



News from NAMI of Snohomish County, WA

June 2019

## MESSAGE FROM THE PRESIDENT

### Becoming Calm and Grounded

May has come and gone. While it was Mental Health Awareness Month, chances are that you already have a keen awareness. The question is: how do we further refine our awareness? I believe it starts from deep within as intentional listening. I am by no means an expert but I find that when I sit with myself and am still that good things happen. Maybe it is meditation, maybe it is just getting to know yourself better. For me, what happens is that I become calmer and more grounded, which enhances all my relationships and interactions with others. It is like the compassion dial gets cranked up. What is interesting is that thanks to my FIT BIT, I have better real-time awareness of where I am at. I can monitor my heart rate and correlate it with my level of anxiety. When I listen and am still, all sorts of things start falling in place. I manage everything a little better and there starts to be a cumulative effect. I encourage folks to seek out their personal Zen space and then engage fully with those around you. It really is powerful.



## NEWS



### Join us Saturday, June 8th, for the NAMI Walk

Washington's NAMI Walk is our awareness and fundraising event of the year. You can register at the event or [online](#) for free. Join us for music by Gypsy Temple, camaraderie with others who care and are working on Mental Health Advocacy, and a great 5K morning walk in Kirkland, WA.

If you can't come, donate your support designated for NAMI Snohomish affiliate with our teams [Snohomish Stigma Stompers](#) and [Merry Mermaids and Mermen](#).

**DON'T MISS IT - NATIONAL NAMI**

## CONVENTION IN SEATTLE JUNE 19-22

NAMI's national convention in Seattle is a great opportunity to learn the latest in Behavioral Health for a day for the whole event. Starting on Thursday June 19th and running through the 22nd, national leaders in the field will be here to share new initiatives such as:



### **New Treatment skills for families and parents**

- The Evolution of DBT informed parenting skills group for caregivers
- Cognitive Behavioral Therapy for Psychosis (see article below)

### **Youth Services**

- The SBIRT Evolution for Adolescents: A Recipe to Drive Behavioral Health Integration in Primary Care
- Dear Stranger: A Journey of Youth Mental Health
- One Family's Journey Down the Bumpy Road to Recovery and Transition to Young Adulthood

### **Expanding awareness, services, and care to all members of the community**

- LGBTQ Networking
- A New Approach to Communicating and Breaking Barriers to Mental Health in Black Communities
- A new approach to Cultural Awareness: The History of Mental Health
- Desi and Depressed: Mental Illness in the South Asian-American Community

### **Decriminalizing Mental Health**

- Narrowing the Net: Reducing the Role of Law Enforcement and the Criminal Justice System in Mental Health Care
- Solving the Competency Dilemma — Reducing Inappropriate Incarceration of People with Mental Illness
- Navigating the Justice System with Mental Illness

Celebrate NAMI Washington's 40th Anniversary with The Brain Power Chronicles: Mental Health Stories, Friday evening June 21st at 6 PM and awarding of the Outstanding NAMI State Organization Award recognizes exceptional efforts by a state to carry out the NAMI mission to NAMI Washington. Something all of the affiliates can be proud of.

Check out the [full agenda here](#).

## **A New Therapy for Psychosis CBTp - Caregiver Tools**

Snohomish County NAMI families took part in the first Cognitive Behavior Therapy for Psychosis (CBTp) training for families in the US through the University Washington's Department of Psychiatry and Behavioral Sciences May 14 to 17, 2019. Led by UK trainers, Dr. Douglas Turkington and Dr. Kate Hardy, this REACH project (*Recovery by Enabling Adult Carers at Home*) attempts to teach families the basics of a counseling technique called Cognitive Behavioral Therapy for Psychosis, a variation of Cognitive Behavior Therapy (CBT). Dr. Hardy describes the original CBT as "evidence-based talk therapy concentrating on how an individual's thought, behaviors, and emotions are connected. This variation of CBTp has emerged as an evidence-based intervention recommended as an adjunct to medication management."



[More information is available.](#)

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## **NEW RESOURCE**

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### **Adolescent Intensive Outpatient Program**

The Outpatient Program at Smokey Point Behavioral Hospital offers brief intensive outpatient treatment designed to meet the specific needs for stabilization of adolescents, ages 13 to 17 years. The focus of the Intensive Outpatient Program is designed to provide patients with short-term intensive therapeutic treatment utilizing evidence based treatment methods, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT)



principles, and psychiatric consultation.

