



News from NAMI of Snohomish County, WA

July/August 2019

MESSAGE FROM THE PRESIDENT

Living Outside the Trench

My messages tend to be a little philosophical or a least lean that way. This month, I'm sharing my thoughts about "the trench." Whether you give or receive, many of you are probably familiar with the trench, the grind, the slog, and just feeling overwhelmed or stuck. It is an interesting exercise to notice where you are and when you are in the trench and when you are out of it. I tend to hunker down and lay low when I am in the trench. Sometimes that is part of the process, sometimes I need to take a hard look at it.

During June, there were two experiences that really stirred me in a very good way. The first was the NAMI Walk in Kirkland. I thoroughly enjoy the camaraderie and the energy of just being in that crowd. The spontaneous connections and exchanges always seem to fill my tank. I think I rode that wave for a good while before getting the second surge at the National Convention. As I drove down to Seattle, I really didn't know what to expect. I ended up being blown away by the presentations and the profound, genuine sharing everywhere I turned. The depth of the interactions and widespread commitment to helping people

when they are in the trenches left me so inspired – *so inspired*. There is good reason to be hopeful when you look at the changes underway across the country. I haven't felt in the trench since and I am very aware of that.

Thanks for being part of our mission to improve lives.



NEWS



National Convention Report

NAMI Snohomish members attended the NAMI National Convention held this year in Seattle from June 18 to 22. For an excellent summary of what happened at the convention, including links to PowerPoints from the sessions, visit the [website of Peter Earley](#) (blogger, advocate, and author of Crazy).

Observations and Activities of NAMI Snohomish Members

Meg McClure said, "I appreciated the sessions focusing on whole health in rehabilitation. DBT-informed Parenting Skills Group from Toronto and the Whole Health Coaching from Durham, North Carolina emphasized the importance of learning emotional regulation, mindfulness, nutrition, yoga, and environment. It was encouraging to have these strategies as a compliment to other treatment. Gives me great hope in recovery."

Emily Fountain attended a session on "The Healing Power of Telling Your Story" and said, "I left the session inspired to keep telling my story because of how it aids in my recovery, how it helps others, and how it reduces stigma."

"My experience was a great one at the NAMI Convention in Seattle," Emma Volesky noted. "Even though I only went one day, it was enough information for me to learn important things. I went to one presentation and felt like I could relate to the presenter. He suffered with mental illness as a child like I did. There were a lot of similarities so it felt good to have yet another reminder that I wasn't alone. My favorite part would be watching the cast of the past Brainpower Chronicles sharing their stories. It gave me confidence that I will do just as well!!!! It even made me more excited about my presenting in the 2019 Brainpower Chronicles. I feel like it was a very eventful NAMI Convention this year."

Jim Bloss spoke with two national NAMI administrators, Ron Honberg and Trisha Chaung. He was interested in how NAMI Iowa worked together with their Department of Corrections to establish both Peer to Peer and Connections, both NAMI programs, into the prison system. Among the flash presentations, he especially appreciated one on "SBIRT for Adolescents: A recipe to drive behavioral health integration in Primary Care," available [here](#). Jim will share more in a future issue about his involvement in NAMI and Veterans' Affairs, but in the meantime, this [Coaching Into Care website](#) may be helpful to military families dealing with mental illness. Coaching Into Care is a national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a veteran.

Karen Schilde was thrilled to see again Dr. Xavier Amador's (author of *I'm Not Sick I Don't Need Help* on anosognosia and founder of the [LEAP Institute](#)). She learned that NAMI, the American Psychiatric Association (APA), and the Substance Abuse and Mental Health Administration (SAMSHA) are collaborating on a newsletter concerning serious mental illness, including project updates, available [here](#). The APA works closely on this project with a team of experts from 30 other mental health organizations. This team includes individuals, families, clinical experts, peers, and policymakers.

Everett Clubhouse Update

The Everett Clubhouse is still searching for a space in the Everett area to rent for their start-up Clubhouse under HERO House NW. Program manager Soozee McNamara writes:



The up-and-coming Everett Clubhouse is looking for a space. The Everett Clubhouse will be the third of three Clubhouses in the Puget Sound area under the umbrella agency of HERO House NW. Clubhouse programs provide vocational and social rehabilitation to people over the age of 18 that have been diagnosed with mental illness. Members and staff work together to facilitate the work of the Clubhouse. We are looking for a space, so that our program can provide services to individuals living in Snohomish County and the surrounding area. We need your help!! We would love to find a space long-term that we can lease for one-year minimum. We would need to have easy access to public transportation and would like a space between 1,500 and 2,000 square feet. It would need to be separate from any mental health center or institutional setting and impermeable to other programs. This space would need to be accessible 24/7 and have the facilities to make and share a meal, along with a sink to do clean-up and space for computer workstations. Wide open areas work best, since Clubhouse is a program based on working together and relationship building.

Until that "ideal" space is found, we would be willing to share a space, short term. We would like to be able meet for a few hours at least 2x/week. Clubhouses are living breathing organisms, with the ability to change and morph with the needs of the community. Clubhouses have been known to start-up at a local burger joint, a library and even a coffee shop, but the goal is a space of our very own that conveys a sense of dignity and respect. We are reaching out to you, our NAMI community, and asking for your help. If you have a space in mind or know of someone with some space that might meet our needs, please feel free to contact us at info@everettclubhouse.org or call 425-389-9510.

More information about Clubhouse programs can be found [here](#) and for a closer look at the newest Clubhouse in Seattle [follow this link](#).

CLASSES AND SUPPORT GROUPS



Support Groups

The NAMI Snohomish County Connections peer support group has moved to a new location. Instead of the old meeting site of Smokey Point Behavioral Health Hospital, the group will meet beginning summer 2019 at the Smokey Point Community Church, 17721 Smokey Point Blvd, Arlington, WA, 98223, at exit 206 off of I-5.

Meeting dates for the Smokey Point Connections group also change to the second and fourth Mondays of each month. This summer, this applies to the sessions on July 22, August 12, and 26. The times are the same from 6:30 to 8:00 pm.

Other peer support Connections groups continue to meet at Verdant in Lynnwood July 25, and August 8 and 22 from 7:00 to 8:30 pm.

Check the [NAMI Snohomish website schedule](#) for these two Connections groups for peers and the five Family Support Groups (Edmonds, Everett, Marysville, and Freeland on Whidbey Island):

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 June 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...

Every day begins with an act of courage and hope: getting out of bed.
-- Mason Cooley

Donate Now



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