



News from NAMI of Snohomish County, WA

May 2019

## MESSAGE FROM THE EXECUTIVE DIRECTOR

### Report from the Affiliate

April was busy with the NAMI Snohomish board developing a strategic plan, the conclusion of the Legislative session in Olympia, and a well-attended meeting on police training on crisis intervention.

The NAMI board is fleshing out a strategic work plan following their retreat and is recruiting new board members for appointment at the annual meeting this fall. And our north Connections Recovery group in Smokey Point is changing locations and times. Please make a note and spread the word that we now have two meetings serving the north end of the county, one for family members and one for individuals in recovery.

Looking forward: we hope you have marked your calendar and will attend two big June events: our main fundraiser of the year, NAMI Walk 2019 in June with local sponsor Compass Health and the NAMI National Convention in Seattle. See below for details on both these events.



## NEWS



### I-940: Community Members Testify in De-Escalation Training

Thanks to Kathy Chiles for organizing a meeting in Everett to gather community input on new crisis intervention training for police officers required by I-940. NAMI's two representatives -- Michele Meaker Pin and Brad Forbes -- along with Dan Christman of the Washington Criminal Justice Training Center and Leslie Cushman, author of the I-940 bill, traveled to Everett for an April 30th meeting to hear from the public. The testimony was captured in careful note-taking for the rule-making committee.

Attendees shared their experiences with local law enforcement during mental health crises of their own and their loved ones. Many speakers offered specific suggestions on things

that worked well or poorly to de-escalate situations. Many of the stories were heart-wrenching and several people spoke about the fear of negative outcomes when determining whether or not they could or should call for assistance. This is a frequent conversation in our Family Support groups and education classes, so NAMI members brought a lot of thoughtful comments to the discussion.

Dan Cristman and Everett Police Chief Dan Templeman gave additional information about current police training. Lynnwood police officer David Byrd and Snohomish County prosecutor Adam Cornell were also in attendance.

The Rulemaking committee will propose new de-escalation and first aid training requirements this month. May 23rd will be the last day the Commission will be able to accept input, both in-person or online, to make changes to the draft language for the new rules related to training. WSCJTC has posted a form where individuals are able to provide input electronically regarding the De-escalation Training outlined in RCW 43.101.455. This is the best method to submit comment as it consolidates information for review by WSCJTC personnel. If you would like to submit anonymous input, please [click here](#) for more information.

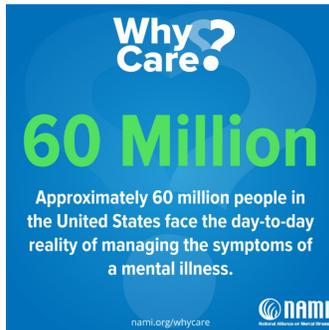
## Legislative News

The Legislature finished its session on April 28th, on time and with several accomplishments on the mental health front this year. Among the most significant issues that NAMI Washington and affiliates worked to support were:

- A two-year operating budget that includes:
  - \$47 million to expand community Behavioral Health beds and services
  - \$92 million to ensure the stability of state hospitals and the safety of patients and staff
  - \$74 million to comply with the Trueblood court ruling SB5444
- Passage expanding parent-initiated treatment provisions for youth HB 1874



This is a good start to addressing the system gaps in Washington state and addressing failures in the forensic mental health care system.



## Mental Health Month News

Seattle alt-rock band, *Gypsy Temple* partnered with NAMI WA to create hope and community for youth living with mental illness at a ceremony to light Seattle's Great Wheel green on May 1. The event kicked off their "Hold Your Crown" campaign to launch May Mental Health Month. *Gypsy Temple* will also be playing at the NAMI Walk and played at the Eastside Children's Mental Health Conference. You can find out more about their campaign [here](#).

## NEW RESOURCE

### Children's Mental Health Resources

Children's Hospital line will provide information statewide to access mental health care resources for children's mental health. This central resource line will not only provide information for parents and caregivers, but going forward will be a valuable source of information about the statewide gaps in services. [Complete information](#)



## GET INVOLVED

### NAMIWalks 2019

NAMIWalks 2019 is fast approaching! If something prevents you from being with us on June 8th, you can join as a Virtual Walker or [make a](#)



[donation](#) in any amount to support NAMI's mission to help people and families affected by mental illness -- for the entire year ahead. Sign up for one of our NAMI Snohomish teams: *Snohomish Stigma Stompers* or *Merry Mermaids and Mermen*, or [create your own here](#) to ensure your donation supports local programs.

## NAMI Convention -- Volunteer Opportunities Reopen

The NAMI National Convention comes only once every decade to Seattle where you can take in all the latest information and inspiration without travel and hotel costs. It takes place this year from **June 19 to 22, 2019 at the Hyatt Regency in Seattle**. The volunteer sign-up has re-opened, and you can add your name to the waitlist for free registration in exchange for helping out in two shifts. NAMI Snohomish wishes to encourage all our members to [apply here](#) or contact one of the board members if we might help with any barriers to taking part in the convention, such as transportation or other costs. [Find event and ticket information](#).

After the national NAMI convention, you can also consider attending or presenting at the state conference in Yakima October 4 and 5, 2019.



---

## OPPORTUNITIES TO LEARN MORE

---

### University of Washington Department of Psychiatry and Behavioral Sciences Family & Caregiver Support Programs

#### **May 14th:** Psychosis REACH - Recovery by Enabling Adult Carers at Home

This is a free, one-day training that offers concrete skills for relatives and friends of individuals with psychotic disorders to better care for and relate to their loved ones. The training is free but you must register ahead of time. Several members of NAMI Snohomish have already registered. [More information](#)

**Marysville Library and the Snohomish Health District** are partnering to offer two free programs in June:

#### **June 4th:** Resilience-Documentary Film: *The Biology of Stress & the Science of Hope*

Details of the program can be found on the [Sno-Isle website](#).

**June 11th:** Not in My House: An event for parents to identify and address substance use. Details of this program can be found on the [Sno-Isle website](#).

---

## CLASSES AND SUPPORT GROUPS

---

### Support Groups

#### **NAMI Connections Recovery North is changing location, dates, and times.**

NEW DATES AND TIMES - 2nd and 4th Monday of the month - 6:30 - 8:00 PM

NEW LOCATION - Smokey Point Community Church - 17721 Smokey Point Boulevard, Arlington (just blocks off I-5 - at exit 206). Remaining spring date is May 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](http://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

---

### April

NAMI was represented at:

- 3rd - Mukilteo Stand up for Youth - Emma, Lisa B., and Lisa U.
- 18th - Walk kickoff - Kathy C., Karen S., Gretchen S.
- 20th - Communities of Color Coalition - Lisa U., Cynthia Gahan
- 25th - Compass Community Luncheon - Keith B., Lisa U.
- 26th - Mental Health Matters - Lisa U.
- 30th - I-940 Stakeholder input

---

## UPCOMING ACTIVITIES

---

### This Month and Next

Watch for NAMI Snohomish at these upcoming events:

#### May

- 4th - Snohomish County Youth and Family Health Fair
- 4th - NAMI Eastside Children's Mental Health Fair
- 14th - Psychosis REACH - Recovery by Enabling Adult Carers at Home, University of Washington
- 28th and 29th - Ending the Silence - Edmonds/Woodway High school

#### June

- 4th: Resilience-Documentary Film: *The Biology of Stress & the Science of Hope*, Marysville Library
  - 11th: Not in My House, Marysville Library
-

## 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 April 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...

---

**Your mental health is a priority. Your happiness is an essential.  
Your self-care is a necessity.**

---

**Donate Now**



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