Treatment plans are individualized to meet the specific needs of each patient with a focus on skills practice as participants are stabilized in the community setting. Participants also have the opportunity for family meetings to collaboratively strengthen their support network. Assessments are available 24/7, toll free number 844-259-4832.

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## GETTING MORE INVOLVED

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### Opportunities for Teacher/Facilitator Training

Become a leader for one of NAMI's national Signature programs. Applications are available [here](#). Application should be submitted directly to the NAMI Snohomish Office for approval and submittal to the NAMI Washington office. Mark Attn: Keith Binkley in email to [nami.snohomish.county@gmail.com](mailto:nami.snohomish.county@gmail.com).



Facilitator training for NAMI Connections Recovery Support Group. Training in Yakima July 13 -14. **Applications due June 14.**

Teacher Training for NAMI Homefront for Veterans families. Training in Kirkland, July 27-28. **Application due July 12.**



Speaker training for NAMI In Our Own Voice. Training in Yakima on August 9. **Applications due July 19.**

Teacher training for NAMI Smarts Advocacy. Training in Yakima. August 9-11. **Application due July 19.**



Teacher training for NAMI BASICS for Parents. Training in Kirkland . August 9-11. **Application due July 26.**

### OTHER TRAININGS AND EVENTS

8th - NAMIWalk Washington - Kirkland

11th - NAMI EASTSIDE - WRAP (Wellness Recovery Action Plan), June 11 - August 6th, 5:00 - 7:00 PM, Redmond, WA, Sudhir Ralhan, Meghna Sareen, and Victoria Stashkevich will be your instructors. Bob Krulish and Leslie Wallis are advisors. REGISTRATION OPEN!!

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](#).

13th - NAMI Greater Seattle - Free Mental Health First Aid - Kent - 8 AM - 5 PM

14th - NAMI Eastside Mental Health First Aid - 8 AM -5 PM, REGISTER for MHFA courses to be held at the Together Center in the Garibaldi Room.

19th - 22nd - CONVENTION-RELATED Activities

- 20th, Thursday, 5:00 -7:00 PM, Treatment Advocacy Center Meet and Greet
- 20th, Thursday 5:30 - 6:00 PM, NAMI Service Members, Veterans, and Their Families Council Candlelight Vigil
- 21st, Friday 6:00 - 7:30 PM, NAMI Brain Power Chronicles

22nd - NAMI EASTSIDE - 2nd Annual Spiritual Retreat -The topic for this non-denominational retreat will be 'The Healing Power of Forgiveness.' Bellevue, WA, 9 AM - 4 PM, \$20 donation. REGISTRATION NOW OPEN -- space limited.

29th Seattle PrideFest - NAMI Washington will have a table. 11:30 AM - 6:30 PM, contact Michelle Strait, 206-971-1598

# CLASSES AND SUPPORT GROUPS

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## 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).

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

Marysville/Arlington, Smokey Point Community Church, 6:30 - 8:00 PM

- 2nd and 4th Monday of each month

**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.namishomishcounty.org](http://www.namishomishcounty.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/>

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## ACTIVITY REPORT

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### May

NAMI was represented at:

- 4th, Snohomish County Youth Wellness Fair, Everett
- 4th, Ending the Silence Presentation at Eastside Youth Mental Health Conference, Sammamish
- 22nd, Presentation at Neighborcare to Providers, Shoreline
- 28 and 29th, Ending the Silence Presentations, Edmonds
- 31st, DSHS Employees Resource Fair, Everett

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## UPCOMING ACTIVITIES

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### June

Watch for NAMI Snohomish at these upcoming events:

- 5th, Board meeting, Everett
  - 8th, NAMI Walk Washington, Kirkland
  - 10th, Edmonds School District Title 1 Resource Fair, Lynnwood
  - 11th, Boeing Walk, Everett
  - 19th-22nd, National Convention, Seattle
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## QUICK LINKS

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[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 May 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](#)

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## FINALLY...

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**My thoughts have destroyed me more than  
blades ever could.  
~ Unknown**

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**Donate Now**



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