTIVITY REPORT

March

- March 11, Resilience: The Biology of Stress and the Science of Hope, Snohomish County Health District, CityMatCH/NEAR Collaborative for Action, Everett, Emma V.
- March 11, Presentation of Life Skills Parents meeting, Marysville-Getchell High School, Lisa U, Jim B.
- March 14, 2nd Annual Veterans Stand Down - Tabling Event, Everett, Normanna Hall, Jim B., Lynn B. Karen S.
- March 18, Showing of Angst - Movie followed by discussion panel, Archbishop Murphy School, Emma V., Lisa U
- March 19, Showing of Angst - Tabling Event, Alderwood Manor Middle School, Emma V.
- March 21, Clubhouse Informational Meeting, Everett Community College

UPCOMING ACTIVITIES

This Month

Watch for NAMI Snohomish at these April events:

- April 3, Mukilteo Stands up for youth - Suicide film and discussion panel, Mukilteo Youth Advisory Council, Emma V., Lisa B., Lisa U.
- April 4, 3 ETS presentations out of area, Shorewood H.S., Emma
- April 5, Trueblood Lobby Day, Disability rights WA
- April 18, Walk Kickoff, NAMI WA
- April 20, Conference - School to Prison Pipeline - Breaking the cycle, Communities of Color Coalition (C3) Annual conference
- April 27, [STEP UP: Moving Racial Equity Forward 2019](#), Leadership Snohomish County
- April 30, I-940 - Stakeholder Input Meeting, Venue TBD

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 March 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...

**You don't have to control your thoughts.
You just have to stop letting them control you.**

Donate Now



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